



Murdo MacDonald-Bayne

How to Relax and Revitalise Yourself

Expanded Definitive Edition

(LECTURE NOTES 1950)

**HOW TO RELAX
AND
REVITALISE
YOURSELF**
(EXPANDED DEFINITIVE EDITION)

By
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CONTENTS

[Front Cover](#)

[Title Page](#)

[Copyright](#)

[Publishers Preface](#)

[Publishers Notes on “How to Relax & Revitalise Yourself”](#)

[Acknowledgments](#)

(1950)

(Pretoria Series)

[1 *Quality in Personality**](#)

[2 The True Torch of Progress in our Human Relations](#)

[3 Desire is a Living Force when used with Understanding](#)

[4 The Subtle Power of Emotion](#)

[5 Mine your Mind and Gain your Freedom](#)

[6 *Thought, Emotion and Sensation**](#)

[7 Are we Hypnotised by our Emotions?](#)

[8 If we are Hypnotised by our Emotions how can we be De-Hypnotised?](#)

[9 Unearth your Emotional Habit-Patterns](#)

[10 “The Wise shall inherit Glory”](#)

[1 The 1st Step towards Divine Power](#)

[2 *The 2nd Step—Taking off the Brakes**](#)

[3 The 3rd Step—Reviewing your Mental Make-up](#)

[4 The 4th Step—The Transforming Power of the Breath](#)

[5 The 5th Step—The Rejuvenating Power of Relaxation while you sleep](#)

[6 The 6th Step—The part the mind plays in Relaxation](#)

- [7 The 7th Step—The practice of Relaxation in occupation breaks up occupational tensions](#)
- [8 The 8th Step—Conflict the cause of misbehaviour](#)
- [9 The 9th Step—Changing the “Don’t Do” Cells into “Yes Do” Cells in the brain](#)
- [10 The 10th Step—Applying the complete technique of Scientific Relaxation](#)

- [1 Death and Life are in the Power of the Tongue](#)
- [2 “Whatsoever I have done unto the least of them so have I done unto Thee”](#)
- [3 “He shall call upon Me and I will answer Him”](#)
- [4 Occupational Therapy in its finest form”](#)
- [5 Occupational Therapy means action now and in the Right Direction](#)
- [6 Jesus taught modern Medicine and Occupational Therapy.](#)
- [7 In our Daily Living we feel Separation because we fail to Co-Operate](#)
- [8 “The Infinite has made me to Be”](#)
- [9 “Awake them that Sleepth, arise from the Dead”](#)
- [10 The Key—How to Use your Mind to solve your Problems*](#)

[Glossary of Medical Terms](#)

Diagrams:

- [1 Brain](#)
- [2 Nervous Systems](#)
- [3 Thousand-Petalled Lotus](#)
- [4 Cranial Nerves](#)
- [5 Motor and Sensory parts of the Brain](#)
- [6 Major Head Nerves](#)
- [7 Universal Mind](#)
- [Back Cover](#)

* No original wire sound recordings of these four lectures currently exists.

PUBLISHERS PREFACE

A great portion of these lectures have not been made public in printed form since they were originally given out in South Africa by Dr. Murdo MacDonald-Bayne between late 1945 to mid 1954.

Murdo was very specific about how his material was to be released. His lectures, given in serial form, followed the ancient method of teaching or transmission of knowledge from master to disciple, a method used by both Western and Eastern Mystical traditions. The format was one of a spiral system, always returning to a subject or point, but each time revealing a bit more and advancing to another level in awareness. Murdo stressed repetition of re-reading his books or lectures to his students. He stated, “the style adopted in these Lectures is intentional and the repetitions are deliberate. The double object is to convey the Truth to the mind. It is through this unique form of wording and of repetition that the student is able to grasp the reality that is invisible and which is the basis of the visible. When we understand the invisible we are more able to understand the visible.... I trust that you will progress through these Lectures diligently, quietly and slowly. Repeat the process as often as you can. The more often one reads, the more one begins to understand.”

It is therefore to be noted that these Lecture Notes only formed the basis for Dr. Murdo MacDonald-Bayne’s talks from which he gave further explanation on the actual night. The Lectures Notes even on their own are still very inspirational and full of wisdom. With the advent of the sound recordings it is then possible that we are able to present the full lectures as given by this great teacher.

PUBLISHERS NOTES ON “*HOW TO RELAX AND REVITALISE YOURSELF*”
(EXPANDED DEFINITIVE EDITION)

The following lectures were given in Pretoria, South Africa, between 11th April and 19th December 1950. (The same also being given earlier in Johannesburg between 2nd February and 5th October 1950.). The Lecture Notes which were given out prior to the nightly lectures were later subsequently released in full with some minor changes as the book known today as “*How to Relax and Revitalise Yourself.*” A full account of these lectures combining the Lecture Notes and a transcription into text of the 26 known sound recordings have never been made public until now. This edition is now the definitive version of the full inner course as given by Murdo to his South Africa students.

NOTES ON THE RECORDED LECTURES

Included in this book are verbatim transcriptions into text taken from the known 26 original ‘wire’ sound recordings from the Pretoria lecture series. Except for 3 very poor recordings, they are of good quality. Each recording has been edited to remove the residual noise to a level that does not interfere with the vocal. Extraneous noise such as coughing, hall, traffic noise, and Murdo’s long pauses have been removed. Wire breaks and undecipherable speech, announcements and talk errors have also been removed to avoid confusion. These definitive recordings retain the core inner teaching as given in his closed sessions, in South Africa, and are not made for purists but for the sincere students of Murdo’s teachings today and the future (MMB 4007-32).

MURDO’S BIBLICAL REFERENCES

Besides the standard King James Version, Murdo often quoted from another source, Moffatt:

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

ACKNOWLEDGMENTS

This volume could not have been put together without the assistance of: Clothide Scheffer, Corrie & Margaret Straub, Paul Straub, Harry E. Knowles, Louise Wade and David & Daisy White all of South Africa. Also thanks go to Bruce Hogarth of Christchurch, New Zealand for his assistance with the sound recordings.

Lecture 1 (11th April 1950)

QUALITY IN THE PERSONALITY

I have now had nearly forty years' experience in healing and helping people all over the world. It is with this background of experience that these lessons are given. To give a practical and sure way to eliminate all nervous tensions and inhibitions that strangle the physical organism and blunt the mind-heart.

While relaxation of itself is of great value to the recovery of nervous disorders, and even organic conditions, the key that opens the mind-heart to the healing power within is DIVINE REASONING. Never has the world been in such chaos as it is today and never before has the world needed Divine Reasoning as much as it does today. Without this pillar of wisdom and understanding there is no direction given to the soul, with the result that conflict and misery remain in the individual. This most necessary and enlightening knowledge is explained side by side with the art of relaxation in these lessons.

Dr. Fink's book* on relaxation is a masterly exposition on this subject and I have taken the liberty of quoting a few of his remarks in this work of mine.

I hope you will enjoy and benefit from these lessons in book form *How to Relax and Revitalise Yourself* as much as I have enjoyed giving them.

What we need most in the world today and especially for ourselves is an understanding of the operation of the inner laws which are easy to apply. 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, call it what you like, it does not matter, to name it does not alter the effect of its action.

Man is a combination of Spiritual and Physical or mental and material. 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, so what we see and feel is Spirit made manifest.

The majority of people put this Creator outside themselves something apart, therefore making Him separate and distinct, 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 that creative power which is our "Reality," our power to think and create.

The great mistake we make is that we do not apply ourselves scientifically to the problems before us, we either weaken ourselves or strengthen ourselves by our thought and action according to our degree of understanding.

There is a new understanding forcing itself through into the consciousness of man and all that was weakening and destructive to mankind will give birth to a new consciousness that will reveal the constructive value of all things.

This is the challenge to man's creative ability, which will guide him in directing his Divine wisdom, power and love and arouse his dominant potentialities to a height yet unknown in human history.

In the past we have been blind and have accepted what was erroneous with the result that we have failed to understand how to solve our problems, yet this conscious awareness of our creative force would lift us into greater and greater heights of which we have not yet dared dream. But with this new understanding and our individual effort we will become a civilisation which, in all its details, will surpass even our most exaggerated imagination.

Now everyone wants to have satisfaction in Life, but their satisfaction does not come from the acquisition of material things for when these are

gained there is still that vacuum, that feeling of inward poverty that can never be satisfied from without.

Self-aggrandisement comes from a feeling of inferiority. It is a means of escape while the escape is always frustrated. When we know what we are trying to escape from and the means we are applying then we will get a better understanding of ourselves.

Everyone wants to develop a personality that attracts confidence, love and success. But this is so illusive in its nature that few ever attain the quality that is so essential to create such a personality.

It is the “quality” in the individual that attracts these things and without this quality there is no attractive power.

It is obvious to those who sincerely wish to acquire this quality that they should seize every opportunity to increase their consciousness of their mental and spiritual power and intelligently use it. By aspiring to such heights we become more useful to others. The main thing is to know how to acquire this quality.

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 Who is virtually expressing Himself through the individual. We must then release the Absolute Power in us to do its own work.

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 natural law.

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. He 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.

So the weak grow weaker and the strong grow stronger because of the operation of the law of cause and effect. Then this knowledge is of the greatest importance to you in this Life.

He knows that he by himself is nothing. It is the Father that always abides within him is the Reality, so he releases the Reality. 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 well 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 you 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 you strength, courage, confidence, understanding and love.

The meaning of the words “create” and “creative power” has been clothed in mystery which makes it an unreasoned operation. With all deference to religion and religious teachers and teachings the only practical teaching I know of is that of the man Jesus, and my life and experience have taught me how practical his instructions are. 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

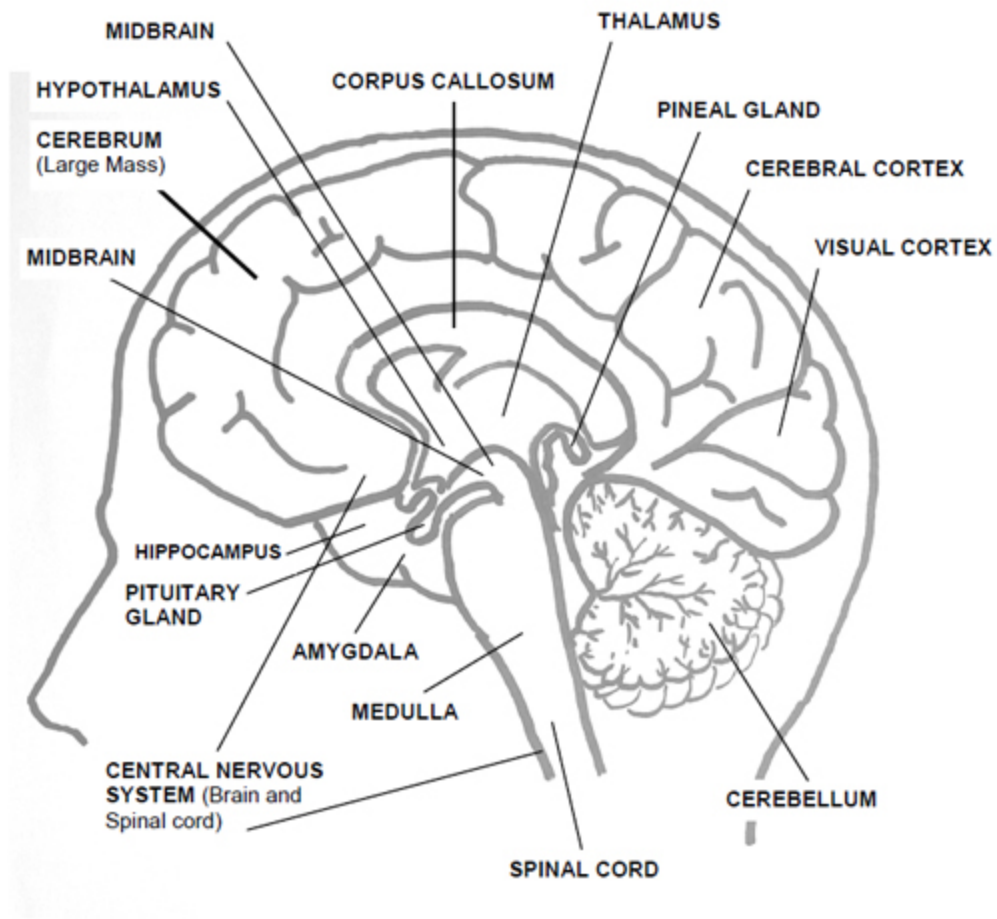
Blessed One, Thou hast taught me to understand Thee that I may enjoy the world and all that I have to do here with Thy guidance. I am becoming

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.

[1.](#) Dr. David Harold Fink M.D. (1894-1968). Author of book "Release from Nervous Tension" (1943). Received his B.A. and M.A. from the University of Michigan and later graduated as a Doctor of Medicine from the Detroit College of Medicine and Surgery. He served in the First World War, taught Sociology at the University of Michigan, and did social work for several years. For eight years he served on the full-time staff of Veterans' Administration Hospitals, where he examined and treated thousands of veterans suffering from nervous disabilities. He has devoted himself entirely to medicine as a practicing neuro-psychiatrist. In his own words "My work is my hobby, my avocation, my baseball game, my adventure. I can understand why some explorers might enjoy charting the inner wastes of Greenland. But who wants to live there? My dark continent is Man, the unknown. The Human mind is the place where everyone has to live. And it is within the human mind that you will find man's only opportunities for happiness."



Right Hemisphere

DIAGRAM 1: BRAIN

Lecture 2 (18th April 1950)

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

*We saw in our last lesson the quality in personality that attracts. We must also understand the law of thought-action, otherwise we will be lost in our reaction to people and things, without any direct constructive thought which in itself is the power we use to create otherwise we are acted upon against our will or with our will continuously.

The law of thought action and reaction is very important. We are continually reacting to people and things. If we do not discern our thoughts, our actions, then we will always be caught up in the relative. We must see that relative things are relative things and when we understand the relative then we will more likely to understand that each is real in itself. No one can ever see the Real. It is beyond the perception of the human mind but we can see the relative. When we see the relative we will know that it is not Real, it is but a manifestation of that which is Invisible. Therefore, we see that the Invisible that is unseen is greater than that which is seen.

In ordinary everyday life, people without understanding this law are mostly acted upon against their will. There is a see-saw movement going on all the time, one moment we act with our own will the next moment we are being acted on against our will. This is truly ignorance.

To understand this thoroughly I will try to explain to you what the Masters know in regard to this very important matter.

I told you in our last lesson that the Infinite Self is the only Self, being Infinite. Therefore there is only the Infinite Self. That's all.

Now where does your self come in?

Your self comes in because you recognise yourselves as separate from the Infinite Self. But if you then lose this separate self you work as it were

without interruption, without resistance, you will work as if the Father was doing the work for you.

You no longer struggle. These anxieties pass away; anxieties that belong to the occupation, anxieties that belong to the social system, anxieties that belong to the economic system, anxieties that belong to the health and ill-health, anxieties that belong to everything in human nature because it is relative. If you then see that beyond this relative is Real although it is not seen, it must be, and it is that which you are aware of with your inner senses and not that which you are aware of with your outer senses. The outer sense which you see and feel and touch through your senses are registered upon your brain. Even what you are seeing and feeling and touching and hearing you do not know what it is. But when you with your inner sense, sense this Reality and know that it is behind all Creation. This Reality exists as that stable, unconditioned and perfect thing.

The Infinite Self is the only Self there can be no other but the Infinite Self. Therefore the Infinite Self must create everything within Himself. Therefore He must be in everyone of us. There can be no space in which the Infinite Self does not exist, which means that Life in its fluidic state must be everywhere. “We live and move and have our being in Him.”

I want you then to recognise this Divine reasoning so that you can cast out of your mind those things that irritate you and cause anxiety, and therefore cause those emotional habit patterns that begin to express themselves out in the organism through the nervous system. When we recognise at once that Divine reasoning is the truest source of all reasoning because you are reasoning with an awareness of that which is behind all things.

Science has proven that electricity in its fluidic state is everywhere and fills all space. This fluidic energy Science says is “ether,” therefore ether and space are synonymous to the scientist when dealing with this most important aspect of Life.

The scientists say that this electricity is right through the whole Universe. It is the ether of space. By means of generators which the first scientist found that by two wheels moving in an opposite direction brought a current of electricity—a current of something he could not understand. He did not know where it came from but he found the law that one wheel and

another, one disc and another disc moving in an opposite direction, created an energy. Where this energy came from he did not know and he does not know today except that it come from the atmosphere or it is ether of space—the electronic action of space transformed by the means of generators into a fluidic substance that you have never seen.

You have never seen it. You do not know what it is but you use it every day of your life. Therefore ether and space are synonymous to the scientist when dealing with this important aspect of life.

Now the Masters also say there is everywhere a substance which they call “prana,”¹ and a practical course of instruction is given to selected pupils for the control of this Universal Energy. When proficient they are given the title of Prana-yama-ana. But as this is highly complicated, I intend to reduce this instruction into simple explanations of the fundamentals for you to understand.

Controlling this what we call, prana, is a very complicated affair and requires a great deal of various practices so that the mind becomes active. The consciousness, in fact, can direct this prana in any way the consciousness wishes. But before it can be done the consciousness becomes aware that this such thing exists and it must be positively aware that such a thing exists, otherwise it can never control it.

We live in a sea of Universal Energy and are continually absorbing this fluidic energy and discharging it again in the form of thought or directed energy which can be used for any purpose we please. In a similar way this energy is absorbed from the atmosphere by generating stations and then discharged in the form of a force we call electricity which we can also use anyway we please.

So this same energy that is in the Universe in which you live and move. You absorb this fluidic energy and by transforming it you transform it, into thought, action and reaction. It is, as it were, neutral in nature. It is that which moves in any way that you want it to do. If you want this substance to create a condition in your body that is unhealthy it will do so. If you want it to create a healthy state it will do so, for the simple reason that these thoughts that you create are thoughts in your mind. They are images.

An image of health, an image of ill-health, is just the same, they are both images. The one is fighting the other all the time. That is the relative state. But the Master gets out of the relative state for he sees those two images that he created himself. If he is caught up in the fight with these two images then he suffers. But if he can discern those images and stand apart from them and understand them he is not affected by them because he knows he can control this fluidic energy that is neutral in nature. It will flow into any avenue you direct it to do so. That is the law.

That is why you have been given all power in heaven and on earth. Just as the same energy is transformed into electricity, you transform the same energy into thought power, action and reaction.

When we set in motion a thought we often do not realise that we have set in motion a current of life into action, and we virtually become the generators of this force.

In what I have to say lies the great secret the Masters use and I have been trained in them myself, and although this training has been given to me with the understanding not to reveal the nature of it except when the appropriate occasion arises, I feel that the occasion has arisen. You being my students should become aware of the fundamental facts underlying this Science and I am not violating any rule in revealing these to you.

We have just seen that the Universal Self is the only Self, this Self being individualised as you and me in *the Universal Self*. It is therefore the *Universal Self* but few are aware of this Truth. "Know ye not that I am in the Father and the Father is in Me."

When the individualised self acts on its own, independent, not realising the source then it's brought up against all sort of troubles. But when that individual self recognizes the source of its own being knowing that there is an Intelligence that is working through it. That individual then says to itself this word, "I of myself am nothing. It's the Spirit of the Father within me that doeth the work."

Therefore, the Universal Self becomes aware. Awareness not of separation but awareness of Unity. An awareness of an Intelligence that is greater than the self, greater than the individual self, an Intelligence that knows how. When this individual completely is aware of this, then the

individual gives expression to the whole so the Absolute begins to manifest through the individual.

That was the purpose of the creation of the individual. So that the Consciousness of God could manifest through the consciousness of man and through the consciousness of man the Consciousness of God could manifest now. In that then, there was the awareness of the Master in all that he did was that simple explanation of “I and the Father are one.”

Now thought originates in the Self and is the means of Self-expression. If the thought originates through reaction to things external to the Self, there is what is known as fear, anxiety, anger, jealousy etc. All these feelings which surround the thought gather together the particles of energy which often become a solid mass of matter because matter is energy, is the same thing in a different form.

So as science has proved to us, the scientific explanation they say is this; matter separated from energy does not exist.

“I and the Father are one” is the most powerful thought in existence. The mind is the vehicle of expression, and when there is a certain amount of inner realisation—pure thought—there is a continuous “subconscious” flow, if you would like to call it this because you are familiar with the term “subconscious.” A master seldom uses the expression because it is misleading and does not give a true interpretation of the inner working of the mind. Nevertheless there is an automatic flow of energy continuously flowing out towards people and things.

Think now what it means. There is a continual flow of this energy flowing out through you towards people and things.

There is a subconscious activity continually working. You are unaware of it. But as your thoughts build up so you create what is known as a personality. If that personality has the quality then it attracts. If it has not the quality it does not attract. If you are continually thinking negatively about yourself you prevent this force from flowing through you. This is a magnetic power in itself, generated through your own consciousness, by your own thinking.

If you are calm, peaceful, then you will find that this energy flows through you in abundance, attracts everything to you. If you then act in the

opposite direction; you get irritated, fearful, doubtful, then you find that this does not flow through you and the attraction is minus. Please remember that this force is active in you every day of your life.

There is an accumulated amount of this energy stored up in the soul and body and we continually attract more of the same energy from the Universal pool automatically.

When we think with this understanding our thoughts are charged with this energy and have the desired effect on people and things.

The adept never forgets his relationship to the Father—*the Universal Self*. therefore he is always surcharged with the Universal Life Force.

Never forgets his relationship no matter what he is doing or where he is; whether he is in the company of thousands or in the company of one, whether he is engaged in anything, menial work or engaged in the greatest probably the most important work in the world. He is never in any other state except conscious of his relationship to the whole.

That habit is established through practice.

What you have to do is to learn how to govern and apply this *Force* in your lives for the benefit of all and not only for the benefit of the individual self. For without this understanding, without this technique, this Force is dissipated and is often turned against the individual without the individual knowing what is happening.

Therefore, we cause the reverse effort in our own lives bringing about the things that we do not want but actually the things we think, how you react.

How do you react? What are your reactions? In your reactions do they create in your mind a turmoil, a state of fear, a state of anxiety? In your reactions to things and people are you afraid you will not get this, you will not get that?

When you want something the very image grows up in your mind that you have not got it. That you haven't got it becomes more and more a force and obliterates the idea of you of having it. Therefore you see, having and not having are images. Health and sickness are images. Good and evil are images. All these things are images in your own mind and belong to the relative.

But there is that which is Perfect in Itself which is not conditioned in any way, that is not an image, that has nothing opposing It. It is in Itself complete in Itself that is the Reality in you. There your thinking begins.

If your thinking then begins with your knowledge of this relationship to the whole so shall your thoughts be tinged with that power and therefore you will be generating the great Energy of the Universe in your lives.

Most people find themselves at variance with themselves, this conflict is the worst form of depletion and causes *much* more misery in the form of illness and mental depression etc., than anything else.

We saw in our last lesson how one who had “quality” in personality, attracted love, friends, success, health etc. Surely then a knowledge of the scientific law underlying human relationship is of the greatest importance to you. “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. Remember the Real Creative Power of the Self is in the realisation of the greater Self, and remember again it is the Father—The Greater Self—that does the work. “I can of mine own self do nothing.” *Jesus said that in John 5: verse 30.*

If he said that, what about you? But you think you can do everything. That is how it appears on the surface, that you take upon yourself to do everything by yourself, and you think when you are doing it that you’re alone. Now I never do. Whatever I am doing I am always aware that the Father is doing the work.

Be at peace. Then I am at peace. That inner peace that is permanent in me rises to the surface. That inner peace that is permanent in you shall rise to the surface. Therefore, there is freedom.

Freedom comes when you take off the brakes. You put on the brakes! You put life in a cage! You create your own prison bars. Your emotional stresses and strains create habits which affect the nervous system and out-picture in the form of various troubles. These emotional reactions cause tension in the inner structure of the body and in the outer. The muscles become tense. The muscles round the blood vessels become tense. Nerve centres become inhibited and therefore the flow of Life does not take place through the body and all sorts of troubles begin.

Misbehaviour is set up in the cerebellum and this misbehaviour begins to express itself in the form of some troubles with the nervous system—tension, tension, tension.*

What is the opposite of tension? Relaxation. Take off the brakes, take off the brakes, take off the brakes. What happens when you take off the brakes? This misbehaviour in the cerebellum changes, no longer has it any misbehaviour, because you have consciously taken off the brakes that you put on unconsciously. You unwind these misbehaviour patterns that are working through your body and therefore Nature comes in and takes a hand and the Father does the work. Take off the brakes I say! Let God do His job! He wants to work through you. Take off the brakes!²

I will ask you the following, and be honest in answering to yourselves yes or no. Do you take a negative attitude towards Life? Are you always complaining that Life is hard on you? Do you have that “God has forgotten me” feeling? If this is so then you are unwinding the spring of Life instead of winding it up in your own soul and body.

You are creating those tensions that shall create the misbehaviour in the cerebellum and through your nervous system and shall out-picture in some organ of your body.

When you are in a calm, peaceful state of mind, the Universal Energy flows towards you and gives expression to Itself, therefore you will become filled with the Forces of Life. The adept speaks always to the point and what he says he means. Examine your own mind and see what is there, then you will find what sort of mind you have.

You will see whether you are putting on the brakes, whether you are creating those emotional habit patterns. Whether this misbehaviour that is set up through your cerebellum is manifesting in your organism and when you become afraid of it, you are fearful of it, then you see the vicious circle is created.

First of all, you have an emotional reaction. You become tense. A habit pattern is beginning to move and create. What happens to you then? Then you feel the result of it. Then you become afraid of the result not knowing how it came about. That is the vicious circle.

How many of you have become well when I have taken the brakes off? How easy it is for you when the brakes are taken off, and when you keep those brakes off by Divine reasoning and understanding.

There are certain exercises that are useful in acquiring this calm and serene mind, but these will be given later on. (*When we come to that part of the course*). At present it is most necessary for you to acquire the fundamental truths underlying this great subject of human relations.

Again I will ask you some pertinent questions. Are you morbid and gloomy? Are you a drag on the other person's happiness? Are you always calling on others to hold you up? Do you say you are misunderstood? Are you full of grievances? Are you a grumbler? Do you always depend upon others and never upon yourself? Do you always seek flattery and are irritated if you do not get it? Unless you know whether or not you are doing these things you can never deal with them properly. *You are putting on the brakes all the time.* You have to be honest with yourself and do not merely skim the surface.

If you come across a person like the above you must not be affected by this type but try to understand them. If you become irritated, then you lose that quiet confidence that attracts the Universal Power to you. Try and transfer mentally your feeling of quiet peace and power to such a one and by doing so you will do him and her and yourself a great service.

What is it that you must remember—your relationship, always your relationship to the Whole, your Self, that relationship to the Infinite Self. Therefore, when all is in doubt, it will lead you into pastures green. It will lead you out of difficulty. You will know what to say. You understand, that Love is the greatest Power in the world and a little love goes a long, long way.

It is unwise to criticise such people for they are really ill through ignorance of the Law of Cause and Effect. Be the healer and not the critic.

Criticism to be of any value must be first turned against yourself. Apply this rule when you feel you would like to criticise others.

So at any time when you feel you want to criticize another individual turn that criticism against yourself and you will no longer criticize the other individual and you will free yourself. You will be able to free yourself and

take off the brakes, Therefore you will allow the Father to do the work. It is very simple. There is nothing startling about it. All I say, just put into practice what I have and see for yourself the results.

Without a true understanding of the law of action and reaction you are liable to become depleted yourself. This is always the safeguard against negative reaction in human relations.

We are in contact with people all the time. Human relations is an emotional thing in your life. Know how to act. Know how to be. Be a helper and not a drag. Your human relations is most important for the simple reason that you can never get away from people and in fact should never try to get away from people. Nor try and run away from people because you would then be running away from yourself. That is an utter impossibility. When you want to escape anything or escape an individual of some kind you know that you are trying to escape from yourself. Then turn criticism towards yourself and see what you are doing and you will take off the brakes. You will become free. Life will no longer be in a cage and you will find the most glorious thing in the world.

The 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.

It is not necessary for the King or Queen to go round telling people “I am the King,” “I am the Queen,” everyone knows that. So does everyone know instinctively the strong from the weak.

But your strength does not lie in yourselves. It lies in that relationship you have to the Whole. Your relationship you have to each other. It reminds me of a verse in Luke. I think it is the 14th chapter, the 26th verse, it says, something like this, “If you would come to me, you must put aside your father, your mother, your wife, your children, your brother, and also your own life then only can you become a disciple of mine.”

Why did Jesus say these words? It is not that he says: that you will not care for your father and mother, sister and brother, wives and children. He is showing, that these things are the relative things of life. He is speaking from the Christ Principle. It is perfectly true you can never become a disciple of the Christ until you have put off the relative. Until you have recognised the relative, till you have put it aside. That is what the Master meant. How few people can understand his words, when they read this they

are puzzled. One moment, they say, it tells you to love your parents, honour your father and mother, love each other. Then he says put these things aside. But then he says again, which brings all things to my mind is the crux of the whole. "He who does the will of my Father, is my mother, my sister, my brother."

Think from the Christ Principle in you. Act from the Christ Principle in you, then you will see the relative for what it is. He saw the relative otherwise he could not speak about it. In fact, you can only speak about the relative you cannot speak about the truth because you do not know what it is. But if you can discern the relative and see that it is not truth then you will realize truth. Try and remember what I say and you will find how true it is.

You have the power to subdue your circumstances if you hold the attitude of mind gained through the proper understanding of the Law of Cause and Effect or action and reaction.

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. I hope that you are now beginning to see the meaning of action and reaction. When this is thoroughly understood your condition becomes the starting point for positive action—pure action. Your liabilities become your assets.

No matter what condition you have whether it is ill-health, lack of this or lack of that. It is true, that condition becomes a starting point for positive action, pure action. Your liabilities become your assets.

A fact that you must remember is, not to bestow too much attention upon a condition or seek sympathy of another in regard to it, you only make it a further burden. Wise counsel is the thing you need. You must face these things boldly. Then you will find that they will be your stepping stones and not your stumbling blocks.

Everyone who is here tonight is here because of that condition; it made you seek, made you ask, made you knock, and it has been opened unto you.

He who asks—receives. He who seeks—finds and he who knocks—it is opened unto him. That is why your conditions have been and have been your assets because it has led you to the understanding of that which is greater.

You must accept this type of thinking with the Spirit of a true pioneer. 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.

How wonderful it is. Immediately we begin to recognize this great Truth, it is continually unfolding. The things you do not know today you shall know tomorrow. The things you cannot know tomorrow you will find opening (up) unto you later on.

There is a continual unfoldment of this Knowledge and Wisdom whenever you take off the brakes. When you put on the brakes not only do you stop the flow of this Divine Intelligence, expressing Itself through your own consciousness revealing Itself to you in all Its glory, all Its Knowledge, all Its Wisdom.

In your own consciousness that which will be revealed is this; the whole of the relative Universe will be known to the consciousness within you. But that which is behind Creation, and the why? Will remain a secret in the Infinite Consciousness. Jesus said, "The time no one knoweth, neither the angels of Heaven but the Father only."

I am convinced that we shall know the how of everything and the Wisdom. But why God does certain things is beyond our asking. If Jesus, the greatest man who ever lived said, "Know no man knoweth, neither the angels in Heaven but the Father only." Therefore, it is not the why of things that you must ask for but the how of things?

I am content to know this, that the Infinite Self being Perfect in Himself heals all things and everything He does must be Perfect. I am quite content, as even as the Master was, to go upon the cross, and yet to fulfil that same destiny. To take it upon myself to fulfil it even if it is an ordeal. If it is the Father's will I know then that it must be Perfect. I don't know the why of it? But He does and I am satisfied because He is Eternal Ever-present and being Eternal and Ever-present is Complete and Perfect and Knows All Things.

So you must accept this type of thinking with the spirit of a true pioneer. 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 secret willingly.

We can profit by others' success and failures but fundamentally we must train ourselves to use our own mental equipment free from all outside influences.

You can never be the copy of another because you are all different. If you try to imitate or copy another individual then you will be a failure. Originality, God created within you is His own expression in you and you must never forget your relationship to Him, then everything you do shall be original.

It is not what another person can do or another person has done, this way or that way. It is what this Understanding, this Wisdom, which in Itself is true expression, will do for you.

This new education can only be acquired by becoming conscious of our mental equipment and of that which is hindering us from using it efficiently and effectively.

What is this that is hindering us from using it efficiently and effectively? You know pretty well what it is.

We cannot obtain this knowledge via conventional education nor with a mind that is dominated by habit and precedent, or biased through conformity. For it is entirely contrary to the habitual type of thinking.

You know that to be true.

The world is steeped in chaos because of that habitual state of thinking. That new type of thinking has not yet arisen in the minds of men and women throughout the world. Only a few here and a few there. Yet you are the vanguard in the progress of the world because you are the world.

There must be a new arrangement of thoughts and new methods of using the mind. This is essentially simple and both the untutored and the tutored, even the so-called highly educated, must learn to apply it.

It is a 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 *and that is coming.*

The systems under which we are acting at the present time is entirely erroneous. These systems existed because you and the world has brought them in, and there is no need for you to fight them. There is no need for you

to quarrel with them for you are the cause of them. You wanted them you got them!

The change must come within yourselves. Only within yourselves when that change comes, then that change outwardly will also come and the scheme of things will be different. But first of all there must be a new arrangement of thoughts, new methods of using the mind. This is essentially simple to both the untutored and the tutored, even the so-called highly educated must learn to apply it.

Most people who are really proud of their intellectual attainments, how really stupid they are, when you know the truth that they are living in an illusion created by themselves. You will see how stereotyped, how fixed, are their ideas. Their mind is like a concrete slab and that is truly ignorance.

The world offers us glorious opportunities. Just as the first pioneer began to make a place for himself so must the same Spirit of exploration be used again with the added advantages of all the knowledge that preceded us, so we take everything a great step further into the requirements of the present.³

All the experiences of the past are not lost. They become stepping stones for the future, that is the present. All your experiences no matter what they are, are your stepping stones too.

We shall make a better and more enlightened world in which we 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 in our human relationships.

Because of the fact you cannot separate the material from the Spiritual. You cannot separate the outer from the inner. There is only the manifestation of the one thing. If you are living in Reality you can see that which is relative but you can never see that which is Real, even while you are living in Reality. But you can see everything that is relative. You will know how to use this relative world and a new world will rise before you where you can manipulate and apply your knowledge and understanding, to bring about a true dispensation. So that all shall live as God intended Him to live, so that God Himself will manifest through every soul. Take off the brakes. Let God do His work.

There is but one Universe, one God, one Principle of Being, one mode of action, one true reason based upon Truth, one in All, all in One.

BENEDICTION

Through the night of ignorance and error we pursue a false happiness.

Our feet on the path of progress become bogged in the marsh of disillusionment.

The deceiving element of desire leads many to be smothered up in the bog of possessiveness.

O Divine One, light our path with Thy true torch of progress revealing our true relationship to one another *and to Thee*.

Thy beacon light shines on the rock of Truth so that we may safely reach Thy everlasting shore of peace and plenty. *Amen*.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 18th April 1950, at 7.45 pm. No recording exists of Johannesburg lecture.

1. *Prana*. A sanskrit word meaning (Life Energy). *Yama* (control of). *Pranayama-ana* (regulating or controlling the breath of Life, practitioner of).

2. The next short paragraph contained in the lecture notes and book is missing from the recording: [*“Under these circumstances there is no need to be aggressive or 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.”*]

3. The next sentence contained in the lecture notes and book is missing from the recording: [*“The present is always the present, there will never be any time but the present.”*]

Lecture 3 (25th April 1950)

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: 9, 11.

So the Eternal is always present, He is the Power, the Light in the Consciousness of man. The Eternal is omnipresent and whatever is Eternal and omnipresent is Perfect in Itself. Therefore, within man is the Reality that is Perfect in himself. Free, no conditions imposed upon it. Our freedom, our free will is to understand the truth, to realise that life is and that is our choice, to choose either Life or death. When we choose Life that is the Source of all things and we find ourselves, as Isaiah said; “The Eternal will answer you when you call and when you cry, he will say, ‘here am I’, evermore shall the Eternal guide you, guarding you even without fail.”

We saw in our last lesson 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 Universal Mind and the individual mind are interlocked one with the other and when this is realised they act as one, consciously. Therefore the Consciousness in Universal Mind must be one with the Consciousness in the individual mind. There cannot be two of them, for the individual is but the reflection of the Universal.

When we begin to realise the importance of this statement you will see clearly that there is no separation between the Universal Mind and the individual mind—one is the expression of the other.

The Universal Mind gives rise to the individual mind and the individual mind gives expression to the Universal Mind when it begins to realise the Truth. But we know that there are few people who have realised this Truth.

Even the intelligentsia amongst us is lacking in this knowledge. But when we just as the prophets knew that this is a truth, they gave expression to the Universal Mind and that Universal Mind then becomes the great power in this individual force.

The great Truth that the new Universal Consciousness gives rise to the individual consciousness and the individual consciousness gives expression to the Universal, when this is realised by the individual.

When then we realise the Truth that there can be no separation between the individual consciousness and the Universal Consciousness, because there cannot be. That separation or feeling of separation between the two in your mind is but an illusion. (In) Reality that cannot be because there is only one. The Infinite cannot divide Himself up. He can individualise Himself but not divide Himself. There can be no division in the Universal because the Universe is one complete unit.

Science has proved to us that the Universe is one complete unit and is electronic in nature and there is no division in that Substance. Out of this Substance everything is created. We then see clearly what the prophets knew in the past, science has proved it now.

As we go forward in our understanding we will become greater in our expressions, we will unfold more of the universal secrets. The secrets that are hidden in the Universal Mind shall be expressed through the consciousness of man.

When you understand this Truth you co-operate with the Universal Mind and begin to express the unlimited resources of the Universal Mind.

This Creative Genius can be used by man when man becomes *conscious in the Universal Mind*.

Consciousness is the directing force in mind and through it all creative desire is fulfilled. “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.

“And it shall come to pass that before they call I will answer them.” The reason of that is that in your mind, in your inner consciousness, your desires are known. If you really understand what the Master’s words meant when he went to the tomb of Lazarus, “Father Thou has already heard me.” He knew that the Father knew his innermost thoughts and he was giving

expression to his own realisation of this Truth, "I will answer while they are yet speaking, I will hear."

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.

Whatever the consciousness is aware of so it is to the Consciousness, so it is produced. But if your consciousness exists in your mind, in the relative, you have two images the thing you desire and the lacking of that thing you desire. Therefore your consciousness is aware of two images in the mind. Which image is the strongest? The one that you fear most and that which you fear most, you lack.

But when you know the Truth that the Consciousness must be aware of something. So the Master said these words: "Whatsoever you desire when you pray believe you have received it and you shall have it."

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.

Desire can become an object of the mind. It can flood the mind. It can overwhelm the consciousness because the consciousness is not aware of itself and the consciousness can be caught up in the desire and it can be lost in the desire. Therefore, the desire controls now, just like the individual when he suffers from some particular troubles.

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 may seem Greek to some of you, yet nevertheless it is true.

How does the consciousness become aware of itself? The fact that you can consciously discern every thought in your mind; consciously discern every action and emotion that exists in you, consciously recognise every desire, consciously recognise every movement. You will recognise that these things are relative to the consciousness and the consciousness becomes aware of itself as the analyser, that which is viewing these things. Then the consciousness becomes aware of itself, separate and distinct from your

thoughts, your images, your ideas, although the consciousness is the creator of these things. That which is the creator and the created must be recognised and reconciled so that the one recognises the other. So the consciousness recognises its own creation having no power except the power that the Consciousness gives it. Therefore, you are free but not only free but you have the power to create, the power to desire, so therefore the desire becomes a living force with understanding.

Through carefully selected exercises the adept is directed to dwell upon his own consciousness until such time as he becomes aware. 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 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 unconsciously 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.

So in this realisation of the power of desire, desired thought, you are creating a picture. But if your picture is not defined, if you do not know what you desire, if you have got no complete picture of that which you desire then your expression will become one that is vague and un-designed, un-distinct. But if you know what you want then your thought desire becomes the force that works. The force that creates and attracts to it all the various atoms and electrons that build around this thought desire and the thing becomes an established fact.

I will repeat the instruction the Master himself gives, he says “Ye shall not covet your neighbour’s goods.” At the same time he says, “Whatsoever ye desire when you pray believe you have received it and ye shall have it.” Paul says, “Things are not made out of things that are seen but out of that which is unseen.” He also says, “Faith is the substance of things hoped for, the evidence of things not seen.”

“Ye shall not covet your neighbours goods.”

Showing definitely, he tells you completely, that what you desire you must create for yourselves because you are creators. To desire your

neighbour's goods is of no value whatsoever because you can never create that way. That is desire, of what we call, coveting desire. But a real desire has power, it has a force behind it, when you understand. Then the Master says, "Whatsoever you desire when you pray believe you have received it and you shall have it." That takes away the double mind. You are out of the relative now you're into the Reality now—the one, not the double—the one. I have received it, I have it. Why? Because the Master knew perfectly well that all concentrated thought by a Consciousness that is aware of itself produces that thing.

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.

Even suggestion must become auto-suggestion. Suggestion in itself has no power over anyone, unless that suggestion that becomes auto-suggestion in the individual, it has no power whatsoever. In fact, many suggestions that are made to individuals create the very opposite because of the resistance of that individual. If you command a person to do a thing at once you will create a resistance in that individual to go and do the very opposite. That is why when you understand the power of suggestion you have got to make it become auto-suggestion. So you've got to put it in such a way that the individual absorbs it, takes it into themselves, and makes it autosuggestion. Therefore, suggestion in itself is of no value unless it becomes auto-suggestion, that is, suggestion by the individual themselves. It has proved a great ally to 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.

The consciousness is continually manipulating the mind stuff that the body is made of and it is continually manipulating the mind stuff that surrounds you.

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 *in your mind*. *Your mind becomes a battleground for these two images*. Ask yourself now which image dominates you. *Look into your mind and see which image dominates you*. You do not get what you want you only get the manifestation of the image that dominates your mind. *You do not get what you want, you get what you think deeply*.

Now, *think this over and you will see how true it is and that is why ordinary psychology is of little value to you and leads you astray to a great extent because it deals with images only and it tells you this*. If you then have a negative condition it immediately tells you to change over to the positive and you will overcome the negative but the more you think of the positive the more that negative will rise up to combat it. Therefore, how are you going to get rid of this battle between the positive and the negative? They are both the same. One is at the one end of the stick and the other is at the other end of the stick. So when one is up, the other is down but immediately you turn it up so the negative is up and the positive is down, there is a see-saw movement all the time. Now, which is uppermost most of the time? That which is uppermost most of the time shall manifest. Therefore, why struggle? I have told you before that struggling is of no value, it only hinders you.

Become aware of yourself, not separate from the Infinite Mind or separate from the Infinite Consciousness but the expression of that Consciousness. The very Consciousness that has created the world and all that is in it in where there is no opposition, because it is whole in Itself. Then you have the power to create and the Masters knowledge is this power.

The only difference between a Master and yourselves is this; that he has passed through all these phases of the mind by discerning what takes place in the mind and reaches a point where he himself stands out as the Creative Principle in that Mind, therefore the mind responds to whatever the consciousness is aware of.

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 realised the importance of practising a method that will ensure success.

So we see, that if you see clearly that it is the manifestation of the image that dominates your mind and this is an infallible law of the working of the mind. Whatever the consciousness is aware of, so does the Intelligence fulfil.

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 the Universal Mind, and only that substance can form the image you hold for there is no other.

You cannot get outside the Universal Mind. You cannot think outside the Universal Mind. You must exist in the Law pertaining to the Universal Mind. You cannot exist outside God you must exist in Him because there is no outside Him. You cannot use any other Creative Power but His because there is no other. You cannot use any Substance but His because there is no other. Therefore, what do you do? You create in the Universal Mind according to the Laws of the Universal Mind and then when you understand them, then you begin to create correctly. You see clearly that you must not have a double mind. That you must not live in the relative when you are creating, but live in Reality when you are creating.

There is a higher law of which I will speak of later, that is when the individual has acquired the state of consciousness of the Universal Life operating in his own individual life and does not fear the consequences of the fulfilment of that Life. He says, “Thy will be done, not mine, O Lord.” This is the Master of Masters and into this state all must grow. ***This is the Christ Consciousness.***

It is the Father’s Will that will be performed.

So the Christ in this way enters into the Father. He already knows that he and the Father are one. He submerges identity. He no longer becomes

alone, separate or distinct. He merges his identity in and he loses his own identity and enters into that beautiful realisation of the Reality.

In Luke 14, verse 26. (Eastern text) it says, this: “Anyone who may come to me must put aside his father, his mother, his wife, his husband or children and even his own life before he can become a disciple of mine.”

Now, when people read that, they say, how strange that the Master would say you must put aside all these things. In Moffatt’s and in the ordinary text of the Bible he says, “Unless you hate not your father and mother.” People are alarmed because they see this, that you must hate your father and your mother and your wife and your children and your own life also before you can become a disciple of mine. But the Master is speaking from the Christ Principle. He is showing you that these things are relative things that these things are external and they live in the relative. The Christ is the only thing that permeates through son, father, mother, brothers, sisters, and in his own life also. So therefore, he says, “Put off all these things and come to me complete in the realisation of the one.”

Very few can read the Master’s words, because of the fact, that they do not know from what point he is speaking from. The Master will enter into the relative and he will talk from the relative therefore you must understand his words. He will enter back into the Christ and will talk from the Christ then you must understand his words.

It is impossible to read the Master’s words unless you understand from where he is talking from—whether it is from the relative or from the Christ or the Real.

If you know then the difference between the relative and Reality, you will recognise and discern all that is relative. Then you will see what the Master says, when he means, “put off this and put off that before you can be a disciple of mine.” He does not say to forsake your husband or your wife or children or do any of those things because he tells you honour your father and mother and he tells you also to love one another. But when he is speaking about certain things from the Christ Principle, showing that which is relative, he deals with it so drastically that you must tear yourself apart before you can realise that great Power that is behind all things and recognise it as the one Living Force that exists is your father, your mother, your brethren.

Yet while you are growing, desire is a great force in your lives and it is necessary that you even know 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 has the completed picture of the completed object in his mind.*

When the painter goes to the canvas he sees a scene in front of him. He has the scene completely in his mind and he begins to put it on to canvas. The details are worked in afterwards. So must you be like the artist. You must have the completed picture in your mind and the Intelligence will fill in the rest. It is the Father within that (does the work.) The artist may not be aware of the fact, that there is an Intelligence working in him, through him, out-picturing the details accurately. He may not be aware of this but he who is aware of this, allows this Intelligence to express itself without hindrance, but through recognition—act. That whatever the consciousness is aware of—the Intelligence will fulfil.

He holds the completed picture, ways and means he allows to be worked out by the Universal Mind which knows how. His desire for wisdom comes first so that the use of the thing desired shall be put to the best possible advantage or purpose.

So, without wisdom your desires may be a hindrance to you. They may be selfish and very often most desires are selfish. May I remind you of what the Master said in the beginning, “Covet not your neighbours goods,” “whatever you pray believe you have received and you shall (have it).” While Paul also says, “Things are not made out of things that are seen but out of that which is unseen.” Also says, “Faith is the substance of things hoped (for), the evidence (of things not seen) as fact”

The next part in the operation of the law of desire is to take the desire *out of the relative* 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. This is why many desires are never fulfilled.

I am sure you have seen it in many cases where you have not taken the desire into the soul and there closed the door. Now the desire when it is completed in the soul struggles for expression of (itself). You have closed the door and it required only one way to manifest and that is the manifestation of the desire. If then, that energy which is consciously created through the understanding and you have taken the desire and placed it secretly in the soul and closed the door thereon. It begins as you will see in your own mind, in your own soul, it begins to gather energy with tremendous power.

That energy will almost make you burst to tell other people what your desire is. It will require and want an escape from some way or another. It is like steam that is held in the boiler of the engine. The steam is directed towards the cylinder, the pistons that drive the engine. But if you open the top of the boiler all the steam will flow out if it is not directed to the cylinder or the pistons and you have no more movement whatsoever.

So is then, this desire as it grows in the soul. Then you know what is happening when you feel that terrific power. Yet, your whole (being is directed towards) the manifestation of that power, not releasing the energy in any way through the top of the boiler or by the word of mouth or by telling others what you are going to do or that desire that you have stored up within you because you will find you have released the energy that is behind your desire and it has never manifested.

You have often found that in your own lives when you felt this desire that you wanted to do at one time, you held in secret. You found that the power was growing in that secret but not knowing what this power was, you began to tell everybody because this energy wanted an escape somehow, there was no energy left for the manifestation of the desire and it become a dead thing in your soul. It died in your soul. If you release this force and words are

spoken you will dissipate the energy which goes out. 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 desires.

“Pray unto thy Father which is in secret and thy Father which heareth in secret shall reward thee openly.” (Eastern text.) *What do you do when you desire something? Well you must desire in secret and your Father which is in secret shall hear it in secret and shall reward thee.* A prayer is desire, therefore it builds its power from within. To release this energy in words, spoken or written, weakens the internal power of that stored up energy of which you have become conscious. The fact that you want to tell others is proof of that stored up energy is 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.

When you know this strength there is quiet, there is a calm. When you know the law operating behind desire, you know there is a power that means well. You do not run all round everywhere and say; “Look what I’ve done, look what I have manifested. Look at the truth that I found. You know I manifested the truth, I got this. I sat down the other night, you know, and I thought of so and so and so and so and so and you know this morning that she’s well.” And you know another person, said, “I did that too,” “I was thinking of her too, fancy that now, both of us were thinking of her.” At the same time she wouldn’t want to let the other fellow know that she’s any better than the other. Then another one will come along and they will say, “You know, I proved God in my life because, you know, I wanted something and I got it. Do you know what I manifested?—I manifested a motor car, I manifested this and I manifested that, I manifested all those sorts of things.” You can know the truth. Look at them and see how much truth (there is in it). Therefore, you must be quiet in your strength and peaceful in your 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.”

What a quiet and inner peace is in this statement. "Father Thou hast all ready heard me." Can you in the quietness of inner strengths and in your desire say that, with conviction? You will, if you follow out instructions given in this lesson in regards desire.

Let me sum up this very important subject for you in this way. When you become aware of your oneness with the Universal Consciousness It operates automatically for you. You create an image in your mind and through your sustained imagination the form is created. This work first is done in the inner realm and sooner it will manifest on the outer. Mind has become materialised. *You create the image in your mind.*

Imagination is a form of bringing that which is in the unseen to the seen. But it must be sustained. The image must be sustained. That's what's sustained imagination means, that there must be no opposition to it. If you have that image of yourself lacking that thing, then you have opposition. But if you do what the Master says—use your imagination, "Whatsoever you desire, believe you have received it and you have it." That is sustained imagination.

Bringing from the unseen to the seen by the Law of the Universe incorporated in yourselves because you are the image and likeness of God. Made out of His own Substance, His own Life, His own Consciousness, because there is none other. Therefore, you are His image and likeness, not only the image and likeness, but in the performing and creating. Through sustained imagination you bring that which is unseen.

Remember, that the same Life that is manifesting Consciousness, is manifesting through Him in you. I know that, if I enter into the Consciousness of God in my own consciousness, I find that this very desire existing in my consciousness must manifest through the Consciousness of every individual who is necessary to bring that about.

The Universal Mind is not separate and you do not exist outside it, we all exist in the One Mind. Therefore, if I think in Universal Mind knowing that my consciousness is the creative in that Universal Mind, that same Consciousness manifesting through you and others, is bound to bring into operation that very fact. It will bind and create and move the consciousness that is in others to bring about the very thing I desire. Why, the whole of

heaven and earth shall come into action and fulfil my desire when I fulfil the Law.

It is in the Universal Mind 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. But 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.

Why? Because its not defined in the one thing. You have no sustained imagination in faith and the third and all-important reason is that you are not aware. The consciousness in you is the Consciousness of God and that Consciousness is the Creative Power in you. The whole Universal Mind will come into operation to fulfil what that Consciousness is aware of. "Father Thou hast already heard me."

Do you understand what the Father means? When Jesus spoke to the Father do you understand what he meant when he said, "Father Thou hast already heard me." He meant the totality of all things heard him. The Universe heard him and he called upon the Universe to fulfil the Law, because he knew it. The Universe could not fail to do so because the Creator Himself inaugurated that force when He created the Heavens all by Himself.

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."

To master desire we must not only believe we must also know that there is no such thing as matter. Matter is only the name of the opinion you hold in regard to it.

Matter separated from energy does not exist. Energy separated from Intelligence does not exist. Intelligence separated from consciousness does not exist.

Consciousness must be aware of these otherwise none exists. Unless your consciousness becomes aware of the Intelligence; your consciousness

becomes aware of the Energy, the consciousness becomes aware of the form or the desire, nothing exists, because the Consciousness is the ruling factor and envelops all things—all exists in the Consciousness of God. All exists in your consciousness also. You are the image and likeness of the Creator, in miniature you have everything—the life long Substance, the Power to create.

You have not yet become fully aware. The difference between yourselves and a Master is that he becomes aware and you yet have not become fully aware. If I can convey this to you then you will leave the relative and enter into the Wholeness of Things. There you shall find yourselves the image and likeness of the Creator, not separate or distinct but one with Him, then you lose your identity. As Jesus said, “Put aside your father, your mother, your wife, children, sister and your brother and your own life also before you can become a disciple of mine.” That is, speaking from the Christ, not from the relative—from the Christ. But when he says, “Love ye one another,” he is speaking from the relative. He also says these words; “He who does the will of my Father is my mother, my sister, my brother.”

Consciousness must be aware of these otherwise none exists. For all must be known in the consciousness to be known at all. This is the law. What the Consciousness is aware of, so the Intelligence will fulfil.

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.

We see the struggle that’s going on in this world today is desire being used without 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 welded only for the benefit of the self, with repercussions that has astounded the world. Yet the world is still ignorant of the cause.

Is it not necessary then that you should understand this great and mighty thing—the power of desire with understanding.

Let your hearts be light and glad in knowing the Truth that sets you 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 alchemising 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.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 25th April 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 4 (2nd May 1950)

THE SUBTLE POWER OF EMOTION*

We have already seen that there is but one basic energy behind all movements, all desires, all emotions, all thought. We use this energy in any way we please. We set this energy in motion through thought, emotion, desire and in these there are many movements, which act upon the body.

I often think that this force which we use like electricity. We condition electricity, it is an energy, but we do not know what this energy is—we call it electricity. No one has ever seen electricity but we know that it is because we can use it. We condition this electricity, through light by putting it through a generator, a wireless, X-ray, and a hundred probably a thousand different ways we can condition electricity. So do we condition this Life energy which in itself has a basic principle, unconditioned, free and natural. We condition it through emotion, desire and thought. We direct it to these particular forms that we ourselves create. Therefore, we condition Life, this Life, that is free and now.

I like the word “movement” because it conveys the true meaning of what takes place. In every thought, every emotion, every desire, there is movement in one direction or another, according to the nature of the thought, emotion or desire.

In every emotion and desire the thought becomes the central figure in both. Therefore it is our thoughts we must deal with if we are to express our true nature.

All emotions and desires are mental currents. There are two different kinds of mental currents although only one force underlies both. We have the current that acts against us and the current that acts in our favour.

But the basic energy is the same. We change it, we condition it. Therefore we must learn and understand what we are doing. We find that

this movement takes place in ourselves.

We condition then this energy through our emotions, through our thoughts, through our desires. Immediately we discern what we are doing we become aware of the fact that we are conditioning this energy in different movements. These movements affect us in one way, sometimes negatively, and in another way affect us positively. Nevertheless, it is the same.

I always think that even if it is positive or negative movement these are experiences in our lives, and as long as we discern them and the cause of them. Even the positive and the negative are the same to us when we discern because we are neither affected by one or the other. We discern the cause.

We discern our own conditioning of this energy and we are able then to stand and look upon it as a relative thing. These conditions are relative to you, they are relative to the individual and immediately you see that they are relative to you, then you have power over them because you discern them.

But if you are caught up in the swirl of this emotion, the swirl of this desire, the swirl of your thoughts, then you are caught up in them and you are conditioned because you are bound by the condition.

It is perfectly true that we ourselves are the creator of all things in our relative world; to our minds, to our thoughts, to our emotions, to our desires. I want you to see this clearly because unless you see this clearly then you will be caught up in these things. It is to free you from these things that I have come to show you the importance of this wonderful Truth.

There is no limit to the number of emotions. Let us name some; you're caught up in impatience, you're caught up in anger, you're caught up in hate, you're caught up in indulgence, you're caught up in jealousy, you're caught up in egotism, you're caught up in fear, you're caught up in selfishness, approbation, vanity, terror, dread, dismay, panic, fright, etc. Because you are caught up in them they act against you.

Then there is the great emotion that acts in our favour—which is "Love." That is the most extraordinary thing, that when Love is manifesting in its true nature; there is never any fear, there is never any hate, there is

never any indulgence, there is never any jealousy, there is never any egotism, there is never any fear, or selfishness or approbation or vanity or terror or dread or dismay or panic or fright, when Love in its true nature (is mine).

I mean "Love" not possessiveness.

You have to pass through, of course, that state of possessiveness to understand Love, before you can arrive at that which is true (in itself). Then you stand alone. You stand above everything. In fact, true Love is seeing all the dimensions at one and the same time. Seeing every angle of it, discerning everything in its true place without being caught up in it.

Even love in its personal sense you can be caught up in that. You can be caught up in the love of possessiveness, you can be caught up in that. But when you have this state that I am showing you, where neither any of these things can affect you, you are standing seeing all dimensions at one and the same time. You are free. You never condition Love.

You do not condition anything because Love Itself Is and must be the primary factor, the Creative Principle behind every movement that is constructive throughout the whole Universe. Exists in the atom. Exists in the molecule. It exists in every formation. It is the binding quality. The quality that creates the perfect expression of the Infinite Creative Being. That being Infinite it must be Perfect because it is Eternal. That which is Eternal must be Infinite and that which is Eternal must be Perfect.

Little do we know that the body is the sounding-board for all these emotions and according to their intensity so are we affected. Think of your organs making a certain sound when aroused by any of these emotions. Your heart beats faster, your breathing apparatus is checked, your sweat glands pour out liquid, your stomach turns over, your intestines rumble, your tear glands weep. If all these vibrations were to be heard by the ear it would cause a discord beyond our imagination. Yet these organs really cry out in vain for relief.

These organs begin to talk back to the mind. These organs talk back to the mind through the cerebellum where this misbehaviour begins, where this misbehaviour has been created through your emotional habit patterns. An emotion that is continuous becomes a habit and that emotional habit pattern begins to express itself in some form throughout your organism and

your body. Sometimes it changes your stomach, sometimes it changes your oesophagus, sometimes it is in your skin, sometimes it is your ears, and it can be any portion of your body for these emotional habit patterns to rest. The body becomes a sounding-board for these things.

I always think it is necessary to realise that eating is also most important because you cannot put a square meal into a round stomach.

I said to a patient of mine the other day. He came to me and he was fat as broad as he was long. I knew perfectly well what he was doing, he was eating far too much. He had all the symptoms of a chap that was eating twice as much as he should eat. So I said to him, "Your trouble is you're trying to put a square meal into a round stomach and it can't go."

A fellow's lying in the street the other day, and he had a revolver in one hand and a knife in the other. So a chap went up to him and he said, "you'll be arrested—you can't have a revolver in one hand and a knife in the other!"

"Well," he said, "I was just wondering," he said, "Whether I'll shoot across the street or cut the corner!"

The combinations of the organs' behaviour are limitless in number, there are those which harmonise our organs and those which cause disharmony. Most of these are not caused by reaction to physical danger, but by reaction to events, people, and things, with the result that we deliberately create the disturbance in our working organism. All these effects arise out of situations affecting our adjustments to a confused world of confused people, with the result that many people are on the verge of a nervous breakdown caused by our homemade nervous tensions.

Now what does that mean?

We see then that we are not fearing physical danger, our reaction is not so much to physical danger all the time but our reactions are to events, people and things, with the result that we become confused. The world is confused, the people are confused and we are reacting to a confused world. If you then continue to react to these things you are caught up in your own emotions, your own thoughts, your own desires, and you can prevent it only by discerning what you are doing.

Have you ever examined in your own mind the many situations that make you angry, jealous or excite the emotion of Love? Your heart, your glands, your stomach and lungs are in a continual uproar, no wonder you suffer from all the different complaints.

In this lesson I want to help you to discern these thoughts, emotions and motives that are continually causing your organism to break down.

When you realise that from every emotion or desire you can extract a mighty power you have discovered a gold mine within yourself.

It is when these emotions begin to rise up within you the energy is already began to move into the direction of the movement according to pure thought, your emotions, your desires. The movement is set in action, you have already caused the energy to be active. Now there is only one principle of energy. How are we then to change the polarity of this energy once we have aroused it so that this energy does not affect us destructively? But we can use it after it is aroused and directed into channels that will aid and help us.

There is tremendous force in every emotion. You must not dare to suppress an emotion. If there is a tremendous force in an emotion and you suppress that emotion, unknowingly, you are only creating trouble for yourselves. If that emotion is a movement in the wrong direction and you suppress it, do you think that you have destroyed or altered that movement? No! It continues to move in that direction. But immediately you become aware of it thereby changing the polarity of the energy to work for you and not against you, you are the director of this energy.

You are the director of the movement that takes place in your body. But you can only do that when you become aware of your own awareness. That seems Greek does it not. Think about it a little while and you will see how magnificent it is. Become aware of your own awareness and then become aware of the movement you have created. You, being the director, can change that movement in any way you will. The energy being aroused goes forward in the direction that you direct it, but you can only do so when you become aware of it and not caught up in it.

We have two nervous systems that function as one, each being interlocked with the other; although their functions are different, they act

towards one end. One nervous system deals with the external and the other with the internal.

One deals with the external things, this organism here we call the cerebrum otherwise we call it the cerebro-spinal nervous system.** The other one we call the sympathetic nervous system** which originates in the cerebellum. These two are linked together by what we know as motor or sensory nerves. So that, your thoughts passing through these cerebro-spinal system is caught up through the sensory and motor nerves and the sympathetic nervous system takes up and performs exactly what you think and feel. It is this organism that tells you what you feel. For the body begins to talk back to the brain and the cerebellum begins to tell the cerebrum what it feels and therefore if you do not know what is going on then the vicious circle is in operation because you do not understand. But once you understand the mechanism that I am showing you, you will soon find out that you can direct the energy, you can change the polarity because you are the director. Because you have become aware of it.*

If you do not know the difference between the real and the false then you are lost in your emotions. When we are aware of our true nature our nervous system sends impulses that harmonise, the result being that we build healthy bodies.

Relaxation is natural harmony.

Later on we will have to deal with relaxation in all its aspects. I am not going to talk too much about relaxation at the present time. But what I want to tell you is this, I have said before, when you take off the brakes Nature does the work. Why? It is very simple, when Life is unconditioned. I told you then that we condition Life through our emotions, our desires, our thoughts, and by these we cause tension through the nervous system that is out-pictured upon the body. Our muscles become tense they cause pressure on various vital centres. When we see that the external muscles are tensed we know perfectly well that the internal muscles are tensed also. We have conditioned Life. We have put Life in a cage. What do you do then? We must relax. Conscious relaxation then tends to break up the tension and break up these habit-patterns created through conditioning.

To better understand the mechanism of these reactions I will give you a short summary of the brain and nervous system and how they act. Realising

always that this organism is definitely under the control of the mind and will or consciousness, what the consciousness is aware of, so does this simple yet complicated organism of brain and nerves act accordingly.

The brain is divided into four major parts all working separately yet all interlocked in their action. There is a frontal or higher brain we'll call cerebrum. It is the part of the brain that does all the knowing. It thinks, reacts to the external things and decides. You use it to read with and all that the consciousness is aware of comes through the cerebrum—the frontal brain.

Then we have the cerebellum, the lower brain. This portion of your brain is the part that feels. The higher brain interprets the situation and sends it on to the lower brain for feeling and action. The lower brain or cerebellum sends its messages in turn to the higher brain in terms of how it feels about the situation. When you are elated, calm or depressed, when you have nervous reaction to fear, etc., when you have an upset heart or stomach it is the cerebellum that tells you what it feels, what is going on in the body.

The cerebellum or lower brain is the controller, co-ordinating all the functions of the body. It keeps the heart, lungs, stomach, circulation of the blood, glands, muscles, etc., all working together as one team.

When the cerebellum is free from misbehaviour, created by your own emotional habit-patterns, the organs work smoothly, easily co-ordinated properly because of a free cerebellum.

But if there is misbehaviour in the cerebellum then there is interruption. Then there is misbehaviour in the organs and the co-ordinating quality has been lost.

When you are hungry it is the lower brain that tells you about it and when you become aware of food through the higher brain this message is telegraphed to the lower, and the whole body becomes active. The digestive juices begin to flow etc., ready to receive food.

You notice a dog when a plate of dinner is put down beside it, and it is held back for a moment you see the saliva running from its mouth. It sees the food and the cerebrum sends the message to the cerebellum. The cerebellum, the coordinating power of the body, causes the glands to throw out the necessary substance for the digestion of the food. When you see food

on the table and (you are hungry) the brain tells the cerebellum what it is. The cerebellum then prepares the whole of the organs of the body to become ready to receive the food.

It is this same portion of the brain that becomes active through the various emotions and these are reflected upon the body. This organ reports what is going on in your body to the higher brain. When in a nervous tension, your heart beats fast, your knees tremble, your hands shake, your stomach does convulsions. *It is the lower brain that tells you what is happening.*

You do not run because you fear, you fear because you run.

The more you run the greater the fear because you are caught up in it. So we see then these are the two, what we call, major organisations of the nervous system that control the mechanism of the body.

Now we have what we call, the medulla* is the organ that is like a telephone exchange, *all the wires, all the nerves* passing on the message to each and every part of the body. All nerves pass through this wonderful part of the brain and each organ gets its message accurately, there is no slip in the exchange, no double connection.

All the nerves move in a bunch, but each has its own sheaf, each passes through its complete compartment and it is sent on to every part of the body. Each different message is carried separately to that part of the body. A most wonderful organised nervous system. Who could create it but the Infinite Himself. The Great Intelligence (of the Universe.) Life then created the body and can reorganise the body. Life that is unconditioned created the (body for its own self-expression.)

Now comes the Master control from above and in the centre of the brain. Dividing the frontal or higher from the lower there is what is called the “corpus callosum.”* The Masters speak of this as the Spirit nucleoid¹ and through this all Cosmic Truth comes, otherwise known as the thousand-petalled lotus.** *which is situated above the head.*

In drawings I have seen of this thousand-petalled lotus, it is like a trumpet. It opens above the head and as it were vibrations of Intelligence pour into this corpus callosum and there it is received in its true nature it is passed on to the brain. To this portion of the brain here, the cerebrum,

where the cerebrum then takes hold of it and brings it and makes it into ideas of words and sounds that you can understand. So in everything what is happening at this very moment is the same thing.

I am standing here. I talk freely to you. But many of the things I tell you I have never known before myself. I only know them when I make them into words. When I make them into words, ideas of the truth, I have then conditioned this wisdom. It comes through this corpus callosum and therefore I take hold of it in this brain of mine and form it into words and ideas that I hand out to you, and you then with your own mind accept these things because you know it is true. Your experience tells you that what I tell you is true.

The simplicity of this wonderful truth is beyond the understanding of the human nature. So simple is the operation, yet so complicated in its nature, that it is beyond our comprehension. It is in this portion of the brain that knowledge and understanding is obtained without reason. In fact, this is the all-knowing centre and when developed conveys knowledge etc. by means of inspiration to both the higher and lower brain, thereby influencing both and gives confidence to the higher and the lower is harmonised and calmed. The organisation then receives the blessing of that all Wisdom that is continually pouring into us when we open ourselves to it.

This Wisdom then, is unconditioned, free and natural, cures all conditioning, cleanses the mind. It takes all forms of negative vibrations away because the consciousness (becomes) aware that this wonderful power that knows neither good nor evil. It does not know success or failure because these things are relative things. It only knows Itself to be true. In that Truth—Life. In that Truth— is freedom.

But as this centre must be developed and by the means I am using in teaching you, the process is gradual yet firmly established. I will have more to say about this later on as we come to this part of the Course.

Now I want to deal with the emotion of fear, that basic emotion that underlies all emotions that work against us. When man fears he perceives some kind of danger to himself physically or mentally or socially. The next reaction is one of escape, and how it can be accomplished.

We are all seeking an escape from something. Unless we can discern the fact that we are seeking an escape we will never be able to eliminate it or

we will never be able to escape. For the simple reason that we are always caught up in our escape. But if we see what we are doing and the means through which we are trying to escape, then we will dissolve it and we will be free. It is awfully true when you begin to discern the cause of why you want to escape, then you have solved your problem.

One man's danger is another man's everyday work. The man who works on the construction of a modern hundred-storey structure and who leans against the wind would faint in the cage of lions, yet a lion-tamer would crawl on his belly on and hang on in prostrated fear even beyond despair. The riveter who catches red hot rivets with ease would always faint when asked to make a speech before an audience.

How then would you cure the habit of fear?

The man who goes up in a hundred-storey steel structure, he didn't obtain his confidence all at once, it took him years of practice. So the riveter took years of practice. So the lion-tamer took years of practice. So practice is the thing. Practice, until you become familiar then when you become familiar your fear disappears. Fear of the unknown is the cause of most of your basic fears. Something unknown, something that is not tangible, the bridge that you never cross.

These fears set up reflexes in the body creating disagreeable sensations which create a strong secondary motive to find an escape. If escape is impossible these secondary feelings may become so intense as to produce paralysis.

How true that is. If we cannot find an escape then we feel hemmed in. Our fears may paralyse us.

Take for instance walking on an 18-inch plank along the floor, you can walk on it with perfect ease—18-inch—from here to the end. But put that plank a hundred feet up in the air from one building to another and then try to walk across it. See what would happen. Why can't you walk across the plank as easily one hundred feet up in the air from one building to another as you can walk across the floor? Because of the fact that you have perfect confidence, to do it here, there is something to support you, but up there—there is nothing. Your fear of falling is the fear that causes you, that prevents you, from walking across that plank one hundred feet in the air. Most of you then suffer from this fear. Fear of being unable to do a certain

thing, you have not the confidence. But by practice you do have the confidence. That is to say, when you understand that— your fears at the beginning may be great, but as you practice, your fears become less and less—as long as you do not seek an escape. Immediately you begin to seek an escape then you have lost yourself. The person who walks across the plank will lie on his belly and he will even struggle on that, because he wants to escape from falling.

You end your fear when you discern the cause and the process in operation. Suppose you hear a voice in the house, you are afraid of burglars. If this noise you perceive is just a cat knocking something over chasing a mouse, your fear ends, but if you did not discern the cause your fear might make you scream for help or even paralyse you. Later on we will deal with the means of banishing fear entirely.

Fear is the lack of confidence, the lack of (understanding.)

Habit is a great antidote to fear. Fear of animals will disappear when you get the habit of working with them, fear of climbing rocky faces will disappear when you get the thrill of climbing into your blood through habit.

There are very few people in the world who climb rocky faces. I have climbed many in my time. I have climbed the Himalayas but I have climbed even steeper mountains than that. I have climbed Mt Cook² in New Zealand which is one of the steepest and most dangerous mountains in all the world to climb. Although it is only 12,000 feet above sea level, its pinnacles of ice are almost perpendicular. I know what thrills it used to give me when I used to perch and hang with my fingers on a ledge and look down, hundreds of feet below into space. It's a thrill, I tell you, it's a thrill.

Perhaps I was always a daredevil but nevertheless it was bred in me I should hope when I was a boy. While in my younger life, nearly fifty years ago, I was out East. I was secret service in the East, and I could tell you some tales of escape that I had, yet it was all fun to me, fun. I think that when you pass through those particular things it gives you a feeling of confidence. I have been shot at, stabbed at, kicked at, and all these sorts of things.

It is not running away that helps but facing the situation and to establish the habit of facing every situation.

You generally hate the person you have injured because you refuse to admit your fault, therefore you find something in that person to hate. But you only injure yourself by doing so. All emotion such as hate, jealousy, selfishness, egotism, excessive vanity are influences that arise to the surface in the form of energy. You will note that this energy is working against you and not in your favour. To suppress this enemy in its present form does not relieve you but only intensifies the condition.

Therefore, if these emotions arise and you suppress them, you haven't done anything. You have only intensified that emotion and it will rise again greater than before.

You cannot destroy this movement by suppressing it, neither can you remove it by putting another in its place. You have to discern what you are doing, then this same energy is transmuted and released through the realisation of the fundamental life principle of Love that is the foundation of all true expression and perfection. **Remember: *reasoned thinking masters every situation.***

I remember one time many years ago (in my) exploits. They told me, "now you've got to be very careful otherwise you may be shot. You don't know what's going to happen to you from one moment to the other, and especially when you are asleep. Hold your revolver in your hand and hold it down in between your legs, covered with a blanket, and hold it ready at any moment to shoot to protect yourself."

So this went on like this many nights and so forth until I got blimin' well tired of it. I got so bad that every night I went to bed that I was afraid that somebody was going to shoot me and I began to have those sort of nightmares. I used to hear noises, jump up at once, and shoot. I found that I was shooting in the air. So I took my revolver and put it away out of sight, and from that moment, I never had another nightmare. I was free, and that is the same with everyone. We are afraid. We support our fears by our actions and we bring on the results. Reasoned thinking masters every situation.

Hate is the most destructive movement in your body. It poisons the system and causes the blood to become impure. Anger is another of a similar nature. All these emotions find their expression in the body function.

Jealousy is an admission of failure. Ask yourself, why are you jealous? Is it because some other person has qualities that you do not have? *Or you believe you do not have.* When you begin to admire what you see in others we establish these things in ourselves.

But if you get away from the relative altogether, into that which is Real, you will establish a sense of security that can never be obtained through; a belief in your personality, a belief in your own powers, a belief in your capabilities, a belief in your so-called intellectualism, or you think. That you have security in your administration or your job or whatever the case maybe. There is no security in any of these relative things whatsoever. If you think that you have security because you are good-looking. You will find that it is not so.

But if you know that Life Itself is unconditioned, is perfect in Itself, and it is just Life that is expressing Itself—always, you can then condition that Life. Your thought then becomes the focal point of the expression of Life and you can direct it anyway you please.

We have light, we have power, we have electricity, we have all different forms, hundreds of different ways we are using electricity. Use Life just the same. There are millions of lights in the city but there is only one electricity that permeates them all.

There is only one Life even for the millions of people, but there is only one Life that is expressing Itself through them all and it is the same Life. You are conditioning Life, I am conditioning Life. Yet when you know that it is free—there is freedom.

After putting into operation what I have shown you, you will find a complete change taking place within yourself. Instead of having your heart, stomach and glands in a continual uproar you become a placid, well-organised individual ready for any eventuality. You will welcome temptation because you will understand this powerful mental force and use it to your advantage.

The supreme factor in this method whereby we find relief is to realise that there is no separation. The conception of ourselves being separate from Divine Life is the root of all our troubles.

Every mental and emotional impulse implies a molecular action in the brain and in the twofold nervous system which controls every organ and cell in the body. Hence we see cause and effect in operation. The Truth alone will set you free.

BENEDICTION

O Great Eternal (“One,”) Thou hast made all plain to those who heed Thee.

I was caught in the gulf stream of emotion and carried to distant shores, yet there I found Thee waiting (to free) me.

O Great Emotion of Love, as I grasped Thee with all my strength I found that Eternal Spring of Living (Water.)

I drank deeply and found the Truth that Love alone heals all wounds.

Now I am drunk with Thy ever-refreshing balm, O Beloved Love.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 2nd May 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Nucleoid*. Resembling a nucleus. Central part or thing round which others are collected.

2. Mt. Cook (Aoraki). Located in the Southern Alps on the South Island, is New Zealand’s highest mountain at 3754 metres.

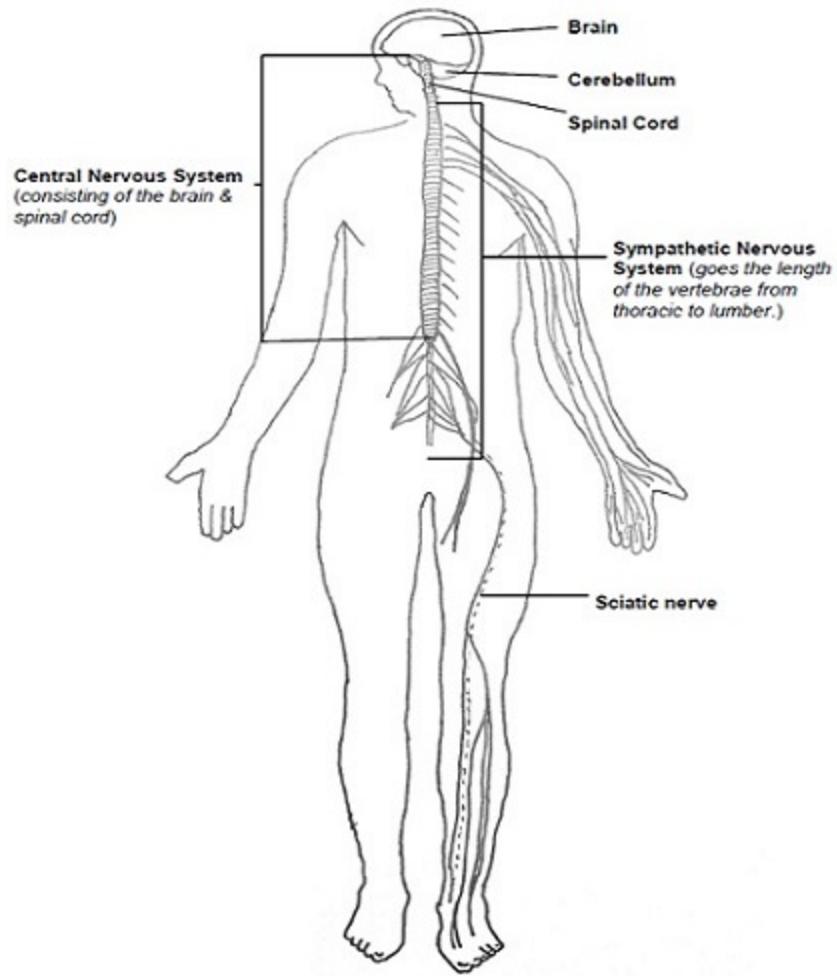


DIAGRAM 2: NERVOUS SYSTEMS

Lecture 5 (9th May 1950)

MINE YOUR MIND AND GAIN YOUR FREEDOM*

Tonight I am going to ask you this question: Do you think that your mind affects your health? Many know that it does. Although you have heard so much about it, it still remains parrot-talk. I want you to know why it affects your bodily health. In this lecture I am going to show you how your mind affects your body, and in simple language I am going to explain to you the scientific facts underlying this great subject.

In Amos 5: verse 10 it reads, “A man runs from a lion and a bear springs at him; he hides indoors, and, rest his hand on the wall, and a serpent bites him—” Is this not the state of man’s mind, rushing from one thing he runs into another, because he has not yet discerned the way to overcome all things.

Here we see clearly how one person may run from one thing to another. They worry about this they worry about that. If then something troubles them something else troubles them. If we fear something we are sure to fear something else. Fear is often the basic principle underlying all our troubles.

If we can realise then how to discern what we are doing then we will be able to overcome. We will not be like the man that runs from a lion and a bear springs at him and he hides indoors and rests his hand on the wall, a serpent bites him. We will be free from all these things and that is knowing how.

Neurotic or mental troubles are generally called imaginary illnesses. Those who do not suffer from them assume them to be imaginary and the effects that appear are so-called imaginary. But these troubles are very real to the person who suffers from them, and it is necessary to understand how they come about otherwise there can be no cure for the sufferer.

How many people have been told, yes, by your physician, “Oh it is just your mind, it’s just imagination, run-away home it will be all right.” But when you run away home. You are like the man that runs from a lion and a bear springs at you, you’re not cured. You are still troubled from your condition and there is no use of saying, “It’s just imaginary, it’s your imagination.” That does not cure you because you are caught up in your nervous system. Your brain becomes affected because it has a misbehaviour which takes place in the cerebellum, out-picturing itself on your body in some way or another.

Now the man himself is invisible. You’ve never seen a man or you’ve never seen a woman. You have only seen the outside form. The material form is the focal point through which the invisible man and invisible woman functions.

Jesus said, “What have you come out to see? A man?” Knowing perfectly well that nobody could see a real man. Therefore, the man is invisible. In his mind lies most of his troubles. His consciousness is caught up in his reactions to this and to that and consequently the form, that is the outer form, becomes affected. Then the outer form being affected talks back to the mind and because it talks back to the mind then you are caught up in it. Therefore, you may say it is imaginary but that doesn’t heal you, that does not cure you. It is necessary for us to understand what is taking place before you really get rid of these troubles. In this Course and the one to follow we will find the ways and means how this is done.

The trouble is an illness where our imagination has its home, and this is the nervous system. It is caused more often than not by repression of negative thoughts and emotions in ignorance of what we are doing. We spoke about this in our last lesson.

The first and foremost question I want to ask you is this: How do you react to your environment? What really are your thoughts and what are your emotions in regard to events, people and what effects do they have upon you? *When we begin to discern these things we begin to break them up. We are not caught up in them because we begin to discern them. We begin to discern then the cause of most of our troubles. But that does not free us from them yet. There is what we call Divine reasoning and Understanding that comes into operation.*

There is positive and negative in everything. Positive and negative exists in the relative and must always exist in the relative and they are always desiring to come into contact with one another. That is why each person, each man, each woman is an unbalanced half and this unbalanced half is always endeavouring to unite with its other unbalanced half. When these two unbalanced halves come together then there is one whole and harmony is established.

But don't think that, as it were, that the sex question comes into that all the time. It is to a great extent companionship and vibration. You will see then how great it is to understand that the body is the vehicle through which you are functioning. The contacts which you make spiritually, mentally, and physically are designed according to you, how you are made up. How God has prepared you, how he has made you in his own image and likeness in the relative world. Therefore, in the relative world there is always these positives and negatives and always will exist. Harmony in the relative world comes about always when these two unbalanced halves come together and unite as one.

There you have then the natural thing in the whole of all Creation. All creations throughout the whole relative has, positive and negative. Water, ice, anything you see has positive and negative and because you see it active there, you know that there is positive and negative in it. Now you are living in this positive and negative. But you must realise this what I am showing to you. If you want to get rid of the negative, you cannot get rid of it by putting a positive in its place because you still have a negative. Because you are still living in a relative world.

You have got to get behind the relative and see the wholeness that is manifesting through all things then you will find freedom. That is Divine reasoning. These are very pertinent questions and require very pertinent answers. This you must do for yourselves. The answers you make to yourselves are of the greatest value in releasing tension in your mind and body.

There is much scientific knowledge underlying this great question and in the light of our modern scientific knowledge I want to show you how your mind really affects your body.

We saw in the last lecture how the brain and nervous system played an important part in the effects we feel. But I am taking you one step further, tonight into the plane of super-physics.

We saw how the cerebellum tells us how the body feels. This organ here, is what we call if you like, the sympathetic nervous system that controls all the various functions of the body. These functions are automatic such as; the beating of your heart, your breathing apparatus, the cell structure of your body, the digesting of your food, the elimination of your food, and all the various processes of your body that are automatic in nature and controlled directly by the cerebellum.*

If then, any of these functions is out of order or is interfered with in any way, the message is sent to the cerebellum and this cerebellum tells you what is going on in the body. It tells you how you feel; how it feels, what is being done, what is being interrupted, you have a pain here, a sensation there and so forth. If you are unaware of the mechanism that is taking place, then, through your cerebrum which carries the message to your mind you become aware of your own consciousness because you are functioning through this physical organism. It is the focal point through which the invisible man is manifested.

So you see, then you as a complete person, mind you, a person who is invisible in Nature who is in no way conditioned at all through your body. But you are conditioned when you are caught up in these feelings, when you do not understand the mechanism of the body. When you do not understand what is taking place your consciousness which in itself is not conditioned, but is conditioned when you then become confused with these sensations. Confused with these sensations your consciousness becomes caught up in the vicious circle and fear then takes place.

But, remember this, that your consciousness is not separated in any way from the Consciousness of God because it cannot be. Because there can only be; One Consciousness, One Life, One Substance, there can be no others. There can be only One Living Entity, God Himself who creates you and Lives in you, expressing Himself. My consciousness then is in God and God's Consciousness is in me. How can God's Consciousness be conditioned? It is an utter impossibility! But when we are unaware of these facts then you allow these conditions to affect you and then you are

conditioned. Then you create further conditions because you fear that which is taking place in your body.

If you then could extract yourself, look at yourself, see what is taking place in your mind, in your body, discern the cause of all these things then you would be free would you not. Because you are looking at something relative to yourself. Something outside yourself. Therefore, assume this to be true, that your body is the focal point through which you are manifesting in this physical plane. That is why you live after death—so-called death.

We have seen that there is a basic energy that is in operation throughout the great Universe. This basic energy manifests itself in three great principles, let us call them Mind, Energy and Matter.

These are all derived from the same Source although manifesting in different forms.

Mind, Energy and Matter originated from the same Source because all is Mind. Energy then is Intelligence in action and Matter is the result of that action.

Science has proved to us very plainly that all matter, what we see, can be broken up into its atomic form, into that invisible form, which we don't see. We have never seen an atom. No one has ever seen an atom. There is no microscope great enough to look at one. We discern them through electronic activity so that we understand the movement that takes place. We begin to see then how these electrons, the nucleus of an atom, and then the electrons that revolve round the nucleus of the atom creates an atom itself. This is Energy.

But this atom could not exist at all except through the Intelligence that is guiding it and forming its action. It would be entire chaos. The whole Universe would be in chaos. Your body would be in chaos. Everything would be in chaos if it was not for that Intelligence guiding the atoms; the direction of the atoms, how they should flow, how they should come together, what the attraction should be, and so forth. That Intelligence then becomes energy itself and that energy itself becomes the manifestation of matter you see here, now. What then is the directing power of that Intelligence?—the Consciousness of course. The Consciousness that is behind all things.

The Intelligence is the “knowing how” of the Universe. The “why” is locked up in God. The why is that prerogative that God knows, neither the angels in Heaven know it. The Master says clearly, “No one knoweth not even the son of man nor the angels in Heaven only the Father knoweth.” But we can see the how of things.

We can see all these things taking place and we can see how we conditioned ourselves by our reactions to things, people and events and circumstances. We will then if we are caught up in these reactions, without discerning what we are doing, we then create the vicious circle, then we are caught up in our own beliefs.

Everything we know of in this plane must have these three principles of Mind, Energy and Matter and must manifest through our physical bodies as well as in every conceivable thing in existence.

We know now that all matter can be broken up into its atomic form invisible to the physical eye, nevertheless this is the matter that you see and feel. The atom itself is likened unto a universe in miniature, having a nucleus in the centre controlling the particles that surround it which make up the eddy or whirlpool in this unknown substance we call Mind.

You cannot tell me what Matter is. You cannot tell me what Energy is. You cannot tell me what electricity is. You cannot tell me what Mind is. You cannot tell me what it is. But you know that it is. You can't tell me what electricity is. You say, “That's a Light.” Quite so. It is a light but you cannot tell me what the light is. You can say it is vibrations and I say, “Yes, perfectly true. What are vibrations? Where do they arrive from?”

We can see the how of things but we cannot tell that which is behind all things, and that is true. You can say, “This is a table.”

But I say, “I know that perfectly well. But what is a table?”

You say, “Well, it's a bit of a tree.”

I say, “I know that pretty well too. But what's a tree?”

“Well it grows from the ground.”

*I say, “Yes,” and so forth, and you go back and back and you find that you do not know what it is at all. **You only know that it is.***

So it is with Life itself. I do not know what Life is but I know that It Is. I do not know what Consciousness is but I know that It Is. I am alive, living, I

must be Life. "I am the Life," the Master said.

If I then can see everything that is relative I can dissolve all these things away into that which is perfect in Itself, which is the fundamental principle underlying all things, then I have discerned all these things that are relative, even the positive and negative pole which belongs to man and woman. Even the positive and negative pole that belongs to everything existing in the Universe. I can discern it, see it for what it is, I know then that it is relative to me. Then I recognise truly I am behind all things. That I exist behind all the relative universe because it is open before me. Therefore, I am Eternal and must be Eternal and complete in myself and I cannot be separate from the Whole.

*In that Divine reasoning then you can see clearly and distinctly, that I, you, are made in the image and likeness of God. I do not know what it is but **I know that it is!***

Now let me explain briefly what science knows about the atom and its movements. Science says that the atom is like a universe having a central sun which is the nucleus. And revolving around this nucleus are particles which it has thrown off, these particles can be few or many according to the grossness of the substance which these atoms make up.

In other words the centre becomes active and throws off particles identical to itself, yet they become negative or relative to the centre, these particles create an eddy or whirlpool in this unknown substance we call Mind.

Science tells us that these atoms are identical to the planets that surround the sun. Relatively speaking the distance corresponds to the distance between the planets and the sun. The infinitely small and the infinitely large are in the same proportion, the same law underlies both, all within the mind of the Infinite.

So we see that there is one law underlying all things from the beginning to the end and everything is relative to the next thing. All relative to one another.

Einstein¹ in his new mathematical formula, in which only scientists who have been trained in higher mathematics can understand, has proved definitely that everything is relative and that which exists in Itself as not

relative to anything but everything must be relative to it. Not only that, it must be one Whole. Everything must come from one Source and there can be no other source but one. Einstein is correct in his mathematical formula as we know from our Divine reasoning as the Masters understand from their own consciousness by going back, back and back, ad infinitum seeing everything relative, that which is recognising it or discerning it. Everything that's relative is under the control and the direction of that which is discerning it.

Therefore I say this, if you can discern even these things that are happening in your bodies and you discern how they come about, how you react to people, events and circumstances, then you can dissolve them. You will separate yourself from them.

To make things plainer to you, let me give you the example of ice. When we apply energy to the block of ice it turns to water, when we apply more energy to water it turns to steam, dissolving into the atmosphere as atoms known as H₂O, two of hydrogen one of oxygen.

We know then that H₂O is in the atmosphere. These two gases exist in the atmosphere and these two gases come together to form all the water you see. Why is it then that ordinary water you take out of the ground? You spray the flowers, the garden with water and you say that this water you take from the ground and you spray all over the place is nothing like rain. Rain is fertilised, Because rain draws other elements with it and surrounds it. As the rain comes down so it brings these elements that are in solution in the atmosphere down into the ground and fertilises the ground. That is why rain is better than all the water you can ever spray on your flowers or your garden or on your land.

Nature has provided for everything and Nature has provided for you the finest and the greatest healing force in the world. That is within yourselves. Always ready to come into operation of its own free will when you take off the brakes.

When you discern what you are doing. When you are relaxed properly, take the tension off your muscles and nerves, then Nature does the work. Nature has provided the finest and the only healing power in existence. She does it automatically, when you do as I say, discern what you are doing.

Take the tension off your muscles and your nerves and become aware. That is all.

It seems simple as I say it. But it is not so simple as one thinks. It requires a good deal of practice. Even to take the tension off the muscles of your body cannot be done in five minutes. It may take you months before you begin to take the tension off your muscles. But you will never take the tension off your muscles until you have become aware of what tension is. It is only when you become aware of what tension is that you can eliminate the residue of tension that remains. That is why it takes some time before you can master proper relaxation.

Perhaps I am going too fast. I am going probably into the things that you will learn later on, but at the same time, to tell you now will enable you to understand what happens. Don't you think the relaxing is just throwing yourself down in bed and say, "I'm relaxed" for the simple reason you are not. All your muscles are tense. You go to sleep, you turn probably a hundred times in your sleep, you do all those sorts of things and you say that you are relaxed. Foolish people! You are not relaxed. You have not known what relaxation is.

If I try to tell you what real relaxation is it would be like telling to a man that is born blind the beautiful colours. That is exactly what it would mean. Therefore, you cannot tell then to a person born blind what those beautiful colours are. He is only got to imagine them. But you will find these things out for yourselves. You will find how beautiful it is, it will take the tension off the muscles. You think that you are relaxed. You haven't started yet.

Suppose you go to sleep at night and you 'sleep' you say but in the morning you are just as tired as you went to bed, even more so. What happens? All right, I will tell you. One set of muscles of the legs stretch the legs out, are pulling against the set of muscles that want the leg to bend. There is a continual strain, see-saw movement, going all the time in your body.

If you lie on your back perhaps and all the time your muscles are taut. The muscles are tied to the lower portion of your back, the pelvis, they are pulling all the time. Straining those particular parts, muscles and the nerves, and cause pain. You think that you have got to get rid of that in five minutes. No you don't. Relax! Relax and you will find that as the muscles

begin to relax so the tension will take away. God does the work when you take off the brakes. You put on the brakes you have got to take off the brakes. He does not take off the brakes. He only heals you when you take off the brakes.

They say the only way you can know when a Scotsman is dead is to go through his pockets. If he doesn't move, he's dead. It is just the same with a lot of people.

Now you know that there is a well-known process of refrigeration which can reduce these atoms to form liquid called water and also to further reduce this water to form ice.

You can neither add to nor destroy any matter that exists in the Universe. You can only change its form.

Now these atoms that make up your body are in a like manner changed by the colour of your thoughts and emotions. *Just as you change these atoms by refrigeration to solids from liquids and from ice to water, so forth, so they are in a like manner changed by the colour of your thoughts and emotions.* Matter that is invisible to the physical eye is nothing more than these atoms forming into groups known as the body, *and other objects.*

Therefore we see that there is Intelligence everywhere, energy everywhere manifesting in the form of matter, these interpenetrate each other causing harmony or inharmony according to the thoughts and emotions we hold.

Your consciousness is the real you, behind and in all through. All what your consciousness is aware of so it will be unto you.

You are the centre, the nucleoid of Life, the Creative Principle known as Consciousness. You draw to yourself these various particles of matter building innumerable cells into organs and a body, this is the Creator at work because there can be no other self or conscious self but the Infinite Self, being infinite in nature, therefore this must be so.

Now this Intelligence, Energy and Matter which makes up your body must be at your command and must respond to you because of the Infinite nature of your inner Self or Being.

Whatever then the Consciousness is aware of so does the atoms change. Not only does the atoms change but a person in fear can become frustrated.

A person in fear can ooze water out of every portion of his body, sweat can rise from his brow. A man and a woman in sorrow can shed tears or can tremble with emotion. All these things become automatic. Think then what is happening to the atoms in your body if the whole body itself is trembling and moving like this. Think what takes place in the atomic structure of the body.

I explained in our last lesson the wonderful organisation of the brain and nerves connecting every cell in your body carrying food and life to reach all. The food is carried through the arterial system while the Life Energy flows through the nerves. This twofold system acts as one under the control of the self.

So you see that your physical body is a living mass of conscious combination of atoms, cells, organs, all forming a body under the control of the self or "I am." We also see that there is an Intelligence constantly at work harmonising all these for a definite purpose.

This Intelligence is the expression of the Infinite Self, otherwise the Will of God in operation, that we should be perfect as our Father in Heaven is perfect.

So this is the great healing power that is continually in operation which is harmony. The basis of the whole Universe is harmony. Harmony exists in the Universe as one Whole. It is outpouring all the time through your minds, through your body, through everything. If you create disharmony, it was you that creates disharmony. But immediately you discern what you are doing then there is a peace that comes into your mind, into your consciousness. Then that Intelligence which is harmony itself brings into operation. But you must learn the technique of how this comes about. Take the brakes off.

Intelligence is the expression of the Infinite Self, otherwise the Will of God in operation.

The Intelligence can be affected by our errors in thought, emotions and desire, but when relaxed and all tension taken off mind and body, this Intelligence tends to bring our mind and body back to its true state made in the likeness of its creator.

Therefore we suffer just as much from the ignorant violation of the law of harmony as we do from the conscious violation of this law.

In our investigation in modern research it has been proved that man has more bodies than the physical. Sensitised photographic experiments performed in their own laboratories have proved that there is a super-physical structure which supports the physical and this super-physical emerges out of the invisible substance which makes up all things.

We see then that the physical is an excretion, I would say, an excretion of that invisible substance that supports it and remains after you leave that excretion. That excretion then dissolves away into the substance which it came.

Every atom in your body then begins to disintegrate. Atoms of water go to water, the atoms of soil go to soil, atoms of the various elements, that is calcium, carbon and so forth, potassium and everything go back to their own particular states. It may take some time for these atoms to pass back into their original form, but they eventually do. You will find that the physical organism that once was the out-picturing and the focal point for invisible man has passed away into the invisible substance out of which it grows.

Again we prove what Paul says is true, “We live and move and have our being in Him.” Therefore we are part of the whole and cannot be separated from it.

Now let us probe this question in its practical application in our daily lives. We see that there is an Intelligence working everywhere in the body, let us call this Mind. This Intelligence works from within the atoms themselves. Let us call this the mental body affected by our thoughts. Then we have what is known as the ethereal counterpart affected by our emotions and in the physical we have manifestation and sensation, the action of our thoughts and emotions upon the body, the sounding-board for this activity.

So we can see that we have, as science has proved, that man has an invisible body. A body that is invisible in Nature yet exists. Higher forms as the Masters, say that they see perfectly clearly what is taking place. A Master, thoroughly trained, can look into you and see what is taking place in the mind, in the emotional body, and in the physical body. He is trained to see beyond, as it were, the physical atoms and see the formations of your

own thoughts taking place. These thoughts then affect the mental body. The emotions then stir up these particular effects in the astral body, or ethereal body, and these then are out-pictured on the physical body which is the sounding board for your thoughts and emotions.

So the physical body is the sounding board for your thoughts and emotions. When you are caught up in the sounding board not discerning what is taking place inside then you are caught up in a vicious circle that you yourselves create through ignorance.

Now the consciousness is the controlling factor behind all this and is the source of our thinking, the source of our emotions, the source of our desires, cravings etc., therefore how necessary it is for us to discern what the consciousness is thinking.

The consciousness must become aware of itself and of what it is thinking. When the consciousness is turned upon itself it sees what it is doing. Therefore it discerns the thoughts, emotions, reactions, and by that you are free.

So we see that it is necessary for us to discern what the consciousness is thinking and reacting to. If reactions are too intense an escape maybe sought through a breakdown. When you have then reactions which are too intense and you are caught up in them, you all want to escape but you cannot escape. Because they become too intense you escape then from Life, as it were, by receding away from it and that is a breakdown.

You cannot face the world. You cannot face people. You cannot look at them. You cannot talk to them. You want to run away. You want to escape and the only way you can escape is by a breakdown and that breakdown is brought about for you so that you can escape. But when you are caught up in your breakdown do you escape? No! You are caught up in your breakdown, and you are still caught in the vicious circle. You have never escaped and cannot escape. The only way you could escape to freedom is to know the Truth about yourselves.

Health is nothing more than your physical body responding to the perfect harmony and rhythm of the Universe, your internal organs in tune and your subtle bodies blending in vibration in accordance with your consciousness or awareness of Reality, the Source of all power, free from all conditions.

Next week we will see how our thoughts originate and how the effects are transformed to the body. This all-important subject is so vital to you all that I want to make this course outstanding in this respect.

“So if your whole body is light without any corner of it in darkness it will be lit up entirely as when a lamp lights you with its rays.” (Luke 11: 36.)

A wonderful truth and the prophets of old understood.

I often wonder how these great men got their information because when we look through their sayings we see that science is proving them every day. But I know how these prophets got their information, they got them through inspiration.

Now inspiration may come in different ways.

There are those scientists who have been struggling on earth to solve the question of the atom. To solve the question of physical matter, they have been struggling hard. Naturally it is necessary for all of us to struggle hard. Not struggle in the struggle itself but struggle in the way to observe that which is taking place. We must not struggle with struggle, that is dangerous, but we do struggle with our minds to search to find what is taking place in the mind and body and matter.

If it was not for scientists, if it was not for teachers who understand these principles you would never learn anything about them. But as we begin to recognise and find sources of information, we find that source of information, but we do not find it out of books.

When you go to university what do you do? You are just an imitator. Nothing more than an imitator. You imitate what other people have said before you and written down in books and you copy it out and you put it into your mind and you say that is true. But that information becomes obsolete in a few years time when new knowledge comes in and you must change your views.

As we pass through universities, I can remember easy enough when I was young and I thought I knew a great deal when I left university, but I find now that I knew nothing at all. The most of you who have grown up, who have passed university, know perfectly well that you learn more after you have passed university than you ever did in the university. It is just as it

were a preparatory ground for new knowledge and unless you are prepared to accept that and open your minds, then you will still be that individual that knows nothing.

Intellectualism is humbug, Knowledge is Truth. So therefore try and open your minds to the greater Truth. The prophets how did they open their mind—by aspiration. I can see the prophets aspiring, opening up their minds. The body was completely forgotten, even their minds were forgotten. They forgot themselves, with an intensity of aspiration. All of a sudden the Knowledge was before them. Why? Because they entered into that State of Understanding.

In that State of Understanding, scientists who have passed beyond the physical plane, who have seen behind the things, who are the Artificers of the Universe, who are looking on. Who are the means by which the Infinite pours through His Intelligence, creating worlds, formation of worlds, beings, animals, all through the various stages, from the very Source of things Itself, rising up into form, creating the form, and then the disintegration of that form into the substance of which it arose. These Artificers are watching carefully and seeing all these things taking place.

*As the prophet lifted up his concentration, as he forgot himself and entered into that realm, and there he saw what was taking place. He **knew**—he did not learn it from books. He got it from the true Source of Understanding and that is how you will also get true Knowledge. Open yourselves by inspiration. Aspire and you will find the secret of Knowledge, the Truth that will set you free.*

BENEDICTION

Thou art the ocean, I am the liquid.

Thou art the fire, I am the flame.

Thou art the rose, I am the petal.

Thou art the Father-Mother, I am Thy offspring,

Thou art the lover, I am the loved.

Thou art the music, I am the rhythm.

Thou art the Infinite, I am the finite, one and the same.

Thy peace in me makes me at peace.

Thy joy in me makes me glad.

Thy wisdom in me makes me true.

Thy love in me makes me loving.

Thy harmony in me makes me harmonious.

O Beloved, now I know we are One.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 9th May 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Albert Einstein* (1879-1955). German-born mathematical physicist. Famous for his revolutionary theory of the nature of space and time, known as the Theory of Relativity, which upset the Newtonian conception of the universe.

Lecture 6 (16th May 1950)

THOUGHT, EMOTION AND SENSATION

“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. Down came the rain, floods rose, winds blew and beat upon that house, but it did not fall, for it was founded upon 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. Down came the rain, floods rose, winds blew and beat upon that house, till down it fell—and mighty was the crash!

“When Jesus finished his speech, the crowds were astounded at his teaching; for he taught them like an authority, not like their own scribes.”
Matthew 7: 24, 25, 26, 27, 28 and 29.

When I see people sick I find them like children, deep in the belief of their own trouble. I show them the error and convince them that the trouble has no power of its own except the power that they alone give it, and when they learn the truth and how to apply it they feel safe, so their troubles begin to disappear.

The Divine Intelligence is always at work and will continue to work for you even when you fail to recognise It. But when left alone to do Its work we find that the work is done perfectly and tonight I want to deal further with our thoughts and feelings to show you that the greater part of our troubles arise from our unconscious behaviour.

A belief in disease is like a belief in any other evil and all this arises in man and when man is blind he is led by the blind and they both fall into the slough. There are many errors that make you feeble and weak and these I will point out to you in simple language.

There are those who put their entire trust in their leaders, steeped in error. Most people follow a belief in some outside God, this God has

become to them something to fear and tremble before. There never has been such a relative and terrible God and they ascribe a nature to Him that we would hesitate to ascribe to the most backward savage. No wonder that we have the sick in our midst.

A person came to me the other day suffering from what he thought was some incurable trouble. He had been to all the specialists, the usual round, a lot of you know it by heart, don't you? Yet no relief. His mind was in a very depressed state. His words were, "God has punished me, God has given me this so that I shall suffer." Of course there was nothing further from the truth than this.

He said that he was a Christian and followed the Christian belief, but I said, "Not the teachings of Christ, they are two different things, don't you know?"

I explained to him that, "God was no respecter of persons, He did not have favourites and this God is not outside you but the very Life that lives in you, that makes you alive and is not conditioned by anything. You alone condition Life, you have put it in a cage of your own making, thus you suffer.

"God punishes no one, we punish ourselves. God is a God of Love and Perfection, Infinite in nature, to punish you He must therefore punish Himself and only one who has been fooled believes that God punishes."

"In any case why come to me to cure you if you believe that God gave you this. Do you think me greater than God?"

I said to him, "Don't you see that you believe in your trouble, to you it is your first thought in the morning your last thought at night. Now you cannot believe in God and disease at the same time. The one is real and the other is not a Reality." So the first thing I had to do was to tear his Christian belief to pieces before I could give him the teachings of Christ.

When we discern the error and not till then can we realise the perfect Spiritual state in which we live. It is here now and is not something we have to create. What we have to do first is to discern the cause of our trouble. We will learn how our thoughts and emotions originate and how they affect our bodies.

Now let us see how most of our troubles come about. Even those that leave a change in the tissue structure originate in our nervous system.

It is always good to remember that what you eat has a lot to do with the healthy state of the body. You cannot continuously burden the body with excess starches, sugars and proteins for this puts a strain on the mechanism called "elimination." And an accumulation of waste matter together with emotional upsets soon causes trouble.

Thoughts and feelings are modes of motion, they affect our mental and emotional bodies as explained in my last lesson. These create vibration of harmony or disharmony in this subtle matter which in turn affects the physical because all these bodies interpenetrate one another.

Therefore it is true to say that thinking and feeling cause vibration in the subtle matter and create corresponding vibrations in the physical, eventually revealing a change in the tissue structure.

Modern scientific investigation has revealed that disease can be detected before it reveals itself in the tissue structure. It is detected in the vibratory stage, detected in the subtle matter or ethereal body. These disharmonious vortices of force upset the atomic harmony and are revealed in the physical because the physical is nothing more than those atoms forming together to make up the body. According to our mental and emotional reactions so do we destroy the harmony of these atoms that make up our organism.

A man in a violent temper or in a constant state of anxiety can produce an ulcerated stomach, even medical science has at last agreed that this is so. In the free-for-all fight with our conflicting emotions the body, as the organ of sensation and manifestation, gets it in the neck, gets it in the stomach, gets it in the heart, gets it in the skin etc.

It is well known when a man is in fear and the nerve centres are paralysed, the blood vessels, which are muscular tubes, contract and then the heart pumps faster resulting in high blood pressure.

Blood pressure can rise many points from fear or excitement, and after fifteen minutes' controlled rest such as scientific relaxation of mind and body that blood pressure again becomes normal.

When the blood vessels of the heart go into a spasm which produces violent spasmodic pain, this is called angina pectoris. Now this condition is

said to be incurable, yet it is not incurable if the cause that brought it on is removed. Many cases of this nature have been cured by proper treatment by relaxation and controlled emotional reflexes and a knowledge of the Truth.

Why do so many people die of heart failure? Coronary sclerosis (hardening of the arteries of the heart) seems to be the most common. Just because people will not learn to use their minds and brains. Controlled reason relieves us of emotional stress and occupational anxiety.

When you work with your mind and brain and not with the blood vessels, nerves and intestines then you will put your heart into your work and not these involuntary muscles that come into play through the cerebellum, as I explained in one of my last lessons.

Spasms of the blood vessels we call Reynard's disease in which a finger, a hand or a foot becomes white, cold and numb and in some cases the limb has died from starvation—all this is due to neurotic spasms of the blood vessels, yet I know this can be cured although again said to be incurable. I have myself had several cases, cases given up as incurable, which are now well again.

In other conditions the skin can become so affected that an itch is created, all this is also due to neurotic spasms.

When we realise that our senses respond to light, sound, colour, heat, sensation etc., and we are continually making adjustments consciously and unconsciously, we will better understand that there is a constant evolutionary urge, urging us on through experiences to become masters and not slaves.

“We are like the boy that comes to the table ready to devour his meal. But his fussy old aunt says, ‘Tommy, eat your spinach, Tommy eat your salad. Eat your vegetables, what is the matter with you.’ While all this is going on Tommy is boiling inside and pushes his plate away from him and says he is not hungry, what he really wants to say is, ‘You big fathead, why don’t you leave me alone so that I can enjoy my food.’ But what he says is, ‘I don’t feel too good, I don’t feel hungry.’” (*Dr. Fink*)¹

When you are strongly urged to do anything you feel that you want to do the opposite and this is what the neurotic is doing all the time.

If we can understand that we respond to sensation, sensation may be blended with emotion and emotion permeated with thoughts, we will also understand that our thought creates emotion and emotion creates sensation and manifestation.

I have witnessed on several occasions when one speaks of bugs, insects, spiders or serpents some people will instantly react as if they were attacked by these things.

If you imagine that you are suffering from some trouble, fear may enter and add coal to the fire you yourself have kindled and the repetition of this will often cause a condition to reveal itself in the tissue structure. This proves that thought, emotion and sensation permeate each other.

When we discern what we do we will see that by our negative thinking we start a vibration in our mental body our emotional body is affected by the fear, worry, etc. and our physical body being the innocent bystander gets it in the neck, stomach, heart, etc. We have thought, emotion and sensation—sensation, emotion and thought.

The story of Adam and Eve explains this very clearly. Paul says, “Adam was not deceived it was Eve and because Eve was deceived Adam fell with her.” The story is about the soul and the body. Adam is the symbol of the material or physical, Eve is the symbol of the psychic, the soul. The serpent crawling on its belly is the error which causes Eve to fall. This is unenlightened man—self-deception.

The real truth concerning man is that he is made in the image and likeness of God with mastery over everything.

Man is at first ignorant of this truth and this ignorance is his fall. By his own creative power he created these self-imposed conditions from which he suffers because he fell into the error of seeing a negative power as having distinctive power of its own outside the Infinite.

Man at last comes to the perfect understanding of the truth of his oneness with Life and this understanding is his rising again enabling him as he is instructed to do, to overcome and master all things. He must become the conqueror as he always was the conqueror except when, through his own erroneous conception of himself, he failed to realise this great Truth.

BENEDICTION

O Mighty One, I have misused the independence Thou hast given me and through this brought suffering.

I am glad that Thou hast shown me that what I sow I reap, which is the Law of Cause and Effect to guide me to Thee.

I have found that today was determined by my action of yesterday and tomorrow depends upon how I shall think and act today.

Although created in Thy own image and endowed with Thy power my birthright was overshadowed by my lack of understanding and self-imposed limitation.

Now my Spirit, soul and body are one in Thee, O Radiant "One."

[1](#). From "Release from Nervous Tension" (1943) by Dr. David Harold Fink M.D. (see page 15)

Lecture 7 (23rd May 1950)

ARE WE HYPNOTISED BY OUR EMOTIONS?

In Ecclesiastes 10: verse 11 we read, “If a serpent bites before it is charmed then the charmer’s skill is useless.”

Things are not as they seem, for instance a mottled leg does not attract the eye, but cover it with a silk nylon, the attitude of mind is totally different.

*Our emotions change the colour of our thinking. Can one think clearly when in a state of emotion? That is the question we must ask ourselves.

When we realise that emotion prevents us from seeing clearly, from thinking accurately, from hearing acutely we find that emotion reduces our senses to a mere fraction of what they should be when fully alert and free from inhibitions.

When in a state of emotion can you think clearly? You have only got to ask yourself this question. Then you will discern what you are doing. Once we discern what we are doing we tend to drop it. Not that we fight the thing that we are doing, but we begin to understand it. A habit is not overcome by fighting the habit but by understanding it.

Emotion can create physical sensation where there is no physical sensation, where there is no physical cause for it. Emotion will also cut off sensation of a physical injury. This I have demonstrated myself and am sure that many of you have experienced the same, perhaps in other ways. The footballer will play with a broken rib right up to the end of the game, but when the game is over and the emotions subdued pain is registered severely.

I can remember very well in my own life the one that gave me the greatest experience was this, was when I was wounded in the intestine, in the stomach. All the time I did not know that I was wounded except I felt something scratching me. Then I felt as if something was running down my

leg. Then I began to think what is wrong it must be a pin or a hairpin or something like that or a safety pin. Because sometimes you lost your buttons and all the rest of it and you tied yourself up with a safety pin. So I thought it was that safety pin that I had tied up inside, so I had a look and found my intestines sticking out like this. Then I felt pain. What I thought in my mind was what I had heard about other people who had been wounded in such a way was that they never got over it. Well the pain was so excruciating and yet before I had no pain at all because of the emotion, because of the tenseness, the condition of the mind. It is the same with most people.

When one is in a state of rage, a state of temporary insanity is often produced. Thus we see that the emotional habit pattern is stimulated while reason is totally eclipsed.

You never get into a rage when you reason things because reason prevents you from getting into a rage. It is when reason is totally eclipsed then you enter into this emotion, of hate, rage, anger. These things destroy you. They upset the whole equilibrium of the organism.

The cell structure of the body is affected as well as the mind. These habit-patterns are established in the cerebellum. Right in this organism at the back here these habits are established and a misbehaviour begins.

In one case pain may be inhibited, when there is cause for it, and in another case pain is created where there is no cause for it.

The question is, how is one to deal with these conflicting problems. We must treat the cerebellum through controlled and scientific relaxation and Divine reason, which balances the reflexes from brain to body and vice versa.

We must treat the cerebellum through control in the scientific relaxation and Divine reason which balances the reflexes, from brain to body and vice versa.

When there is a habit-pattern established, especially a emotional habit-pattern established in the cerebellum. It begins to out-picture in the body in some form or another, in an inhibition perhaps or in a sensation. It may irritate the mucous membrane of the bowel. The nerves there may become inflamed as to create an ulcer. Your bowels may take on the form of

*inflammation because the nerves of the bowel become irritated through this emotional habit-pattern and you have a mucous colitis.*¹

You can have heart trouble. You can have a nervous heart that goes at 130, 140 beats a minute. You can have blood pressure where the muscles surround(ing) the blood vessels contract, become tense and therefore they force the blood into the extremities and you have blood pressure. You can have a skin trouble, an irritation of the skin where the nerves become irritated on the skin. You can have all these things which are produced by this misbehaviour in the cerebellum.

How are you to eliminate it? You can absolutely eliminate it perfectly through controlled scientific conscious relaxation of the muscles of the body.

Now, when you give a message through your cerebrum, that is a suggestion. If you suggest to the cerebellum, strongly, the cerebellum will rebel and say; "No." Just the same as you do if I tell you or anybody tells you, "do that at once!" You immediately rebel. You stop. You wonder whether you will do it or not. It is only you do it because it may be the boss or it may be the wife. Therefore you stop for a moment but the first is a resistance.

But the cerebellum at the back here, this brain here, it says no. It would not respond to strong suggestion but it will respond to unobtrusive suggestion, suggestion that's easily formed. I tell you this, that relaxation is the finest of all suggestion because it is smooth, it is easy. It is suggestion in its finest form, and what you do, you get your muscles relaxed. It sends a message to the cerebellum. The cerebellum then accepts the message and says, "I am relaxed I'm relaxed." That is carried on then to the cerebrum and the cerebrum then knows what is going on. The habit-pattern begins to break up because habit-patterns are tension whether they exist on the muscle outside, whether they exist in the muscles inside or whether they exist in the nervous system in the form of some inhibition. You can have thousands of inhibitions of different form but they are all brought about by the same thing this habit-pattern.

We saw in our last lesson how thought, emotion and sensation was linked together. Firstly our thought, whether it is conscious or unconscious,

has an emotional effect which in turn affects the cerebellum causing misbehaviour there.

This misbehaviour we find in the form of impulses through the motor or sensory nerves, and which in some cases can cause an inhibitory effect immobilising all the muscles. This we call hysterical paralysis.

The motor and sensory nerves are set in motion. These motor and sensory nerves run down the spine. They are in different parts of the body. They belong to what we call the sympathetic nervous system. These sub-stations or sub-brains are linked through the cerebellum into the cerebrum.

When the cerebral spinal system sends a message through the body to be expressed in some particular organ, whatever that organ may be, it must go through these motor and sensory nerves to be carried into the sympathetic. So the sympathetic nerve system which controls all the muscular mobilization and cell mobilization in the body is carried through these motor and sensory nerves.

Supposing now that you have through all these motor and sensory nerves a complete inhibition. You find that you are paralysed.

I have seen people entirely paralysed through it.

I saw a woman once who was paralysed through a emotional habit-pattern. She was perfectly well, a healthy woman. She had seven children. They all went their different ways. She was left at home by herself. She was depressed. She wanted her children round her again. Her letters, desires and hopes were useless. But through the continuous emotional expression in her own nature of the desire at least for some of her children around her again she became paralysed. She went to bed. She could not move her hands or her limbs. There was no outward sign to show that she should be paralysed. Her blood pressure was all right and everything else seemed perfect. Here was a complete immobilization of the muscles through what we would say an emotional habit-pattern. The desire was so strong. The emotion helped this woman to bring about the things she desired, and her children all came round home because she was paralysed. Everybody was sorry for her and she was thoroughly enjoying herself. The thought of her paralysis entirely disappeared because her desire was fulfilled.

But when the children had to go back to their places of work because they had to work, they had families and they had jobs, the mother was left alone again with her paralysis. She did not know how paralysis came about.

But when I showed her that it was nothing more than an emotional habit-pattern and she herself brought it about and she herself alone can cure herself. Therefore, through direction in a few days she was up out of bed as good as well as ever she was for the simple reason that she saw what was happening.

Through proper Divine reasoning, relaxation of all the muscles, and that suggestion which is smooth and silent—taking off the brakes. Then when she took off the brakes and understood that she herself put them on, she got well, the Father did the work. Life is always endeavouring to express Itself in Its perfect nature.

That is one of many I could show you. I could relate hundreds of cases where these emotional habit-patterns have been the means in some cases of creating miserable lives. But that miserable life can become a very enjoyable life. The experience passed through will stand in good stead for the remainder of their life. They will know the cause of their troubles.

In the other way it may stimulate muscular activity in the form of St. Vitus dance.² This we call hysterical muscular reaction, some call it nervous tic.

I had a boy who came down from Rhodesia. He had been in hospital for some time here with St. Vitus' Dance. The father brought him to me because he had contracted this St. Vitus' Dance in the school and he was taken to the hospital. They could not do anything for him, they had given him electric treatment and all that sort of thing, but he was just the same when he came out. The father wanted to take him home to Rhodesia and he took him to me first on Friday. He couldn't put his hand to his mouth, he couldn't tie his shoes, he couldn't put his coat on or his clothes, he couldn't dress himself. He was really in a dreadful state. I talked to the boy and I found out the cause of his trouble was nervousness in the school. He could not do certain subjects and because of this he had created this emotional habit-pattern which caused this muscular activity.

After I had shown him the cause of his trouble, I relaxed his muscles completely. When I relaxed his muscles, to begin with, he was still shaking, as I gradually relaxed him more and more, I found that the whole of his body became quiet, peaceful. I let him relax there for some time, for half an hour or so. When I came back he got up. He could put on his clothes, he could tie his tie, tie his shoes and he said, "I haven't done this for months."

One treatment was sufficient to reduce this habit-pattern to practically nil. So the father said, "will I wait back?" I says, "No, you can take him home now to Rhodesia. Follow my instructions and he will be entirely and completely well."

There are hundreds of people who are suffering from these emotional habit-patterns and yet they do not know how they come about.

It can make you forget your name or where you live. It can make you quite oblivious to the fact that you owe the bank a large overdraft which is quite convenient sometimes. It can make you stammer and stutter. It makes you feel that you cannot remain in an enclosed space or in a crowd, etc., etc.

There are hundreds of ways that this mischievous misbehaviour of the cerebellum makes your cerebrum feel what it feels and that is how you know what is going on.

I remember a long time ago, some of you will also remember the time that Coué³ started his campaign of suggestion, which was in the school of Nancy in France. You can remember the time when across the front page was Coué with his suggestion; "day by day in every way I get better and better." That was his formula.

Now Coué found very clearly that in the first place he tried suggestion but he found also that by direct suggestion made to the opposite of the trouble intensified the trouble. But he also found that when the idea of the trouble was left alone entirely and a formula was created, such as, "day by day in every way I'm getting better and better;" but in the way that had to be said. Coué said, "you've got to lie down. Let yourself into a dreamy state and as you are in that dreamy state say those words, 'day by day in every way, I get better and better.'" That was the formula and thousands of

people at that time when it was fresh and new, got better of all their complaints.

Now, I know dozens of people who have got better of a complaint of that time. But since that time it has become too common. Suggestion has become so common. The reason why that it happened was this; that when the person relaxed, went into this dreamy state, the idea of the trouble seemed to pass away, then saying, “every day in every way I am getting better and better.” It did not stimulate the trouble by a strong suggestion but with that smooth silent unobtrusive suggestion, the brakes were taken off and Nature did her work.

So you see clearly and distinctly that as we grow into this knowledge, the same principle is involved. The suggestion had to become ‘auto suggestion⁴’ before it had any effect at all on the individual. So therefore no suggestion of any kind can be of any use to you unless it becomes **auto suggestion**. Auto suggestion can only come through either the desire of the individual towards the end suggested or when there is a quiet smooth unobtrusive suggestion given, where it enters into the mind and there becomes auto suggestion—unknowing to you.

That is what relaxing the muscles do, to break up your emotional habit-patterns and they dissolve away with the great help of Divine reason.

Divine reason is this: in knowing the Truth about yourselves. Not something that is outside yourselves but the Truth about yourselves, knowing that Life Itself is the only Living thing.

The body does not exist apart from Life. The body is the vehicle that Life has created for Its own expression and without the body Life could not be expressing Itself now in this form. Therefore It created it for Its own self-expression on the physical plane; the nerves, the brain, and everything. There is no other power that could do so. Therefore we see that the body, does not exist apart from Life. So Life is the predominant thing, the actual Reality—and in that is your consciousness.

Consciousness is in Life. Life and Consciousness are synonymous. When you recognize this then you will see where the source of your thinking comes. Through relaxation (“out-cropping” as we will learn later on because I am not going to take you into that field just now), but we uncover

the various layers of consciousness until we reach the stage where we find “pure” Consciousness.

Automatic writing⁵ is to a great extent the out-picturing of the subconscious and that is why when you write unconsciously you are writing down just what is within the mind. Without, as it were, examining but only discerning without comparing, without judging. But just allowing the flow to take place you empty the various layers of consciousness until such time as you reach the pure Consciousness.

It is only when you reach Consciousness which is pure can you ever get anything of any value at all out of your automatic writing. Therefore you see that the great thing in automatic writing is this; that it enables your mind to be emptied out on all the various layers to be exposed. All your various secret habits, your secret desires, your secret motives, and everything about yourself is written on paper. What a mess!

It is said that suggestion and hypnotism is a cure for all these ailments. But in forty years practice I have found that this is not so. In many cases it only adds to the confusion of the pattern. For instance, take one who is a confirmed drunkard. Suggestion may be given but if the counter-suggestion is stronger there is no cure this way. But there is a cure which we will see later. For as sure as the morning comes with the stomach churning in a nervous quiver and the hands trembling this acts as a more powerful suggestion than the verbal one, given previously, and the result is that the belief that a hair of the dog that bit him will cure the quiver *in the stomach* and the hand-tremble.

How often have people tried then to get over that habit by suggestions. It may do for a while but that is not the cure. You have got to understand the cause. Then when we unravel the cause, we find it will be removed.

I have seen a person so bad with the drinking that the only way they could bring the cup to their mouth was a thing like this. They got it round their hands and they took the tumbler in the hand like this (demonstrates) and they drew it up this way to their mouth. That was the only way. Because his hand was shaking like this. But the only way they could bring it up was steady like that, and that's not very long ago.

All brought about by an emotional habit-pattern. Do you think you think suggestion is going to eliminate the emotional habit-pattern without some more scientific means of breaking it up?

We see here that a habit has been established in the cerebellum and this is carried in reflexes to the body. Therefore suggestion alone is not the cure because even under hypnosis there are artificial inhibiting impulses created, or, on the other hand, there can be artificial stimulating impulses created. In this way part of the mind may be shut off, out of commission or, on the other hand, a part of the mind may be made artificially active.

This prevents the entire mind and brain from working as a proper co-ordinating machine for the healthy stimulation of the body, brain and mind. In a state of hypnosis we can say that you are not all there.

I am not saying that suggestion is not an aid to the cure. It is certainly not the cure that remains permanent. This can only be brought about by proper relaxation and Divine reasoning, *which we will see in our next series of lessons. We will see clearly how this is done. Step by step. In ten steps I will take you through a complete method and you will find how wonderful it is.*

We can see that with conflicting emotion and a habit-patterns created in the brain and nervous system which throws the whole organism into an uproar, a civil war is going on inside. This proves that our emotions partially hypnotise the functions of our bodies.

There we see we are hypnotized by our emotions; our seeing is reduced, our hearing is reduced, our feeling is reduced. The senses are reduced because of the emotional habit-pattern that has caused self-hypnosis of these organs in the body. It produces this anaesthesia which impairs your functions 50, 75 and sometimes nearly 100 percent.

In my next lesson we will see how progressive relaxation coupled with Divine reason can cure, once the self-applied technique is acquired, and the habit muscle tension is relaxed. You break down the old habit-pattern and as the cerebellum asserts itself the regular work given to it to do by the Intelligence that created it is performed accordingly as the mind assumes a true attitude towards Life.

When you then free the consciousness from all the inhibiting emotional habit-patterns, there is no longer a hindrance to the expression of Life because we ourselves have put Life in a cage. When we understand that, when we break down the bars and doors of the cage we created for ourselves—we will be free.

It has also been found that certain forms of breathing help to quieten the nervous system stimulated through emotion, but there is no room for this lecture for detailed instruction in the matter we will deal with it later.

There is one thing sure, when you acquire that balance of mind, brain and body you will speak with authority, with confidence, you will have that quiet easy assurance, a calmness that nothing can move because you will know and understand.

The blusterer is always one who is covering up a weakness. You may be sure that there is conflict going on inside. But this bluff is often unconscious. It is the habit-pattern created through conflict.

The conflict of two images in the mind. The conflict of the individual who feels afraid, feels inferior. He creates in his mind an artificial stimulus of confidence, of courage. Now, if you have fear on the one hand and you try to cover up with courage on the other hand, you are only affirming the inferiority and you are getting nowhere because the more you think of courage the more you express fear.

Its like a girl or a woman who is going to have a baby. She wants to get a girl, all the time she is fearing she is going to have a boy. The more she wants a girl the more afraid she is going to have a boy. So if she wants a boy the more afraid she is going to have a girl. While the husband says, “now I want a boy,” and she says, “by jove its got to be a boy.” But all the time she is frightened it is going to be a girl.

So you see the whole trouble is that you have a double mind. One image superimposing the other. One time one is up and the other time one is down.

Now, that conflict is so strong sometimes that it becomes unconscious. With the fact that you have an excessive, what we call, overconfidence created by this type of individual. A superiority conflict is nothing more than an inferiority complex imposed and that one is always there because it has not been dealt with. It has not been discerned. It has not been dealt

with. It has not been seen how it has been brought about, and there it remains as the expression of that superiority conflict or complex. All the time there is a struggle going on—a deep struggle going on. As sure as you are alive, that struggle going on, is going to affect your nervous system so soon that you are going to have an ulcerated stomach or you are going to have mucous colitis or you are going to have something very serious wrong and you do not know where it comes from. Then when it happens to you, what happens again? The vicious circle takes place because you dwell upon it, you are afraid of it. You fear the very thing that you brought on yourself, unconsciously. There is this vicious circle.

I want to show you what you are doing, so when you eliminate these things, Life itself that is unconditioned gives expression to Itself. Take off the brakes and the Father does the work.

Do not criticise but see the real person behind the veneer. This is the way to free yourself from further conflict. *Because what you see in others you generally planted in yourself.*

Very few people are completely free from emotional conflict and habit-patterns created by reactions to the external world. Our movements often betray our mental attitude.

A chap, puts his hand in his pocket, he wants to pay something out and he puts it down on the counter. He keeps his hand on it as long as he can so he doesn't want to part with it. He stays there with it for a while and then he takes his hand very cautiously from it, and he finds he has got to part with it after all. Now that shows the type of mind there. The fellow who does not care, he takes the money and throws it on the table, like and there it goes.

There are so many different forms of facts.

A closed fist means not much, an open hand means everything. Because of the fact the open hand gives you everything, that is the way to give it because you are getting everything. Fingers always represent something. Sometimes a person will do this, (demonstrates) now doing that of course is subconscious. All these other qualities that these hands, the fingers, mean subconsciously, are closed and hidden. That is vision, (demonstrates) that is humanity, that is beauty, that's expression, that's wisdom. In fact, subconsciously we are always making signs according to our own feelings inside, what we are.

The closed fist—you will never get anything on the closed fist. Never. You will never get anything from anybody who puts his hands behind his back. Until such time as you bring it forward by suggestion. Very acute suggestion. Very acute; subtle, quiet, smooth. I will deal with that some other time.

A person that is free will generally look you straight in the eye and we should cultivate that habit. The shake of the hand also often denotes the attitude of mind. There is the piece-of-meat type of handshake, that sloppy handshake that no one likes, then there is the crushing-to-pulp type which is even worse. A truly friendly handshake is a firm pleasant shake of a hand where you would like it to linger longer. Remember the contact of the hand can reveal your nature.

If you are aware of the unconscious habit-patterns created through your mental and emotional state, you can change this pattern established in your brain and nervous system, *and you are continually doing so.*

When people relax they begin to change their whole nature. These habit-patterns begin to break up because habit-patterns is tension. Reduce the tension. Break up the tension and you break up the habit-pattern. It is just that wonderful thing that Nature does for you when you take off the brakes.

To feel perfectly relaxed in the presence of others is proof that a natural state is being re-established. Relaxation of nerves and muscles means health. Those who are in tension in the presence of others often create trouble through what I call “Occupational anxiety.” *A person who is always in a state of anxiety and tension in the presence of others create what we call “occupational anxiety” which produces similar effects to what they call an emotional habit-pattern will do. It is a similar thing.* This state of affairs causes a change in the tissue structure, thereby organic conditions are often created.

By following what I have told you you will begin to express the true pattern of Life itself, you “will” will develop unconsciously and you can still further develop it by doing the little things you previously left undone. Practise doing everything in the right way at the right time, do not procrastinate.

We always throw the little things aside. "Oh, I'll do that tomorrow, time enough to do this, do that" All the time there is something tugging you, saying, "you should do it you know, you should do it you know." All the time something else says, "Oh I'll do it tomorrow. Its alright, do it tomorrow."

But when you take yourself in hand, the doing the little things are most essential, because it is doing the little things that produce strong will and a strong personality. You are forced to do the big things whether you like it or not. But the small things you can throw aside, that is ruining your will to do.

Try and recognise the great truth that Nature is always acting all the time and she is doing the little things always. Nature is doing the little things that make the big things. It is the little things in your life that really make the big things.

When you know your condition and the cause of it, you are not so prone to bestow your attention upon it, thereby intensifying the trouble. You will know it is there but it does not mean a great deal now. Then you face the way you want to go. These conditions are your experiences, then let them be your driving power and not your stumbling block.

How often are these conditions in your life your stumbling block. Experience is always a stepping stone. But if you bestow your attention upon your troubles severely with fear you intensify it a hundredfold.

There are in fact, three stages in every trouble. There is the physical, the emotional, and the mental. Physical trouble may only be 10 percent, but the emotional and the mental maybe 90 percent. But the physical stands out so enormously to you that it becomes 100 percent, yet it is only 10 percent of your trouble. Can you understand now then how you can remove this emotional and mental effect of any trouble, by recognizing how to go about it? By realizing the truth about yourselves?

If you are always bemoaning the fact that you are sick or you are weak, that your efforts have been destroyed, you are just seeking an escape, and when you realise that then you will devote your energy to creative work and little or none to your self-imposed conditions.

A great deal of sickness is nothing more than a desire to escape from something. Also, bemoaning the fact that you are weak is another escape from something, a desire to escape. But if you can discern the way you are trying to escape and why, you will free yourself from both.

So you see that you will devote your energy to creative work and little or none to your self-imposed condition.

I would like to call this surgery of the mind, where we begin to cut out the disease of our emotional habit-patterns, and the knife we use is Divine reason. Coupled with scientific conscious relaxation. This is the finest lance we can ever use.

In our relation with people and things we gain experience. We get to know ourselves. If we discern deeply our thought-action, our emotions, we will free ourselves from the habit-pattern of greed, envy, cravings and dependence upon people and things. We will no longer be dwarfs in a world created for giants.

If then you can realise the importance of what I am saying to you, you will study these lessons carefully. You will go over them again word by word because I have not given you a quarter of what is in this lesson, nor not a hundredth part. You will find it out for yourselves and it is when you find out for yourself, that is the secret, that is the means how you can overcome all your difficulties.

If we are hypnotised by our emotions we only find sorrow, fear and conflict which is out-pictured in our bodies, our affairs, our surroundings, when this is removed things are seen as they truly are. The attitude of mind determines what your habit-pattern is going to be.

Then search and find what your attitude of mind is. Is it based upon reactions to outside world? Is it based upon fear, apprehension, desire, or do these things fill your mind or is the great mighty Power that is in Itself, Perfect, expressing Itself, influencing your mind from within? Are you allowing those influences of the Spirit to manifest in your own mind? If you are, then you will find an avenue that will give you that true mental attitude towards all things external to the self because you will know them for what they are.

When we begin to realise that quality, that unlimited power we have to create, to do, that our efficiency is dependent upon our power of attention, we are no longer in bondage. But this impossible where there is strong emotional conflict. You must see that confusion of thought is bound to create confusion in your environment and life.

If you are caught up in the error you will fail to see the true. But when you see the true then the error dissolves away because the error has no foundation. The cause and cure is in man's own self. Many of you in the past have been caught up in both truth and error, and this is the cause of much of your confusion. *Truth and error that is in the mind. Most teachers of truth are only dealing in images, do not give you the truth.*

If you are caught up then in a prison. Most people are in a prison, but they do not want to get outside the prison. They do not want to free themselves, they are afraid of freedom, absolutely utterly afraid of freedom. Now look into your own minds and see if you are afraid of freedom. Will you cast everything out completely, that is in your mind, outside and deal with it? Throw it out and be your Real self. Oh no, you want a prison a little bit more comfortable than the one you had so you can snooze there. That is exactly what most people do. Unless you are prepared to eliminate everything and stand alone clear and distinct. See all these things as relative but only that which is Real in yourself, stands alone—God Almighty, no others. Your God is a relative God. The life in your neighbour is separate and distinct to your own.

*That is how you live. Your God is a relative God and the Life in your neighbour is separate and distinct to your own. That is how we live. Look into your own minds and see how true it is.*⁶

You could not reconcile the false teachings you heard with that inner conviction of Reality, and not being able to discern the false you could not know the true. But now all this is changed yet the change will continue for it is Eternal in nature, an ever upward and onward progression unfolding more and more of the wonders set before you.

I am Alpha and Omega, the Beginning and the End.

Therefore if you can see clearly that the Life in you and your neighbour is the same then he will say as Jesus did, "Love your neighbour as

yourself.”

If you can dispense with everything, leave nothing except your bare principle of Life, then you will find that Life Itself is the Creator of All Things and you will be free. You will not be dominated by the outside world. You will not be caught up in your conflicts. You will not be caught up in your habit patterns, but you will unfold each layer of consciousness—all the stupid things that are there. They will come to the surface, you will discern them and know them that they are relative. You will not look upon them as right or wrong, or judge them or compare them but allow this free association of the things that have hindered you all your lives.

Come to the Consciousness and then you will see what has hindered you in the past.

In the recognition and the realisation of the Truth, that what you discern then, you will see is outside yourself. That you yourself will stand alone as the creator, one with the Creator of All Things— that Creative Principle existing in everyone is the same. I in you and you in me and we in God. There is no other Truth.

“I am alpha and omega, the beginning and end.”

BENEDICTION

O Lovely One, Thou art lovely by nature, and Thou hast given me Thy Nature so that I may express It and thus be free.

Thou hast shown me to love others because Thou lovest all.

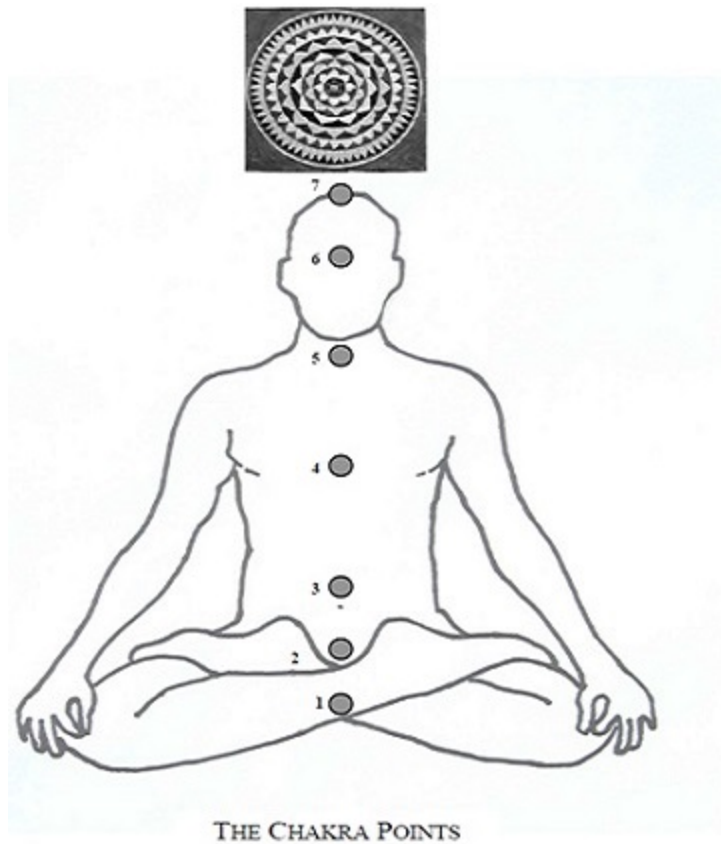
Thou hast taught me to be true to my word as Thou art true to me.

Thou hast taught me how to make others happy because Thou art the essence of happiness.

Thou hast taught me to smile, for as I look upon my face I see Thy reflection.

O Lovely One, my happiness and joy I find in others because there I see Thy Presence, my Beloved One.

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- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 23rd May 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.
- 1 *Mucous colitis*. Recurrent abdominal pain and diarrhoea or constipation, often associated with emotional stress. Also called Irritable bowel syndrome.
 - 2 *St. Vitus Dance*. Disease characterized by involuntary movements of muscles. Chorea occurring chiefly in children and associated with rheumatic fever. Named after *St. Vitus* (3rd century), patron saint of those afflicted with chorea.
 - 3 Émile Coué (1857-1926), French psychotherapist, originator of 'auto-suggestion.'
 - 4 *Auto Suggestion*. A system for self-improvement developed by Emile Coue which was popular in the 1920's and 1930's. The dwelling upon an idea, thought, or concept, thereby inducing some change in the mental or bodily functions. from the subject him or herself.
 - 5 *Automatic writing*. Writing performed without conscious thought or deliberation, typically by means of spontaneous free association or as a medium for spirits or psychic forces.
 - 6 This small piece of text contained in the lecture notes is missing from the sound recording. [*The truth of the oneness of all things sets you free.*]



- 1. Root Chakra:** Red, Earth, Smell
2. Sacral Chakra: Orange, Water, Taste.
3. Solar Plexus Chakra: Yellow, Fire, Sight.
4. Heart Chakra: Green, Air, Touch.
5. Throat Chakra: Blue, Ether, Hearing.
6. Third-Eye Chakra: Mauve, Extra-sense perception.
7. Crown Chakra: White, Heaven, Purest Being. (Thousand-petalled Lotus)

DIAGRAM 3: THOUSAND-PETALLED LOTUS

Lecture 8 (30th May 1950)

IF WE ARE HYPNOTISED BY OUR EMOTIONS HOW CAN WE BE DE-HYPNOTISED*

“Thy ear shall hear a word behind thee, saying, This is the way walk ye in it, when ye turn to the right hand, and when ye turn to the left.”—ISAIAH 30: 21. (Old version.)

It is always so because there is the Spirit which in Itself is Life. Life is unconditioned and arriving from its source carries with it the expression according to plane in which it is manifesting.

When we are manifesting in the physical plane as human beings; sons of men, daughters of men, these are really sons and daughters of God. The Life carries with it through that means of expression according to the highest possible expression of sons and daughters of God.

That is what we hear behind us saying, “This is the way, walk ye in it.” When you begin to realise this, there is always the inner voice that begins to help you overcome your emotional stresses and strains; your angers, your envies, your jealousies. All these things that have a deep effect upon the emotions and the emotional body which out-pictures the misbehaviour which takes place in the cerebellum, in the form of; skin troubles, duodenal ulcers, heart troubles, nervous reactions, and a host of other things which affect the body.

We find that we are not free when we are caught up in our emotions, we are hypnotised. The idea now is to find how we can be dehypnotised and so that we can be free of the effects we ourselves create.

We found in our last lesson that our emotions hypnotised us to the extent that our senses were impaired from 50 to 75 percent and more, sometimes 100 per cent. The question is how can we be de-hypnotised so that our senses will function 100 percent, free from any inhibition.

Leading doctors today are realising the great part our thoughts and emotions play in all illnesses. The idea that some diseases are organic and others are functional is fast disappearing. There can be no dividing line between the mental and the physical. The chemical changes that take place through our thoughts and emotions have the effect of changing the tissue structure which in itself is a mental phenomenon.

We have arrived at that stage in our understanding, all ready, that there is only one substance in the whole Universe, out of which everything must be created. The Infinite being Infinite in Nature there can only be one substance, and that substance must be Infinite. There can be no other substance because of the fact that the Infinite is Infinite. Therefore out of that substance everything is created and that substance must be mind because you cannot say the Infinite is physical and you cannot say that physical is physical substance or matter.

Matter is a name you have acquired according to the opinion you have in regard to that which you feel and see and touch. But when it is analyzed completely you will find that this substance which you touch and feel changes into atoms beyond your sight, you see it no more. Yet those atoms are but vortices of energy or force. Now we know that energy separated from matter does not exist. That is to say, matter separated from energy does not exist, and energy separated from Intelligence does not exist. Therefore, energy must have an Intelligence to direct it because it is self-manifesting in a way according to a plan, and that Intelligence is behind it. Therefore, we see that Consciousness is the means where all this substance is directed. An Intelligence forms then the atoms, and the atoms form what we see as physical matter and we have a body—a form.

We see clearly then, that any change that takes place in the tissue structure must have a change in the fundamentals of the body, that is, the atomic structure and that causes a change in the physical structure through energy created by thought, emotions, movement, whatever the movement it may be.

We have already learned that there is only one substance underlying all form and that Life built the body, brain and nerves out of this substance for Its own self-expression.

The unscientific attitude towards disease is fast disappearing with this new knowledge forcing its way through the ignorant adhesion of past beliefs that matter is matter and that disease can only be in matter.

Disease has three aspects, mental, emotional and physical, the physical is sometimes only 10 percent of the trouble, while 90 percent is generally emotional and mental. Remove the mental and emotional aspects and your physical disappears. *How often that is true.*

Naturally, the individual, feels the physical reaction and because the body is the instrument of sensation, the sensation is registered upon the body. Then you attribute this sensation to a physical pain, a physical disease, whatever the case may be. When all the time it may be 90 percent mental and emotional, and only 10 percent physical.

If you will remember that the conditions of the your body sometimes will not worry you so very much, because when they do worry you you create the vicious circle. That vicious circle adds coal to the fire and produces that which you yourselves created in the first place—reproduces it and intensifies it.

Continuous adjustment is the function of our nervous system. Through the functioning of the nervous system the various activities within the body are adjusted; when we run fast we breathe heavily and faster, the heart pounds, pumping the blood to the tissues with oxygen to supply the waste through exertion.

There is an Intelligence in the body which works through the cerebellum. We have heard plenty about the cerebellum and its not the last you are going to hear about it either. You are going to hear it a long way yet. But as you see, the cerebellum is the nervous instrument and it makes those various adjustments. Let us say when you run fast; you have to breathe faster, the heart has got to beat faster, the cerebellum has to do that work. The cerebellum not only does that but it carries with it all the memories of the past. The whole experience of the reproduction of the species from that very small cell.

In the first place it could; move, elongate itself, absorb its own food, and do everything within itself. Then as that gradually grew out, it formed into other forms until such time as the whole of Creation was built up as it is today with the highest form of that Life which is manifesting in man and

woman, carrying with it, mind you, the essential Spiritual quality according to the state that is manifesting.

Therefore you are sons and daughters of God. Nevertheless mind you, that through the whole of the ages all the memory of that Creation, all the memory of all those processes is in the cerebellum. All the sex qualities, all the things that you think are evil are registered there as a natural process of evolution.

So there is an Intelligence in the body which works through the cerebellum making these adjustments. The rhythm of the heart is kept up so that the flow of blood to every part of the body is regulated. The digestion of your food, the secretion of the glands and a hundred and one other functions are kept going through the nerve centres in the cerebellum, an Intelligence is working on our behalf.

So when you run, the Intelligence is working on your behalf. When you relax, the Intelligence is working on your behalf. Whatever you do, the Intelligence is working on your behalf. If you violate your body; if you break it up, if you hit your head against a wall, if you break your leg—Intelligence begins to mend it. Intelligence in fact, tells you not to worry and when one is intelligent they do not worry.

It reminds me of the story of Cohen and Moses. One lived across the street from the other. Moses could not sleep this night, he was tossing in bed and tossing and all the rest of it. Rachel said to him, “What’s wrong with you Moses, can’t you sleep?”

“No,” he said, “I owe Cohen 200 pounds and I can’t pay him tomorrow and the bills due tomorrow.”

She said, “I’ll settle that.” So she ran up the way and said, “Cohen, Moses can’t pay you that 200 pounds tomorrow.” “Now Moses go to sleep, let Cohen worry about it.”

So that was intelligence.

Emotional stress causes a misbehaviour of these nerve centres interfering with these internal adjustments and creates physical disorder among the organs of the body. Therefore thought and emotion often cause 90 per cent of our physical ailments.

The brain is the organ through which your mental and emotional reactions take place. It works well when you are at peace with yourself and with your environment. "I will instruct thee and teach thee in the way which thou shalt go; I will guide thee with mine eye." Psalm 32: 8.

If we then realise the importance of these sayings that I have picked out for you to study. You will see how they fit in to this message.

We see then that it works well when you are at peace with yourself and your environment.

It is no joke to live with a neurotic but if you want peace at home your job is to understand the condition that has to be cured. *The condition that has to be eliminated.*

A neurotic is permitting the organs of the body to dictate to the cerebrum through the cerebellum. *The body talks back to the brain, the body talks to the cerebellum. The cerebellum tells the cerebrum what the body is feeling, therefore you become aware of that. Then the cerebrum knows what its feeling and then it tells somebody else of what is felt. So consequently the whole house is in an uproar, for the simple reason is that here we have the thinking part of the brain is suffocated, for when emotion rules, the body controls the mind. When the whole brain and body works as one unit the mind controls matter and reason prevails, so does peace.*

So if your body rules your brain and mind you are not at peace. But there is a way and means whereby you can get your body to that state of peace through a certain directive relaxation which you will have in the future. These will give you the keys whereby you can reduce those tensions, those emotions and bring about that peace that is required so that that which in itself is peaceful, will take control and rise in your soul and body.

We must realise that neurotic trouble is not imaginary, it is caused by sick nerves, and to cure sick nerves the sufferer has to be de-hypnotised. In dealing with the nervous system we see that nerves out-picture our thoughts and emotions.

So if you say to a person, "Its only imagination," and leave it at that, you only intensify the trouble of the poor person that is suffering. You do not understand. Because they do not understand it themselves and you do not

understand it. But we will understand it, you will see the reason, the why of this, because you created it.

You cannot see the why of anything God created but you can see the why and how of everything you create in yourselves. Because it is secondary you are creating secondary causes which manifest in the form of either sickness or health.

There is underlying the structure of the body an Intelligence that always tends to bring it into harmony with Nature.

When you take off the brakes—then God does the work.

It is the vehicle through which our thoughts and emotions are expressed and reproduce the exact replica of the thoughts we hold. Thoughts held in the grip of emotion out-picture almost instantaneously.

So we see that the nervous system is the vehicle through which our thoughts and emotions are expressed and reproduce the exact replica of the thoughts we hold. Thoughts held in the grip of emotion out-picture almost instantaneously.

Let us consider the mechanism called fear. Fear plays a part in the lives of most people. Abnormal fear is dynamic in its action and a knowledge of how to eliminate it is of inestimable value.

Animals act on instinct, action follows perception, a sort of mechanical reaction takes place. Man's perception is not immediately transferred into action there is an interval for choice between perception and action, this is when our emotion affects our imagination. Our imagination runs wild. It is in the interval between perception and reaction that fear enters, and spontaneous suggestion takes effect. We are self-hypnotised.

Now why are you self-hypnotised? Because through your self-hypnotisation the conscious reasoning part of the mind and brain is temporarily obliterated. This is just what our emotions do to us. They obliterated the reasoning part of your mind because you are hypnotised by yourselves through your emotion. The ideas, the suggestions, the thoughts that pass through your mind during a state of emotion is not reasoned with. They are not known to the consciousness. They flash through your mind unnoticed. They take hold of your brain, your nervous system and begin to

out-picture exactly what you thought, yet you did not know what you thought.

But at the same time it is out-picturing in your body, you have hypnotised yourselves through your emotions by the ideas that happen to pass into your mind during that state of emotion of which you are not aware of.

A person will strike a blow in anger. Even sometimes they will strike one that they love. They are hypnotised through their emotion. They are not responsible for what they are doing. You are doing the same in a minor way every day of your life. If you will remember that, it will bring to your mind what you are doing and you will reason. Whenever reason enters into your mind then your emotion will die down and you will understand.

Ideas are set up in the mind unconsciously when fear rules and are transferred to the brain and nervous system for immediate action. We have not brought our conscious reasoning into action and a great deal of our mental make-up is the result of these spontaneous suggestions of which we are not aware.

You are suffering from all these spontaneous suggestions that are still existing in your mind; and are preventing you from sleeping, they are preventing from eating, they are preventing you from walking, they prevent you from talking. They cause all these inhibitions that you have in yourselves. Hypnotised by yourselves, you are the victim of your own emotions and thoughts.

These, then we see, create an activity in the nervous system. The nervous system is the first to be affected, there is a disturbance set up and the cells of the body are eventually affected.

Do you ever think how dynamic are your emotional habit-patterns, how they demand expression? They are now *at this moment* sending streams of suggestions to your brain urging you on to some activity. Consider the habit of smoking. It may be trivial in the scheme of things in your life, nevertheless examine this habit and see what power it has over you.

These habit-patterns are continually sending streams of suggestion to your brain and mind for activity—for action.

You are all suffering from these things because you do not know. But when you have finished this course, if you do not know about them, well I will say, you are down right ignorant.

The way to understand them is to understand yourselves. Immediately you begin to understand yourselves you will find that these emotional habit-patterns begin to die away.

Through relaxation and Divine Reasoning you reach a stage where that in Itself, that is Perfect in Itself, begins to take Its place. When you discern all things that hinder your true expression, then they will dissolve away.

Thoughts become active in the body through chemicalisation, in this way thoughts change the tissue structure. Thought is Spiritual energy and is carried into operation through the mind, brain and nervous system.

Under the emotional habit-patterns wave after wave of suggestion is sent to the cerebellum and from there forwarded to the centre of inhibition and stimulation in the cerebrum. Nerve impulses are sent from one centre to another creating inhibition and stimulation, and the result is partial hypnosis is created.

If you can only realise this, that these habit-patterns being established in yourselves, by yourselves, are continually sending nerve impulses outwardly so that these habit-patterns can be expressed.

If you do not know that this habit-pattern is your own, sometimes you think its somebody else's, its mostly you try to make yourself believe that somebody else is the cause. There is no one the cause but yourself. If you will realise this, you will see what is happening, you will begin to discern and understand. When you understand yourselves then you will begin to express your true self and not the habit-pattern.

While the rest of the family may resent the unreasonable demands of the neurotic, the poor neurotic sufferer is confused and muddled up, and is the tragic victim of his or her own emotional conflicts, and is terrified by the physical sensations produced by them. Neurotics sink into despair when told that their troubles are imaginary. They are caught up in the hypnotic state of their thoughts and feelings. What they need is an explanation of their troubles, and with directions to follow that will take them out of the maze into which they have wandered and this is not so difficult by any

means. Rectification takes place gradually and surely until sound reason prevails once more, and relaxation and Divine reasoning is the key. This technique will be detailed in future lessons.

In the meantime, let us understand first of all, the causes of these troubles and we will see what we are doing to ourselves. If then the whole family may resent the unreasonable demands of a neurotic. The poor neurotic sufferer is just suffering more and more because the sufferer sees not only what is happening to herself or himself but he or she sees what he or she is doing to the family. The sooner that individual begins to discern the causes of their trouble so that some directive, instructions, will be given to follow out, and he will get them.

I cannot give you everything in five minutes. I know you are all wanting it now, but if I give it to you now, you would not thoroughly understand because you have not understood the basic principles first.

When you understand the basic principles then you readily put into those simple practices that I shall give you. You will be keen to do it. You will be anxious to do it for the simple reason that you will know what you are doing.

What I intend to do in the next series, is to take you through a series of directive relaxation exercises coupled with Divine reasoning, *each week. Taking ten weeks to complete the course.* I will not ask you to believe anything only to follow my instructions and you will find that self-dehypnotising comes as a natural sequence to this scientific application of a master technique that has healed thousands of all kinds of ailments, *and I am not exaggerating one iota.*

Wisdom is everywhere and is man's true nature. It is the action of wisdom that makes us whole in every respect. You do not get wisdom through the senses but through relaxation and Divine reasoning. While the emotional patterns are being dissolved and broken up self-control and self-mastery takes place. The real is always there we cover it up with error, when the error is dissolved the real is revealed.

So while the emotional habit-patterns are being dissolved and broken up, self control and self-mastery takes place. It is natural because the Real is always there. If you will realise this great truth; that you cover it up with

error, it is smothered, it is no longer free, therefore you put yourselves in a cage with it.

When error is dissolved—the Real is revealed.

We become channels through which the Infinite Self expresses Himself. *Because there can be no other expression in true expression. When you then eliminate all these inhibitions, these stimulations that cause the very opposite to what we call inhibitions. I may have a person who is paralyzed—that's an inhibition. I may have a person who has, what we call, St. Vitus Dance and that is stimulation. Both come from the same source they are created in the individual by the individual. These are habit-patterns which are the result of a misbehaviour in the cerebellum being out-pictured on the body. Caused by emotional stresses and strains; by often occupational anxieties, by worries, and by all these things that bring these things about.*

The Bible is a wonderful book because it instructs us how to become peaceful. It instructs us even if we are in trouble and in trial, it shows us how the mind can be calmed and peaceful. It shows also that where a person is successful in life, that success must not go to the brain or the mind. It must levelled and controlled through realisation of the Truth. It also shows us this, that kindness and Love is the secret of happiness. It is not always taking, taking, taking that gives one happiness but giving, giving. When we begin to realise this, that we become channels through which the Infinite Self expresses Himself. How wonderful is the truth that in the Silence obtained through scientific relaxation and Divine reasoning, error is dissolved away. In the quietness of that peace that passes all understanding the Infinite Intelligence moves silently into action.

I of myself am nothing, it is the Spirit of the Father within me that doeth all things.

“Know ye not that I am in the Father and the Father is in me. It is the Father whoever remaineth within me performing His own deeds.”

When we become consciously co-operative and aware of our true nature this then shall be the starting point of every thought, we will then act in accordance with the wisdom of the Almighty, bringing into our lives perfect happiness, perfect health and abundance. This is no idle dream, it is an established fact and there are thousands living today who have proved it.

It is under these conditions that we come into our Divine Inheritance of health, harmony and abundance. But first of all we must give up our limitation, our weaknesses, our enslavement, our self-pity.

Just think for a moment what that means, there is no one that imposes any limitation upon us. No one imposes any weakness upon us. No one imposes any enslavement on us, but ourselves. When we have covered ourselves up with these, we then seek self-pity. We don't want the other person to pity us in our distressing stupid condition that we ourselves put ourselves in.

The time will come, and I hope soon, when we will be ashamed to talk about our weaknesses. We will be ashamed to talk about our limitations. We will be ashamed to talk about our own enslavement because it will show our true ignorance.

To our Divine nature we must hold on no matter what is taking place outside, no matter what conditions we have created through error in thought and action. We will know them for what they are and while they are disappearing into nothingness from which they arose we will be thankful for the experiences we gained through them.

When you have passed through them you will have experience but your experiences must not hinder you. Most people are hindering themselves by their own experiences. If you think that these experiences are giving you a sense of notoriety, that you have an operation for this and you show your scar wherever it may be, don't you see then, that what you are doing—you are hindering yourselves by your experiences.

Most people like to show their scars wherever they maybe. Absolutely relishing, in the fact, that they have had an operation for this and an operation for that. One woman told me the other day that she had 18 operations and she was so glad about it. I says, "Aren't you damned well ashamed of yourself?"

*If we can only realise the great importance of the fact that **Life Itself is unconditioned**. It imposes no condition upon Itself because It cannot. It is free and natural. Life is not affected because you have had an operation. Life is not affected because you have had a duodenal ulcer through your emotional habit-patterns created by yourselves.*

Life is not affected because you cannot sleep. Life is not affected by you can't drink or you can't eat. Life is not affected in any way whatsoever, it is still unconditioned and will still remain unconditioned.

It is like electricity. We put a globe in there and we condition electricity, we make it light. We have conditioned that electricity there but does it interfere with the electricity? Has it spoiled the electricity? Has it spoiled the electricity because we have a heater? Has it destroyed the electricity because we use it for X-ray? Does it destroy electricity because some person catches a wire and kills themselves? Is electricity affected because all these conditions are imposed upon it?

Neither is the Life affected in you when you impose conditions upon It through your thoughts and emotions.

If you will recognise this truth—then you will free yourselves. You will become channels through which the Infinite Self expresses Himself.

How wonderful is this truth, that in the silence obtained through scientific relaxation and Divine Reasoning, error is dissolved away. In the quietness of that peace that passes all understanding, the Infinite Intelligence moves silently into action.

But we must become consciously cooperative and aware of our true nature, then that shall be the starting point for every thought, every action. In that way our thoughts and actions will become pure and purer and purer. We will act in accordance then with Wisdom of God. His son Jesus, as an example to us, bringing into our lives happiness. Not only into our own lives but into every one that surrounds us, and this not a dream at all, it is a natural actuality—it becomes yours.

If one can do it, all can do it. In that recognition then we will find:

When God made the Universe He must have had a plan
And to the earnest seeker it is in the heart of man,
Not one man only, but the whole of mankind,
And when in relaxation with Divine reason,
God's plan you are sure to find.

BENEDICTION

O Beloved Father-Mother Divine Parent, I am of Thy Spirit, flesh and blood.

While Thou behold me through the twinkling stars Thou art present in my heart.

While Thou watch me through the sun and the moon, my soul and body are Thine.

While Thou caress me through the sun and rain, Thou lovest me through my love.

While Thy Immortality throbs in my heart my mortal frame gives expression to Thy Voice.

While Thou help others through my hands let them realise it is Thy touch not mine.

While Thou inspire others through my mind make them feel Thy breath in them.

While I sing for joy in Thy Presence, complete my eternal song in the realisation of Thy Presence in me, O Dearest Beloved.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 30th May 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 9 (6th June 1950)

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

“He who receives a prophet because he is a prophet will receive a prophet’s reward. But *he who receives ‘Me’ receives Him who sent me.” This is the Master’s message.

This message can be found in Matthew, 10th Chapter, I was forced to write the last verse first so as to give me the true meaning of the truth of the Master’s message.

This meaning is, he that receives the Spirit of God manifesting in the flesh which is the Spirit of God, receives God through understanding. But he who receives a prophet because he is a prophet gains only a prophet’s reward.

*He who listens to the prophets words and only dwells upon the prophets words not knowing that it is the Spirit within that does the work, then you only receive a prophets reward. But when one understands the great significance of the Masters words, “**He who receives me, receives Him who sent me.**”*

These words have tremendous significance and it is so essential that we should dwell upon them so that we shall find the answer in ourselves. I find the answer to this in myself and I am sure you must also find the answer within yourselves.

It is not the prophet that you must receive but the Spirit of God that is in him. This is the true meaning of the Master’s words and he applied them to himself. “I of myself am nothing, it is the Spirit of the Father within me that doeth the work.”

It is the same with us all. It is the Spirit that enlighteneth the mind, the Spirit of God is with you and within you.

The prophet is the means and not the end. The Spirit is beginning and end. So the prophet by himself is nothing it is the Father within that doeth the work.

We have to have this Divine reasoning so that when we unearth our emotional habit-patterns we are not only left bare naked just with the loss of our emotional habit-patterns not knowing where we are. But when we have this Divine reasoning, we have a foundation.

These words come to me also; “He who builds his house upon a rock and he who builds his house upon the sand. The one that builds a house upon a rock, the winds came and the storms blew, and the house withstood. But he who built his house upon the sand, the winds came and the storm blew, and great was the fall thereof.”

That is why most people build their houses on sand because of the shifting sands of the human being—the shifting sands of the intellect of mankind.

The intellect is but the intellect. But when you build your house upon a rock, that is Divine reasoning. That is why I am giving you this first so that when we pass into this lecture, and we unearth these habit-patterns of ours that we can destroy them by knowing them, by understanding them, not by trying to fight them or struggling with them because that is useless, you only give them a power they do not possess.

So the prophet is the means and not the end. The Spirit is the beginning and end. So the prophet by himself is nothing, it is the Father within that does the work.

As I write these words I know they were for me also. It is words like these that keep one humble so that the Father can do the work. And I am grateful for the humbling process these words have on me. It reminds me that by myself I am nothing, only with the Father all is possible.

When I was in the Himalayas my teacher asked me these questions and I am going to put them to you also.

These questions when answered properly to yourselves will enable you to understand yourselves and so relieve you of many perplexing emotional patterns that out-picture in your bodies. You virtually unearth your emotional pattern.

These questions are very pertinent questions but it is what everyone does. But as everyone does it, no one knows that they are doing it. That is how you are caught up in your doing; caught up in your emotional habit patterns, caught up in these various things that you do everyday. Because they are so common you make a habit of doing them and consequently you create the emotional habit-pattern that expresses itself upon the body. For remember this; that all mental reactions, all emotional reactions have their effect upon the physical organism. The physical organism is what we call the sounding board for your thoughts and emotions and through the nerves you have the expression.

So here goes! *Here are the questions. Number one. Are you thin-skinned, that is to say do others affect you easily? Or are you indifferent to snubs as a battle-cruiser is indifferent to a pea-shooter? Are you sensitive to what others say about you? Are you boiling up within while you show an outside appearance of calm?*

There is where the habit-pattern comes in. Conflict between two things. It is when you have two things conflicting with one another—there the habit-pattern is discovered.

For instance, Take a person perhaps who is brought up in poor circumstances, poor food and poor clothing. Goes to school and he begins to compare himself with other boys and girls. First of all this comparison is the first thing that starts the emotional habit-pattern. The boy wants what every catechumen¹ wants too, it is he wants to go ahead. He wants to play yet he wants to shrink away. He wants to do two things at the same time. He grows up in life and because of his early childhood he forces himself into a position where he gets into the head or into a very good position in life. He meets other people who are in a position like him yet he feels that same inferiority. He is not comfortable because he thinks of the other person and himself, he begins to compare. He wonders, this other person is well-dressed, he is well-dressed but he does not think that he is well-dressed because of his early influences and these habit-patterns. Although he has forgotten the incidents of his early life he feels this sort of inferiority which takes place of him among his associates.

Here is an instance of one person that I knew. He was such as that and he grew up to be the head of a great industry. He used to go out and play

golf and he met his friend who was a great surgeon, one of the greatest surgeons of his time. When he was with him he found this surgeon was very calm and peaceful and had a freedom that he did not have. So he took this surgeon friend apart and he said, "I admire you very much," he says, "I always feel a feeling of inferiority when I come in contact, I'm just talking straight."

So this person said, "Why should you feel that?"

"Well," he said, "I was brought up in poor circumstances." He told the story how he felt so inferior. So he turned to the surgeon and he said, "Now you see what I mean."

"Yes," says the surgeon, "But I was the same. I was brought up even in poorer circumstances than you were."

"Well, how is it," he says, "That you are so free?"

"Well," he said, "I've come to the conclusion long ago and I lost all this inferiority because," he said, "I felt that whatever I could do for my brother man—I would do, and I lost myself in doing these things." "I lost all the inferiority, I lost all sense of this inferiority idea of myself because I found that as I did more for others, I escaped from this feeling of inferiority."

"So," the other man said, "I see now, how it is. I have always been making money. I am perhaps the richest man here." But, he says, "It was always money, money, money. Now," he says, "I see the answer," and he lost his inferiority complex.

"He receives me, receives Him who sent me." If you can realise that truth you will find that even then you will lose that inferiority. That complex where you have comparisons, that you compare yourselves with others. There is nothing in comparisons—that is the double mind. If your mind is full of opposites you can never be free. Never!

So, we will go on with these questions.

It is not so easy for the ordinary person to withstand the rough and tumble of the social scrum and not get hurt sometimes. But as you are growing up will see how necessary it is to understand yourselves. When you know what you are doing then you are on the way to freedom, but if you are caught up in emotional reflexes then you are laying up trouble for

yourselves. Therefore I want you to think over these questions quietly *in your own homes* and see how they affect you.

It is always the personality that gets hurt—the Spirit never! Always according to which is out in front. Is it your personality that is out in front or is it the Spirit which is Real?

If your personality is always out in front you will surely be hurt and very much indeed. But if the Spirit is out in front then there is no hurt—there is perfect freedom.

Do you smile but secretly smart under a wisecrack, while on the outside you put on a show of indifference yet harbour enmity and revenge? This is not good for your health. If you could see what goes on inside brain and nervous system where habit-patterns are established you would “think twice.”

Do you feel upset that your friends talk about you in your absence? Or have you arrived at that state of mind where you are indifferent about it, and you are not affected inwardly or outwardly? Or are you just wrapped up in the feelings of inferiority that makes you imagine that others talk about you?

There again is the danger of comparisons. You are comparing yourselves with others. Immediately you begin to compare you have lost the Spirit of Truth. You live in a mind of comparisons where there are opposites, and where there are opposites there can be no Truth—there can be no freedom.

Do you feel charmed or elevated when others say nice things about you? Or, when you hear the opposite, you are enraged?

Ask yourselves this question now. What is out in front—the Spirit or is it the personality?

The personality is the mask that is false—the Spirit is that which is true. Everyone has a personality. Every one no matter who they are have a personality but if that personality is tinged with the Spirit, and the Spirit is expressing Itself through it, the Spirit comes out in front and the personality passes into the rear, it gets behind. In other words it says, as Jesus said; “Get ye behind me Satan.”

Approbation is a dominant power in human nature. It is nothing to be ashamed of. Its importance lies in the fact that it is a force which we allow to work against us. Ninety-nine per cent of people like to hear or tell something about themselves; the more this subtle force is used, so we are affected negatively by its influence.

Why? Its quite easy to understand.

There is in the individual a sense of inward poverty. Even if the outer things are glorious and flourishing, even if you have castles, even if you have land, even if you have everything there is an inward poverty, and that inward poverty is the cause of this approbation. The more then you try to express yourself through approbation or seek it then the greater the inward poverty becomes.

You must find the motive behind your action. If you do not find the motive behind your action you cannot destroy these habit-patterns. You are caught up in them and they affect your nervous system because your body and your nervous system is the organism of expression, it is the sounding board for your thoughts your emotions.

Emotion is necessary to a balanced life.

You cannot pass through life without emotion, you would be like a piece of wood. But there is the type of emotion that I am going to show you that brings you into that particular expression that Nature has designed you for.

Nature has designed the mechanism of the mind and the body and the heart for the emotional expression of Nature herself. When Nature begins to play upon her harp strings, that she created for the purpose. Harp strings which are in tune, are in the mind and body of each and every individual. As Nature begins to play her harmonious tunes through the individual, that emotion of the music of that grand and wonderful sound of Nature gives you health and strength, happiness and peace, and leads you away from these stupid habit-patterns that you create by your own reaction to things external to yourselves.

The music comes from within, not from without, it rises within the soul.

When you are listening to music, a perfect piece of music, and I mean the bagpipes² too. Perhaps the bagpipes is just the greatest music in the world. It is to some people because when you play a "pibroch"³ and you

belong to the Highlands of Scotland, and you listen to that pibroch there is something happens to you, it is like that you were born again. You lose yourselves entirely, the music seems to flow over you and you become the music itself. There is no tenseness, there is a perfect relaxation, and there we find the beautiful melodies of that wonderful Highland gaelic⁴ song;

*Ho rò, mo nighean donn bhòidheach,
Hi rì, mo nighean donn bhòidheach
Mo chaileg laghach, bhòidheach,
Cha phòsainn ach thu⁵*

and all these particular songs. They have the wonderful expression of rising something within the individual. That is the emotion that comes with Nature when you enter into the silence, into the heart of things.

“As a man thinketh in his heart so is he.”

Yes that is true. But in that meaning is the very centre of ones being, the heart of ones being. What a man thinketh in his heart, deep in his very soul —so is he. That then gives us the true key to Natures harmony of love, peace, joy, happiness.

So emotion is necessary to a balanced life, but true emotions are those which elevate and create ambition and action. We must cultivate these but on the other hand we must not suppress the emotions that harm us. We must understand them and not be caught up in them.

We must not fight them or struggle with them. Because in that struggle you create a habit-pattern. Why? For the simple reason you are creating opposites. You create the conflict within yourselves. To understand them, to know them, but drop away from them.

Here is the way I would reason all these things; I am Spirit, the Father and I are One, with my Father, all is possible there is nothing else. Therefore I see that no harm come to me except I struggle with something.

The best story about Jacob, when he wrestled with the angel of Heaven, and the angel puts his thumb in his hip and he walked with a limp ever after. What was Jacob doing? He was struggling between good and evil. It was in this struggle between good and evil that left the mark upon Jacob. If he had

realised the truth he would not have struggled with good and evil. These are opposites, you are comparing comparisons. Understand what they are, and then you will see that they are all relative. That they are in your mind.

*The Tree of Knowledge of good and evil and the Tree of Life are the same things. We are told that these two trees grew in the Garden. The Garden of Eden is the soul of man. These two trees grow in the soul of man. One is the Tree of Life—the Spirit of God that is Eternal. The other is the Tree of Knowledge of good and evil—is what man thinks about things. The Tree of Knowledge of good and evil has its roots in man only. But **the Tree of Life has its roots in God—it is Eternal.** It is the Tree of Salvation. Therefore I am showing you towards it. Single—be ye single. Let your mind be Single, let your eye be Single.*

There is a word called “transmutation,” it has a wonderful meaning. It means “to transform, to change.” This is what we do automatically to these emotions that create misbehaviour in our cerebellum when we understand them and do not suppress them to cause delayed action. Like a delayed action bomb it may go off any time causing disturbances in the nervous system affecting the body in many ways.

Constructive emotions are those we feel when we hear beautiful music, a beautiful voice, a thrilling lecture, or when we love someone, when we admire qualities in others which we would like to have in ourselves, when we see beautiful flowers.

We should always look for things, the things we would like to have in ourselves.

Some people say that they are adversely affected by flowers, that they then cause asthma, bronchitis. *I remember a*⁶ *man came to me suffering from asthma which he claimed was caused by roses. When he came in contact with roses he had a paroxysm in which he struggled for air, this was nothing more than a spasm of the muscles surrounding the bronchial tubes through an emotional habit-pattern.*

I proved this, for when the man came to me the next time by appointment he had a bowl of roses in the room. Immediately he saw them he had a spasm. But these roses were made of paper, therefore roses were not the cause. *When I tore the roses and showed him they were pieces of*

paper, then he knew that it was not roses that was the cause of his spasm but something that was identified by roses. He had identified himself with roses through an emotional habit-pattern which he had forgotten all about. Yet it came to the surface through association, it rung the bell, many people are suffering from the same thing.

You may go anywhere; into a house, you may travel in a train, you may go a ship, you may go on a boat. All of a sudden an emotional feeling may rise up, which makes you shiver, it makes you fearful. You feel a sort of fear but you do not know where its coming from. Why?

For the simple reason that through your senses through seeing or hearing something that is flashed through, what we call association, to a little bell that is hidden away in yourselves. An emotional habit-pattern, it is invisible, rings a bell and up flows the emotion and we do not know the reason why?

You fear something. Well let me tell you this, that there is nothing to fear. When you begin to clearly see this truth you will unearth these emotional habit-patterns. You will drag them out by the neck and you will see them for what they are, and they will just disappear.

Nine-tenths of your troubles today is created by emotional habit-patterns because of the fact that the body is the sounding board for your thoughts and emotions.

Therefore the roses were not the cause.

When asking him what memory roses brought him, he told me that he was engaged to a beautiful girl and every day he sent her roses, and when he found out that his beloved was untrue to him he could not stand the sight of roses as they brought up memories.

Therefore the roses were not the trouble but the roses were the symbol to bring into operation his habit pattern.

At the beginning roses did not have a violent effect upon him but as time passed and by repetition the emotional habit-pattern became established in the form of asthma.

Therefore asthma and roses were joined together. The link between them was this particular girl. But if you know all this, understand it, you will not fall into the trap, you see.

When he found out that my roses were made of paper he realised that roses were not the cause, it was the emotional habit-pattern created through his disappointment in love and roses were the symbol.

Scientifically directed relaxation and Divine reasoning cured him.

So there you are—that is what Love can do for you *if you are not careful*. The majority of asthma cases, duodenal ulcers, and skin troubles, etc., are nothing more than emotional habit-patterns out-pictured in the body through nerve spasms.

Now let us get back to our questions. Have you in the heat of conversation allowed yourself to say things about others that if they were said against you you would be hurt? Yet you never think what you say about others. *The majority of people talk so easily and so glibly, that words just flow out of their mouths. Habit. As long as you can get two or three people together you always get them talking about somebody else. Habit again. They do not mean any harm, but let anybody else say the things that they have said, then the habit-pattern rises to the surface in the form of; anger, rage, or jealousy, or whatever the case may be. There then you see you are destroying yourselves.* Are you like leaves in the forest, wafted here and there by the wind? You must be different, never allow others to lead you into conversational traps about other people for it is sure to come to roost on your own head.

What I am trying to do is to bring you face to face with yourself. This is what the Masters call mirroring the soul; without seeing yourself, you cannot eradicate the error.

You must see yourself to eradicate the error. Therefore you mirror your soul. You will look at it you see exactly what is taking place. Then you begin to know what you are or what you are doing. But you do not struggle with what you doing, neither do you say you are bad or whether you are good. Because you are neither one or the other, that belongs to your mind, that belongs to the idea about yourself, it means nothing at all as far as Reality is concerned.

I am dealing with Reality. I am bringing Reality out to the front where it must be free from comparisons; right or wrong, good or bad. Unless you can see this you will never escape your own emotional habit-patterns.

The next question is, have you arrived at that state where you know what you want or are you influenced by others, by the hat you bought, the dress you bought, the house you bought, the car you bought? You thought at the time they were lovely, yet your friends preferred something else. Are you affected by these criticisms or can you still depend upon your own judgment?

Are you like the leaves in the forest, wafted here and there by the wind?

Are you afraid that your ideas and decisions are always wrong or can you make up your mind to make a decision and stick to it when you know you are right, or are you like the leaves of the forest, wafted by the ignorant opinions of those who do not know?

When you have studied the proposition. When you have made your particular profession your life, you understand it. If others try to influence you with ignorant opinions, if you are weak, then you may take their opinions and you may fall.

Listen to me. There is an instinctive Intelligence, a Divine Intelligence, that is always guiding you through inspiration. If you listen to that inner voice that is always clear to the person who understands how to hear. How to hear is to stop the din from outside, close the outside and listen. That is how you hear the inner voice. You cannot hear it from outside, it is too noisy, its blurred.

The majority of people are influenced by suggestion. Suggestion hedges us in on every side. There is the written, the spoken word and pictures that suggest to you what to say, what to do, so you buy and you do believing what is suggested is true. But experience has taught us that all that glitters is not gold and all that sparkles is not diamonds.

But the majority of people are caught up in suggestion. In fact, they will eat any food that is advertised in the paper as building foods; bone-building foods, muscle-building foods, flesh-building foods and all the rest of it. These things have got no foundation whatsoever. To call them bone-building foods or any other kind of building foods, they are just a mere advertisement.

But you are suggested by words and pictures. Like the wind, you are suckers. Everybody in the world is a sucker until he begins to recognise his

own value, and true values. Recognition from within himself then he has his values of the things external to himself. When he has true value of himself or herself then you are no longer a sucker.

You will break these habit-patterns. You will destroy those suggestions that are bearing upon you every day and you will be free. Freedom comes through the recognition and realisation of the Truth. "I of myself am nothing it is the Spirit of the Father within me that doeth the work."

Are you always looking for faults in others and are blind to your own, or can you see the big things in others and forget the small petty things that do not matter? *How many people are looking for the small little things. The small little things that block out the most beautiful wonderful characteristics of an individual, and tear them to pieces because of the small things. Yes, let me tell you this; why you tear them to pieces is because these small things are rooted in yourselves. You can only see in others what is rooted in yourself and when you begin to see the greater within yourself then you look for the greater in others. Do you hide yourself in a corner and pray that no one may see you, because you are afraid of your own thoughts, or that you do not find it easy to get into conversation with others?*

Would you feel out of place if you were the only person at the party not in evening dress, or is your mind big enough to by-pass social etiquette and feel peaceful in your own knowing of the Truth?

These are the questions that were put to me in such a way that I had to search my own soul. When I found that all these things were rooted in me, I recognised that they were, I admitted the fact, that they were. I saw them clearly and distinctly that they were but that is the only way that they passed away from me. If I deny the fact or try to hide behind them and say that I was not that individual, that I was not so and so. When at the end of the questioning, the Master said; "What do you think of yourself now?"

I said, "that's me."

He said, "My son you have spoken well."

But when we do see those things and we begin to realise that they are ourselves, that we are doing them every day, then we begin to drop them one by one. We find that our emotional habit-patterns, those things are

being expressed out in the body, begins to dissolve away too. We find these aches and all sort of troubles and trials and tribulations, the small things that trouble us, just fade away into nothingness.

Can you enjoy the company of people who are less refined than yourself? And stand good-naturedly above an argument and keep that even keel that is essential to good comradeship?

You have an argument and what are you arguing about? You do not argue about the Truth, that is one thing sure, you are only arguing about your ideas against the other persons ideas. What do your ideas amount to anyway? Not very much. So therefore you argue really on nothing. But people who do argue get heated and are no longer friends, they are no longer colleagues.

Or are you impatient with other people with their fads and fancies or would you be surprised if others found your conversation boring?

Would you think it was weakness to witness a depth of emotion that brought tears to a man's eyes? Could your soul reach to such heights? Do you know that he who feels deeply with understanding can rule the world?

If you witnessed the ordeal on the Cross of Calvary would you remain tearless and hard to the price humanity had to pay for this act of barbarism? *Yet (by) this very act of barbarism we arrive at the Divine symbol for all the world. Nevertheless, it was an act of barbarism and history will prove it.* If the words from his lips at that the greatest height of his suffering, "Forgive them for they know not what they do" fell upon your ears could you stand by tearless and emotionless?

It is not that we should kill out emotion but transmute it and transform this energy that is misdirected by the emotions that create bad habit-patterns from which we all suffer unknowingly.

We begin to see that there is a basic energy behind all emotion, whether they are good or bad. Therefore then, we see that when energy is flowing in a particular direction even the river can change its course.

When the river flows out into the sea it is lost. But when the river is changed into channels it fertilizes the land and we have growth (and) prosperity. When we begin to realise within ourselves and understand these emotions that rise to our surface. When we see them, we do not suppress

them in their negative and destructive state, but we understand them and transformation takes place.

We water the land and growth takes place. The soul begins to grow through Understanding. No matter what your emotions may be, again you shall never suppress them but understand them.

The great harmonising supreme emotion is within us all and thereby we bring about our own salvation.

And Paul put it eloquently to the Corinthians when he said, “I may speak with the tongues of men and angels and yet if I have no love I am a noisy gong, a clanging cymbal. I may fathom all mystery and ancient lore yet if I have no love it means nothing. If I have all the wisdom in the world and all the faith that can move mountains and do all these mighty things and yet if I have no love I have done nothing.”

This is the binding quality of comradeship, that perfect ideal expressing itself on the Cross of Calvary and culminating in the words, “Forgive them for they know not what they do.”

Love is impossible of analysis because it is rooted in God, the Father of all, and no matter what you are, Hindu, Mohammedan, Christian or Jew the only salvation is through that one supreme harmonising emotion. With Divine reasoning, relaxation of brain, nerves and muscles, in this state we will say also, “Forgive them for they know not what they do.”

In a state of perfect relaxation where the brain and nerves are quiet. The brakes are taken off and the Father does the work. In the Temple of the Living God, He works in His own Temple, mind you, created by Himself for His own Self-Expression.

This Life that I know has no conditions attached to it—it is free. It is I myself that impose conditions upon Life; by my thoughts, my emotions, my reactions. But in that perfect state of relaxation through Divine reasoning, I enter that state of bliss where I can say also; “Forgive them for they know not what they do.

For this was spoken of by the prophet Isaiah, “The voice of one who cries in the desert make the way ready for the Lord, level the paths for Him.” This is the “I am” voice that remains in each one, the desert is the mind that is barren through ignorance. Level the path by discerning the

cause of misery so that the Lord Supreme may take His place in you and me. The Spirit that was with God, the Spirit that is God. I am Spirit made flesh free from all conditions.

This is what we shall arrive at when we cleanse, clear our minds by recognising, and discerning what is in them. Therefore we turn the searchlight upon ourselves and not upon others. When we turn the searchlight upon others, we look for the petty little things, and really if we turn the searchlight on ourselves we will find them deeply rooted there.

How true those words of the Master said, “take the plank out of your own eye, then you will see better to take the splinter out of your brother’s eye.”

BENEDICTION

O Thou great Lover of error-torn brothers, the magic wand of thy words still lingers in our hearts, “Forgive them they know not what they do.”

Thy trial upon the Cross proved the victory of Love over all anger and resentment and destructive emotion that harnessed man to his self-imposed shackles through ignorance.

O beloved Elder Brother, you are our example, for what thou hast done all can do, for thou hast told us so.

Wisdom obliterates ignorance. Love obliterates hatred, the Spirit obliterates death, the pain is subdued by understanding.

Let us remember thee when harshness covers up our Divine nature.

And when we are crucified by others let thy words be ours also.

Our one desire is to be at home with thee in the bosom of our Father-Mother-God who gives all birth into Eternal Life, peace and happiness.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 6th June 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Catechumen*. One who is being instructed in a subject at an elementary level.
2. *Bagpipes*. A musical instrument consisting of several pipes through which air is forced by pressure on a wind-bag held under the arm. Chiefly associated today with Scotland and Ireland.
3. *Pibroch*. Series of musical variations for bagpipe, chiefly martial theme or traditional dirge.
4. *Gaelic*. Language of the Celtic inhabitants of Scottish highlands, or of the branch of the Celts including Scottish, Irish, and Manx Celts. *Gàidhlig* (Scottish Gaelic).
5. *Hò Rò Mo Nighean Donn Bhòidheach* (My Beautiful Nut Brown-haired Maiden). A charming traditional love song to a highland maiden in which her lover vows to return and reclaim her to share his life of exile in the lowlands.

<i>Ho rò mo nighean donn bhòidheach</i>	Ho ro my beautiful brown-haired maiden
<i>Hi rì mo nighean donn bhòidheach</i>	Hi ri my beautiful brown-haired maiden
<i>Mo chaileag laghach bhòidheach</i>	My kind, beautiful maiden
<i>Cha phòsainn ach thu</i>	I would not marry anyone but you

6. In the sound recording Murdo personalized here an incident that had happened to someone else, i.e., Dr. David Harold Fink (1894-1968), as related in his book "Release from Nervous Tension" (1943).

Lecture 10 (20th June 1950)

“THE WISE SHALL INHERIT GLORY”

**Now tonight I am taking all the main points of the last nine lectures and I am putting them into this one. So as to correlate all the work we have done during the last session and I have named this lecture; “The Wise Shall Inherit Glory.”*

“Happy is the man that findeth wisdom, and the man that getteth understanding. For the merchandise of it is better than the merchandise of silver and the gain thereof than fine gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Length of days is in her right hand; and in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her; and happy is everyone that retaineth her:—PROVERBS 3: 13-18.

Now this sums up what I have had to say in these last nine lessons of *this course* and in this one, the tenth, I want to link together the main points so that you *should* mould these in your daily living.

Now in the **first lesson** we saw that quality in personality is that which attracts success and happiness and we must become aware of what this “quality” is.

This quality is elusive no one can really put their finger upon it but yet it is there. It is built up through understanding and through becoming aware of your neighbour as yourself.

There is a feeling within each and every individual in this world today, a sort of feeling and I don't think there is anybody who has not got it, that is a feeling of slight fear, apprehension. They are afraid of something but they cannot really put their finger upon what they are really afraid of. When they meet another there is this feeling there where you want to probe behind and find out what the person is.

There is a desire to understand each other yet we go about it the wrong way. How can you understand any other person unless you understand yourself. So therefore you must begin with yourselves first and to begin to understand yourselves, then you are able to understand the other person.

Now we have looked into the lives of great men and women to see where the secret lies. Many have endeavoured to copy with the result that they have lost themselves in the copy and are no longer themselves.

Every individual has this “quality” within, this true self is the “quality” and not the copy of another. Remember a copy is worthless on the screen of Life, only the original counts. Therefore we must develop our abilities in the natural way. God has made us as He wanted us to be and we can find out what He wants of us when we think for ourselves.

So many people are wandering round in the world wondering what to do next. They wonder how is it possible I can make success here or a success there. The fact is, immediately you begin to wonder round like this in your own mind—you have not the quality. That quality comes through understanding. If I may point out the main facts in in this understanding; is that you understand yourselves, that you discern in fact what your thoughts are, what your emotions are, and the motives behind your emotions. You discern your thinking and then you begin to understand yourselves. But you can never understand anyone unless you do understand yourselves.

Therefore you begin with yourselves first and once you begin to discern you must also use Divine reason. A reason beyond the ordinary stage of the human brain. A reason that comes through understanding the words of the Master and these words are very potent with Power and Light.

*For instance; “**I and the Father are One.**” Here is a sentence that has puzzled many people. They read it, parrot fashion, it becomes to them a platitude. When I tell you, that is an actual truth. It is the same for you also, for the simple reason that if I draw your attention to this fact; that science has proved already that there is only one substance underlying the whole Universe. One substance out of which every form is created and has proven also that there can be no division anywhere in that substance. You cannot divide it.*

We in our understanding of the Truth also know that it is true because we know that God is Infinite in nature. Because He is Infinite in nature—

there can be nothing outside Him. If there was anything outside Him He could not be Infinite. Not only that but He must be Omnipresent, He must be present everywhere. Therefore if He was not present Everywhere He could not be Infinite. Therefore, “when you have seen me you have seen the Father.” Jesus said that. I say that too, because I know it is true.

He must have created me within Himself. He must have created you within Himself; out of His own Substance, His own Life, His own Consciousness because there can be none other. Being Infinite in nature there be nothing outside it. There can be no Creative Principle outside the Infinite. Therefore Jesus knew what he was talking about when he said, “I and the Father are one.” Unless you comprehend this truth in the first place, then begin to discern your own thoughts and your own emotions, your thinking, and how you think about others—then you will begin to get this quality. You will know what this quality is.

When we come in contact with this “quality” there is a sense of rest and peace, fear disappears and we find that we are in the presence of a “brother.” There is no nervousness nor aggressiveness nor pomp nor falseness. There just that simple expression of the true self. This is originality in its finest form, this is “quality.”

A person that is pompous, a person that puts a poker face on, or I will say a false face, does not know quality. If you are nervous you have not the quality. If you are aggressive you have not the quality. If you are vain you have not the quality. You must discern all these things and know why you are that thing: Why are you aggressive? Why are you false? Why do you fear? Why are you nervous? Why are you pompous? Immediately you begin to discern why then these things will drop away from you. You know, quality is covered up with all that rubbish that requires to be eliminated.

There is always a fascination about a person who is at ease, calm and original. He sets your mind at ease. His confidence lies in understanding the law of action and reaction, and his message is always one of hope and encouragement. *He uses words in the right place. He knows the value of a word, what it means.*

You will say a word; “I am sick,” “I am ruined.” whatever the case may be. Think of what the word ‘ruined’ brings to your mind. What does the word ‘sick’ bring to your mind? Don’t you see that your word means

something to you that brings into your mind an idea. Therefore you do not use words except in their right place. Therefore you have to learn to use words properly and know what they mean.

Half of the people in the world, yes three-quarters of the people in the world and more are suffering from the use of wrong words in their lives. These words are suggestions and because everyone is prone to suggestion to a degree, you find yourselves affected by your own words.

He never wastes his time or energy in hate, envy or malice, he rather radiates love. What drives others to despair leaves him undisturbed.

This is “quality,” for he knows the reality of the Spirit of Life and expresses It. He does not try to escape from anything for he knows how to cope with any situation and understands the secret of success in human relations because he understands himself and the Source of his power.

It is in human relations that we find our success and happiness. Every one of you have got to get on with someone more or less and you have to understand human relations. Human relations is at the fundamental principles of this success and happiness, and to a great extent your health too.

So first of all understand yourselves and then you will understand the other person. You will not be peering behind the other persons mind to find out what he is doing, because immediately you understand yourselves, you know exactly every movement the other person makes. But if you do not understand yourselves then you are blind. The blind lead you into the ditch and you all fall into the ditch.

Under these circumstances there is no need to be aggressive or possessive. The Universal Mind is free from these, so must your mind be free from them also if you desire the true expression of Life. *How true that is.*

That is the gist of our [Lesson One](#). There is a great deal more in it. It requires you to read it over and over again—then to understand (what is important).

Now in [Lesson 2](#), I ask you these questions I have put before you. *I have written them down in [lesson 2](#). (There are) so many of them that I am not going to deal with them in this lesson. But you can read them over for*

yourselves. But what I want you to do is not skim the surface because it is of no value, you must discern the fault impersonally and dispose of it. You cannot in any way whatsoever discern anything when you are caught up in it. If you are emotional about it you have lost. You must discern the fault impersonally and dispose of it and true value of criticism is obtained when it is first turned upon the self, not in a negative way but as a means of understanding oneself. The majority of people are always criticizing the other. They fail to criticize themselves first. Now Jesus put these words very clearly. He says; "you hypocrite take the plank out of your own eye before you can see how to take the splinter out of your brothers eye."

The "quality" is always there but is hidden underneath a lot of rubbish. This rubbish must be got rid of then your success and happiness will come through understanding human relations.

In [Lesson 3](#) we see that desire is a living force when used with understanding, that the Universal Mind and the individual mind are interlocked as one. *They cannot be anything else. You cannot think outside the Universal Mind, you must think in it. You cannot use any other substance except Universal Mind. Because you cannot think outside Universal Mind you think in it and the Universal Mind must think in you. When this is known there is a different attitude towards things in Life. When you know then that the Universal Mind and the individual Mind are as one then desire is a form of prayer but one must know how to pray. As you pray to something outside yourselves wondering if it will come to you sooner or later, but there is a great doubt about it, that is not prayer. If you pray for something and while you are praying for that thing you are conscious of the fact that you lack that thing, that is not prayer. Jesus said these words also; "Whatsoever you desire when you pray believe you have received them and you shall have them."* I am going to show you why he said that. The Consciousness of the Universal Mind and the consciousness of the individual mind must be one. There cannot be two of them because God is Infinite and He is Universal. He creates within Himself you and me through whom He works.

Remember the same Life is working in you and me. Life and Consciousness are synonymous, they are one and the same thing. You are conscious, I am conscious. Therefore it must be the same Consciousness in

*you and me. This apparent separation is an illusion of the mind. Just as these lights are different but the same electricity is going through them all. The illusion is that we see them different but you do not see electricity because it is invisible, you only see a light. You have never seen Life you have only seen the manifestation of Life. When you have seen me you have seen the manifestation of Life. As Jesus said, “**When you have seen me you have seen the Father.**”*

“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.

“Whatsoever ye desire when ye pray believe ye have received and ye shall have it.” “Things are not made out of things that are seen but out of that which is unseen.” “Faith is the substance of things hoped for, the evidence of things not seen.” These are facts we must remember when we “pray.”

Now examine your own mind when in a state of asking or desiring. If you are aware of two images, the one opposing the other, such as having and not having, you have not asked aright. *If in fact you have not asked at all.* Look to see which image is dominant then you will know whether you will have or not have because the law must be fulfilled.

Whatever is dominant in the Consciousness so it shall be unto you. So Jesus knew well when he taught his disciples; “Whatsoever you desire when you pray believe you have received it and you shall have it.” He was taking them out of the double mind into that single eye when he said, “Unless thy eye be single.”

Now in [Lesson 4](#) we come to the subtle power of emotion and there is no limit to the number of emotions we have. Here are some of the most common; impatience, anger, hate, indulgence, jealousy, egotism, fear, selfishness, vanity, terror, dread, dismay, panic, fright etc. These act upon us, then there is the great healing emotion of Love. I mean Love, not possessiveness. Yet one has to pass through the personal aspect of Love before one arrives at Real Love.

The healing balm of Love is Truth. It enters into the individual free, perfect and will pass out of the individual in the same way. Yet we must experience this love before we can understand it fully and we are growing into it more and more every day.

The body is the sounding-board for all our emotions and according to their intensity so are we affected. *We have a mental body which we think in. The emotional body which our emotions affect. We have a physical body in which these mental and emotional bodies interpenetrate and the physical body is the sounding board for our thoughts and emotions.*

Now science has also proved that all must be a mental phenomenon. So the physicist Sir James Jeans tells us clearly that the whole Universe is a mental phenomenon. But science has proved that everything is atomic, electronic in nature. It is an Intelligence behind this electronic force that is working and forming things and people, whatever the case may be. It is this power that is behind all things that is the directing power in everything. Whatever the Consciousness is aware of so it is unto you. Think of your organs making a certain sound when acted upon by any of these emotions. Your heart beats faster, your glands pass out liquid, your stomach turns over, your tear glands weep, your intestines rumble (etc.) If these vibrations were to be heard by the ear it would cause a discord beyond our imagination. Yet these organs really cry out in vain for relief. Relief comes when we discern what we are doing and how we are reacting and the motive behind our reactions.

You will not be free until such time as you discern the motive behind your action, thought, your emotions. It takes continuous deep discernment to find it out, not merely skimming the surface. Because I know perfectly well you want to skim the surface. Because you do not want to know the motive behind your emotion or your thought, you want to hide behind it. You want to hide the motive all the time but you must search deep and find that motive so that you can you eliminate it, and with it you will destroy all that which destroys you.

Have you ever examined in your mind the many situations that would make you angry, jealous etc. These emotions put your organs in a continuous uproar. No wonder that you suffer from all the different complaints.

When we realise that from every emotion or desire we can extract a mighty power we have discovered a gold mine within ourselves. Therefore we should not ignorantly suppress our emotions but understand them,

thereby changing the polarity, so will we transmute the energy into constructive channels.

How many people in this world fear this and fear that? Because they fear this and fear that they create an idea in their mind associated with the emotion of fear. Then when it rises to the surface at any time they put the lid on, clamp it down, and say I do not want to look at you. I want you to keep away in the background. But does that get rid of the emotion or the fear? Of course it does not! It only comes up again, it wants recognition. The only way to get rid of it is to see it and know it for what it is. But recognise it not as something that is having a power of its own because you have by your belief in it given it a power that it does not possess, that is why it attaches itself to you.

You are free. You are Life. You are unconditioned. You are like electricity, unconditioned. You condition life by; your emotions, your thoughts, your images, your beliefs. Just as you condition electricity by putting a lamp in, putting it through a motor, putting it through hundreds of different ways so do you condition it. So do you condition this Life and you suffer because you do not understand why? I have told you; "Take off the brakes and let Life do the work." The Father does the work.

*So we cannot suppress an emotion. We must not suppress an emotion because that does not free us from it. You cannot change an emotion by suppressing it, neither can you remove it by putting another in its place. You have to discern what you are doing and the cause behind the emotion, then the energy is transmuted automatically. Remember **reasoned thinking masters every situation**.*

Hate and jealousy are both an admission of failure. Ask yourselves why do you hate, why are you jealous. Then you will not create an emotional habit-pattern that out-picture in the body. Read what I say in [Lesson 4](#) about the functions of the brain and body.

I go into details with reference to the cerebellum and the cerebrum. It shows you there, in [lesson 4](#), how these work together. How the misbehaviour takes place in the cerebellum. This misbehaviour is out-pictured on the body, then the body talks back to the mind, then the cerebrum becomes aware of what is taking place. Then the vicious circle is set in because you do not know where it comes from and then you are in

turmoil. Then you really are in a fix and you do not know how to get out of it.

In [Lesson 5](#), we see that neurotic trouble is an illness where our imagination has its home. We must discern how we react to our environment, what are our thoughts and what are our emotions in reaction to events and people, and what effects they have upon us.

The whole body is made up of atoms and electrons which respond to our thoughts and emotions and when we realise this we see how our emotions and thoughts cause a change in the tissue structure.

Our consciousness is the controlling factor and what the consciousness is aware of so is it unto us. We virtually change according to our thoughts and emotions, for consciousness is the source of our thinking. *Consciousness is cause.*

Health is nothing more than our physical bodies responding in perfect rhythm of the Universe, our internal organs in tune with each other and not pulling against each other. *When you have what we call an emotional habit-pattern which is being expressed upon your body, your organs are all pulling against one another; your heart is beating faster, your stomach is turning over, your glands are secreting certain juices, and your tear glands may be flowing, you may be shivering with fear, you may be all those things at one time and the whole of your body is in an uproar because, why?— you do not understand. In Luke 11; 36, it says; “If your whole body is light without any corner of it in darkness it will be lit up entirely as when a lamp lights you with its rays.”*

In [Lesson 6](#) it states that God is no respecter of persons, has no favourites for He is impersonal and lives within each and everyone. God is Life and is not conditioned in any way. We alone make the conditions from which we suffer.

So God has no favourites. He does not favour anyone.

James tells you that. He says, clearly and distinctly, no matter what man; “If he asks God aright. God will give him without reproach and the gift will be his.” He tells you clearly also, in other words, that a double-minded man is: “Like the waves of the sea that are tossed and twisted hither

and thither.” That man need not think he would get anything off the Lord. The double-minded creature that he is.

I am pointing out these things to you so that you will understand that you must be single-minded. That you must understand the images you create in your mind. That consciousness is a cause. Therefore if you are conscious of not having and conscious of having at the same time—you have a double mind.

If you examine your mind and you find that these images exist then you will understand that you created them both. It takes practice mind you. I am not going to say that you are going to do this overnight. You cannot overcome a lifetime of error in thought in a few moments. But you can understand and that is the first process—understanding. In your understanding then you will be able to use this power that God has bestowed upon you because he has made you in His image and likeness.

When we fear the nerve centres are paralysed, the blood vessels contract and the heart pumps faster resulting in blood pressure. Blood pressure may rise *fifty* points from fear or excitement. Yet after fifteen minutes of controlled rest with Divine reasoning, which is scientific relaxation of mind and body, the blood pressure again becomes normal.

When you work with your brain and mind and not with your blood vessels, nerves or intestines the involuntary function of the organs becomes normal.

Paul says Adam was not deceived it was Eve that was deceived. We see that Adam represents the body, Eve the soul and the Serpent crawling on its belly is the error that caused Eve to fall, so poor Adam falls with Eve.

That is why the poor woman gets blamed for it all but it is not the woman at all, really and truly—it is man himself. The soul is Eve, Adam—is body. Adam represents physical and Eve is the Mother of Life. Where Life is it is the soul and because the soul is deceived the body being the instrument through which the soul works, must fall with it. So if your thoughts and your emotions out-pictured upon your organism. Your body is the sounding board for your thoughts and your emotions. If you will realise that you will be able to overcome many difficulties that are at present facing you.

The real truth concerning man is that he is made in the image and likeness of God with mastery over everything. When we are ignorant of this Truth we fall. By our own creative power we create these self-imposed conditions from which we suffer because we fall into the error of seeing a negative power as having distinctive power of its own outside the Infinite.

But there can be no outside the Infinite. There can be no negative power within the Infinite. The only negative power you create is this power which you create yourselves. It is a belief, an illusion, and you are living in that illusion. You must break up these illusions through discernment and then they disappear into nothingness. Just as an error disappears into nothingness so will these illusions disappear.

If you have an error in the sum and that error is corrected, where does the error go to? It does not go anywhere—it just disappears. Two and two are four. The law of mathematics is a perfect law. Two and two cannot be five, it never was and never will be. Neither can an error exist in the mind of man as a Reality. It is an illusion and it also disappears when it is corrected because God is Infinite in Nature. “I and the Father are one.”

Any errors that I have in myself are but illusions and I know it. I discern it and it no longer bothers me. But why do you bother about your errors to give them a power they do not possess?

When we come to the perfect understanding of our oneness with Life this is our rising again enabling us to overcome and master all things.

In [Lesson 7](#) we see that we create a misbehaviour in the cerebellum which is reflected upon the body. We see that by conflicting emotions a habit-pattern is created in the brain and nervous system which throws the whole organism into an uproar, thus we are hypnotised by our emotions.

It is a terrible thing to think that we are hypnotised by our emotions. In actual fact, we all want to be dehypnotised because we are already hypnotised by our thoughts and emotions. We are hypnotised by the belief in our weaknesses. We actually hypnotise ourselves and what is the cure? Dehypnotisation of course, by Divine reasoning and proper relaxation. Taking off the brakes breaks up the habit-patterns and allows Life which is unconditioned to express Herself normally. You will find that these fears will pass away.

In [Lesson 8](#) we become aware that leading doctors today are realising the great part our thoughts and emotions play in all illnesses. The idea that some diseases are organic and others are functional is fast disappearing. There can be no dividing line between the mental and the physical. Chemical changes take place through our thoughts and emotions and have the effect of changing the tissue structure which in itself is a mental phenomenon.

We have to get rid of all these old stupid ideas that held us bound in chains. We ourselves being the creators of these prison bars and prison doors and cages in which we have placed ourselves in.

We must break these cages down. We must open the doors and break down the bars and these are our own creations, our emotions, our beliefs. We are hypnotised by our own belief in our weaknesses, which are illusions.

We saw that disease has three aspects, mental, emotional and physical. Sometimes the physical is only 10 percent while 90 percent is mental and emotional, yet the effects we feel are physical. The remedy is to remove the mental and emotional effect and the physical will disappear also.

Now a lot of you will find that right off the reel just in a few minutes the pain has gone and you find you are free from it. Why? Because you removed the mental and emotional state.

There is a continual adjustment going on inside the body by means of our nervous system. When we run, our heart beats faster, when we fear, our body may perspire or shiver, an emotional upset will stop the flow of gastric juices and take away our appetite.

A neurotic is permitting the organs of the body to dictate to the brain and mind, then the thinking part of the mind is suffocated. A state of self-hypnosis is created, the cure is de-hypnotisation through relaxation and Divine reasoning. This is the finest form of suggestion.

A lot of people are affirming, ignorantly affirming. What are they doing? They are only increasing the intensity of their belief that they had before. You cannot place a positive image in the place of a negative image. Every time you think of the positive—up jumps the negative. They are both up in your mind, they are equal. Every time you bring the affirmation then

you intensify the negative. You have got to understand then you can remove both because both are impostors.

Do you ever think how dynamic are your emotional habit-patterns, how they demand expression, how they are sending suggestions to your brain, urging you to some activity? Smoking is a trivial thing but examine the habit-pattern it creates and see what power it has over you.

These habit-patterns send wave after wave of suggestion to the cerebellum and from there forward to the cerebrum where inhibition and stimulation is created. Thus the neurotic is confused and is terrified by the physical sensations produced. The neurotic is caught up in this hypnotic state and what is required is an explanation of the trouble.

Not merely to say it is just your nerves. It is just your imagination. Poor individual goes away scratching his head worse than ever.

In the next series of lessons you will be shown how this rectification takes place. The technique will be fully explained in ten lessons. I will give you all the details from the beginning and then you will begin to realise how scientific this instruction is. You will find out naturally by itself, by even following out my instructions these habit patterns will break down. They will disappear into nothingness where they belong and you will be free.

In [Lesson 9](#) there is a series of questions that require answering faithfully and frankly to yourselves, then you will see how transmutation takes place.

Read [Lesson 9](#) carefully. It is a deep analysis of the individual. In that lesson, there is something that everyone of you does. Then see what it means and by examining yourselves, frankly and faithfully, you will see how to transmute, to change the polarity of these things that are taking place—you will discern.

We see in this lesson how we are suggested to on every side. When we are wide awake we do not succumb to these suggestions but understand them. Therefore we are not affected by them. Read again what Paul says in I Corinthians [Chapter 13](#) about Love.

Read it carefully. Go through it word after word. Do not read it through then say, "I've read it." It will take you a month or more to read that, and it

may take you a lifetime to understand it. But every time you read it you will be better off.

This is the binding quality in comradeship, the power that heals, the power that attracts. It is the “quality” that we all have but have not discovered it to any degree. “I am” the Spirit of God in mankind which contains all greatness, all that is perfect and is complete in Itself. The Truth will set you free.

BENEDICTION

O Love Supreme, teach me to gather the fragrance of Love from all the flowers that grow in the Garden of Humanity.

In every human soul Thy fragrance is pouring forth un-noticed. In the honeycomb of my heart I shall store the nectar of the blossom that blooms in my surroundings.

And when Winter blasts bear upon me I shall still remember Thee.

And all the honey that I have stored shall be food for others in the time of need.

Then I shall follow in His footsteps who expressed Thy Love to all, O Love Supreme.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 20th June 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 1 (1st August 1950)

THE FIRST STEP—TOWARDS DIVINE POWER

“For everyone who asks receives and he who seeks finds and he who knocks it is opened to him.”—LUKE 11: 10.

Keep on keeping on, till results begin to come for this is **assured**.

**..this is the medulla, that particular portion of the brain through which every nerve must pass. It is like the telephone exchange for every nerve passing into the body must pass through that particular part connected with the spine, down through the spine. Then these nerves go right through the spinal column, and in each section of the spine nerves go out. As they go out, they go into the organs of the body, the blood vessels, and control this portion of the brain here—the cerebrum, where we have our thinking portion of the brain. The motor portion of the brain also goes through this area and is linked up on each side of the spine by what we call motor or sensory nerves.*

Running down each side of the spine there is a ganglion mass of nerve tissue, as we will learn later, and how to get this relaxed. This ganglion mass of nerve tissue is the link between the cerebro-spinal and the sympathetic. Without this mass of nerve tissue, you would not have no motor activity at all in your system.

If, for instance, you think certain things out of fear this fear is transferred to the motor portion of your brain and it is carried to the body and causes the body to shake. When you create what we call a habit-pattern, an emotional habit-pattern, it is this area, the motor area, where it becomes affected. Misbehaviour takes place in this portion of the brain which controls the remainder of your body and sets up a reaction, perhaps in; your intestines which creates what we call duodenal ulcer, nerve

spasms, pains in the stomach, of all types of skin troubles. All types of things are brought about because of the emotional habit-pattern and the misbehaviour in this motor portion of the brain.

Now Life created all these things so Life could express Itself perfectly. But as you see then, clearly, you the conscious you, being not aware of the fact that Life is unconditioned—and you are Life, you allow outside things to condition you. Consequently as you allow outside things to condition you, you condition Life through these particular portions of your brain. Therefore you have externalised on your body the pattern you yourselves create. It is to obviate these things that this course is produced for you.

In this series of ten lessons, we will put into operation the ten steps of the scientific application of the natural law that frees us from all inhibiting processes caused by our emotions and habitual reactions, caused mostly unconsciously or through ignorance of what we are doing.

The chaos in most people's lives comes from a confused state of mind caused by the influence of things external, material possessions, social and economic struggle, fear of symptoms that are unnatural and emotional reactions to nearly every event that takes place in their lives.

Watch carefully as we go along and you will see what takes place and how we can overcome those conditions. When then we find that this condition is brought about unconsciously through a misbehaviour of this particular portion of the brain, it attacks a particular part of the body, in the form of tension.

Tension is always the first process that takes place. A particular portion of the body is tense. Some people when anything happens, it goes to their stomach. Sometimes when something happens to others it goes to their eyes, goes to the head, sometimes it goes to their legs, sometimes it goes to their intestines, in fact, various parts of the body are affected according to the individual.

Now when we have tension throughout the whole body, what happens? It is this portion of the brain that is causing the trouble because it is the motor centre. First of all it is here we think, it is transferred then to this portion of the brain for interpretation, then the body is affected. Immediately you relax the body and take the tension off the body, then it takes this tension off this motor section of the brain. When you relax the

body, the tension is taken off and consequently the misbehaviour here, begins to slow down. The body talks to this portion of the brain and says; "I'm relaxing, I'm relaxing," and this portion then says; "All right, relax, relax," and the tension is taken off the motor section of the brain, and you find that you get into the brain, into that subconscious process of the mind. That subconscious and sympathetic nature of the body that is controlled automatically through a form of suggestion, that is the best form of suggestion, that is true relaxation and Divine reasoning—there is no better form of suggestion.

These people are ignorant of the true source of power and by their lack of understanding misuse their creative law and bring upon themselves misery.

With understanding and a properly directed technique, life can continue to grow more abundant. With the increase of mental and bodily health and increased material possessions which are in themselves only the outward expression of a well-ordered mind, Life can become a blessing instead of what it is often, a miserable existence.

It is with this end in view that I write these lessons. I would remind you again that the main factor underlying these lessons is the instruction on how to obtain perfect physical and mental relaxation coupled with Divine reasoning which leads you out of the forest of doubt and confusion into the sunlight of understanding and freedom. It is entirely a natural sequence for Nature does the work when we take off the brakes.

What does Divine reasoning do?

Relaxation by itself often cures certain conditions but without its twin pillar of Divine reasoning, you cannot get that perfect mental state that is required to overcome the things that arrive from the external—things that arrive to you.

Sometimes you may be upset by words; what a person has said, what a person may do. But there is a time that arrives in your life through Divine reasoning, that nothing affects you, You are supreme. You know that Life cannot be injured. I am Life. Just as electricity cannot be injured neither can I be injured. What can be injured is only an idea, an idea of myself. But an idea is just an idea and it is not myself.

Remember, no matter what anybody says about you, thinks about you, if you maintain this particular state of consciousness you will find that it will grow more and more. The more people say things about you the more you will be pleased at the fact that they do say those things, for the simple reason, that it gives you a greater and greater strength. Nothing happens by chance.

Sometimes people are put into your lives. There is a thorn in the flesh, you try to run away from that but you cannot. If you do you are creating a habit-pattern. You are believing in the power of another individual instead of believing in the power that is yourself. When you have arrived at that state, you can if you wish destroy at once, even with a thought. But you do not do that because of the fact that you have found something that is greater than destruction—it is construction and that is built upon Love.

Therefore you see, in your lives you will have these things coming at you from all sides. You will find then that you react to those conditions. You create emotional habit-patterns that cause havoc in your bodies. I can assure you, I will show you a way out of those conditions and you will find freedom, health, strength, and youth. Yes, you will become young again, you will feel the rhythm of life and youth in your veins.

In the first place, I want to make it clear to you that under no circumstances must you suppress an emotion whether it is a natural one or one caused by reactions to people or things. What you have to do is to understand it, and then it is transformed naturally into creative energy instead of being ignorantly suppressed to cause emotional habit-patterns that inhibit our brain, nerves and bodily organs.

I think I told you before about how the little girl was entirely innocent of the emotional reaction of the dustman.

In Australia, and most other places where people put their dustbins out in the street. The dustman comes along and picks up the dustbins. So one little girl was outside and she was playing with this dustbin and she toppled it over and all the stuff was on the street.

So the Mother watched out of the window all this taking place, she saw the dustman picking it up and doing so and so. When the little girl came back into the house, she said, "You naughty little girl, and what did the

dustman say to you?” “Oh Mummy, he never talked to me at all—he was talking to Jesus Christ all the time.”

So it is the same thing. If we can be immune to these things external to ourselves, we would just be like that little girl, so happy and contented.

Fear is an emotion of great strength and it is when we reach a certain state of development we feel it most. It is because we have not yet sufficient knowledge of how to deal with it that we suffer. One may have developed through conformity and be intelligent enough to live a communal life but fail miserably as a human being because they lack true understanding.

Yet this is the state of most people.

In the understanding of ourselves and in the higher development of our minds we recognise the Creative Principle within us and by doing so many obsessions and fears are banished. Yet under certain conditions we fail badly and suffer the consequences, therefore a special technique is necessary as a means of coping with these disastrous situations.

The exercises I am going to direct you to do have been the means of freeing thousands from the most disturbing conditions. In fact I have not yet seen this method fail when properly applied with intelligence and enthusiasm.

In the first place I want you to ask yourselves what are your natural instincts. It is said that our instincts are in conflict with our conventions. Like a force rising to the surface and are suppressed by our surroundings.

Naturally we inherit all the instincts of all the animals in Creation. We inherit all these things in our body because our body is built up of these animal influences.

We have the peacock, we have the lion, the tiger, the cat, the mouse, and all the other animals in ourselves. The influence of all creation is working through the physical organism, through millions and millions of years, through what we call, that particular substance which we will call the instinctive nature that flows through the whole of the animal existence. Man is then also growing out of that particular stage into realisation of his glorious self. But these influences remain with us. Now, what do we do? Do we then suppress these things ignorantly? Not knowing them?

By understanding them we do not attach unnatural and destructive ideas to them and repress the natural instincts and emotions with the evil association we ourselves create. By our understanding we transform the basic energy and it flows into constructive channels in art, music, sport and other congenial occupations.

A basic energy is existent everywhere. All your emotions rise from one particular basic energy. The movement of the hand, the voice, emotional feeling. Natural instincts rise from one basic energy that flows through the whole of mankind. When you know that this basic energy is energy in itself and you can hold it and direct it into a channel that you want it to go—then you have freed something. You have then transformed that energy into a particular form of constructive channel that will build for you health, strength, happiness, success.

Ignorant repression utterly fails, and we find this energy producing painful results in an emotional habit-pattern the cause of which we are at a loss to understand. This causes more misery and the vicious circle is then created. It is not the emotion but the suppression with the evil association we attach to it that causes all the trouble.

Do not be alarmed, all this will be eliminated by this properly directed technique of which you will learn in each lesson.

You have to apply the method, and I will show you the way but you are the one who must do the work, I cannot do that for you. I often wish I could, but if I did so you would not learn nor would you free yourselves from your emotional habit-patterns you yourselves have created. I am putting this to you this way because I want to impress upon you the importance of these lessons.

It is impossible for me to do the work for you. If I show you the way you will find what I say is true. I don't want you to believe what I say, I want you to prove for yourselves what I say is correct.

The next important thing I want to tell you of is of repressed painful memories. A repressed painful memory can become so complicated and suppressed that it becomes hidden away in the recesses of the mind. But immediately something that is associated with this memory is registered upon the senses either by hearing or by seeing, the message is carried to this suppressed memory. The emotion attached to it fires up through the body.

The emotion has been stimulated and the body suffers but still the memory remains hidden.

Here we have very often these particular forms of spasms that most people have. They do not know where this spasm has arisen from. They only find it firing through their bodies—a fear, a sensation, a terrific feeling that they want to run away.

All these things are nothing more than suppressed memories. As you see through your senses; things may pass through your ears, through your eyes. Yet you are unconscious of the fact that there is an association with a suppressed memory that remains hidden in the recesses of your mind, that you have repressed because you have been afraid of it. You fear it, then it, the emotion rises to the surface but the memory is still hidden.

Why? Because you have caused it to be suppressed and hidden. There is a censor in your own mind. A censor that will please you; when you say, “I want to forget that,” the censor says, “Alright, I’ll make you forget it.”

It does not take the emotion away from it, it still remains there as a centre of energy. A centre of power which begins to revolve and begins to rise up to the surface and takes hold of you at any moment. Then you find yourself in the grip of this emotion and you know not why? This will also be removed. These causes will also be removed from you. Your mind shall be freed from them

“Oh, what is the reason of my trouble! Oh, where can I get relief!” That is what the victim who suffers says in ignorance of the cause. Yes, all this can be eliminated too. I do not ask you to believe anything I say, I only want you to practise what I tell you to do, and watch the results for yourselves.

When a memory is a painful one we generally try to forget it. So we repress it each time it comes up for review, *we repress it again. It will rise to the surface several times and we will repress it, push it behind and eventually, it is forgotten. But not the effect of that memory is forgotten. Oh, no! Something will come along one day and that memory, also hidden, the very sensations, the very feelings, that it gave you in the first place will rise to the surface and grip you. Yet you do not know why? How stupid people are not knowing and understanding their own make-up.* By this means a force is created to ward off the memory of a painful experience.

Unfortunately for us this is not the end. For an emotional habit-pattern is created and a physical condition is produced which leads us away from the cause.

These emotional and painful memories may cause duodenal ulcers, they may cause irritation of the skin, and they may cause heart trouble. They may cause all kinds of things, yet we can get rid of those painful memories. We can bring them to the surface, we will look at them and we will know what they are because we will see they are just a memory.

At one time I thought I could be injured but now I know I cannot be injured. No painful memory can injure me—its only a memory, its only a thought. I am invincible. I am Life.

God is Infinite in nature. Being Infinite He created everything, there can be nothing outside Him. Everything must be within Him and He must also be within me. He is the Reality, the Invincibility, the Life in me. I am made in His image and likeness. There can not be anything else because nothing else could make me because He is Infinite in nature. There is no other Creator but Him. Therefore I and He are one. I am His creation. I live and because I live, I know its His Life and my life and His Life are one. We are invincible. We go along together. We work hand in hand. Father and I are one. Were you not told; “I am in the Father and the Father is in me.”

Then those painful memories will pass away. You arrive in a particular state of Consciousness. That Consciousness is always revealing Itself, unfolding Itself Eternally. It is an Eternal progress, an Eternal unfoldment in which you become more and more aware. Yet I cannot tell you what awareness is, I only know when I am aware—moments when I am aware. Oh the gloriousness of that Awareness, the Joy, the Life, the wonderfulness. I cannot give you it but you will find it.

These emotional habit-patterns set up a disturbance in the cerebellum and may attack any part of the body. Not having any knowledge of the cause we become anxious, we try to escape from our painful experiences but do we escape? *There is the cerebellum and it is in this particular portion of the brain these emotional habit-patterns set up a disturbance in the cerebellum, and they attack any particular part of the body. Not having any knowledge of the cause, we become anxious and try to escape from our painful experiences. But do we escape? No. There is no escape from*

*anything. You have to face everything boldly and know it for what it is, that a memory or experience cannot hurt you when you deal with it objectively, and through Divine reasoning and properly directed relaxation all will be well.*¹

Fear is an auxiliary force which further stimulates into action the emotional habit-pattern, already in operation. It is like adding coals to the fire. But it is a happy relief to know that knowledge will free us from all our troubles. In one of the lessons in this series I will deal with the reviewing of our mental make-up.²

It is a most distressing thing to see that academics go along a particular line of action, paying no attention to the Real side of Life. Therefore they drag up all these particular things, that the person is afraid of and has been afraid all of their lives, many often forgotten yet they are dragged to the surface. But the victim is not ready to deal with them because he lacks that Divine Reasoning Power and the second state is worse than the first.

Then we see that the mind is poisoned because of the poisonous ideas that the individual has attached to his own experiences and repressed them in fear. Consequently when they rise to the surface they poison the mind worse than it is ever been before. Although these memories are not always on the surface, they have a continual effect upon the organism through the cerebellum. Creating these habit-patterns in the form of the troubles that most people suffer from today.

Therefore I say, unfortunately and dreadfully, is that academics have followed a line of action where they have disregarded the main theme of Life.

Many people try to run away from the past, but the past and future is now, and when the Presence is realised there is no past or future. *Some of you will not understand what I have said. I know you do not understand—but you will. There is no past in the Presence. There is no past in the future. The Presence is Life. The Presence is Reality. It always existed, it can not have a past or a future. I am that Presence. The past is only memories. The future is but a hope in my mind—a belief. I am, now. The past and the future are now, in me. Now! Now do you understand it? Then your experiences become an asset and not a liability. You will look upon your experiences as*

stepping-stones to greater things. But if you are continually trying to escape, you will never receive the benefit of your experiences. We must see them as stepping-stones and not stumbling-blocks.

In Corinthians 11: verses 10, 11 (Eastern text) we read: “Herein I give you my advice that it may help you to go forward and accomplish what you, of your own accord, began last year. Now therefore perform the doing of that which you wished to do; and as you are eager to promise it, so fulfil from that which you have.”

As I opened the Bible this caught my eye so I knew it was for you also. This will lead us on now to the practical application of the method to be used in eliminating all emotional habit-patterns which you have established unconsciously. You will be able to remove them consciously through understanding and scientific relaxation.

Let us review our problems. We have a vicious circle in operation. Emotional habit-patterns have upset the proper functioning of our organism, our nerves play tricks on us, because the nervous system ceases to function properly. This interferes with our thinking. So many are on the “try-once” policy, beset by a swarm of amateur advisers, by indecision, victims of cerebellum misbehaviour. Most people do not know where to start in their search for the way to become a natural human being again.

How many amateur advisors have you had in your time with your trouble? Some will say, you know, try this Mrs So-and-so it is a wonderful thing you know. You try this. And you sometimes try this and then yet try that and then you try something else. And what was the result?

I remember a person who had a chilblain. A person said to this person, “you know, you can cure a chilblain by putting a red herring on it. You know, one of those herrings you take out the salt and you put it on.” So this woman put this salt herring on her foot. She tied it round her foot and she left it on all night. When she awoke in the morning, she had a poisoned foot.

She came to me with her poisoned foot and I said, “what did you do woman?” I said, “this is a poisoned foot.”

She says, “well you know, I tied a salt herring round my foot because I had a chilblain on it.”

“Who told you that?”

“Oh,” she said, “a man told me that, you know. He knew what he was talking about, you know.”

“I said, “yes, you very nearly lost your foot,” I said, “in another twelve hours you would have lost your foot. You would have been in a hospital, to have this foot off, because you have now poisoned your foot as big as this, and the red streak going up your leg. Your gland all swollen up here.”

“What do you think.”

I said, “now you have got to get that out of you very quickly. Hot and cold applications must be done at once. You must have an enema. You must get your bowels cleansed, even your whole body cleansed, and you must not have any meat of any kind. You must not eat anything at all for two or three days. Drink water, barley water and lemon juice. You must keep your blood clean and get this thing out of your system, and apply proper applications to draw the poisons out of your foot.”

So I told her what to do. I said, “now, you will go to the chemists and you will buy a big roll, as much as you can, of boracic³ lint, and a lot of water-proofing. You will put this on your foot, and you will put the waterproofing all over it. You will bandage it up and you will keep that on it and keep refreshing it. Then you will do hot and cold applications.”

In twelve hours the inflammation died down, drawn all the poison out of her foot.

I said, “now you may thank your lucky stars that your foot is not off! Amateur advisers!

In adjusting our lives there is always the first step to gain freedom, to live more abundantly, to have greater energy and vigour, to have a clear mind free from conflict.

This first step is relaxation coupled with Divine reasoning and I cannot over-emphasise its importance.

In following my directions carefully you must teach yourself complete relaxation and obtain freedom through Divine reasoning in these ten lessons.

The first step—Have a couch not too soft yet easy to lie upon. Take off all tight clothes, belts, garters, boots, etc. Provide yourself with two pillows one slightly larger than the other and a soft light blanket.

Now lie down, place the larger pillow under your head and the other under your knees. Now pull the ends of the pillow under your head forward till the neck rests snugly. *There must be no bridge between the head and the shoulder and the whole weight must be taken up so that there is no tension anywhere.* It is absolutely necessary that the neck and head must be comfortable. If you cannot get perfect comfort your neck needs adjusting and you should come to me for the necessary adjustment.

Place the pillow under your knees so that the muscles do not strain, the gentle rise underneath the knees will obviate this. *Sometimes when you lie and put your legs down you find your muscles strain. You feel the tension in your muscles. That tension must be taken off because there must be no tension, what you are after, is relaxation.* Spread your legs out to about thirty degrees so that the outside of the calf takes the weight.

Lay your arms lightly by your side your hands resting upon the groins.

Some people are made in such way, immediately they lay their arm down, their hand sticks up this way. You cannot expect to have relaxation if your hand is stuck up like that nor can you expect to have relaxation if there is a strain on those muscles underneath, therefore you take the tension off.

Relax your jaw, drop the lower jaw, then close your lips, you cannot relax if your lower jaw is tight, close your eyes.

You must learn to lift the jaw forward. That is the secret of relaxation. You can have no relaxation if your jaw is tight.

Take the tension off your arms and legs, relax, relax. *You must speak to your limbs and your arms. When you do this, what happens is that, as you relax your limbs and your arms a message is sent from your limbs to your arms up to the motor centre of your brain. A message comes back again, and then it will begin relaxation.*

The synaptic⁴ process of the brain begins to slow down. Energy is flowing over us all the time. When we have tension in your muscles you have a continual flow of energy over these synapsis. When you have relaxation you have this synapsis slowing down. It causes then this motor portion of your brain to give up its misbehaviour. It is transformed here and you begin to feel results, and consciously, you become aware of a definite healing process taking place. The mechanism comes into operation and Life

is freed. Talk to your arms and legs they will send a message to the cerebellum of what is taking place and the cerebellum will begin to let go of the habit-pattern.

Each day you will get your arms and legs more and more relaxed. Learn-to relax your arms and legs first, I will tell you why later on.

After you have relaxed for twenty minutes breathe deeply and repeat “Divine Peace fills me” sixty times.

We have a mechanism that will work for us if we know how to use it. It brings results and pays big dividends.

We have inherited erroneous ideas from past generations who, like ourselves, lived in ignorance of the truth of the great inner world. Those who go on disregarding the wonderful inner world that is perpetually giving us life and strength can only blame themselves if they are caught up in the net of the illusion of the erroneous self-created emotional habit-patterns that cause disaster in their lives.

We are suffering today both individually and collectively, caused by these emotional habit-patterns ignorantly created. Consequently we produce in the world around us the effects of what we think, our thoughts producing their kind.

Seek ye first the Kingdom and the right use of that Kingdom and all else shall be added unto you. All shall be well with you.

BENEDICTION

O Divine Peace, I am in tune with Thee. I care not if the screaming shells of painful memories whistle around me.

I take no notice of stray shots fired at my honour. Machine guns of desire and emotions may fire their salvos for while Thou art with me I am safe behind the ramparts of Thy everlasting peace.

I am safe in the rough and tumble of modern life for I seek not to rouse the wrath of others, neither do I awaken in them resentment or envy. For of

myself I am nothing, all my blessings come from Thee.

I thank Thee for Thy secret store of everlasting peace hidden in my soul. I find it flowing into my consciousness as I relax and think of Thee, O Divine Peace.

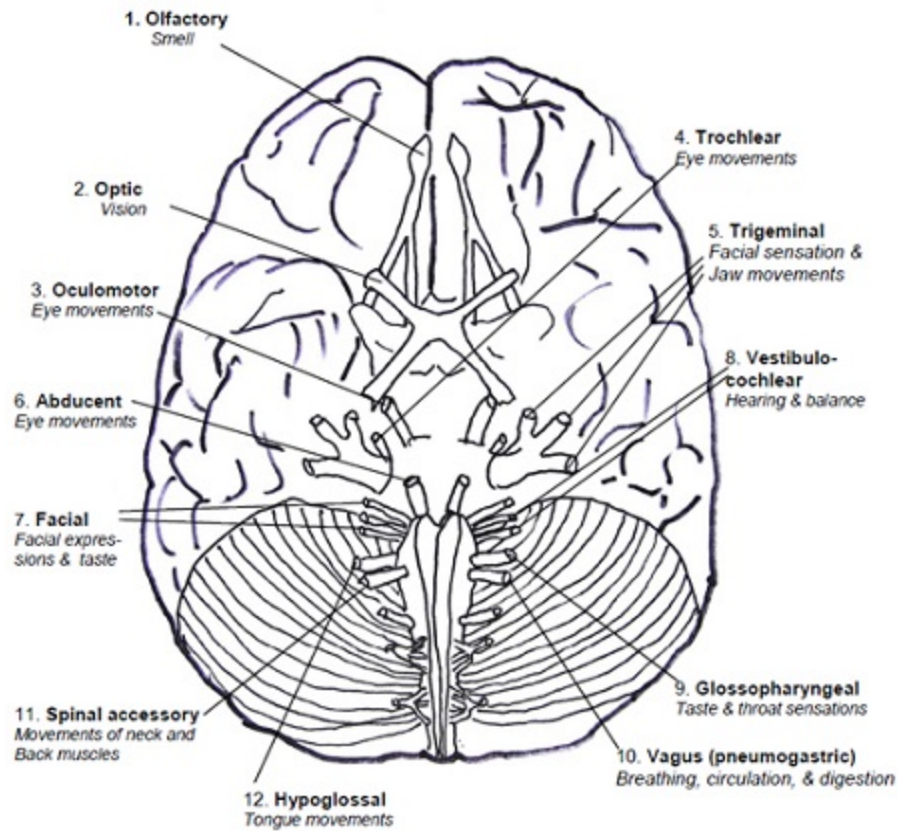
(EPILOGUE)

We will learn later on how to be completely relaxed. Tonight we will not deal with it, but we will in future lessons. After you begin to have this weeks practice, relaxing your legs and your arms. You should be able to relax your legs and your arms here. So we will deal with that in the next lesson because you have a week to practice it. Because next week we take another part of the body, and so on and so on. Therefore you must continue to do these exercises each week as we come along.

Now let us tune into the Sanctuary of the Silent Healing Power.....

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 1st August 1950, at 7.45 pm. No recording exists of the Johannesburg lecture. *Throughout portions of the original wire recording some interference from a radio broadcast was picked up.*

1. This sentence in the book and Lecture notes is missing from the recording [*We see that when the cause of the effect we ourselves produce is not recognised, fear arises.*]
2. This paragraph is in the book and Lecture notes, but as a 'wire' break occurred here which rendered this part of the lecture incomprehensible on the recording, it was removed. [*In this exercise these memories will rise up for review, but not until you are ready for them. The great mistake that is made in psycho-analysis is that these things are dragged up before the victim is ready to deal with them, with the result that the second state is worse than the first.*]
3. *Boracic*. (Boric Acid. (H₃BO₃) Occurring in hot springs in some volcanic areas. A mild antiseptic, widely used in the form of an ointment as a dressing for wounds and sores.
4. *Synaptic*. (Synapse = to make contact, Synapsis = point of contact, Synaptic = of or relating to synapsis or a synapse: to join together).



The cranial nerves are 12 pairs of nerves that can be seen on the ventral (bottom) surface of the brain, they project directly from the brain. All but one pair relay motor or sensory information (or both). The tenth, the vagus nerve, affects sensory, motor and autonomic functions of viscera (glands, digestion, heart rate).

DIAGRAM 4: CRANIAL NERVES

Lecture 2 (8th August 1950)

THE SECOND STEP—TAKING OFF THE BRAKES

“Act on the word instead of merely listening to it and deluding yourselves... Whereas he who gazes into the faultless Law of Freedom and remains in that position proving himself to be no forgetful listener but an active agent, he will be blessed in his activity.”—JAMES 1: 22, 25.
(Moffatt Translation)

I know that all those who have put into operation the first step I told you of in my last lesson will be ready for the second step of which I will tell you now.

Don't tell me that you have no time to relax that you are too busy.

The greatest and busiest people in the world have learned that relaxation is the key to perfect direction, sound nerves and a clear brain. Churchill¹ learned the art of relaxation and practised it every day. He found that thirty minutes relaxation rejuvenated his brain and body enabling him to direct an army, a navy, keeping his finger on the pulse of an empire at war as well as directing a coordinating policy that held ten nations acting together as one.

Frequent and regular practice is essential. Relaxing every day at the same time is very helpful. The idea is to let go of the unnecessary muscle tension created through your emotional habit-patterns.

It is universally known that muscle tension, internal and external, is the symptom of emotional habit-patterns and the treatment of this one symptom cures disease which appears in so many forms throughout the body, brain and nerves.

Not only will these troubles disappear but also will these exaggerated anxieties and occupational anxieties, and lose soul-sickening unreasonable jealousies and hatreds disappear.

You will see real health take place in those half-dead half-alive people. I say again you do not have to take my word for it, but practise this technique and see for yourselves.

Muscle tensions are the expression of the misbehaviour in the cerebellum established by emotional habits. The causes are various such as emotions, thought-feelings and embarrassments long forgotten, childhood frustration and fears, disappointments and all kinds of emotional upsets and contradictions.

These tensions become habitual long after the emotional pattern was first created which lies buried deep in the mind.

With scientific relaxation properly, regularly and faithfully practised which is the opposite to muscle tension you will break up those habit-patterns and release these forgotten fears and failures, embarrassments and emotional thought-feelings.

When you have learned to relax your arms and legs you have taken the first important step, you have begun to break up these old habit-patterns and as each successive stage is taken you will set in motion forces within yourselves that stabilise both brain and body and give you a clear mind and free consciousness.

I will briefly give you a sketch of what takes place when your muscles, internal as well as external, are tensed or relaxed, they are continually sending messages to the cerebellum, the coordinating centre of body function. When you consciously relax your muscles, messages are sent back through the nerves carried along the spinal cord to the cerebellum where they are relayed again to the cerebrum. Reaction immediately takes place diminishing the inhibiting process established in the nerve centres, eliminating the misbehaviour set up through self-hypnotism. Thus the brain and mind is freed from a chain of negative thought-feelings.

At the same time the cerebellum sends out messages to the blood vessels, the intestines, the stomach, the lungs, kidneys etc., and these organs respond releasing the tension. You find that your indigestion disappears, the pain in the pit of your stomach begins to diminish, that mucous colitis which so many suffer from fades away and many other troubles begin to fade into nothingness.

The speed with which these troubles disappear increases, one by one these subconscious emotional conflicts which had their way out through tension begin to dissipate. Your body not only feels free but your mind also is freed for constructive thinking and acting. Your social and economic life also improves, you feel free to make friends and generally enjoy Life. You feel proud of yourself and well you should be for you are the one who has taken the brakes off and the Father does the remainder of the work. Your troubles are forgotten. Your sleepless nights are now replaced with health-giving sleep.

This is how scientific and progressive relaxation works. It releases the tension, re-educates the nerves and body and rids the brain of these freezing inhibitions that prevent the proper functioning of the organs.

Strong or violent affirmations or suggestions should be avoided for they often produce no results, in fact they hinder the process of recovery. The saying of "I am strong" "I am healthy" always brings up the opposite "I am weak" and "I am sick." Just as when you are told to do a thing at once, in a commanding tone, you resist.

People are led and not driven, so are children. A child that is driven will surely develop emotional habit-patterns.

A strong suggestion such as "Why don't you do this, why don't you do that" tends to make you do the opposite, therefore progressive relaxation with Divine reasoning is the answer to all emotional habit-patterns, whether they are created consciously or unconsciously.

We are continually creating a mechanism of protection which from the moment we are born we accept or reject. An aggressive salesman will often lose sales through our sales resistance and rejection and also often prevents us from buying what we want.

It is the general rule that we beg for sympathy on the grounds of a physical rather than a mental pain, so pains are created to be talked about. A strong emotional desire will often bring about a trouble so that that desire may be fulfilled. Although the fulfilment of that desire may be pleasing at first even at the expense of a physical disorder yet that disorder may remain to the discomfort of the individual, and the cause of the trouble is hidden. It is here where progressive relaxation and Divine reasoning comes to your aid.

Physical pain is sometimes substituted for indecision, a mechanism is set up within the individual to keep the balance between the two conflicts. Here is an instance, I know of a girl who wanted to marry but did not want to leave her mother, at the same time she did not want to give up her sweetheart and the more he forced upon her the urgency of marriage the deeper became the conflict. So an illness is created to keep the balance between the two conflicts.

When a decision was taken conflict disappeared, the girl got well after proper relaxation treatment.

In this lesson the second step is relaxation of the chest muscles and this is done through breathing. First of all carry out the first step, relaxing both arms and legs. Now place your tongue to the roof of your mouth and turn it back into the throat, you will find that this causes you to breathe through the three channels of the nose, these are situated one behind the opening of the nostrils, the other midway up the nose and the other just behind the bridge of the nose.

When you breathe you will find that your throat is open, your diaphragm lowers and causes your abdomen to protrude slightly. Your chest muscles move naturally, there is no strain of any kind and a pleasant sensation is felt.

Place your tongue on the floor of your mouth and relax your lower jaw, now breathe without effort. Talk to the muscles of your chest, tell them to relax, relax, relax. This verbal expression has a deep effect when done softly as if enticing your muscles to relax. Soon you will find yourself in the most exquisite state of peace.

Breathing has a tremendous health-developing effect upon us and helps to break up our emotional habit-patterns. This I will explain to you together with the reviewing of your mental make-up in our next lesson.

Divine reasoning is one of the main pillars and must be used every time you relax. Repeat "Divine Peace fills me" several times.

Go over in your mind what I told you in our last lesson of the truth about yourselves in God and God in all, "Know ye not that I am in the Father and the Father is in me?"

St. Luke 14 verse 26 (Eastern text) says “He who comes to me and does not put aside his father, and his mother, and his brothers, and his sisters, and his wife, and his children, and even his own life, he cannot be a disciple to me.”

This saying of the Master is understood by only a few for he is speaking from the Christ. This is the Reality in everyone where there is no separation, showing that external relationships are relative, even individual life is separation. It is only when we realise the wholeness that we begin to understand the Master’s words, “He who does the will of my Father is my mother, my sister, my brother.” This is truly Divine reasoning.

You exist in the Universal Mind, the vehicle through which God and man is harmonised as one, think and act as one. This Universal Mind will create for the individual just what the individual thinks. Harmony permanently remains ready to function and does when proper relaxation takes place. Thus our troubles begin to disappear when we take off the brakes.

Man creates those temporary conditions from which he suffers. Immediately we become aware of this fact and practise relaxation and Divine reasoning, that which is permanent will assert Itself.

God is the harmony in our lives, in our environment, in our affairs, in our bodies when we co-operate by taking off the brakes we ourselves have applied. “When I said my foot slippeth; thy mercy, O Lord, held me up.” Psalm 94: 18.

BENEDICTION

O Conscious Divine Peace, Thou dost secretly support my soul and body.

Inharmony is dissolved by Thy spiritualising energy of Love.

O Beautiful One, help me to learn to live more and more in Thee, and less in myself.

I was lost in my own emotional reaction while ignorant of Thy Presence.

But now, O Lovely One, I am learning step by step to get closer to Thee and feel Thy harmonising power removing all my self-created discord.

And while I sleep and while I am awake Thou and I are in lovely silent union, my Beloved.

[1.](#) Sir Winston Spenser Churchill (1874-1965), Soldier, British statesman and author. Prime minister of UK (1940-5, 1951-5). Winston was one of Britain's greatest heroes of the 20th-century. He is fondly remembered for his indomitable spirit while leading Great Britain to victory in World War II. Received in 1953 the Nobel Prize for Literature.

Lecture 3 (15th August 1950)

THE THIRD STEP—REVIEWING YOUR MENTAL MAKE-UP*

*“He has no fear of evil tidings, he trusts the Eternal with a steady heart.”—PSALM 112: 7.
(Moffatt Translation)*

It is necessary then to realise the meaning of this saying of the prophet: “With a steady heart,” not with a fluttering heart, remember, with a steady heart he trusts the Eternal.

The Eternal is the Ever-present, that which is always present everywhere. And there can be nothing else because if the Eternal is present and He is All there is, how can there be anything else. So he knows therefore, he is not afraid and he does not fear evil tidings because these belong to the mind. It is the mental make-up of the individual, we have got to see.

This is the state of mind we must have when we begin to review our mental make-up.

“Bless the Eternal O my Soul, remember His benefits. He pardons all your sins and all your sicknesses He heals. He crowns you with His love. He gives you all your heart’s desire, renewing your youth like an eagle.” Psalm 103: 2-5. (Moffatt)

These words convey to the mind something that is deeper, and we have to dwell upon them for a while and that is why the Bible is such a wonderful book. Because although it was written by men like yourselves, like me and you, these prophets knew what they were talking about and through their experience they wrote these things. Inspiration enabled them to write down that which would be beneficial to mankind. So the Bible is a book of inspiration and I find that it is a wonderful book of inspiration.

And this is also true. The Eternal is ever present in us and with us. It is He who heals, forgives all our errors and there is nothing to fear. He also gives us what we desire when we pray believing we have it. He is ever young, He is our life and perfect liberty.

In the recognition of this Life being Eternal Youth and the Consciousness becomes aware of it. The body reflects what the Consciousness is aware of. Therefore, I will say, that it is so that the body should be kept young, complete until such time as the soul leaves the body. Like Elijah, that time will come when we will begin to learn more about ourselves and the wonderful powers inherent in ourselves, made in the image and likeness of God.

I have often wondered how it is possible to say to the sufferer when no organic lesion is found, "It is just imagination, go home and forget it." But does the sufferer forget it? No! It only makes the condition worse. To say that it is functional and leave it at that is just pure ignorance of the cause of the trouble.

The poor person now is suffering continuously with these particular aches and pains and wondering what it may be; it may be skin trouble, it may be a stomach trouble or any other trouble. To say that it is functional and say, "go home and forget it," but can the person forget it? Of course not!

This is much easier than effecting a cure, but from the patient's viewpoint it is far from satisfactory when he may be unable to swallow, when his legs are wasting because he cannot use them through hysterical paralysis etc.

There is a cause for all this and it is by no means difficult to effect a cure, when this method I am revealing to you is understood and practised. To merely say it is purely functional does not effect a cure it only puts the patient in a greater dilemma than before.

Yes, the body talks back at us when we do not know the cause, and it is very easy to say it is all mind and leave it at that. This may be true, but why? The answer is that those cells in the cerebellum are not working right, there is a misbehaviour there and there is a way out of these inhibitions which we ourselves create unknowingly.

I have often told you, I have often warned you about becoming aware of your reactions, your thoughts, your emotions, and the motives behind them because these are the beginnings of your emotional habit-patterns.

Continual fear of something will cause a misbehaviour to take place in the cells of the cerebellum which will out-picture itself in the body in some form. It is necessary then to know what you are doing and by knowing what you are doing, you will relieve yourselves of it because it will dissolve away. You will begin to take the brakes off, and when you take the brakes off, God does the work, why? Because Life Itself is unconditioned.

You, I and everyone else condition Life. Look at your own bodies, look at your own affairs, look anywhere you wish and you will find that you are conditioning Life every moment. You condition electricity, you condition Life. But if you know that Life is unconditioned, and you are Life itself, then you will know. Also you will be aware of these things that create those conditions, and how you are creating conditions. How then you are creating the particular mischievous affair that is taking place in the cerebellum, setting up all sorts of troubles through the nervous system and eventually out-picturing itself in the body.

Without these cells in the brain there could be no thought or feeling, and when people are nervous they do not think properly. They think in terms of what is going on in the cerebellum unaware that the cause and cure is within themselves. When this is known it alone relieves the sufferer from the fearful darkness of the unknown.

Now, we have got to divide the brain into three parts. This is the cerebrum, this is the cerebellum and this is the medulla. This is the motor part of your brain, this is the thinking part, and this is, what we call, the exchange where all the nerves pass through. This is where all mechanical activity takes place through your body; such as the beating of your heart, the circulation of your blood, the digestion of your food, the secretion of the glands. Everything is connected up with this portion of the body.*

There are various centres in this brain which cause all the activities, and these centres can be inhibited to prevent the flow of blood properly, to increase the flow of blood if necessary, also to hold up the flow of the glands and also to create disturbances anywhere by inhibitions.

How do these inhibitions take place? Through your emotional habit-patterns. Immediately those tensions take place in the body they are responded back to the brain. Here you have further action in this thinking portion of your brain, being unaware of the fact what is taking place, only you feel these things, then you become afraid. Fear adds coal to the fire, increases the intensity of your trouble, therefore you are in a vicious circle.

How are you going to get out of it? Tension always is the cause of all these misbehaviours. There is tenseness in the external and internal parts of your body.

You take the tension off and you break down these habit-patterns. You release those inhibitions. These things that are holding back those brain centres, controlling these particular parts of the body. Consequently you free yourselves from these conditions by a scientific way.

You work. How do you work? Half the time you work in a tense condition. Your attention is strained. You sit strained. You think strained. You worry, you do all these things which are entirely wrong, therefore you create habit-patterns in your work.

Later on we will review all these things and we will show you how easy it is to overcome these through your occupation. Instead of having occupational anxieties, or creating these habit-patterns through occupation, by your occupation you could relieve yourselves of all those habits, through action, through activity.

But you must know how to act. The majority of people are acting how? Ignorantly, with no knowledge of what they should do or how they should act.

I tell you, this method that I am showing you is far ahead of the old stupid method of psychoanalysis, where the individual tries to catch something in the mind of the individual. Saying that the person does not want to work, he is receding back to his infantile state, and all these sorts of things. These sayings mean nothing to the individual who is sick.

But if I show you how to take the tension off your body, off your brain, and release those inhibitions, then you will get better. You will then analyse yourselves properly, better than anyone else can. For the simple reason that you will know yourselves better than the other individual. You will know

your own thoughts, your emotions, and the motives behind your thoughts and your emotions. Therefore you become aware of yourself, the activities that are taking place, and then you will dissolve them.

It is now time to learn that the body talks back to the mind. This is reaction, because the nerves and body do not function properly. But to know that knowledge will set us free is part of the cure, in fact we are able to bear these reactions that create negative thinking, in the understanding that all our troubles shall pass.

We do not escape by denying the error and the misbehaviour that is going on, we must discern and know what it is, then the Truth shall set us free. *Continually affirming ignorantly, is what I call, self-hypnosis. You are drugging the mind that is all. You are not curing yourselves but drugging your mind. That is to say, if you have a pain somewhere, you will take a drug to eliminate the pain. The same thing takes place when you create or you say affirmations. Ignorantly you are continually drugging the mind as you would drug your body with a drug to take the pain away. But does it cure you? Of course it does not!* That is why affirmations are of little value unless we acquire a knowledge about ourselves.

Neither can we escape from the error by affirming the opposite for both are in the mind. *Both of them are ideas and they are fighting each other in your mind, and your mind is a battleground for these opposing ideas. Then you think by putting a positive one in place of a negative, you have got rid of it. Don't you see how ignorant that is? How stupid that is? In fact, it is infantile.* The error will still remain unless we know what it is. Life enlightens the heart and mind of man and is waiting to replace all error and misbehaviour which contains no principle of itself, like that of Life.

Error has no principle of its own. The condition you create in your body has no principle in its own. The only principle exists in Life which is unconditioned. Therefore those conditions which you create, by conditioning Life, in yourselves has no principle whatsoever, because Life alone has principle and nothing else.

The only power adverse conditions have is the power we give them through not understanding what these are. We believe in them and they are to us what we believe. When the sum is corrected the error disappears, where does it disappear to? It does not go anywhere, it just dissolves into

nothingness, likewise the misbehaviour in our brain cells. With this understanding it will be easy to remove any manner of discord in the mind, brain, body and circumstances.

The subconscious does not reason, it produces what we think and how we emotionally react and feel towards things, people and circumstances. So we must be prepared to accept the responsibility for the misbehaviour that takes place whether it is caused by conscious or unconscious reaction to people, things and circumstances.

Therefore it your own responsibility and there is no use trying to blame it on the other person because you react to what that individual says or does. Any individual who says anything to you that causes you to react, remember that individual is saying it to himself. Anyone who desires to injure you, remember that that individual is injuring themselves because there is only one Real Self.

The self that seems apparent and separate to you and me, is an illusion. That self must be lost in the Greater Self. It is Truth the Master said, “know ye not, it is the Father who ever remaineth within me, who is performing His own deeds— He who does the work.”

Therefore when we acquire the knowledge of how to review our mental make-up helped through scientific relaxation and outcropping of the mind, we are well on the way to successful living. I have proven hundreds of times that fear disappears when we understand the mechanism that creates our troubles.

When we see that these conditions are self-created, we are no longer afraid of them.

We are not aware that the body is talking back to us until we become aware of the mechanism that performs this feat producing thoughts and feelings which create fear which intensifies our troubles.

So you are also quite aware of the fact that you in the past have not realised that the body has been talking back. But when we see the mechanism of how the body talks back, then we realise the possibility of the cure.

We must develop an insight into the working of our mind, brain and nerves. This insight will enable us to guard against any difficulties that may

lie ahead. The man who knows the facts is superior to one who does not know the facts.

Then let us turn our individual attention in the right direction based upon the Law of mind in action. We shall as a result gain the greatest possible return for our efforts. We will be free to enter any field of action and there develop and achieve beyond our wildest dreams.

When you know the mechanism that is active. When you know the mechanism that does things, then the mechanism is under your control. You can switch it on and switch it off. You can cause it to run riot or you can cause it to run smoothly, always within your own hands.

Relaxed attention are words that I have coined to convey a meaning. When you work relaxed you do better work. There is tension taken off all the muscles. The energy is concentrated through your brain, you are not using up energy by muscles that should not be used at all. All the energy is directed towards one end.

Relaxed attention is the same thing. Perhaps I am going too far but nevertheless I would like just to explain to you what it means.

Attention that is spread over too many things at one time is strained attention. There is a fog over it. You cannot grasp the details because the attention is strained by too many facts at one time. Relaxed attention is directing the attention towards one particular phase of the question accurately. Then the next phase accurately, and the next phase accurately till such time as the attention to the mind absorbs all those facts into itself. Then the mind becomes a vehicle in itself to analyse, direct and pigeon-hole the various things it has seen, ready for use at any moment. But with strained attention that cannot be done.

If you are trying to read too many words at a time your eye will strain. Macular¹ vision means that you take your eye and move your eye around the smallest point. The focus is always moving round the smallest point, therefore everything is conveyed through the eye to the brain. Therefore the mind is aware of what is being seen through the eye. Spread your vision and you strain your muscles of your eye as well as you fog your mind. Use macular vision, you will increase the intensity of your sight. You will

improve your sight by working that way just as you improve your health by working also in a relaxed state with relaxed attention.

How stupid people are. These things are simple to understand but you see, people have forgotten the real art of living. Let us get back on to the road for real living, and see the difference in your lives.

We have now progressed with the two exercises already given.

1. Relaxing the legs and arms and thereby taking the tension off the muscles.
2. Relaxing the muscles of the chest through natural breathing.

When the external tension is taken off the internal tension also begins to let go, this is performed in the cerebellum by giving up its misbehaviour in the form of inhibitions. These inhibitions are released with the result that the body begins to function normally.

Is not it a much more easier and smoother way, a more scientific way, to release all these habit-patterns. It is the new and more satisfactory way and I say to you this, that whatever I tell you is true.

Men in the bible wrote by inspiration. But inspiration is not yet dead. Inspiration that existed at the time when the prophets wrote the Bible, that same inspiration is waiting now to manifest through you and me.

We have already learnt that cerebellum misbehaviour can send impulses to the motor centre of your brain causing these motor centres to block or inhibit muscular movement and in fact restrict it very considerably. We have also learnt that conscious scientific relaxation can release these impulses so as to free these inhibitions and if you have properly done these previous exercises you will be ready for the following.

Now do not tell me that you have not done those exercises. Do not say to me that you have been too busy, that you did not have the time. The busiest men in the world have two hours to relax. They want brain power. They want release of these inhibitions that prevent them from doing things, therefore they go about scientifically to relax because they know how to get better results. These people have brains, they have intelligence. I hope you have brains and also intelligence.

Relax as previously explained, now breathe as already instructed easily and slowly through your nose, at the same time the abdomen will extend

naturally then the intercostals extends automatically. Now exhale and you find that your chest muscles are relaxed, this also relaxes the muscles controlling the bronchial tubes and free breathing is the result. *Asthma and all these particular forms of troubles are removed by that particular state.*

If you want to find out this breath, put your tongue to the roof of your mouth and turn it back into your throat. But you do not keep your tongue in the back of your throat because you will soon find that you are creating tension. But once you have found the way to breathe, you take your tongue and place it on the floor of your mouth and relax it. Then breathe naturally and easily and you will find that these tubes are open. The air flows through these three channels behind the nose, not only through one here as most people breathe (demonstrates), and when they do they kind of lift themselves up. Breathing is a natural thing. Watch the cow, the horse, the cat, or the dog, and you will soon find the way to breathe.

Once you have found then that the breath flows through these three channels, and the throat is open, you will find that the abdomen comes out slightly because the diaphragm moves down.

The diaphragm is a muscular band that separates your lungs from your intestines, and it is automatic in nature. It is continually working, yet it is controlled by this portion of the brain here, these motor sectors of the brain.

When there is a misbehaviour here, sometimes we have what we call a static state of this area here, the diaphragm. Therefore it does not move.

Breathing then is a natural thing when the lower portion here starts to move out when you breathe. So you breathe this way like this.

You do not hear me breathing do you? But you see my stomach going out and my chest rising up afterwards. The three channels are open, that is why the breath is going right away down. And it moves this way. Here is your, we will say this is your chest, your stomach, your diaphragm is here. Immediately you breathe, this comes down like this, and this causes this to come out like that. Then these muscles here begin to open out and rise like this. So the movement starts here, and moves up like that. That opens the tubes. Relaxes the muscles of the chest and relaxes the muscles that surround the bronchial tubes, because these tubes are muscular tubes they are controlled by muscles.

Asthma, bronchitis and these conditions is where those tubes become held like that in a vice, through tension. From here the misbehaviour in the cerebellum is causing that, through your attention, through your emotions, through your ignorance. Therefore your emotions are created through ignorance because you are afraid.

Your greatest fear is the fear of death, but you can never understand Life or know life, if you are afraid of death. The Master said, "let the dead bury the dead." These were the living dead that believed in death.

Your lungs are of great importance, they eliminate two pounds of waste matter a day which is the equivalent to that thrown off by the bowels and kidneys. Not only does proper breathing eliminate waste but it also has a profound effect upon an emotional nature which I will explain to you later if not in this lesson in the one following.

Only when you breathe properly will you be ready to review your mental make-up including all these emotional reactions and repressed painful memories even as far back as childhood.

The method I am going to direct you in is called "outcropping by free association." You repeat whatever comes to your mind silently to yourself letting one word or event suggest another, you must not inhibit your thought. You will be prepared for this as you have already been told that painful memories and fears cannot hurt you.

Anything that happened in your life you try to repress, in fact, that you are afraid of. A memory that is hurtful will always hurt you if you do not review it and see that it cannot hurt you. But if you are continually trying to run away from it, it will increase its strength and chase you and catch you up in some way or another through a misbehaviour in the cerebellum. It is very simple is not? That is exactly what happens.

There must be free association to view your mental make-up as you would impersonally look upon a film on the screen. *You tell on yourself* all the things you did and did not do and should have done, all these must flow freely before you. *You need not be afraid of any of them because you did it or did not do it, it was all round yourself. Therefore there is nothing to be afraid of. There is nothing held against you. You are the only one that holds things against yourself.*

God being Perfect holds nothing against you—you only hold these things against yourselves. Therefore review them and see what you are doing and they will dissolve away because you will no longer be afraid of them.

You know, this forgiveness of sins is a wonderful business. Because you can go to a priest or anywhere and you can go to even the English Church and these places and have your sins forgiven. When you have your sins forgiven you feel light and you go outside and you feel it is grand to be free. Is that not so? Of course it is! Then you are prepared to do the same thing tomorrow. Now this is just the same thing. Through free association you release yourselves of all those things and you will feel free. Perfectly free, that is the great thing you feel free.

Freedom comes through proper out-cropping through free association, without in way hindering any word or thought that may rise to the surface In this way you will overcome your own repressions.²

Instead of presenting a flattering figure of yourself, you say the things you honestly think of yourself. You will find that your flattering opinions of yourself will fall away into the background. But never mind this, they will come to the fore again when you have honestly dealt with yourself, if you have the courage to do so.

Now, I challenge you. Have you the courage to do so?

Are you afraid to face anything that is in your mind? If you are, then you are a coward. There is nothing to be afraid of. Nothing.

You are the only one that will judge yourself. You are the only one that can prosecute yourself. You are the only one that can see into your own mind clearly and freely and liberate yourselves from inhibitions, which these fears have caused in your cerebellum, out-picturing in your body all these particular troubles.

Some of you perhaps who have repressed your emotions associated with swear words will find them rising to the surface. Don't be afraid to say them, these words won't hurt you or foul your mouth. What it will do, it will release you of the inward pressure that these words have on you. I have discovered that some of the most religious people can swear better than anyone I have ever heard when they "let go."

Why? Because they have been saying these things under their breath all their lives.

Many thoughts will rise to the surface in regard to sex. These have mostly been repressed in the past, evil thoughts you attached to sex. In this way you will acquire a healthy and normal feeling about sex. When you understand the function properly you will know that there is nothing evil about it. The evil was created in your mind. *God created you man and woman.*

Remember, philosophy or religion does not come into this, only facts count. And the facts are that neurotic or emotional habit-patterns are brought into being by *any interest that has been conditioned improperly. You have conditioned it improperly. You can condition it properly and relieve yourself of all your trouble.*

Each one of you have your own individual background. **The way the mind works cannot be separated from the way the body works.** *Because the one is interlocked with the other.* This all-important fact must always be kept in view, otherwise you will fall into the error of blaming others for your own emotional habit-patterns. With this understanding you know that the cure is within *you and not outside.*

A change in your mental attitude will cause a definite change in your physical health and posture. I have also told you that proper eating and exercise is of great value in maintaining perfect health and this should not be disregarded when pursuing this invaluable method of outcropping by free association while under relaxation scientifically and consciously acquired.

This method will show what you are doing to prevent you from enjoying perfect health and happiness mentally and physically. It will enable you to adjust your activities, relieve you from frustration and bitterness and establish a habit of thinking that will give you a greater joy in living.

It is a practical application of your daily life.

Outcropping comes easily through scientific relaxation, it will be a simple matter for you to sit at a table and write out whatever comes into your mind. You must write everything down automatically. Repressing any

word or thought will prevent the free flow through association. There must be no comparisons, no idea of right or wrong, there can only be true discernment of what is in the mind, free from introspection.

Automatic writing is when the mind is flowing through, creating or writing out whatever comes without stopping; without thinking, without introspection, or looking at whether it is right or wrong, without comparisons of any kind. Nothing must interfere with the flow of that expression of your mind through automatic writing.

Such a lot of rubbish will come out of your mind and your body. Yet, but that does not matter, you will know that was in your mind. A lot of lies will come out, lots of things you thought were true, but were not true at all. Still you will write them down.

Not until you have cleansed your mind completely can you come to that core where you can reach that Intelligence that is pure in Itself, to give you true Knowledge, Inspiration. You will readily see how necessary this is. Further instruction on this subject will be given later on.

It is the Christ in you that knows error from truth and knows how to separate one from the other. The Christ in you is the wisdom of God that is able to see clearly that error is not of God but the creation of man's own mind, therefore you are able to dispense with it, knowing that it has no power of its own, for we in our ignorance alone created it.

The great secret of success in all our undertakings is this insight, *this Divine reasoning*, that gives us the torch to light the way.

“I have set the Lord always before me because He is at my right hand, I shall not be moved.” Psalm 16: 8.

These words are true. You will find that in them will lead you also to further inspiration.

These lessons are not just to be dealt with superficially. It is necessary for you to study them carefully and practice. Do what is told here because your abundance, your successful living, your health, your strength and your freedom depends upon it.

BENEDICTION

O Dearly Beloved, Thy design is within me waiting to express Itself when I reveal my errors to myself.

O Divine Sculptor, chisel my life according to Thy design, for I have ignorantly followed a pattern of my own.

O Divine Perfect One, I have in the past thought Thy purpose of Life evil and have reached the depths of despair.

Now, Omnipotent Omniscient and Omnipresent One, every thought that I think let it be saturated with the presence of Thy Wisdom.

Let every feeling I have now glow with Love, for I have seen my mind wherein was once hate, bitterness and frustration.

Thou art now the Sculptor in my life, my consciousness the chisel in Thy hands. Henceforth I will watch and pray that Thy beauty may shine in me, O Adorable One.

(EPILOGUE)

Think of this benediction that I wrote for you, and if you will study this benediction, they are all inspired words which has come through a great deal of work, through inspiration. When I sit down to write these words and when the time for the benediction comes. I write just as you would write with the pen, automatically.

The mind must be clear and free from all rubbish, all fears, all painful memories. Then the Intelligence Itself will write words for you. So read this carefully again and think of it.

In this state then, let us enter into the Sanctuary of the Silent Healing.

(One minute silence)

This Peace will abide with you now and always.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 15th August 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Macular*. Region of greatest visual acuity in the retina.
2. This next sentence found in the book is missing from the Lecture Notes and recording of the actual lecture. [*There must be no analysis or judgment of right or wrong, this only hinders the outcropping. there must be only an impersonal review.*]

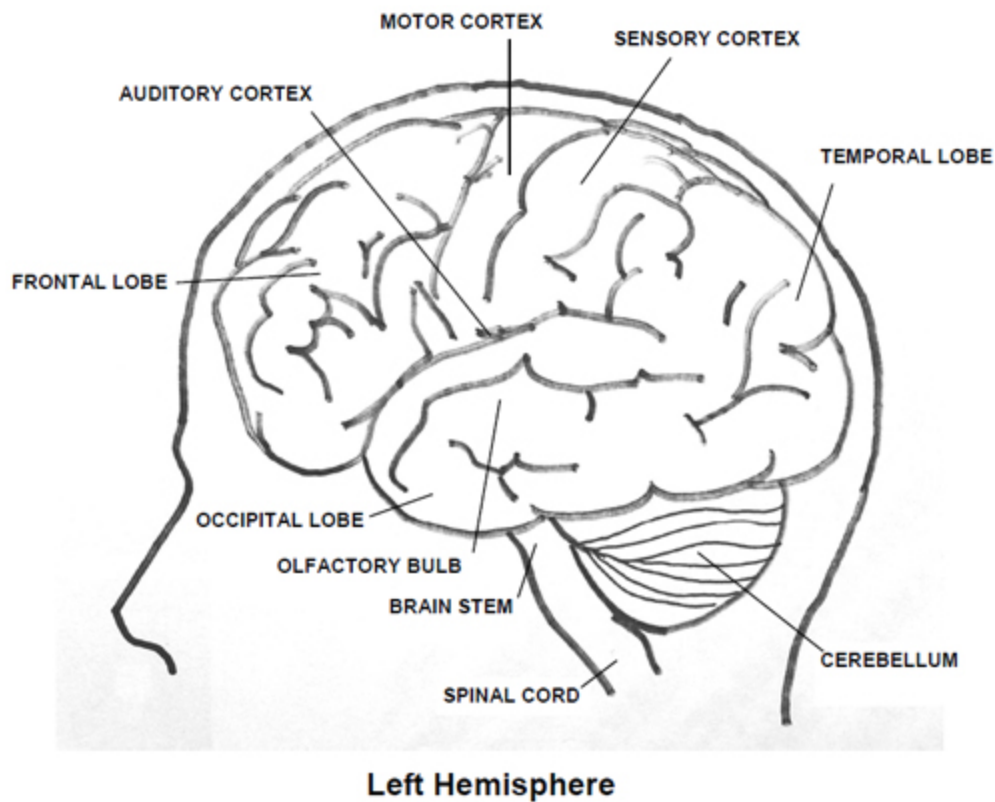


DIAGRAM 5: MOTOR AND SENSORY PARTS OF BRAIN

Lecture 4 (22nd August 1950)

THE FOURTH STEP—THE TRANSFORMING POWER OF THE BREATH— RELEASING THE VITAL FORCE BY TAKING TENSION OFF THE BACK MUSCLES*

*“For I the Eternal your God hold you by the hand whispering, ‘fear not, I will help you.’”—
ISAIAH 41: 13. (Moffatt)*

If we hold on to that saying of the prophet, we find that it helps us while we are doing and freeing ourselves from these conditions, which we ourselves create.

Therefore it is true that “I the Eternal your God hold you by the hand whispering, fear not, I will help you.”

This is the attitude of mind that we must have in all our doings. We will be freed from many fears and inhibitions when we have cleared our minds of separation which has in the past beset us at every turn.

Separation is always the cause of our troubles. We have not realised Unity because we have not seen ourselves in separation. We do not know in our actions that we have separated ourselves from our fellows. Therefore we can never understand Unity until we realise what separation is.

When we find ourselves facing what appears to be in-surmountable situations and there are many, when things seem to go against us, and we see nothing but a blank wall, we grope in the dark for ideas that will suggest some means of escape. But that escape does not come because we have to discern the cause. Hence to be conscious of our individual relationship to the Creator of all things becomes the most important thing in Life.

To become aware of our individual relationship to our Creator and our relationship to our brother and sister. Then we find these words of the

prophet, "for I the Eternal your God, hold you by the hand whispering, fear not, I will help you."

Then we try to escape from our conditions, but no matter where we turn, we find no escape. Why? Because there is no such thing as escape.

You have to face these things clearly with understanding. You have to recognise them for what they are. You can recognise in the cause of them and your reactions to them. Then you will find that they will dissolve away because you will realise your individual relationship to the Creator, which becomes the most important thing in our lives.

This is the attitude of mind you are now acquiring through scientific relaxation and Divine reasoning. Your mind is being freed from those crippling inhibitions created through emotional reaction to things, people and circumstances. Through your outcropping by free association your consciousness becomes more clear, ready to act with precision and not submerged in a chain of emotional habit-patterns that hinder your true expression.

When we are caught up in these emotional habit-patterns, no matter whether it is occupational anxiety, no matter whether it is because we tense ourselves at our work, because our minds are not free. We must learn to relax, and then carry that relationship over to our work and play. So that we find our minds, in a state of what we call, relaxed tension, and not tense attention.

Therefore we have a relaxed attention that enables us to see clearly what is taking place. The mind is not caught up in fear, the mind is not caught up in anxiety. You are no longer caught up in worry, you have learned to relax, to take the tension off. Consequently you are able to do better work and besides you relieve yourselves of those inhibitions, which cause all the trouble in the physical body.

Nine-tenths of the trouble today in every person no matter who they are, I will say without fear of contradiction, has a nervous origin.

I will have more to say about this great releasing system through free association which frees us from all these dominating influences we have created for ourselves which lurk in the subconscious and prevent us from being true selves.

But the way to release those conditions is not by searching in the subconscious as it is supposed to be the way that it should be done, but by taking the tension off. By taking the tension off these things disappear of their own free will.

The fact is, immediately you take the tension off, you find that your mind begins to work normally. The normal action of your mind enables those inhibitions; even the thoughts attached to them, even the cause of them, fears, anxieties, rise into the consciousness where you yourselves become aware of them. You become conscious of them and they no longer affect you because you are aware of them. It is when you are not aware of them, certain ideas, certain beliefs, certain fears that you have in regard to certain things, and people, these have a definite effect upon you because they are hindering your true expression.

Some people go into a place, or before a person or an individual and they think that this individual may be someone so superior to them that they shiver in their shoes, so when they go to speak to them, they are tongued-tied. Here immediately, is an inhibition, by a lack of understanding. A fear like that will take hold of you and will become a form of inhibition that causes, what I would call, hesitation in speech, is brought about by these fears.

It is Divine reasoning that relieves us from these troubles. The recognition of ourselves and our relation to our Creator, and our relation to our brothers and sisters.

It will also be necessary for us to review what we have done. For reviewing is a great aid to our acquiring that confidence so necessary to be a real human being. I have arranged these lessons so that in due course we will do this effectively and efficiently.

We will consider and we will review what we have gone over. We will take the main points and we will see clearly what has to be done. Now in your progress at the present time, you have had three steps. These three steps are clear and distinct. The first week you did one thing. The second week you did another. The third week you did another. But if you are doing it properly, you will do all these three steps before you do the fourth one. Therefore you are continuing to get that relaxation that is necessary to release all these inhibitions, to remove those habit patterns, so that you will

be able to live in freedom. I am not telling you any fairy story. All I want you to do is to practice, to put into operation what I have told you, and you will prove for yourselves the truth of it.

I said in a previous lesson that breathing has a deep balancing effect upon our emotions. This is much more true than is first realised. In breathing we breathe in oxygen which is the main balancing element in the body and is obtained through breathing. It helps to reduce the carbon that is caused by all emotional reactions.

Oxygen helps to increase our joy and enthusiasm that we need to overcome all conditions. It combines the main elements of iodine for the glands which are so affected by our emotions. It unites with iron, potassium, calcium and sodium. All these positive elements are active in dissolving the acid in the system caused by emotional habit-patterns.

That is why, to a great extent, proper breathing is so essential and I have told you in the last class, the type of breathing that I want you to do. So that as you are exhaling you relax your chest muscles. Many pains, aches around the chest area, muscles that have been tied for years through tension, will be released in that way because the muscles let go. When you let go the tension or when the muscle is relaxed, that message is carried back to the cerebellum, where as I showed you the other night, and where the inhibition is, there it is released and freed. Then the message is carried forward to the cerebrum and there is an awareness of the release of this thing and it necessary that you understand the mechanism so that these things are clear and distinct. So you see how all your troubles are eliminated by scientific relaxation with a knowledge of what is taking place.

We may say that oxygen is the foundation of youth, the light and life of human existence, not only this but by breathing our emotional reactions are kept under control.

Supposing now that you got very emotional one day, or you got angry for instance, envious or you got jealous, whatever the case may be. Supposing that you lay down and started rhythmic breathing, you would see how quickly this thing passes away.

The whole control of this emotion is taken up as controlled, recognised, understood. There is no longer any, what we would call, acid-formation created, because every time you have an emotion like anger, hate, these

jealousies and all these things, you have a definite creation of acid-formation which affects and attacks the tissue structure in one way or another. That is why a person who can hold their mind at peace under all circumstances, becomes healthy and strong even in a mature age. It is simple. The whole thing is scientific and to know it, is more than half the battle.

Also by breathing the life-giving element of hydrogen is obtained: H₂O is the equivalent of water. It is needed in every drop of blood, keeps you cool and passive and reduces nerve tension. *Hydrogen does that. Hydrogen and oxygen then is absorbed at once through your breathing, it is the basis of all the fluids in your body. Without proper breathing you will know that your blood dries up, your nerves corrode and burn.*

Breathing through the method of relaxation as I have shown you, consciously using these forces, you actually control these forces as you absorb them into your body. You stimulate the action of your body to absorb more of these elements so that they will dissolve the acid-formations you yourselves have created.

Immediately you take off the brakes, God does the work. It was He who created all these minerals that we hold in solution in the atmosphere. Every portion of your body is held in solution in the atmosphere. Every element in your body is held in solution in the atmosphere.

Realising this, we know that breath is life. What a wonderful truth it is but few recognize it. Without hydrogen your nerves corrode, burn and decay. Nervous people need an abundance of hydrogen obtained through breathing.

I have a method that has been used with great effect to easily transmute these emotional reactions that often become destructive habit-patterns into constructive action. This is why I have stated before that breathing is of *the* greatest importance in the control and elimination of these self-imposed conditions which we ourselves create.

We often find that we have fear; fear of getting here, fear of getting there, fear of getting into this place and that place or any other place, fear of not being on time, fear of this and fear of that.

It is like the story I heard of the man who died, and he went to heaven, of course, So Peter came to the gate and he said, "what do you want?"

He says, "I want to get in."

So he said. "What qualifications have you?"

"Well," he said, "I was married."

"Oh, that's good enough, you come in."

So the next fellow came along and he heard what the fellow in front of him said, so Peter said to him, "What do you want?"

"I want to get in."

"What qualifications do you have?"

He says, "I was married twice."

He says, "No room for fools here, you go downstairs."

Like the little boy in Scotland. You know in Scotland they keep the sweeties in bottles, so they do not lose any of them. So after all these sweeties are taken out of the bottle, there are a lot of little bits of sweets there lying in the bottom. They are put into another bottle and they call that "sweetie scrapings."

So a wee fellow came in one day and he had a halfpenny or a bawbee¹ as they say in Scotland, and he placed the bawbee on the counter and he said to the woman behind, "can ye farthing worth of sweetie scrapings and a farthing back. I've quarrelled with my mother, and I dinna care what I spend." Poor little fellow, he did not know the habit-pattern he was creating.

Now I want you to realise that every emotion is charged with energy, call it an emotional current if you like, for that is just what it is.

There is little gained by allowing a negative emotion to flare up in your soul and body. When this occurs your glands and your nervous system increase the habit-pattern already created, with the result that your aches and pains are intensified, that is why medical aid is of little value in many of your ailments.

How is it, that medical aid is so inefficient, so useless in the majority of troubles that people suffer from today. Even if the doctor is aware of the fact and he just says to you it is your nerves. What good is that to you, that does

not relieve you of your trouble if he just tells you it is your nerves. But if you follow out my instructions you will see, by taking the tension off, you will release all these conditions and they will disappear. Because you free yourselves from them and naturally you will take off the brakes, and God does the work.

Now here is the method that I have found invaluable to those who have practised it have told me that they never realised what a boon it could be in their lives.

When you feel an emotional current arising or even a desire that you want to get rid of, you consciously look these straight in the face and recognise the full force of this emotion or desire, feel its full power and look at it as outside yourself.

Take a deep breath, as breathing in the power of this element or desire.² *Breathing in intensifies the desire, desire for something, desire to go somewhere. These things then come to you where you feel in your own mind, then want this thing. You find on one side that you want something, on the other side that you do not have it. Therefore you have two ideas which are fighting each other in your mind. All the time you want it, all the time you recognize you have not got it—there is conflict.*

Now suppose then, that you look at this emotion and feel the full force of this desire. The yogi tells you, which is a secret of the yogi always, that when he really wants to manifest something, breathes through the right nostril because he uses a prana. A pranic force which is positive in its nature. We are told of course, I learnt that from the yogis and shown, that in the right lung there is positive electronic force and in the left lung there is negative electronic force.

One day I will try to show you how the whole of your body is placed in the positive and negative. The right hand, the left hand, the right eye, the left eye, right lung, left lung. All the right side of the body becomes a positive, the left negative. These work together. The top portion becomes the positive and the bottom the negative. Breathing through the right nostril becomes positive electronic force which the yogi uses mentally to direct his emotion or the desire without any recognition of the fact that he wants anything. Without any recognition of the fact that he is missing that thing,

or the recognition of the fact that he does not have it, he is creating. Therefore the yogi says, "breathe through your right nostril,"

But I am not going to burden you with all these scientific ways of the yogi to do this and do that, and we all know what the yogis can do. But I am giving you the secret of this wonderful power in your own hands, that by breathing in the power, the full force of this desire. Then transmuting this force into action. The force will be transformed into a magnetic power which will astonish you.

It is transformed into a magnetic power. It is not a feeling, desire, which is a wanting of something, which is negative in its nature and is destroyed because of the state of your mind. But here you have a tremendous power that is creating a magnetic force and there we have the secret of the yogi. Simple, clear.

The yogis have studied these things for thousands of years, this information is handed down from one to the other. While in the western world we are like babes in arms. We have not yet really grasped the great significance, the wonderful truths and practices that can be done and this simple exercise will give you this magnetic flow of energy that you desire, building up your body, dissolving these emotions that create acid formations, acid conditions in the body.

Then you exhale and say to yourself, "I now have perfect balance, I can control this magnetic force, it will no longer work against me but for me. I am getting stronger and stronger every day." Repeat this several times if necessary.

By this means you are directing the energy of this emotion or desire into your personality. You are not repressing it back into your system. At the same time you help to break up these old habit-patterns previously created. You cannot imagine what it does till you try it.

By this method you raise the energy up to become a mental force no longer an emotional destructive force but a beneficial force for your mind, brain, nerves and organs. It is in this way directed and transmuted into an energised force which regenerates and enables you to overcome all and, further, it increases your magnetic personality.

When you are magnetic you are strong in mind, *body* and *nerves*. You attract things and people to you instead of driving them from you and this is what you want, is it not?

This is one of the most potent instruments placed in your hands to overcome your emotional reactions, and you reach a position for which you have been struggling all your life. It places you in a position far above temptation.

There was a chap in Johannesburg the other day, he was standing at the corner of the street. He had a revolver in one hand and a knife in the other. One man came up to him and he said, "what are you doing?" He said. "they will run you in."

He said, "I'm just wondering whether I'll shoot across the street, or cut the corner."

So the position is this. That if you keep yourselves in a state where you can realize that you can say anything, that your mind is free. That you can think clearly, that you are no longer held in the grip of an emotion—then you are free.

When you are held in the grip of emotion, you are not free. But when you are free you can direct your thoughts easily with a mind that is free and natural. Think then, if you can at once release all pressure, and come into a state where there is complete relaxation of your mind and body; you are no longer tensed, you are no longer creating habit-patterns. If you can see what I am driving at, you will feel the freedom of a mind that is ready, pliable, to move one way or another, yet is not affected by things, people, circumstances or events.

What I am giving you here is instruction I have received from the Masters when I was with them in the Himalayas. I have found it exactly what they said and so will you.

Try it out and see for yourselves. I don't ask you to believe what I say, I only ask you to practise, and you will find what I and others have found who tried it.

You will never again blame others for your lack of attraction, neither will you think it bad taste if you are not taken notice of. You will find out that when you speak, people will sit up and take notice of you, not that you

want to be taken notice of for that is a subconscious feeling of inferiority that will be completely eliminated.

Think of the deep emotion some people create in themselves when they are not taken notice of, for weeks on end they are hurt. This is often the beginning of a very bad emotional habit-pattern and will sooner or later out-picture on your organism, brought about by a defensive mechanism which prevents self-analysis.

If you then are in a state of fear, a state of annoyance, a state of envy. If for instance that your vanity is hurt. It is your personality that is hurt. It is the falseness of yourself that is hurt. The Reality of yourself can never be hurt. I have known people for weeks be in the doldrums because they were slighted or they had the feeling that they were slighted, or they believed they were slighted, when neither was the fact, but yet their in this state of emotion. Think what happens in your system, can't you see it clearly?

You will soon learn that criticism must first be turned against the self and not against others. You will gain a sense of frankness that will astonish you. You will not tell everything you know, but you will become pleasant, natural, "yourself," your real self, strong, silent, polite, genial, kind and the energy you have stored up will attract more power and abundantly.

As your emotional habit-patterns begin to dissolve away, your face changes, your health is restored, your eyes become bright, your skin clears, your fears disappear and things and people drift towards you for you now know and understand. Your desire for approbation will leave you for you will never speak about the precious power but make it your own secret.

Allow the working of the law to take effect, that is do not be anxious, when your health is returning or when things drift towards you, glory in your sense of freedom and power obtained through the practice of relaxation, Divine reasoning and outcropping and the practice of which I have just told you.

Therefore, be not anxious when you find that your health is improving. Sometimes you will have a relapse. These relapses are sure to come, you cannot help them. They are the habit-patterns that still grip you, rise to the surface and hold you. You will still know there is a habit-pattern still there, that you must get rid of and it will surely go.

There are greater things beyond which you will eventually reach and when you reach one summit you will find other peaks beyond.³

I have always found when I have tried to reach one peak, and when I have found it, I look beyond and see greater and greater peaks. They have brought me back to think of the time when I was in the Himalayas, climbing the mountains, climbing the passes and looking over the great range of mountains. Then I would go down the valley and go over another pass and I would see another great range of mountains further and further away, peak after peak. Yes, and it is the same with us. When we reach one peak, there are many farther beyond.

But we will stop for a while, and survey what has happened. We will look and see the beautiful scenery and then we will cast our eyes forward. We will go on and on, infinitely, because the growth is Infinite, there is no ending to it, because it is Infinite in nature, you having the seed of Infinity within you.

Our next step in relaxation is to relax the muscles of the back and this is very important when we realise that down each side of the spine there are two chains of ganglia, a mass of nerve tissue which controls the function of our organs.

Now let me tell you, the spine is the most important part of the body, because all your nerves pass through the spine. The spinal column is connected with sensory nerves, sympathetic and sensory, which run down the side of the spine. They control all the functions of your organism, they are linked up with what we call the cerebro-spinal, linked up with the sympathetic nerves through the sensory nerves. Messages which are sent from the brain are carried through the sympathetic nerves and the two are linked together, making one system.*

The cerebro-spinal and the sympathetic nervous system are linked together making one complete system which reacts upon one another. On each side of the spine you have ganglia mass of nerve tissue. These nerve tissue is linked up with nerves coming out from the spine all down from each side, linking up all the way. Muscles cover all these nerves. A tense muscle will press against a portion of that and prevent the proper functions of your organs.

A tense muscle in the back can cause pain. Not only pain but it will inhibit the activity of some of your vital organs of the body. It can give you indigestion, it can cause paralysis of the bladder and will cause constipation. It will cause many things, and I tell you this, yes I will say 99 out of every one of you in this hall here, has tense muscles in the back. I do not think there is any one of you in this hall that has not got a tense muscle in your back. I can prove it.

If you can relax the back muscles, you will release all this energy right into your organs and you will find not only will you be releasing the habit-patterns, those tensions, but you will be increasing the vital force that passes into your organs. I know this is true.

Any patient that comes to me, what do I do? The first thing I do is to relax the muscles of the back. I take the tension off all the muscles of the back because I know perfectly well and I stimulate this ganglion mass of nerve tissue on each side of the spine because I know how important it is.

We have also connections with this ganglionic mass in the neck, chest and abdomen, while the pneumogastric nerve* has ramifications throughout the whole of the thoracic and abdominal cavity and controls the whole of the viscera.

The pneumogastric nerve which comes direct from the brain, passes down below these muscles. Tense muscles will inhibit the activity of that particular nerve which controls all directly through the abdomen and the organs of the body, the bowels and so on.

The ganglia on each side of the spine is connected to the cerebro-spinal system by what is known as the motor or sensory nerves. From these little brains or substations of ganglia, numerous fibres branch out to the organs of the body and blood vessels.

All nerves then pass out to all the various parts of the body, because they are linked up with the cerebro-spinal and the sympathetic nervous system. The two systems become one through the linking up of these nerves. These little motor centres, keep all your functions going, a wonderful machine. Yet how little the ordinary person knows about it.

When the muscles of the back are tensed by emotional habit-patterns, they press on these nerves and inhibit the flow of Life Force, preventing the

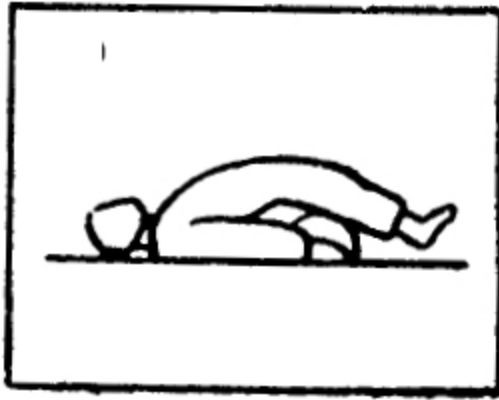
proper function of the organs. In many cases these muscles become so tense as to contract the tissue creating nodules, these create severe pain in the lumbar region and in other regions as well. Therefore you will see how essential it is to take the tension of the muscles of the back. This is one of the first things I do when a patient comes to me. Even if the pain is in the foot I never fail to relax the muscles for I know how important they are for bodily and mental health.

Now there are some of you who have what is known as a sway back, that is the buttocks protrude out beyond the spine and leave a hollow in the back. *How are you to get that tension off? Because subconsciously there is a bridge, and to hold that bridge, these muscles are held tense. Therefore you can never get relaxation of those muscles unless you know how to relax the back.*

Sometimes this can be got out by proper posture but in some cases it is the make of the individual. *I advise some people to get that out, is to put their back to the wall, and then get this back right into the wall and lift themselves straight up so this portion from the centre comes out. The exercise is quite easily done. That is to say, if you went to the wall you would place yourself to the wall. You bend your knees down until this portion of the back comes out. Then you gradually rise up like that, keeping that portion of the back, until you straighten yourself up and you will find that this portion will eventually come out, so this sway in the back is taken away. But in many cases, it is the natural state of the individual, especially in women, and this portion of the back must be held up so that you get proper relaxation.* It is very difficult for one with a deep hollow to get perfect relaxation, and it will be necessary to take some cotton-wool or a soft small pillow and place it into the lumbar region to take up the weight, otherwise a bridge is left and there is then subconscious muscular tension to hold that bridge. When there is gentle pressure filling up the hollow you will find that the muscles relax easily.

Now I told you how to relax your legs before, by putting a pillow underneath your knees. When you put a pillow underneath your knees, you take the tension off the muscles of your legs. Now the same thing takes place here, you put a small pillow under there which takes up the tension of this, and that then drops down. Easily drops down. It comes down quite

easily because the tension is taken off and then you feel comfortable. Without complete comfort you cannot have proper relaxation. You cannot take the tension off the muscles of your back while the tension is there. Now pay attention because these things are most important. Very important.



Scientific relaxation is the most perfect thing you have ever known. If I try to explain real relaxation, I could not tell you. It would be like trying to describe colours to a man born blind. You have to find out for yourselves through the instruction.

Begin in the usual way, relax your legs, arms, chest, now back.

Relaxing the back is not so easy as it looks, and it needs practice. You must talk to your back muscles as you do to your arms and legs “let go, let go, let go,” feel the tension leaving. Conscious relaxation of these muscles takes the pressure off the nerves and allows the Life to flow freely as well as breaking up these habit-patterns established in the cerebellum that causes this tension.

Tension in the first place, causes habit-patterns. It causes misbehaviour and tensions in this particular portion of the brain, that hold that tension and the pressure of your muscles on these nerves inhibit the proper flow of your nerve energy, your blood circulation and interfere with the whole of your organs. I tell you this, if you can thoroughly relax yourselves, if you can understand the importance of what I am saying, you will never give up until you find this perfect state of relaxation. When you have found it, you have found perfect health and you have got rid of all your inhibitions and habit-patterns.

The muscles are more easily taught through verbalisation therefore talk to them quietly, enticing them to relax. Some of you think that you have relaxed, but if your eyelid twitches you have not relaxed. When properly relaxed you will have an experience that you have never had before, you will find that out for yourselves. If I tried to describe it to you it would be like describing colours to a man born blind. You will realise what you have missed all these years when you have perfect conscious relaxation of all your muscles.

When the tension is taken off the whole body, the tension also goes off the mind. The cerebellum gives up its misbehaviour. The cerebrum accepts this state of consciousness, and through Divine reasoning there is a peace that nothing can change.

Peace, as Jesus says "My peace I give to you, not as the world gives it peace" Think of the peace that he had in his mind, you can have the same. I say to you, bless this peace I give to you, not the peace that the world gave you.

I will end this lesson by telling you to forgive yourself and your brother and your sister everything for God holds nothing against you. We eventually find that we ourselves are the cause of all the effects we produce, hence the necessity of understanding deeply.

God is perfect Love therefore Love is the foundation of our life, yours and mine. A forgiving heart begets forgiveness. Then open your soul to God so that His love will always reign in your life. "Fear not for I am always with you even unto the end of the world."

What a promise! Think of it, what a promise. "Fear not for I am always with you, even unto the end of the world." I think of that sometimes and I know it is true because the feeling of it gives me the courage and strength. No matter what people do, or say, or think, I know that I have that promise and it is a wonderful thing. I want you to think of it too. When anything comes in before you, say this to yourself, think of the promise, "fear not for I am always with you, even unto the end of the world."

BENEDICTION

O Loving Heart, that lives in all hearts, teach me to love and serve others for I have found that Thy love heals all.

Let my word be true, designed in the pattern of Thy Loving Kindness.

Thou hast shown me through Thy Son Jesus that Love is above all things in heaven and on earth. “Forgive them for they know not what they do,” kills resentment and strife in the heart and sets us free.

O Divine Mother of Life, teach me to find my happiness in the joy of others, then I will prove that I am Thy child, Beloved Mother of Mine.

(EPILOGUE)

Let us enter into the Sanctuary of the Silent Healing Power. To give out this wonderful saying. The will of God being expressed through us in the form of Love—the healing balm for the world. So that this strife that is passing through the world today will cease and Love will enter the hearts of all men throughout the whole world. Then the Peace that was offered 2000 years ago, will be established now.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 22nd August 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Bawbee*. An old Scottish coin of little value. A halfpenny. Named after Alexander Orok, 16th century mint master, laird of Sillebawby.
2. The next two sentences found in the book is missing from the Lecture Notes and sound recording. [*Then hold your breath and say to yourself, “I am now transforming this force which is added power.” This force will be transformed into a magnetic power which will astonish you.*]
3. This sentence found in the book is missing from the Lecture Notes and sound recording. [*You will be happy for you will be in tune with Infinity which you have entered never to turn back but will go from one glory to another.*]

Lecture 5 (29th August 1950)

THE FIFTH STEP—THE REJUVENATING POWER OF RELAXATION WHILE YOU SLEEP—TAKE THE TENSION OFF THE NECK MUSCLES*

“Perfume and scent are a delight, sweet counsel is a strength.”— PROVERBS 27: 9. (Moffatt)

Although we have not yet relaxed all our muscles we must now begin to know how to relax during sleep and this is of great importance.

Most people sleep all night through with tense muscles with the result that they awake in the morning more tired than when they went to bed.

How many people do that?

You go to bed at night. You wrestle all night with various problems, your muscles are tense. You wake in the morning more tired than when you went to bed.

Properly directed “let go” exercises before sleep, is one of Nature’s best remedies for all nervous troubles. Our last thoughts are our ruling thoughts. What a wonderful truth that is. As you pass off to sleep at night, the thoughts that are dominant in your mind, will be the thoughts that will manifest first thing in the morning. Therefore it is so wonderful to be able to understand Creation, and practice Divine reasoning before we go to sleep and when you wake in the morning, you find you are greatly refreshed in your mind.

Properly directed let-go exercise before sleep is one of Nature’s best remedies for all nervous troubles. Our last thoughts are our ruling thoughts. Many do not get the best out of their night’s sleep and some do not sleep at all because they take their troubles to bed with them.

Now, how many people do that now? Nevertheless, you realise the truth that what I mean is most important. When you see yourselves and you see

what you do, then you are able to remedy the condition.

With a properly relaxed body during sleep Nature repairs the body. When tension is taken off before sleep you will be surprised at the result. A few hours of perfect sleep will do more than months of effort while awake.

The wonderful thing of rejuvenating power during sleep at night, a beautiful soothing thing. You know, when my head it strikes the pillow, I'm off. I have got nothing on my mind, nothing to trouble me, therefore I'm off. You say, what a wonderful thing. Nevertheless, it is true, and each and every one of you can find the same, it is not difficult by any means at all. If I have got anything to worry me, I look at it quite plainly, examine it, every side of it, take it all in and see exactly what it means and then I do away with it. It is gone, therefore I pass off to sleep.

Sleep always in a well ventilated room, with just sufficient bedclothes to keep you comfortable. Do not burden yourself or suffocate yourself with too many bedclothes. When you are properly relaxed you will be amazed how few bedclothes you require.

You know, some people, when they go to bed in the wintertime, feel so cold that they cover themselves with one blanket, then they cover themselves up with another, then another. Then they go and find their overcoats and put that over top of them too. Therefore you try to get to sleep with about a ton weight on top of you.

After four weeks of the practice of the technique of relaxation you will have become sensitive to muscle tension, you will realise how tense muscles were repressing you, preventing you from being an intelligent human being.

Acquiring a sense of muscle tension is one of the important factors in learning how to relax, so after four weeks of diligent intelligent practice you will be able to discern muscle tension, thereby hastening the elimination of any residue tension that may remain.

When most people lie down and they say they are going to have a rest, they are all tensed up. When you begin to relax, take the tension off, then you begin to find out where you are tensed. You become conscious of tense muscles, tense nerves that prevent you from having that perfect equilibrium that brings about perfect health.

So, acquiring a sense of muscle tension is one of the important factors in learning how to relax. It takes quite a time to be able to relax properly, do not think that you can be able to relax properly just after you have finished this course, by no means. Proper relaxation takes several months and you have to persevere.

When the legs, arms, chest and back muscles are relaxed the remainder of the body tends to follow suit. This gives you the application to relax during sleep.

When you learn to relax during sleep it will culminate in a continuous release of all your emotional habit-patterns. You will be glad to learn that although you have spent many of your waking hours seeking for relief, the greatest factor in obtaining health and happiness is acquired during peaceful sleep.

How wonderfully true that is!

The child goes to sleep, it grows while it sleeps. The invalid must sleep, becomes healthy during sleep. Sleep is Nature's gift, rejuvenating power. When you pass off to sleep, the body becomes filled with Life energy because there is an Intelligence working for you in and through the body. That Intelligence is Nature Itself, rejuvenating your consciousness. That consciousness of the self that is always worried about things external to the self, that self-consciousness of the individual, it was always taken up with things external to the self, consequently there is a feeling of what we call fear, apprehension. That consciousness is always interfering with the body. That consciousness is the cause of most of your habit-patterns. That consciousness is the cause of your tensions.

Now, you have got to become aware of that consciousness and see to what it is doing, and when you see what it is doing and not caught up in it, then you can eliminate it. After you begin to discern that which is causing most of your troubles, then you realise that there is something behind that is great and peaceful and harmonious. That it is the basis of all things, it is Harmony of the Universe. That belongs to the Great Self, the Over Self. That Self that is in every other self, therefore we have to lose this self by recognising it and discerning it. Not by as it were, as most people try to do, is to make it more pronounced. One has to know it for what it is.

By directing yourself in your let-go period just before you sleep, you can permanently eliminate emotional conflict and de-hypnotise yourself from paralysing inhibitions and improve your general health far beyond your expectation.

So what would you do before you go to sleep? You would practice what you have been told, you take the tension off your limbs and arms, and immediately you do that, the remainder of your body tends to relax also. Why? Because the nerves of your brain are linked up with a small space in between, what we call the synapses. When you want to move your arm, a thought passes from your cerebrum to the cerebellum, and there the mechanism is set into motion where you can lift your arm.

Therefore to do so there must be a flow of energy crossing over these synapses. When you have tense muscles there is a continual flow, not so fast as it were, but there is a continual flow over these synapses which keeps your muscles tense.

When you take the tenseness off your muscles at night and let go, you slow down these synapses and there is no more any movement takes place in the brain. When you slow down your arms and legs, you slow down the synaptic process of your brain and this continues on, through the larger membranes of your arms and your legs It will continue throughout the whole of the body. It tends to do so when you begin to relax before sleep.

You are never completely unconscious during sleep, for the cerebellum, the feeling part of the brain, is sending messages to the cerebrum about what the body feels. If you are cold you pull the bedclothes over you, if you are warm you throw them off. *If your eliminating organs are active these impulses wake you up. Of course, in some children they do not and that is because the child has not yet grown up strong enough, these impulses have not come from the cerebellum to the cerebrum.*

Now we will see here, this is the motor part of the brain. This is the thinking part of the brain, where you become aware of what is taking place in the body. When your impulses come from your functional organs, they cause the centre here, this motor part to become active. It begins to become active because it has the reflex action to open the various muscles, what we will call, the sphincter muscle of the bladder, and allows the flow of water to pass. Supposing now if that is not communicated to here, then you are not*

aware of it. Therefore what the children do, they are not yet aware of what is happening. There is a way whereby you can make children aware of what is taking place. That is an easy method of intensifying the activities of the movement of this towards this particular portion of the brain during sleep.

Therefore you see this is what you might call awareness of what is taking place in the body. This is the mechanical side of it that acts automatically, and messages from the body are continually coming to this portion here.

If you are tense then, here in your body, you are causing a tenseness in this area. But your tenseness in the first place comes from this portion because it gives away what you think. Therefore messages from this or feelings you have of fear, sent through here to the body, the muscles become tense. It flows back again to here, and this portion creates what we call a habit pattern.

When you take the tension off this portion again, you relax this. This sends a message back to here and this then relaxes and then sends a message across here and you find then that you are relaxed. So you find here the mechanism is clear.

This motor portion of your brain is entirely automatic and that is how, through relaxation, you get the slowing down of the synapses of the brain, and the sleep centres come into operation. We see then the organs that are eliminating these impulses will wake you up. Those are natural impulses. But there are many impulses that are causing you to twist and turn over a hundred times in your sleep. If someone tells you of these jerks etc., you will not believe them. This proves that your sleep is affected beyond waking life.

Waking life causes sleeplessness.

A mother will awake at the least cry of her babe, although she will sleep through a thunderstorm. It has been known for a mother to change her babies napkin and go back to bed without waking up at all.

*A boy who will not awake on school morning, will be up at five o'clock to go to a picnic. These facts are common, but as far as we are concerned in regard to our technique they are of great importance. *Because of the fact**

that I want to show you that relaxation before sleep is essential for you to have perfect sleep.

If you are worrying about anything, this portion of the brain is worrying. There are messages sent to your body and part of your body becomes tense. The feelings are here, your thoughts are here, what you think. If you worry all night then you will create a disturbance in your organism, which will come back to this particular portion here and create a habit pattern. A misbehaviour sets up here and keeps the whole thing working back again and keeps the whole thing going continuously, until you begin to become aware of how to eliminate it.

Therefore you eliminate it through this area, because you become conscious of the fact of what you are doing, therefore you take the tension off. Immediately the tension is taken off, then this particular portion of the body knows that it is, and it takes its tension off too, relief is given and you become aware of the relief.

Now, when you create tension, this tension talks back, it creates a habit pattern here. This habit-pattern continually works through the body and causes all sorts of things. It may go to your stomach, it may go to your nerves, may go to anything.

When you become aware of this trouble here, you become anxious about it, but that does not cure it for the simple reason you become anxious about it, it only intensifies it. Then if you begin to affirm a cure, you say, "I'm better, I'm better, I'm better." That does not do it either, for the simple reason that it only intensifies the idea, because in your mind you have one idea, we will say this is plus (+), this other idea is minus (-), so these two are battling together in your mind.

Which idea is dominant? The one you fear most is dominant therefore that is the one that will manifest. So if you affirm something, this (+)—you will immediately bring up that (-). So affirmations are of no value to you, they only hinder your progress. Then if I am continually thinking of this (+), I am creating this (-). How am I going to get rid of that (-)? I can not get rid of that (-) by thinking of this (+) all the time because I will always create that (-) when I think of this (+). It only brings up the opposite—that is the natural thing.

What do I do? I will look at this completely (+/-) and begin to know it and understand it and then when I understand it, it will dissolve away of its own free will because I created it.

The simplicity of the whole thing is so simple. There is really nothing to it when you understand it.

The mental attitude you have while falling to sleep will decide the quality of the sleep you will enjoy. If you get up more tired than when you went to bed it is because these muscles have been working all night. One muscle group works against another muscle group. The muscles that stretch the legs may be working against those which bend the legs, no wonder you are tired when you awake.

When all the time there is muscles trying to stretch out your leg and all the time there is muscles trying to bend your leg. There is a fight going on all the time during night and you are wasting all your energy because you have this tension going on.

You can eliminate this habitual muscle tension while you sleep. First of all see that your arms and legs, chest and back muscles are relaxed. This tends to reduce the synapses in the brain with the result that the energy habitually flowing over these synapses is reduced to nil.

As I showed you. When there is tension in your body, there is a continual flow of this energy over the synaptic process of your brain, which carries the message to your body and holds that tension. If this then slows down and there is no such flow of energy except when you voluntarily want it, you are free.

Whenever you voluntarily want to move or move a muscle, you have immediately a flow of energy over the synapses. But if then this movement becomes habitual, a habit-pattern, you have that energy flowing there all the time and that should not be.

So you see that you can eliminate this habitual muscle tension while you sleep. First of all, see that your arms, legs, chest and back muscles are relaxed. This tends to reduce the synapses in the brain, with the result that the energy habitually flowing over these synapses is reduced to nil.

With this reaction you will feel drowsy, in this drowsy feeling you can say to yourself quietly so that you can just hear your words, "I am going to

sleep relaxed, relaxed the whole night through.” Remember that your last thoughts are the ruling thoughts. When you awake you will really feel that you have slept, it is better than all the medicine in the world.

Do not say strongly, “I will sleep tonight.” If you try to sleep, you will only create wakefulness. I told you before that if you try to go to sleep, you will create the opposite. Therefore if you think of sleep you create wakefulness.

Sleep is a natural thing—take the tension of the body, and you pass off to sleep. Slow the synaptic forces of the brain, and you go off to sleep.

No strong stimulant of any suggestion should be given at all, because it always creates the opposite and the stronger the suggestion, the stronger the opposite idea rises to the surface.

Quietly, as you are feeling yourself going off to sleep in that drowsy feeling, “I am going to sleep, relax, relax, I could go off to sleep standing up.

Remember that your last thoughts are the ruling thoughts. When you wake you will really feel you have slept better than all the medicine in the world.

You can practise the means you find best suited to yourself. For instance you can cultivate the feeling that the bed is carrying the whole full weight of your body. Relax every muscle and the nerves will relax also. Start at your feet and work up to your arms, body etc.

Have trust in that overruling Power that is always helping you consciously or unconsciously.

Like a child that relaxes in the arms of its mother relax in the bosom of the Infinite Who created you in His own likeness.

What a wonderful truth!

A child relaxes in the arms of its mother, swaying in the mother’s arms and the child passes off to sleep because it has faith. The same is with us, if we realise that we also are in the bosom of the Infinite Who created us in His own image and likeness.

This takes the tension off the mind, also this attitude builds new cells and rejuvenates the body. Remember again that your last thoughts tend to out-picture in your life and circumstances.

If you worry about certain things when you sleep at night, you will worry about them next day.

Once you get the habit of going to sleep relaxed the whole night through, the therapeutic effects in all directions cannot be imagined, they are so far reaching.

If I had anything to do with hospitals, I would bring a system into being what would revolutionise the medical treatment on the results I would obtain through these methods. The patients in the morning would awake refreshed and strengthened, they would pass off to sleep. I would go through the wards. I would take patient by patient, I would explain what to do. I would come and help them pass into that lovely state of relaxation, so that sleep would come naturally, instead of a hypodermic syringe pumping yourself with drugs.

Simply lying in bed is not rest. But relaxed sleep is good for all patients. Those suffering from troubles like tuberculosis, from ulcerated stomach, heart disease and all patients suffering from any kind of nervous troubles, and these are in the majority, will be transformed beyond their wildest dreams.

I am not telling you something of my own imagination. I am telling you from practical experience and I have had forty years experience too, behind it. I know what is right. I know what I am saying is true.

I cannot say too much on this wonderful technique, it only requires to be practised to find how beneficial it is.

You can learn to sleep well and regain your health if you will just follow the instructions I have given you, not only this but under any condition you can sleep when properly directed. When someone tells you that others can sleep through a thunderstorm or when an overhead railway passes the window that does not help you.

If you worry because the dog barks or the rooster crows you may say that you would like to shoot the dog and chop the rooster's head off. Remember it is your head that wants attention. The formula is, relax immediately you go to bed following the technique, and as you feel yourself dozing off say over and over, "Going to sleep, relaxed. Going to sleep, relaxed—relaxed all night through—all night through."

No effort at all. The silent easy smooth thought-words that move out because you speak those words. They become part and parcel of you. No violent suggestions must be given. No trying to sleep. Allowing Nature to take you over. "Relaxed all night through, relaxed all night through."

In my instructions from the Masters regarding astral projections during sleep, the body must be put to rest. Then as the period follows, going from the physical consciousness to the soul consciousness, you direct where you wish to go, what you will do. But before this is possible, properly relaxed sleep must first be obtained. That is one of the great things that one must be able to go off to sleep like that. Immediately you place your head on the pillow, you must be off like that. The practice brings it—then you can move in space.

I am not going into the ways and means of the psychic side of this practice, but many of you have seen me at your bedside when you have asked for help. To delve into this most intriguing practice at present would lead us away from our present work. Besides to direct you in the psychic exercises would not be advisable at present.

A gentleman came in to see me today, I recognised his face and I said to myself, "I know your face, I've seen you before somewhere." And I said to him.

He said, "Yes. I came to your lectures in Capetown, fourteen years ago." He said, "you don't look any older now than you were 14 years ago—I think you look younger."

I said, "that's pretty good."

He told me of the incident, he told me.

I said, "What do you remember?"

"Well," he said, "two things greatly, I was at the lecture in the 'Kaafa House,' when the wind was blowing so hard that the windows in the whole place was rattling and I couldn't hear your voice. All of a sudden you turned round and you said, 'be still!' Immediately every window and every door stopped and there was perfect silence." "Still," he said, "you could hear the wind outside, but not a single sound was heard inside. That's an absolute truth, and," he said, "the other incident greatly impressed me was this: There was a policeman there in the hall, with an abscess on his hand,

and you spoke to him about his abscess. He showed me the abscess and I said, 'bandage it up, go and sit down.' I lectured for a while, and then said to the man, 'Now come up here and take the bandage off your hand.' So he took the bandage off his hand and there was no abscess, it was perfectly clear. Not a single mark was on his hand. That probably was the greatest thing," he said, "that I have ever experienced in my life."

It has been done over and over again. There are people who have been brought back from the grave almost, why? I can tell you why. Because the Consciousness of God is my consciousness. There can be no other consciousness except His Consciousness. My consciousness and His Consciousness are One.

When you are in that elevated state of consciousness, you can say, "such and such a thing shall be, and it will be." But you must be in that elevated State of Consciousness.

If in your mind you say, "such and such a thing is," yet the image in your mind is that it is so, the other image in your mind is that it is not. It cannot be because you are living in your mind. You must not live in your mind when you work with these things. You must live in the Consciousness of God, where that is supreme.

These rare moments come in your life. They have come many times in my life. But there are times, sometimes, when the consciousness seems to be caught up by the images in the mind. You must not live in your mind, if you want to do these things, you have got to become aware. Awareness, oh, if I could only tell you what it is, but I can not. I can't explain it to you, it is beyond explanation.

During sleep many have solved difficult problems. While asleep, your nerve impulses that have been inhibiting during the waking state are released during sleep, and all the experiences of the past are gathered together to allow a proper analysis so that the accurate answer is available. This has, I am sure, been experienced by many of you. Remember again your last thoughts are your ruling thoughts, they bring about the state your thoughts direct.

In many cases undesirable habits have been broken up through relaxed sleep. It helps to free the brain from habits self-imposed through habit. In other words it de-hypnotised your habit-pattern. Not only this but the new

freedom you will experience will enable you to find joy in the fulfilment of your daily tasks, and besides, you can easily adjust yourself to all situations.

By using controlled sleep you will be able to do things you thought impossible. It will knock out your fear before it grips you. It knocks out your nervousness before it gets a chance to affect you.

You will be benefited in many other ways by a return to creative living. You will dissolve those self-destructive emotional behaviours such as fear, jealousy etc., your vicious circles are broken, and you get out of the rough sea into smooth waters. There are many other ways in which you can learn to relax such as sitting in a chair, riding in a car, in a theatre etc.

Now we begin to see the importance of relaxation. If it is just beginning to dawn upon you I would ask you to persevere for there is no better medium in the world than that which nature has provided for your recovery from all difficulties, mental and physical.

Relaxation is the key. The first four lessons will enable you to grasp what relaxation means, as you have practiced it. Do not come and tell me now that you are too busy, because the fact is, there is no one too busy to relax so that you will get perfect health and happiness. What you are seeking, you must seek it the right way.

Now let us deal with the neck muscles. From the back of the head to the nape of the neck our muscles cover the most vital nerves in the whole body. These are the eight cranial nerves which come out from the cervical vertebrae, they reach to the eyes, the ears, the nose, the tongue, the thyroid gland etc., all the organs of the senses are connected here.

These muscles are most essential. I showed you what the back muscles were the other night. Now I want to show you what these muscles do on the neck.

The vertebrae comes down from the brain, through here. All the layers come down from the trunk. The nerves go up through there and they link up with all your senses. These are most important, one deals with the eye, the other deals with the ear and the nose, hearing and so forth, all the way down. You have lines leading to the thyroid gland which is here.

Muscles cover these nerves and when these muscles are tense, these nerves are compressed and impair the flow of energy and also create many,

many headaches. I will guarantee you this, there is not a headache I will not take away, for the simple reason, that most of the headaches are caused by the pressure on these nerves.

I want to show you how important it is to take the tension off the neck muscles. These are the eight cranial nerves, which come out from the cervical vertebrae. They reach the eyes, the ears, the nose, the tongue, the thyroid gland etc., all the organs of the senses are connected there.

When these muscles are tense these nerves are impaired with the result that the senses are dulled.

The vagus nerve, or the pneumogastric nerves and the phrenic nerves* which leads into the thoracic and abdominal area passes under these muscles. Therefore you can see how important it is to relax these muscles for your bodily health, as well as your mental well-being.

The thyroid gland. It is the major gland in your body. It is the key gland for all the glands that secrete their hormones into the bloodstream, it controls them all. It is the key gland. If this gland then is affected through your muscle tension, you find that you have an impaired glandular effect throughout the whole of your system.

While lying on your back with your neck snug as I have previously instructed, move your head from side to side gently, *until you feel the muscles of your neck giving way. Slowly, slowly, you move your head from side to side until you feel the muscles giving way*, at the same time saying to your muscles, “Relax, let go, let go” and feel these muscles relaxing. *They will relax.*

Once you have been able to relax the muscles of your legs and arms by telling them to let go, you will find that every other muscle in your body will obey you.

You get control gradually. You do not get control all at once, gradually. Do not bite off more than you can chew.

When you are proficient in this you will feel a decided effect on your eyes, ears, taste, smell and the thyroid gland will function normally. I can only direct you to do this exercise, I cannot do it for you, but I know what it can and will do for you when you practise it.

I will conclude this lesson by saying that through our interior process of thought, regardless of the thoughts of others or of exterior conditions, we become consciously aware of our own creative power. In conjunction with the Universal Creative Power we can exercise a power that, by creating in our inner world, we will externalise the exact correspondence. We see this not only applied to the individual life but also to the whole world.

We must begin with ourselves, if we want a better world. If we want a better health, begin with ourselves. Because the world is you. Do not wait for the other fellow to do it, you must do it, it is your turn now. A better world begins with you because you are the world.

We can renew the body from its very foundation and build a mind and soul capable of creating a world of which we can be proud. We shall transform our living experiences and make constructive links in a chain of events that will transform our social systems and institutions, as well as our own lives.

If you can see a glimmer of the creative power that exists within you, you will realise the great possibilities of your own responsibilities.

The quality of the mind depends upon the material of which it is composed. The difference between the thoughts of an enlightened consciousness and one that is steeped in ignorance is as far apart as the two poles.

Then let us be submerged in the great Universal All so that the Supreme Power of the Eternal will manifest. "I saw in the night visions and behold one like the Son of Man came on the clouds of heaven ... and there was given him dominion and glory and a kingdom ... which shall not be destroyed." Daniel 7: 13-14.

"He who has ears let him hear."

BENEDICTION

O Son of Man, awaken to realise you are a Son of God.

However wrong you may appear the Spirit waiteth patiently to flood your mind and body.

The greatest sinner is but a sleeping Son of God.

“But as many as received Him to them gave He power to become the Sons of God.”

“‘I am’ the Voice who cries in the desert, level the way for the Lord.”

“He who receives me receives the Father who sent me.”

Thus I have accepted Him and now I am free.

Thank you, Father, my cup is full and running over.

Amen.

(EPILOGUE)

Let us tune into the Sanctuary of the Silent Healing Power. Next evening, before we begin, I will explain to some of you, how the Sanctuary works. Some of you do not yet understand. So I will take two or three minutes before we begin the lecture to explain to you how the sanctuary works. Now let us, in the meantime enter in to the Sanctuary. So that we will give forth the wonderful power we have inherited from our Creator, made in his image and likeness. Your consciousness becomes the consciousness of God.

(2 minute pause)...

This peace, my peace shall remain with you always. Love ye one another, as I love you, then my love will strengthen you. Be at peace.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 29nd August 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 6 (5th September 1950)

THE SIXTH STEP—THE PART THE MIND PLAYS IN RELAXATION—RELAXING THE EYE MUSCLES

“With Thee is the Fountain of Life. In Thy light shall we see light”.— PSALM 36: 9.

(PROLOGUE)

**I said last evening that I was going to explain something about the “Sanctuary.” The Sanctuary has been brought into operation by Spiritual guidance.*

It has the foundation of true healing. Now, we know that there are thousands of healers in the world that have passed beyond this physical world but are still in the world, and are aiding and helping every one who wants help. These healers have a Spiritual organisation through which the work is done. Long ago I was told to organise this throughout the world, but I took my time, you know what I do. One feels that the time is not ready and so forth and you have got so much to do. But then I began to feel the influence behind this great Spiritual effort, and it was begun.

Now when a person wants aid and help, their name is put on a register. Immediately its put on that register, it is taken into a “Spiritual Register,” and there Spiritual Forces are working entirely in unison with the Sanctuary here. When a person asks me for help, I directly work towards that end, to give that help. But I also call into operation those Spiritual Forces that are working entirely in the Spiritual World for the purpose of helping people.

Therefore this is not an entirely a physical organisation but a spiritual organisation and that is why so many miraculous things have taken place.

I could go on all night trying to explain it. But if you will see the fundamentals that I want to show you, is that when a name is placed upon the register for healing, it is immediately transferred to a Spiritual Register. It is taken by those Spiritual Forces who are working in harmony and in unison with us, then Forces are detailed to assist that individual no matter in what part of the world they may be.

I have been trained in this work to move also in the astral so that I can help when necessary, but if you knew the many thousands of Spiritual

helpers, you would be amazed. Thousands of them are working for the benefit of people all over the world. Now I hope that will give you some idea of what it is.

LECTURE SIX:

THE SIXTH STEP—THE PART THE MIND PLAYS IN RELAXATION—RELAXING THE EYE MUSCLES.

*“With Thee is the Fountain of Life, In Thy light shall we see light.”—
Psalm. 36: 9.*

There is no doubt that the mind plays a major part in Relaxation and it is necessary to understand what takes place.

What we think is transferred to the cerebrum and then transferred to the nerves and muscles of the body. This is an all-important fact we have to remember when relaxing, and to know this prevents what is known as the reverse effort.

When we think, when we have an emotion, immediately we have an emotion, the cerebrum becomes operative at once. It carries those messages back into the body and the muscles become tense. That is the cause of most of our trouble.

When those muscles become tense, they set up a reaction in the cerebellum at the back here, which causes a misbehaviour. A misbehaviour continues until you begin to release the tension in the various muscles of the body.

Some people when trying to relax find that their muscles become more tense. This is because they have not understood how the mechanism works. That is why I have laid emphasis on Divine reasoning as a very necessary factor in relaxation. For if the mind is caught up in the strain of modern life this strain is conveyed to the nerves and muscles and this is the cause of tension which is the seed of emotional habit-patterns.

Now you will easily see what happens, when the mind is caught up in the strain of modern life. Fear, emotion, anxiety, envy, anger, all these

emotions become part and parcel of you and are transferred immediately to the body.

When the mind is in a state of harmony this harmony is conveyed to the brain and body. There is a super-physical structure which interpenetrates the brain and body and this structure is affected before the physical structure. The change begins within and moves outwardly.

Interpenetrating every physical thing, there is an astral form. Science has proved that matter itself is but energy. Energy is nothing more but Intelligence in action. Intelligence in action is the Mother, which is manifesting through the whole of all things, the womb in which things takes place. The consciousness is the directing factor in this. What your consciousness thinks, causes the effect to take place in this inner structure that interpenetrates the brain and body, and there you have movement in the inner realms before you have movement in the outer. The change begins within and moves outwardly.

When the consciousness is free from strain through Divine reasoning then the body is ready to obey the dictates of the mind. You must remember that the perfect state always exists. It is only when we upset this harmonious expression that we feel the result of our own reactions to the external world.

How are you free from strain? By Divine reasoning. You begin to get a glimpse of something that is beyond. Something that you do not know what it is, but you know that It Is. Something that is behind all Creation and is the only Reality. That very Reality is in yourselves and is your own Reality. When Divine reasoning comes to the fore, we find that there is a calmness comes over the mind, and strain disappears.

Your mind and brain interpenetrate each other and act together. Their nature is to receive and record the effect any idea or object has upon them. Therefore we have to be alert, so as to discern clearly and wisely. So that effects are modified in accordance with our state of mind.

Their nature is to receive and record the effect any idea or object has upon them. Your previous experience has a lot to do with it. A child, when he is growing up, is not afraid of the fire, because he has not experienced the burn. But as you grow up you find through experiences the various

things in life, the things that hurt you, then the effect of these things and the idea of these things are registered in your mind.

But if this fear becomes a dominant thing in your life, it will become the basic fear of everything. What happens is this, that everything you touch and feel and look at, there is a fear. Divine reasoning releases that fear, and is the only thing that can do it. That is why relaxation alone is not sufficient. You must have Divine reasoning as the pillar to help you over the fear experiences of life. Therefore we have to be always consciously alert. Discern clearly and wisely, so that these effects are modified in accordance with our state of mind.

The vibrations that you have fixed on your mind continue to express themselves outwardly. If we fear anything or if we enjoy anything, these are reflected on our outer structure. This is a well-known fact which each and everyone has experienced. And it is for this reason that these lessons on scientifically controlled conscious relaxation is being given. This technique has been the means of freeing thousands of tensions and effects created by themselves.

If there was ever in this world, a technique that could be given to the ordinary individual, to relieve himself of his troubles, this is it. I have not yet found any technique that could match it. Relaxation and Divine reasoning.

It is nearly forty years ago since I started relaxation. I knew the great worth of relaxation. I remember in the First World War. I was on the medical staff of the Milenni Camp in Edinburgh. There were quite a number of shell-shock cases and I had great success with them. I put them in different huts and I treated them with relaxation. But I also gave them the key to their own existence and to my amazement, these fellows got well.

I will always remember one fellow. He was having fits every day, and nothing could be done for him. I took him in hand, and with the first fit he had, I pressed the back of his neck. Put his head back so that it would break the spell, because we know this is one of the main nerve centres of the body. The next day I treated him, the following day I treated him, and each day I treated him. Do you know that that fellow never had another fit.

I knew then that relaxation was a key to something and since then I have improved through experience in treating people all over the world.

When the consciousness is free from strain, through Divine reasoning, then the body is ready to obey.

The one great truth we must remember is that the perfect mind cannot hold any imperfection otherwise it could not be perfect, and knowing this has helped us to overcome all our imperfections.

We are reproducing through our mind and brain pictures which we hold in regard to conditions, events, people etc., and according to the intensity of the emotion attached to these pictures we create, so does it cause tensions in the nerves and muscles of the body.

I want you to see the connection between your thinking and your body. The thinking and the tensions you create. Once you see the mechanism, the action that is taking place, you will be able to remove them. You will understand what is taking place.

The method of how we can release these tensions that cause all sorts of effects upon our organism is of the greatest importance to all. Therefore a knowledge of the cause is most necessary and that is why I have chosen this sixth step to enlighten you on this very consequential subject.

Most people are visualising the things they do not want through fear of them, *can you understand what that means*, with the result that they are manifesting them. The things most feared are social and economic and not physical pain, and it is here that suggestions takes a hand in creating conditions, even in our physical bodies, which we deplore

The fact is you do not fear so much physical pain. But you fear those things that are social and economic, but these things bring about physical pain, bring about tensions which bring about ulcers, heart troubles, and a number of other complaints.

We suggest to ourselves everyday. Day after day, the same routine goes on in the mind, the same mental grind, no wonder that the body is tensed by emotional habit-patterns

If you can see what you are doing, I have always told you to discern what you are doing, and you can remove and dissolve it.

That is why relaxation is the antidote to tension because relaxation is suggestion in its best form. It does not create the reverse effort that is often

encountered when strong suggestions are made directly to remove a symptom.

That is very important. I have told you that strong suggestions do not bring about the thing that you want, but quiet suggestions do. If you tell a person, “do this, do that,” he turns his back and goes the opposite direction, or you can almost feel the hair rising on his back, telling you that he will not do it.

I remember well when Coué¹ expounded his theory of suggestion and by his method he cured all manner of people of their troubles. His method was not by strong suggestion but by quiet smooth unobtrusive suggestions.

It is these small unobtrusive suggestions that bring the patient out of their difficulties.

Now here is Coué’s method in a nutshell.

The patient was instructed to lie *quietly, as relaxed as possible*, until a dreamy state was attained. In this dreamy state the patient had to repeat twenty times, “Day by day in every way I am getting better and better.” *Now I see to a great extent what was happening.* Coué had already found that by using direct suggestions of the opposite of the trouble, the trouble invariably got worse, but by this relaxed method he scored great success.

But it was not relaxation at that time. He was aware of what we call “strong suggestions” bringing up the trouble more and more.

If you said then, “my foot is getting better and better, my foot is getting better and better,” it not only brought up the idea of the sore foot, but in this state of quiet peaceful relaxation, and the slow easy method of the words, “day by day I’m getting better and better,” thousands of people all over the world were cured at that time. The newspapers were full of it. But I know that Coué did not know the real cause of the cure.

Now we can realise what happened—this quiet unobtrusive suggestion became auto-suggestion and unless suggestion becomes auto-suggestion there is nothing done, that is why with relaxation so many wonderful results are obtained. This simple method induces auto-suggestion and the trouble begins to disappear, the brakes are taken off and Nature takes a hand.

I am not making the wild statement that relaxation or autosuggestion alone is the cure. Nature does the work when we take off the brakes. But

what I do affirm is that relaxation and autosuggestion is the best means whereby Nature is enabled to do the work. **The Father does the Work when we take off the brakes.**

I have not seen anything simpler, yet Nature is simple in her actions. If we help her, she will do her work.

When the mind discerns the false and the cause of its manifestation then 50 percent of the trouble is conquered because 75 percent of our troubles are increased by the fear of them. *Now read that carefully and put it in your pipe and smoke it for a little while and see what it will bring out.* Therefore the mind has a tremendous influence upon our health or ill-health.

In the mind also there are many opposing forces that prevent the idea of health being transferred into action and these opposing forces are released through outcropping through free association, *which we talked of the other evening.*

In the mind there are fears, through experience. If you are caught in a motor accident or you are caught in a street, a motor knocked you down, you would be afraid to cross the street. You would always look up and down even when you are in a street you would be afraid lest a motor was coming along.

If you are caught in a house that was on fire, you would always want the doors to be open because you would want an escape. All these experiences are in your mind, they are the opposing forces to your health. If you do not know them, if you do not bring them to the consciousness and deal with them, they will still be a fear that prevents your health from being 100 per cent.

Now this is not completely understood. This state is a state of mind that is alertly passive. The pleasant and the unpleasant must be viewed with impartiality until the whole contents of the mind is known, the private thoughts, secret motives, intentions, bondages and desires.

All of these must be known, must be seen. As you see them as relative things, you will see them as thoughts, emotions, conditions, that can in no way interfere with the Spirit when it knows its own power.

When the Spirit knows its own power, it recognises all things relative to it. That power then is adamant.

This will reveal a knowledge of the self, and without self-knowledge there can be no understanding. Perception must be free from comparisons and judgment, neither must you seek comfort or security. *Neither must you seek to conform to any idea. If you do, then your free association begins to stop. Perception must be free from comparison and judgment. Neither must you seek comfort or security.* True discernment of what is in the mind can only be acquired by free association, *through impartiality.*

If you can then see everything and look upon everything in your life, whether it is private or not, you can discern it, you can dispose of it. It shall no longer have any effect upon your health. That is the freedom of the mind.

My God, if you could only see a free mind.

As a matter of fact, I always see a free mind in children. That reminds me, I heard a story the other day, of boys at school. The teacher was giving them a lesson in Scriptures and as you know, Timotheus and Titus, were contemporaries of Paul. The teacher asked the boys, "what did Timotheus say to Paul when he appeared at the door?"

One boy said in a loud voice, "If I'd known you were coming I'd have baked a cake."

So in the continuing of the conversation, the teacher was flabbergasted. But he asked another question, he said, "what did Paul write to Titus when he told him he was coming?"

He says, "California, here I come."

So the teacher packed up and finished. That was sufficient for the teacher for the day. It was a good Bible lesson I can assure you, the best Bible lesson I have ever heard.

Automatic writing is a means of revealing what is the content of the mind. When automatic writing first begins there is much drivel and confused thought expressed, but this should not stop you, as each layer of consciousness is revealed we reach a state when true thought begins to express itself.

There are many people who have tried automatic writing and attribute it to the unseen, but more often it is the content of the subconscious that are being expressed. *Not until the whole of the contents of the subconscious is expressed, can you have true Spiritual writing. It sometimes takes five and*

six years for a person to be a real automatic writer. For instance Mable Cummins² who wrote, "Paul in Athens," through automatic writing. That book was criticised everywhere but no flaw could be found. Historians took it and pierced into it, but they found that every fact was true. This woman knew nothing at all about Paul, where he was. She was just a person who had practiced automatic writing for about seven or eight years.

When the mind is cleared of all the rubbish, and there is a lot of rubbish in it, then you will find real thoughts. Thoughts of the Spirit manifesting through you. Knowing of all things can come through the mind of the individual because it is linked with the Universal.

In this revealing there must be no conflict with opposites for these are but images in the mind which must be discerned. Freedom comes only through discernment of what is in the mind.

*You have to discern what is in the mind. The emotions, the motives, the cause of all these things. **Freedom comes through discernment of what is in the mind.** What a wonderful statement that is, but nevertheless a Truth.*

Emotion is often the main cause of spontaneous suggestion that takes root in the mind. The emotion of fear always surrounds the idea of trouble, disease or accident as well as economic and social problems.

The mind that is free is pliable, but a rigid mind full of fixed ideas is truly ignorance. When an idea is accepted by the mind it causes certain cells of the brain to become active. The brain is the instrument through which physical contact is made and through the cells of the brain a definite effect is created upon the corresponding parts of the body, creating action there according to the intensity of the idea held *or the emotion.*

Therefore we see how these conditions come about in the body.

Impulses are thus created, carried along the nerves to any part of the body. The cell structure is mind substance in a negative phase of action interpenetrated by a mental activity which is mind in a positive phase of action. *The one interpenetrating the other.* Thus a change in the tissue structure takes place.

What a simple explanation!

I want you to read this lesson. Read it over and over again until such time as you become aware of the facts here. Because if you do not become

aware of those facts, you will never rid yourself of your troubles. You must know the mechanism that causes all your troubles. The mechanism through which it flows.

Can you now visualise what a free mind is? This is a mind in which there are no opposites, no division, no separation, no bias, no prejudices, no antagonisms, *no fears.*

Let us see then what a free mind is. It is a mind in which there is no opposites, no opposing forces, there is no two ideas battling one another, making a battleground of your mind, such as fear and faith or any other thing. No division. That there can be no division whatsoever in any part of the Universe. There can be no division upset in the mind. There can be no sense of separation. There can be no bias, no prejudices, no antagonisms, no fears.

A free mind is not an easy thing to get, but it can be got, when you know the mechanism and the way to get it. Discerning continuously; every movement of the mind, every antagonistic thought, every sense of separation, every fear. Not to banish these things or try and push them out of your mind because that pushes them further into your mind. You have got to understand the cause of these things. I wish I had time to go further into this great subject but as I have to give you instruction on how to relax your eye muscles this must be left for some future lesson.

The eye is the window of the soul. Tense eye muscles reveal a tense body. To relax the eye muscles also tends to relax the body muscles.

I know from experience what eyes are. During First World War, I lost this eye. But this eye was also blind, and for a considerable time I did not get my sight back. But I worked diligently through exercise. I still have to be careful because of the muscles of this eye. Unless I understand macular vision, I would not be able to read to you.

Little do you know the difficulties and the trouble I have had to make my sight come as good as I can read any word you wish. For at one time I could not see a single thing. But I am telling you this that once you are able to use macular vision and relaxation, you can bring your eyes back to normal. When you find that your eyes are strained, you close them for a little while. You allow them to close naturally and easily, in a lazy fashion

so that the muscles become relaxed. But if you spread your vision then there is trouble.

I look at one person after another, but to look at the whole of you at once, I would immediately destroy this eye. When I look, when I am reading, I look at the word, one word after another. Therefore I am able to bring the muscles of the eye back to normal. Therefore I read easily, without effort, through macular vision.

There are six muscles attached to each eye, to turn the eye from side to side and up and down. There are other finer muscles that expand and contract the iris and the eyeball to obtain the proper vision.

Most people seldom use the eye muscles to any extent, thereby making them rigid. When they want to look at the sides or up and down they turn their heads. When reading they try to read a whole line at a time resulting in a strain of the finer muscles of the iris and those which control the focusing apparatus.

I could not read. If I looked at more than a few words at once, I would immediately destroy the sight of this eye. Little do you know how difficult it is sometimes for me to read and write as I do, book after book, lecture after lecture. But by practice I know what can be done. Therefore, I am not speaking from out of books. I am speaking from practical experience that you can also acquire the same wisdom and knowledge to bring your sight back again.

Exercises have been given for the working of these muscles such as moving the eyes round a square then across the square diagonally in each direction. This undoubtedly helps to exercise the muscles. But if these muscles are still rigid, more harm than good is done.

So before you exercise at all you must relax your muscles of your eyes. The best way to relax them is to bring your hand upon your eye and feel that the eye is falling out into your hand.

Put your finger across your eye here and try and bring about the peripheral small muscles here, you will feel them relaxing. Then as you get them relaxed, then the inner muscles begin to relax also.

Now here is the exercise that relaxes the eye muscles. Sit at a table with a cushion under your elbows. Place your hands cupped over your eyes and

feel as if your eyes are falling into your hands. If you have any kind of eye trouble no matter what it is this exercise will help you greatly.

You just do like this, for instance, we will say that this is a chair and here is a table. You have a cushion here which your elbows are on so that it does not hurt you.

Now you do this (Demonstrates) close your hand so that no light of any kind will come in. You can sometimes open your eyes and look into the darkness in your hand. That helps a great deal to relax the eye, looking into the darkness in your hand with your eye opened. Then close your eyes and say to your muscles of your eyes, “relax, relax, relax.”

After your eye muscles are relaxed practise moving your eyes from side to side gently at first because the eye muscles will contract again when moved strenuously. Do not tire the muscles, go slowly at first.

Again, a strong suggestion gives you the opposite to what you want. Strenuous exercises interfere and make your eyes more rigid.

The next most important exercise is to use macula vision, that is to keep the focus moving round the smallest part never staring. Take a word and move your focus around each letter, then practise reading word after word. When you do this you will find how easy it is to read without glasses. This exercise relaxes the eyes finer muscles. Staring strains them and causes tension.

I am using macular vision all the time, when I look at a letter here now. The “T” for instance, I go round the “T” up and down the bottom. I look away in the distance also in macular vision, at a “T” in the distance, a sign somewhere on a building, a “T” out there. I follow the outside of the “T.” Then I come back and look at “T” again here, and I do the same over there again. That is short and long focus—macular vision.

When I look at “THE.” I think the “T”, “H”, “E.” Then I can look at you, quite easily, the eye is not strained. It brings the muscles back into operation. But if I immediately try to see the whole of you, at once, I would go completely blind. That is how I have to be careful with this eye. It has to do a lot of work yet, because I am going to live another 20 years yet. I am going to write a good many more books yet. I am going to write a good many more lectures yet. I am going to heal a lot more people yet, lots of

other things I might do; having a glass of whisky at a time and doing all those things that makes life worth living.

You have got to be happy in this world, unless you are not happy in it, what is the use of being in it at all.

I saw the other day, people come from the church, with their heads looking down. They were walking slowly, and slowly, never looking side to side, very slow and strained. I said, "if that's religion, God forbid."

Get out into the fields and the flowers and the trees and see God there, everywhere! Why were they like that? Because of the fact that all they heard that day was sin, damnation and hell. I say if there is a hell, well it must be in heaven because there is no other place. If God is Infinite in nature, there can be nowhere where he is not, otherwise he could not be Infinite. Therefore if there is a hell, God is there in hell Himself. Hell and heaven are states of consciousness. There is no such place and children are taught, even today, that they will be burnt in hell, they will be stuck with forks, all this sort of rubbish.

I saw a book the other day about Adam and Eve and all the various stories children were taught. Here was Adam and Eve underneath a tree and apples were falling down. Then Eve grabbed the apple and she handed it over to Adam. Here you see the pictures of all this thing going on. How awfully stupid!

Then a little further on you can see a big furnace and the Devil there with a long tail and fork. So he is waiting for people to come down.

It is as bad as the story of Sandy. He went up to heaven and he could not get any further, but he got to the gate and Peter met him and he said, "what do you want here, Sandy?"

He says, "I want to get in."

"Why," he says, "you never did a good turn in your life."

*"Oh yes," said Sandy. "I put sixpence in the poor box once" *** (.....So the Devil came along playing a pipe, and he 'Sandy' says, "give me my sixpence back, Peter, I'll follow the music".)*

*(***Recording stops here.)*

When you are really interested in anything your eyes flow over each detail. This is Nature working for you. See with your mind and not with your eyes. Your eyes are the instruments of the mind, always remember this.

I will close this lesson by saying that, by constant knowing, we are freeing ourselves from all our burdens. This constant knowing is experience plus understanding plus wisdom plus the realisation of what we are in Reality. Just as every light has electricity behind it so everyone of us has Life. The physical brain and body are created by God as an expression of His Divine Nature. Then let us be true to this Nature which is the only Reality within us. We must employ our minds until we reach this sublime state of being, thus we will be free. The Truth sets us free.

BENEDICTION

O Divine One, Thou art just behind my thoughts, yet at times Thou seem so far away.

Was it that I myself was the cause, engulfed in the stream of reaction to the outside world?

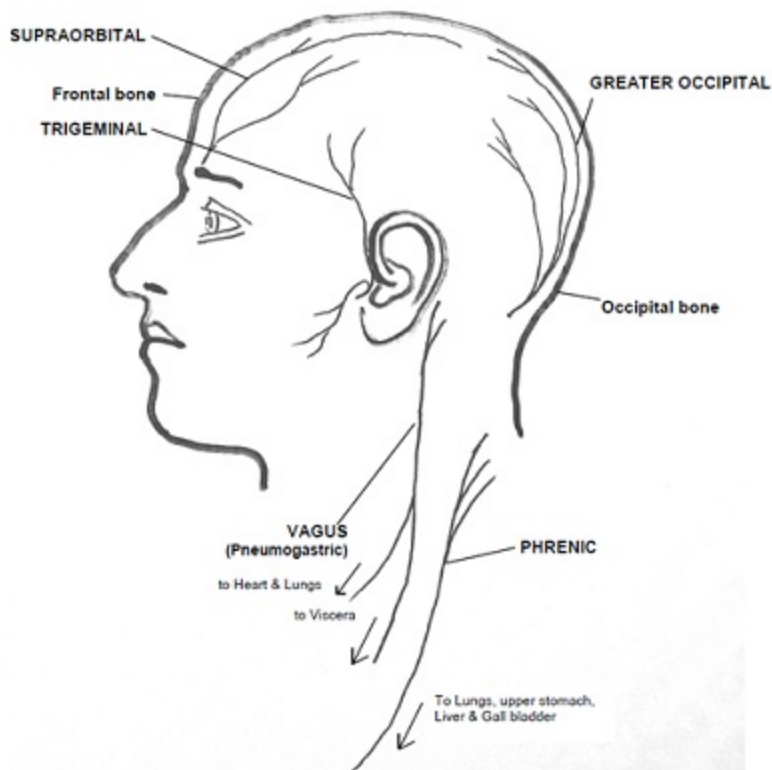
Loving One, now may Thy Presence be revealed in my thoughts and the veil that separated us be dissolved away.

Talk with me, walk with me. I want to hear Thee speak to me. For Thou hast shown me the way that leads to Thee, O Precious One.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 5th September 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Émile Coué (1857-1926), French psychologist and pharmacist who introduced a method of psychotherapy, healing, and self-improvement. The originator of 'auto-suggestion'.

2. Geraldine Dorothy Cummins (1890-1969). Born in Ireland. Medium, channel, and spiritualist author. *Paul of Athens (The scripts of Cleophas)* published in 1930 was her second book.



The *Greater Occipital Nerve* rises from the neck, it innervates the scalp at the top of the head, over the ear. The *Phrenic nerve* commences in the neck, arising mainly from the 4th cervical nerve, and descends through the whole length of the thorax to supply the corresponding half of the diaphragm. The *Supraorbital nerve* a branch of the frontal nerve, that itself branches to the forehead, scalp, upper eyelid, and frontal sinus. The *Trigeminal nerve* is responsible for sensation in the face. It is primarily a sensory nerve, but it also has certain motor functions (biting, chewing, and swallowing). The *Vagus nerve* is the only nerve that starts in the brainstem (with the Medulla) descends through the neck, chest to end in the abdomen. Both its motor and sensory fibres have an extensive distribution to viscera—the heart (heart rate), the respiratory system, and a large part of the alimentary system (glands & digestion).

DIAGRAM 6: MAJOR HEAD NERVES

Lecture 7 (12th September 1950)

THE SEVENTH STEP—THE PRACTICE OF RELAXATION IN OCCUPATION BREAKS UP OCCUPATIONAL TENSIONS—THE MUSCLES OF THE SCALP AND FACE*

“Behold I stand at the door and knock. If any man hear My Voice and open the door I will come in to him and will sup with him and he with Me.”—REVELATIONS 3: 20.

This is a wonderful saying, because it enables us to realise the great importance of the oneness of life. It means that the Christ, God, is knocking at the door of man’s heart, men’s minds. If anyone opens their ear to hear, and hear the voice, and open the door, then the Christ ‘will come in to him and will sup with him, and he with Me.’ Showing there can be no separation, none whatsoever.

What a beautiful story it is to realise the importance of the fact that there is no separation anywhere. That those who have passed on are still with us. I know this so very, very well because I am mostly in contact with those who have passed. A few days ago I was told by one who talks to me very quietly. He said that our great brother Smuts¹ will pass during this week. I told Mary, I told others about it. I said, “watch and see how true this is,” and it has come to pass.

A great man. One of Africa’s greatest men. Not only is he a son of Africa, but he is a son of the world. South Africa is proud today to see so many thousands of people, in all grades of life, sending their tokens of sympathy and realising that the world has lost a great man.

But I say this to you, the world has not lost a great man but has gained a greater, because those who have passed on are with us. I say this to you without doubt, without fear of contradiction that the spirit of General Smuts

will guide South Africa into that glorious state of which it can be. I am convinced of that fact.

I knew some of the great statesmen at home, I was aware of their activities. I remember Balfour² very well. Balfour attended a meeting that I was at, a very small meeting, but a meeting where we made contact with Higher Spiritual forces. Balfour was a great man and a guide to the State. I know this to be true, that those who have passed on have not left us, but their spirit shall guide us, truly guide us.

I feel deeply the loss of this great and wonderful soul, to the earth, but I know that he will help us on our journey.

(short pause)....

O Great and Mighty Father God.

That Thou hast chosen to express Thyself through one who has given great spirit, heart, to many souls and guided the destiny of a land that is dear to all of us.

Great and Mighty Father, thou art the Father of Love and now hast deemed it necessary to take him away into the higher plane of action.

There to guide the Spiritual forces, the destiny of the world.

We thank Thee, Father; that Thou hast chosen him, that Thou hast made him what he is, that we can follow to the glory of many others who are coming to follow him.

Just as Jesus passed, so we feel saved. So mote it be.

The Spirit is always ready to act for us and in us when we understand ourselves and free ourselves from our own self-imposed habits that limit and inhibit our true activity.

In our daily living we create tensions where we should have perfect relaxation. When we are tensed we are easily made to fear. But when we are relaxed we use our head instead of our viscera, lungs and heart to cope with any situation.

The majority of people are tensed in their daily life. They are anxious about this and anxious about that. Even today all the trouble is about things, things, things. We are anxious about things, too anxious about things. It is necessary for us to think deeply so that we can get out of this limitation into a greater understanding, so that our tensions will leave us and we shall be free.

We should practise relaxation wherever we are and whenever we can, and when we do this consciously we will get results. Thus we enter into the wider aspect of this all-important scientific practice of relaxation, thereby eliminating cerebellum misbehaviour.

Think of what takes place now, cerebellum misbehaviour. When you are anxious, your body becomes tensed. That tension is telegraphed back to the cerebellum. The cerebellum takes on that tension and reacts in such a way as to create misbehaviour because you are tensed.

The very opposite of tension is relaxation. When you relax your muscles and your body, that message is telegraphed again back to the cerebellum and then it gives up its misbehaviour. When that misbehaviour ceases, there is a feeling of ease and comfort in the body. The cerebellum then, this thinking part of your brain, realising what is taking place, becomes freed.

Think of the vicious circle.

We are all prone to it, even myself. I know, because when I recognise what I am doing, I know what it means. I know perfectly well that I work too hard every day, and many of you do the same thing. When anything happens to me, for instance, my vanity is pricked because I think that I should go on forever and ever without anything interfering at all. So my vanity is pricked. So I say that I am vain too, do not think that I am just one of those people who is above a certain amount of vanity, by no means. But when we recognise what we are doing, we are able to set about the elimination of it, and that is what we have got to do. When we find ourselves tensed, we have got to see that we can get relaxation.

Most people sit or stand most of the day, and most people who sit or stand most of the day sit or stand in a tensed condition, when they could easily sit or stand in a relaxed condition thereby improving their health, their wealth and happiness. Remember when you relax you break up these

emotional habit-patterns that are retarding your health, your thinking and your working.

How many hours do you sit in a day? Some sit eight hours a day at work and then sit another four hours when they get home. How important it is then for us to learn how to sit in a relaxed condition, for this is truly our finest medicine.

There are compensations. If we are sitting all day, we should compensate by doing something else. If you are sitting over your books all day and you go home to read a book all night, then you are causing cerebellum misbehaviour. But if you go out in the garden and dig for a while, look at your flowers or whatever the case may be or have a hobby, then you are compensating. That is relaxation.

You cannot sit in a relaxed condition if your muscles are out of place. That is when they are pulling to keep your head from falling off, or your shoulders from touching your stomach. To sit in a hunched up position is not relaxation.

Now, the way to get the proper relaxation is to put your hands above your head, (Demonstrates). Bring your hands down to your side. Then all your muscles are in place. Do not drop your shoulders but feel that everything is in place. Then sit down and you will find that you sit down like this. Now the centre of gravity is passing through my head to my feet. These are most important things, they mean a lot for your health.

Before sitting down you should stand up straight, put your arms above your head, thumbs touching and stretch up, then look forward, feel that your head and neck are free. The centre of gravity should flow from the top of your head straight through to your feet.

Now bring your hands down to your side and without dropping your shoulders and you will feel a perfectly relaxed feeling. This is because there is no pull in any direction and all muscles have gone into place.

The force of gravity is always in operation and any part of the body that is out of alignment is pulled towards the floor with the result that there is a muscle tension required to keep it in place.

Learn to relax in your armchair so that you get the best relaxation possible. If you have a relaxed chair, lean back on it so that the weight is

taken on your shoulders, that the head is also supported.

If your chair is a straight-backed chair sit as far back as possible so that the lumbar curve fits into the back of the chair.

I showed you then when sitting down, to get proper relaxation you must see that your back is like this, (Demonstrates), this is scientific relaxation. Sit back as far as possible so that you feel the back getting into your chair. Now you can feel your position where your head is. Suppose I put my head forward like this. Now immediately I feel it drag on my shoulders, my head has fallen toward the shoulders. But if I put my head back like that, it is going towards the back. What do I do? I move myself perfectly easily till I find the perfect balance.

I relax now and place my hands on my lap just like this so that the weight is taken off the arms and therefore I can sit like this all night. That is a yogi posture.

Now remember the position you held when standing, find the centre of gravity by moving your body backwards and forwards till you feel that comfortable position where there is no pull. Place your hands on your lap, this will take the drag off your shoulders.

In this position you are ready to practise relaxation while sitting. Feet should be about twelve inches apart and flat on the floor. Now talk to your neck muscles, back, arms, legs, as already instructed, and do not forget to drop your jaw.

In this position your body will fall into its right position. You will find that the curve you had in your back will leave you. Your tired neck and shoulder muscles which you have tensed during the day will be released. Turn your head slowly from side to side, this will release the tension off the vagus nerves and free the thyroid gland which is most important.

As you turn your head to the side. Turn it quite easily and you will find it will release these nerves coming down here, and also help to eliminate trouble in your thyroid gland.

Allow the chair to take the whole weight of the body. If the head is not in line with the force of gravity it tends to fall onto the chest, as it does when falling asleep in a sitting position, or falls to the side. When this happens you have occasionally experienced a stiff neck, this is muscle

strain *and sometimes displacement of a vertebrae*. Therefore it is not advisable to let the head flop about or hang on the chest.

In some people, in relaxation, they say, "let your head hang down on your chest like this and flop around." You will see it is entirely wrong.

Sometimes when the muscles have stiffened around the ribs this is indicated by a stitch. The following relaxing exercise will relieve this entirely.

The intercostal muscles are tensed very easily and cause severe tired pain in many cases. The cure is to relax the chest muscles.

We saw how to relax the chest muscles. When you breathe out, you are lying down on your back, or you can sit. If you have a "stitch" here round your waist, it is generally a tensed muscle.

Supposing now you take a breath in like this, (Demonstrates). As you take your breath in, you let it out, relax, relax, relax. Take another one, relax, relax, relax. You will find that the muscles of your chest will relax and "the stitch" will disappear.

If this sitting exercise does not ease the stitch, lean forward on a table with your forehead on a pillow and breathe easily and when exhaling say "Let go, let go." The tension is then relieved and the pain will immediately disappear.

How many people I have told that to and how easy it is to get it going. The same thing again is to lean on the table, (Demonstrates) quite easily. You lean forward as much as you can. Let the table take the whole of your weight. As you are exhaling "let go." I will guarantee that you will lose the stitch from your waist.

If you have an office job relax in your chair, as I have explained, for a few minutes, two or three times a day. Find your easiest position when writing and do not twist your legs around the leg of the chair. Learn to relax your legs at all times. You will think better and work better when your body is relaxed. Writer's cramp and all these complaints can be permanently cured in this way.

I have had recently at least a dozen cases of writers' cramp and I have cured every one of them by simple relaxing exercises.

A fellow in Johannesburg could not write his own name with writer's cramp, and now he is completely well. Another fellow in the tax department, in charge of a department, he got so bad that he could not write his own name without scribbling, with his hand going away all over the place, again tension.

Sit relaxed at mealtimes and see the difference in your digestion.

Relax at the cinema, the ball game, etc., learn to sit relaxed, take the tension off. Learn to see with your mind and not with your neck muscles, your back muscles, your leg muscles, your chest muscles, you are wasting your energy in creating tensions. Remember again that when you can relax during tense scenes you can relax when you have difficulties in your work and play.

Learn to relax when there is something difficult before you; a tense scene, a difficult problem, a condition.

When you feel self-conscious try relaxing and see how soon you lose your tension. *I am taking that advice to myself.* The time will come that you will relax unconsciously and then your self-consciousness will be gone. *Your vanity will be gone. Why are you all in a dither? Because of vanity? Of course it is always all the same. You are wondering what the other people are thinking about you. How you are looking and what they will say to you and all the rest of it. But it is all nice and fine but nevertheless it is tension.* In a hundred and one ways you will benefit. When you are relaxed at any social function you are the centre of attraction. It is the law of social economics.

In public speaking, in business, in conversation learn to be relaxed and use your body properly as I have already told you.

Stand with your feet easily on the floor. Be able to grip up on your toes so that you feel nicely balanced. Stand as erect as possible so that the force of gravity is passing down from your head to your feet.

A nervous person alarms others and makes them uncomfortable. Relaxation is the finest form of all educational virtues and precepts. It helps others to enjoy themselves and makes you master of every situation. Learning to stand relaxed on your feet is one of the first rules in public speaking and in ordinary conversation the same rule applies.

Learn to stand on your feet. Learn to talk on your feet.

I have seen people who at dinners when they are asked to speak, they are alright when they are sitting down talking quietly. Immediately they get on to their feet. Can they talk? No, not a word. "I am sorry, gentlemen, that is all I have got to say," and sit down.

Practise relaxation while you are driving your car, you will be a more alert driver, a better driver, and you will avoid accidents. Your muscles should be in a state of alert obedience. Remember again relaxation is the safety valve for all such things as excitement, anger, etc.

If you think your wife is extravagant you may put your foot on the accelerator. There are many hazards created in driving, the man who cuts in on you, the old people who do not look where they are going, the pedestrians who will invariably get in your way, the nervous driver who does not know what he is doing. There are hundreds of these hazards at every turn. You can make your driving more pleasant for yourself and others if you will learn to relax while driving.

If then somebody "cuts in" on you and passes you. Do not rush up behind him and push him into the kerb and start a fight. You can say to yourself, "if feeble-minded people drive cars and get licences why should I be affected?"

You are creating misbehaviour in your cerebellum. You are causing this ulcer to become active.

Sit well back in your seat which should be in such a position that you can handle your clutch, brake and accelerator with ease. Hold the wheel easily and do not grip the wheel like a vice. When your muscles are tight you make your arms ache. Many drivers create fibrositis³ in the neck, shoulders and back with these muscles when driving. *Fibrositis is brought about by tight muscles.*

Let your eyes relax and do not stare, thereby keeping your eye muscles fixed and strained. Think of what I told you *last week* about eyes. You will have a wider vision and be more alert, and it will be a pleasure to drive. You will make it fun instead of hard work.

When you come to the robot⁴ relax, relax, do not rebel if the other fellow is not off the mark at once, he is probably relaxing while you are

tensing. I could go on and on telling you how you should relax through life. It is the cure for all your nervous troubles. *Relaxation, relaxation, relaxation.*

The greatest form of relaxation is through music, but I have to go into this later on, there is no room for it in this lecture, as I want to instruct you in the relaxation of the muscles of the scalp and your face.

The cause of many headaches is a tight scalp pressing on nerves which cover the cranium. There is a superficial distribution of nerves that cover the skull especially those from the **great occipital,*** *at the back here, these two nerves at the back here, at the back, that come out from a little socket in the skull. One goes down here and across on your shoulder, the other goes up your skull and spreads over like that. One does it on the other side.*

*The **trigeminal*** nerve is also one that comes out from here, and it spreads itself up and down over the face. It is from this nerve that you generally get “Tic Douloureux”.⁵ Now Tic Douloureux is a very very painful trouble and the cause of it is pressure on that nerve. I have cured many people of Tic Douloureux by opening these bones, separating them by my hands, taking the pressure off.*

*Then there is the **supra orbital*** which comes out from here. This nerve comes out from here, comes across here and goes up over your head.*

These nerves come up over the occipital bone, the frontal bone on the side of the head. A tight scalp presses on these nerves and causes many types of headaches. This is caused by tension, a tight scalp is a sign of a nervous person, and of nervous headaches.

Here is the exercise: Place the tips of your fingers on the top of your head with the thumbs at the side, now work on the scalp by bringing the fingers and thumb together at the same time. Say, “Relax,” and feel the scalp relaxing, you will be surprised how very few days are required to relax the scalp.⁶

With the face muscles a gentle treatment is essential. Gently pinch the face muscles in the cheeks, under the eyes and around the mouth and chin. Now place your finger on each side of the face above the cheek bone and raise the muscles up, then let them drop, saying “Relax, relax.” *That is the way it is done, quite simply, by going “relax, relax,”*

Now if you want to keep your muscles fresh or if you want to be young again, here is the position that you hold the pressure gently here. Now you watch my chin, will you, becoming young. All you want to do is to press here, with your muscles on this nerve, after you have risen them up, press like this, now you feel the muscles of your chin and cheeks coming together. Then press the fingers on the trigeminal nerves, this makes the muscles firm yet relaxed.

The great beauty treatment is to bring the fingers up round the face and press on these nerves.

Say the word “cabbage” and your face will take on the true expression of relaxation.

Remember your face muscles reveal your state of mind. Relaxation of the face muscles helps to release the tension in the brain and mind. You look what you are, you are what you look. Feel that facial repose, it works wonders.

Give your time to what is in this seventh-step lesson. You are gradually releasing all the tensions one by one and you are becoming better and better each day.

I will close this lesson by saying to you, remember that no limitation can be placed upon you by anyone but yourself. Draw on the Infinite Life for your supply and construct in your Divine imagination. It will have to be there before it expresses itself outwardly.

No one can limit you but yourself. No limitation can be placed upon you, except by yourself. To draw on the Infinite Life for your supply and construct in your Divine imagination. Recognising your Oneness with Life, knowing that the Spiritual Body is Perfect in Itself. The physical is but the outer, it is affected by the mind, our thoughts, our emotions, what we feel, what we think. The Spiritual Body is Eternal and Perfect.

The Universal Mind will not force things upon you that you do not expect. There is no chance, everything moves according to the Law.

We see that faith and courage, these two work hand in hand. The great Universe took shape in the same way, that same Power is expressing Itself through you now and there is nothing to fear.

The Universal Mind is the only Mind and gives rise to the individual mind and the individual mind gives expression to the Universal. Remember this and you will find greater freedom in this great Truth.

“The Eternal intervenes on my behalf. Eternal One, Thy kindness never fails. Thou wilt not drop the work that Thou hast begun.” Psalm 138: 8.

BENEDICTION

Dearest Beloved, no matter where I go I will find Thee there.

In the noise and din of my earthly life Thou art there with me when storms blow and breakers roar.

Thy sweet silence shall ever be with me.

When in my dreams, memories cast their shadows, Thy magic word “I am” shall prevail and as I ascend to my full wakefulness I will cry for joy, I am at home with Thee, Dearest Beloved.

So Mote it Be.

(EPILOGUE)

Let us enter into the Sanctuary of the Silent Healing Power

(short 1¼ minute pause)....

Great and Mighty Eternal Healing Power, Thou art everywhere because God is everywhere.

The font of healing is within the soul and when we open the gate through faith, we can plunge into the font of healing and there be renewed.

For we know that this Power is going out everywhere and those who can at this time reach for it, will receive it.

We will feel this healing Power now in ourselves, in ourselves.....

(short minute pause)....

Thank you.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 12th September 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Jan Christian Smuts (1870-1950). South African general, philosopher, and statesman; prime minister of the Union of South Africa 1918-24, 1939-48.
2. Arthur James, 1st Earl of Balfour (1848-1930). British Conservative statesman and philosopher; prime minister 1902-5; author of *A Defence of Philosophic Doubt* (1879).
3. *Fibrositis*. Rheumatic pain in any tissue other than bones and joints.
4. Automatic Traffic Signal (Traffic Lights).
5. *Tic Douloureux*. Also called *Trigeminal neuralgia* is a severe stabbing pain to one side of the face. It is considered one of the most painful conditions to affect people.
6. The next sentence contained in the lecture notes and book is missing from the recording: [*Do this daily and you will find great relief from your headaches and tight scalp.*]

Lecture 8 (19th September 1950)

THE EIGHTH STEP—CONFLICT THE CAUSE OF ORGAN MISBEHAVIOUR— CONSCIOUS RELAXED TENSION EXERCISE COUNTERACTS FATIGUE ACID*

“I will heal their backsliding, I will love them freely.”—HOSEA 14: 4.

Nature teaches us how to rest perfectly. When we look upon the little child asleep we see Nature in perfection. Animals and children relax naturally. It is only when we enter into a confused world that we find social situations confusing. We also become confused when two situations conflict making opposite demands. If one tugs at the heart and the other at the pocket, when these conflicts are too strong for the individual, nervous tension is the result.

We enter into a world confused, yes the world is confused. So much so that we find ourselves caught up in this confusion and it is only when we begin to realise the truth of things, that we can dispose of it.

We see then that nervous tension exists within the nervous system and within the organism of the body caused by uncontrolled mental excitement or anxiety. In the first place our reactions are mental but the result is physical, for when there is a mental tug of war there is a pull of one organ against the other. Therefore nervous tension is physical, that is the reason that so many sicknesses are caused by emotional conflict.

It is very difficult sometimes to understand a nervous trouble. Because there does not seem to be any cause for it, but yet it lies there latent in the individual. The individual has to find that out for himself or herself or through the medium of some person who understands, to lead them out of the morass into plain water, where the person can sail through life with understanding.

The many ways that conflict can take place within the individual are too numerous to mention. If I may mention one or two it will lead you to investigate your own mind to see what conflicts remain there.

A person is brought up in poor circumstances, his early life is punctuated with poor food, insufficient clothing and comparison with others at the same school. In after life he may progress, *be a gigantic success*, yet always has a feeling of inferiority because he has not outlived comparisons and this is a hindrance to all that is possible for him.

I knew a case of two men, both of these men were brought up in poor circumstances, they were both gigantic successes; one was a surgeon and the other was a businessman. The surgeon had found his way out of the difficulty, but the business man did not, he always felt a sense of inferiority when he was in company with this person. So he said to him one day, "I envy you."

He said, "why?"

He said. "you seem to be so free and in myself I'm caught up like a vice." "I have a feeling of inferiority although I am successful in life," he says, "there's something always tugging, tugging, within me." He said to this surgeon, "but you were brought up in good circumstances. But me I was brought up as a poor boy, I can remember going to school with tatters."

So the surgeon said to him, "but I was brought up as a poor boy too. I was the same." He said, "it took me a long time to get out of it, but do you know how I got out of it? By doing things for others. I lost myself in doing things for others and I found my real self. Not the self that is hidden in your mind, of the past, but your own real self."

If comparison becomes too strong then there is conflict which affects the nervous system and the organs of the body. Internal conflict continues in the form of habits of organ behaviour in correspondence with the emotional conflict in the mind.

Here lies the tremendous thing that I want you to see, comparisons are the cause of a great many organ misbehaviours. So that is why the truth comes into the life of the individual when he sees.

When the yogi understands, he says, "all is God, I am one with the Father." He gives away everything he has for the time being, and becomes a poor, poor man. He may be a prince, yet he gives everything away and becomes a poor man. He goes into the mountains and there he resides until he gets greater wisdom, and knowledge. He may reside there for years.

To me, that is a waste of time. Because I know that unless you have action, unless you come out into the world and work, unless you become free through action, you will never know the greatness that is within you.

God has created you and made you to be. He must be the only One who is functioning in each and every one of us.

If we become ourselves, ourselves mind you, not the pattern or the image of someone else, but ourselves as God has made us with all the various faults, with all the various mannerisms, with all those things, then you are a success. But when you try to imitate and follow a pattern, you are lost.

Tensions have a way of accumulating over the years resulting in disorders in the organs of the body and affecting one's thoughts. The body tells the mind what to think instead of the mind telling the body what to do. *The body talks back and the majority of us know it. It is when we begin to know those things, we can understand them. But if we do not know these things, we are caught up in them, with the result that we live a miserable life.* It is here that conscious directive relaxation comes to our aid as the means of breaking up these habit-patterns that cause so much misery in one's life.

The subconscious consists of man's habits of organ behaviour and as this function of the mind is always active we can understand the cause and how the cure can be effected.

Conflict can be caused where we live in a perpetual desire to get away from a situation while dreaming of the state desired. *We live in a world of reality, yet our mind is caught up in a world of fantasy. Here is a struggle and this goes on continuously, with the result that you are struggling in this world in which you live, because of your world of fantasy. If you will understand what you are doing, then the conflict will cease.* In this state of unreality one cannot adjust oneself to the real situation in which one is actually engaged in, with the result that a conflict is created.

You see then, that conflict is created by opposites. The opposite is here, while you are living in the world of Reality, and the other is a world of fantasy. These are opposites. If you are engaged in a task, you will realise that all your energies, everything you have got should be put into that. Because it is expression that counts, and not living in a world of fantasy,

But when one realises what is taking place and a careful view of the whole situation is understood, ways and means are found so as to get out of the situation not desired, but action must be taken, not merely dreaming of the state desired. When action is taken then the conflict begins to dissolve away.

If a person is continually living in a fantasy, or something where they can escape, the only way they can escape from it is to make the move out and take up that which is more desirable.

In childhood, compromises are invented to release nervous tensions, yet these compromises do not end when the situation ceases to exist. They are carried forward preventing adjustments in adult life. Consequently the nervous system is overtaxed by our reaction to conditions around us.

We can, to a great extent, overcome most of these perplexities, or these habit-patterns established in our infancy. We are able to a great extent to hold them in abeyance, but they are always struggling for an exit because you have not dealt with them. When you live in difficult surroundings, and difficult conditions, we find that these habit-patterns created in infancy, begin to express themselves in the form of neuroses.

We are in the ordinary way able to control them and suppress them. But when conditions around us become too strained, then we find ourselves in difficulties. I want you to watch carefully how this can be eliminated.

The elimination comes from the realisation of what you are doing; to understand your motives, to discern your emotions, your thoughts, and by doing so, these things will naturally rise to the surface and you can deal with them.

In this fast-moving world of ours we are caught up in our emotional reaction. Science is now speaking of “atomic neuroses” caused by fear of the atom bomb. Here we see conflict between Life and death, *between*

having and not having. When we understand that there is only Life, that death does not really exist, much of the conflict begins to disappear.

In fact, there is no death. It is in mans mind that it exists.

How clearly the picture of the Master comes to my mind when he said these words. "My Father is the Father of the Living not the dead. Let the dead bury the dead." That is those who believed in death. "It is the Father who ever remaineth within me forever performing His own deeds." How wonderful the truth is.

When I read about the Master, I take up the Bible sometimes and I sit down and I read about him. I think in my own mind and I bring him down to the twentieth century, I can see that he is not two thousand years old at all, he is now twentieth century language. The fact that he tells you; to fear not, be not afraid, to love one another, love your enemies, do good unto those who injure you. He is preventing you from having stomach ulcers, skin troubles, neuroses of all kinds. He is talking twentieth century language. I can weave the stories around him and I can see the whole wonderful truth come down to us this very moment. How wonderful it is.

Then we know what he told when the thief was on the cross and he said, "this very day you shall be with me in paradise." To show that there is no death. A proof of the fact that these people are still alive. If you believe that Jesus is alive today, which you must, then everyone else who has passed, is also alive, because we live in Christ and Christ lives in us.

If one allows the mind to dwell upon the supposed effects of the atom bomb fear is created, on the other hand one may reason them away. Well, we are all in it, those who have everything will be in just the same boat as those who have nothing, and those who have nothing will not have to worry about what they have to lose.

Every person is always worrying about the things they have not got and that is causing more misery in the mind, in the individual, than anything else. It causes more troubles in the body than all the diseases in the world.

If we would count our blessings one by one, it would help us a great deal better. Would you take ten thousand pounds for your two eyes? Would you take twenty thousand for both your arms and your legs and those you

love and those that love you? You find that you are richer, by far richer, than if your coffers were filled with gold and diamonds.

It is when we are caught up in the emotion that is created through fears that we suffer, when we reason with it the conflict disappears.

When doctors are unable to understand these nervous disorders, they are unable to set a programme for the patient's cure, this constitutes an attack upon their ability, so in self-defence they criticise the patients, belittle their troubles and sneer at those who are able to help, which proves that doctors are not supermen after all but very much human beings.

Some doctors have a deep conflicting emotion regarding this all too evident situation which makes many hide behind a self-imposed screen of mystery and superiority which they know is entirely false but will refuse to admit it.

Robbie Burns¹ said, "oh with the power the gift of years, see ourselves as other see us."

When a doctor tries to understand the patient there is no such hostility and confidence is created. *A doctor who understands and many of them are coming into that light of understanding, are beginning to see that behind it all is this continual mental conflict. With their knowledge of the body, their education and experience, they are able to help the individual out of those conditions.* This confidence is half the battle in removing those self-imposed conflicts which create habit-patterns, which are reflected upon the body.

Here is a typical cause of chronic indigestion. The function of the body adjusts to a critical situation. When one is in a peaceful state of mind with congenial company one's stomach moves normally in its slow wormlike action while the gastric juices flow freely to digest the food.

When you sit at the table, and your heart is joyful, your stomach works normally.

When anger, fear or jealousy or any other emotion is engaged in, movement of the stomach stops, the gastric juices dry up, and the whole body is reacting.

You know all that.

Here is² a typical case where a boy lived with parents who always fought at the dinner table. His stomach would go into spasms and his intestines into knots. It was the custom to ring a gong for meals and as soon the very noise of the gong would sound his stomach would go into a spasm.

As time passed he grew up and although married happily, the very sight of food would cause his stomach to rebel and the sound of a gong at any time would cause a similar effect. Although he had forgotten the past the habit-pattern prevailed with the result that a stomach ulcer was created and an operation was advised. But by relaxation, treatment with Divine reasoning and suitable treatment he became completely well.

Here is a typical case of a young lad, a boy, where the habit-pattern was carried over into his adult life, and yet although he could not remember the cause of these spasms, immediately he got into that state of relaxation, as I directed the outcropping of his mind, his thoughts wandered out and all of a sudden he remembered these things. As they rose to the surface, he was freed. How simple the whole story is.

So we see that beneath every neurosis there is a conditioning of some automatic function of the body. Therefore an understanding of the cause of the conflict is all-important and these lessons will enable you to find the cause of the conflict in yourselves.

The ordinary man is governed by his feelings and emotions and has no definite knowledge of the Law of Cause and Effect. It is just another theory to him, a theory that he never really understands. So he tries to justify his action, done under a feeling of emotion of fear, anger or jealousy failing to note that the Law of Cause and Effect does not justify such action. It only produces the effect, so he seeks to console himself with explanations and excuses.

There is no excuse. But to say that we should have no feelings is entirely wrong. When our feelings are in the right direction, then they are producing harmony, joy, and health.

Some will say that it is unspiritual to have feelings. But feelings, when you know that they are pure, full of love, compassion. When you find that underneath there is the Divine Nature there, then you get freedom. All the

energies of your body turn towards creative work, understanding, love, freedom.

It is the most glorious thing in the world for a person to have their heart full of love. Some people are afraid to express it. They damp it down—here is a conflict. Conflict because their heart is so full of love yet they can not express it, they are afraid.

They are afraid because they think that the other person will think them soft, will think them foolish. But I tell you this, when you feel that bubbling over, that lovely feeling of love that is God, that is in your heart. It is He who is working in you and through you. It is He who wants to give expression to Himself through your soul. Do not hold it back—give it. God is Love. God is working in you, that is the truth that sets you free.

We must build up and maintain in the mind the true state of being, which when understood will produce experiences for us that will produce health, success and happiness, therefore we must include the Divine Mind in our everyday working scheme. This will increase our ability to use every opportunity to succeed a hundredfold. “Acquaint now thyself with Him, and be at peace, therefore good shall come unto thee.”

What the prophets knew!

Yes, that old book is a wonderful book, although it was written by men, it is inspired. We can take a lot out of it. One of these days, I will begin to write stories as I see them in my own mind about the Master. From the time he was a boy, the time he was born, right through his whole life, until we find him passing into the inner world. Not away from us, but with us.

I think I will be able to turn these stories and make them fit into our everyday life, our twentieth century life. I intend to make him an ordinary individual. A man, born of woman. For there in every child born, the Christ is born.

I want to show you in him, the Christ Spirit, the all-powerful Word that was in the beginning. The Word that was with God, and the very Word that was God, and the Word that was made flesh. I want to show you this story and I want to feel that I am being helped to do it.

One person asked me to do this and I have felt that the urge has come. I think when it is written, it will probably be one of the nicest books that one

could read. But remember, I always know that I of myself am nothing, it is the Spirit of the Father within me that doeth these things.

We must not spend our time on mere affirmations, we must establish the Divine Presence by our actions, by our thoughts.

Thought is the connecting link between the Universal and the individual. We find that conditions and environment are affected by our thoughts and emotions. "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." Romans 1: 20. (Moffatt)

When we begin to see the truth, we release many of these tensions that inhibit our true expression. Do not be afraid to express your love for one another, it is God that is Living in you. The lack of giving expression to love, is the cause of many or much of neurosis existing today. If you feel that you want to put your arms round your loved one, go forward and do it. That loved one will respond their hard love in their heart. Sometimes there is suppression because that suppression in themselves has prevented them from showing their love. But that will break down and by the release of the love within themselves, the union of God to one another is complete.

We give illness a name, then we become afraid of it. These are things that corrupt man's mind. Therefore knowledge must be applied, it does not apply itself. No matter what sort of work we are employed in, channels will increase and develop, possibly new channels and unusual channels will open when the Law becomes fully operative in us through application.

Now we come to the part of the course of how to use the lactic acid³ in the body to counteract acids caused by emotional tensions.

Everyone creates acid in the body by various means, by anxiety, excitement, fear, anger, jealousy, hate etc. Neuritis⁴ is an example of this.

The majority lack the knowledge of how to take care of themselves, they are engaged all day rushing here and there and after the day's work they try to find the best means of amusing themselves. They do not know how to relax with the result that more and more acid is created.

We must use up the lactic acid to counteract the acid which does us harm and there is an exercise I will describe to you which will relieve you

of untold suffering in this respect by helping to balance the body function.

We all know, especially doctors know, that lactic acid is the thing that neutralises the acid in the body. Unless we have lactic acid in the body then, our nerves corrode, they tighten up, they burn. Tension creates acid, fear creates acid, anxiety creates acid.

The mentally overstrained will regain control when sufficient lactic acid is supplied to the nervous system.

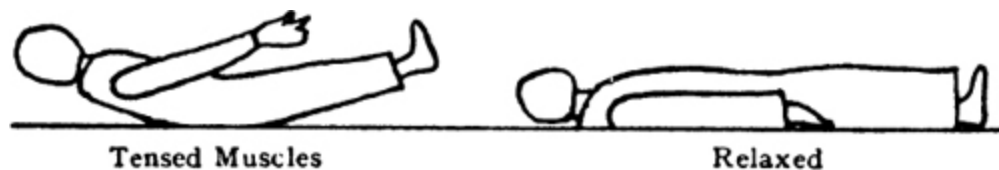
Relaxation makes us alert and relieves the tension from the brain and nervous system. Lactic acid is produced as an end product of muscular metabolism, but the fact is that most of the lactic acid is used up in muscular action and none is left for the nervous system.

How are we to create it?

Lactic acid may be compared to the calcium in our food. It gives us energy to accomplish physical expression. With physical action we produce a certain amount of fatigue poisons. By this exercise which follows you produce the smallest amount of fatigue poison and the greatest amount of lactic acid in the system, you become 100 per cent stronger in one year.

You can remove pain from any part of the body by learning to consciously contract the muscles around the affected area. To do this is called conscious relaxed tension.

Here is this relaxed tension exercise: Relax the whole mind and body, then lie in this state for sixty seconds, then stick out your arms, raise the body and make an effort to touch the toes at the same time consciously tensing every muscle in the body for a few moments only. Then relax again for sixty seconds. Do this five times.



So you are lying completely relaxed on your back. Then you completely begin to raise your body and tense yourself towards your toes, your whole body tensed like that for a few moments, then you relax completely again for sixty seconds. Do that five times. It is simple, but wonderfully effective.

This simple exercise has a tremendous effect, you will be charged with vitality, mentally and physically. Your brain will be clear and many of your pains will disappear. You virtually squeeze the poison out of the tissue, at the same time lactic acid is absorbed by the nervous system thereby rejuvenating it.

This simple exercise is absolutely essential.

In this series, I am giving you all the details to enable you to overcome all these conflicts. I am also giving you knowledge acquired from forty years experience among people. I may say all over the world I have seen the most difficult cases, I have had the most difficult cases, I have seen them all. Every incurable case in every country I go to, comes to me. I know how many I have relieved, how many I have cured—not I, but Life Itself has cured, when tension has been taken off.

I went to the oculist⁵ the other day, just to satisfy myself that my eye was all right. In the First World War, of course, I told you that I had shrapnel in both eyes. This eye is peppered with it and this other eye is injured. But the oculist told me that my eye had made a most wonderful recovery, and there is nothing organically wrong with it now, it was only functional. He said, “you read this.” So I read it.

He said. “do you know, it is your will that is making you read?”

I said, “no, it’s my vanity that’s making me read.”

So he said to me, “well, you’ve got to wear glasses.”

I said, “I don’t want to wear glasses.”

He said, “but you have got to wear glasses because,” he said. “the muscle pull, you’re irritating the muscle of your eye because you’re using your will to read.”

And I said, “again I say it’s my vanity.”

So you see, I am not without vanity that is why I am vain enough to read to you without glasses. But one of these days, I suppose, I will have to wear them. So when you see me with glasses, you will know I have lost my vanity.

Now this simple exercise has tremendous effect, you will be charged with vitality, mentally and physically. It is wonderful exercise. In fact it is in my book, “Heal Yourself.” But I am giving it here for you, so you can practice it.

For cases of infantile paralysis, muscular atrophy, spasms, insomnia, etc., there is no finer exercise. The glands of the body are dependent upon a squeezing action to create circulation and for release of the hormones from within. Thus the hormones are taken up by the blood stream and are carried to other parts of the body.

The lymph glands are also dependent upon squeezing for the release of the lymphatic fluid.

This exercise should be done before you relax at night and the first thing in the morning. Try it out and see the results for yourselves.

It will only take you a matter of 5 or 7 minutes for this exercise and you can do it lying in bed.

If you want to reduce your abdomen this is the exercise; if you want a streamlined figure this is the exercise. The Divine mechanism of the body is set in motion to work intelligently.

We cannot separate the Spiritual from the material or the inner from the outer. What we create within we establish in the outer. Therefore the commandment, "Thou shalt love the Lord thy God with all thy heart with all thy soul and with all thy mind and love thy neighbour as thyself" will give us the technique to use constructively the Law of Creation. The Father loves us all with a deathless love, so must we love one another. The Divine Law will fulfil our greatest desire and give us the happiness we so fervently seek.

BENEDICTION

Beloved, if I go to the farthest Star there I shall be with Thee. Worlds may come and worlds may go but I will be with Thee always.

The things Thou gavest me will never blind me to the Giver.

For Thou, the Giver of all things, will always be greater than the gift.

When trials come I shall look into Thine eyes and will say "I will be with Thee always" and I shall be free.

When my earthly breath fades into Eternal Life, I will whisper to Thee, "I am Thine always, Beloved."

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 19th September 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Robert Burns (1759-96). Scotland's most famous poet. Despite his early death at the age of 37, Burns produced a large body of work, including the popular Scot anthem "Scots Wha Hae", the poem "A Red, Red Rose," he is also the author of "Auld Lang Syne." *Burns Night*, evening of 25th Jan. (his birthday), celebrated the world over by many Scots with feasting and drinking.

... *O would some Power the gift give us*

To see ourselves as others see us!

It would from many a blunder free us

And foolish notion ...

"To a Louse," by Robbie Burns, 1786

2. [Dr. Fink in his book relates] This acknowledgement appears in the original "*How to Relax and Revitalise Yourself*," but is missing from the actual lecture notes and the wire recording. Murdo had made this case of Dr. Fink's his own. The case was related on pages 7-8 of Dr. David Harold Fink's book "*Release from Nervous tension*" (1943).
3. *Lactic Acid*. A clear odourless syrupy, water-soluble liquid, $C_3H_6O_3$, produced during muscle contraction as a result of anaerobic glucose metabolism. Present in sour milk, molasses, various fruits, and wines.
4. *Neuritis*. Inflammation of a nerve or group of nerves accompanied by pain, loss of reflexes, associated with paralysis and sensory disturbances.
5. *Oculist*. A physician who treats diseases of the eyes: an ophthalmologist. An optometrist. Origin: 1605-15. From the French *oculiste*.

Lecture 9 (26th September 1950)

THE NINTH STEP—CHANGING THE “DON’T DO” CELLS INTO “YES DO” CELLS IN THE BRAIN—RELAXING THE VOCAL ORGANS*

“Remain in me as I remain in you. Just as a branch cannot bear fruit by itself without remaining on the vine neither can you unless you remain in Me.”—JOHN 15: 4 (Moffatt translation).

(PROLOGUE)

This course of lectures as you know, will be completed on Tuesday the 3rd of October. Then we are going to have a series of individual lectures for students who could bring their friends. But no public will be allowed to these lectures for the simple reason that the majority of the public will not understand them.

The next series is dealing with a Higher nature, more of the Spiritual and mental side of our work. Therefore we want to keep the students that we have and build up from that. There are plenty of places where the public can go and get a certain amount of understanding and knowledge but we want to go into the deeper side of it and it takes students some time before they can grasp the very deep significance of what we are teaching.

THE NINTH STEP—CHANGING THE “DON’T DO” CELLS INTO “YES DO” CELLS IN THE BRAIN, RELAXING THE VOCAL ORGANS.

“Remain in me and I remain in you. Just as a branch cannot bear fruit by itself without remaining on the vine, neither can you unless you remain in Me.”—John 15: 4 That speaks for itself.

How true it is that we live in the relative mostly all the time and because, we live in the relative, we fear the relative. When we get out of the relative, into Reality. That is to say we can discern what the relative is, we

are no longer afraid of it. But when we are caught up in the relative, really we are afraid of it because the fact is that we react to people and things.

Jesus saw clearly as modern physics has proved that there is only one substance underlying all form. In other words mind and matter, or mental and physical, are ingredients of one single system. *One is the inner the other is the outer.* This is not the product of my imagination but is the result of scientific investigation along well-known and proved lines.

Jesus himself, that time, when he took Peter, James and John up to the mountain. He was explaining to them that the veil that separated the inner from the outer, was an ethereal veil that could be rent by purity and faith. We read that Jesus reached that particular state of his consciousness, when he became aware of himself as one with God. Recognising the relative for what it was, he was transfigured. He prayed, but in that prayer he was transfigured because it was a realisation and recognition of his Oneness. He recognised the relative for what it was. He was transfigured. His face shone like the sun, his garments became clear and bright. The son of man became the Son of God.

In that moment, his disciples were absolutely passed into a state of sleep. They were unable to understand the completeness of that Reality that he saw; they still lived in the relative. They were asleep in the relative, caught up in it. They could not understand this Reality that the Master was trying to show them.

So he touched their eyes and opened them so that they could see the glory of the Lord. When they opened their eyes, they saw Moses and Elijah, there in brilliant raiment. Just as brilliant as the Master was, free in that brilliant raiment of Reality. When Peter asked the Master, "who are these two men that are with us?" Jesus answered; "this is Moses, and this is Elijah, they have come to show you that death is but an illusion. To show you the Life that is Eternal."

They could not yet understand it. Peter said, "truly this is the gate of Heaven."

Then he said to the Master, "shall I go down and bring one tent for you, one tent for Moses and one tent for Elijah?" The Master said, "No." Because he could see clearly they did not realise yet, the wholeness, the

completeness of that wonderful Life. That Life that was Eternal, the Reality that exists in every human soul. They were still caught up in the relative.

Then when the voice cried out from the ether, "this is the Christ that the world shall know from henceforth. The Christ that lives in every human soul will come into action, shall breathe forth it's glory." They were afraid. They did not understand the words because they feared. They still were in the relative and when they were afraid, the Master said, "fear not, here am I, I am here." When they came down from the mountain, they began to talk about the scene. Jesus said, "do not mention what you have seen or heard, until I have returned to you, till I have risen and returned to you. Then you can talk about it, but not till then."

Yet even his disciples did not know then the completeness of the Reality that exists. If we can discern that which is relative, we will know the relative and when we know it we shall not fear it. The more we understand the relative, the more we will know what Reality is. Not that you will ever know what It is, but you will know that It Is.

I am Real. The inner and the outer are one. I must exist in the Infinite and not outside Him.

I must exist in Him, neither am I created in time or out of time, because time does not exist in Eternity. Therefore I am created in Him. The Everlasting Life must be known in your selves. I cannot show it to you, but you can find it.

So Jesus clearly saw, as modern physics has proved, that there is but one, only one substance underlying all forms. In other words, mind and matter are mental and physical and the ingredients of one single system.

This is not the product of my imagination, but the result of scientific investigation along well-known and proved lines.

The idea that mental and physical or mind and matter are different fundamentally is no longer accepted by those who understand the materialising power of thought. Certain types of metaphysics try to deny matter in an effort to eliminate disease, but this has failed miserably. We must realise that it is not denial nor affirmations that heal but the understanding that our thoughts and emotions out-picture themselves in form.

Why? Because we are the creators of these things. Once we recognise the relative, we will see that which is Real, which is behind it.

This knowledge gives us the power to use external things without fear of destructive reactions.

But all the time you live in the relative and you do not know what it is, you are in fear of what may happen. Therefore you have destructive reactions that enter the mind and by doing so, enter the body.

The next series of lectures, I want to go into occupational therapy in its deepest spiritual and mental side as well as physical, so as to help you to make a real success of your life in your work and play, so that you will no longer be confused in your mind regarding your daily activities.

Those who have even a limited intelligence can comprehend and can easily pursue this wonderful and extraordinary science. We will become acquainted with those scientific minds who are leaders in thought not only in our world today but those great minds of the past who gave to the world knowledge that could not be accepted because the world was not ready for it.

Because the world was living in its own illusion of the reality that existed around them, but was an illusion of their reality.

Still it is today, that people will say, "what you see and feel, is real." But you will know that what I am telling you is a truth that what you see is not the Real. The Real is the abstract out of which these things you see before you. As Paul says, "things are not made out of things that are seen, but out of that which is unseen."

Sir James Jeans¹ says, "To say that mind cannot influence matter, now becomes as absurd as to say that the mind cannot influence ideas. Matter must have the same general nature as an idea. *Because matter must be an idea. What can it be but an idea? It is the relative.* Matter outside our minds produces ideas inside our minds. Causes must be of like nature to their effects."

Therefore, if we live in the relative, the relative will cause these ideas to be created in your own mind and set up a train of thought that will out-picture itself in you or your circumstances or in your bodies. What I am trying to show you now, is something greater than you have ever seen

before, something so magnificent that when you realise the truth of it, it will lift you out of the relative into something that is beyond. Yet you will know the relative for what it is.

You students are now coming forward, beginning to understand my words. As you go on, deeper and deeper, into this study, so you will know more and more and understand then, what fear means and how it comes about.

We have seen this plainly enough through emotional habit-patterns, how they talk back to our minds, showing that the causes must be of like nature to the effect.

I will now go to the Bible and read from Romans 12: 2 (Moffatt translation). “Instead of being moulded to this world, *the relative*, have your mind renewed, and so transformed in nature, able to make out what the will of God is, namely, what is good and acceptable to Him and perfect.” Here we are told not to allow ourselves to be affected by the external *world through ideas created in reaction to the external world*, but to transform the nature of our external circumstances in accordance with our understanding of the power of our thought. *That is generated from the power of the Consciousness that is alone the Consciousness of God established in man, as the Creative Power in God. So it is the creative power in man, that is Reality.*

Anything you can discern external to yourself, is the relative. But you will find there is something that is not relative, although you do not know what It is, you will know that It Is. You will know it is the creator of the relative, but the one and the other are not separated. There can be no separation in the Infinite Mind.

It has been your experience and mine that we create ideas in response to outside conditions with the result that we create fear and limitation which out-picture in accordance with the effects we see, not realising that these effects have like causes. We see then how important it is for us to discern what our ideas really are. The objective world is directed by the unseen power of our own consciousness.

What a truth this is. This last sentence covers the great and mighty truth that Jesus saw when he said, “I of myself am nothing, it is the Spirit of the Father within me that doeth these things.”

The objective world is directed by the unseen power of our own consciousness, which is the Consciousness of God, established in man. It is the Spirit of the Father within me.

The thought produced in the Universal Mind and the thought produced in man's mind only differ in the degree as a drop is to the ocean, the action is the same. While the Universal Mind produces a world or a man in material form so does man produce his own conditions in the same substance. By our experience day by day we find the truth of this law which is inherent within us all.

We ourselves, are sometimes caught up in our own creation and our fears, and our ideas. Like a dream. Like a nightmare. Yes, you are caught up in your own nightmares as a person is caught up in a nightmare as they sleep. It is very often brought about by a condition of the stomach, or a fear of any kind. The mind creates thoughts and runs along creating one thing after another, building up more and more until you will find that this is all an illusion.

You lie on the pillow at night, it may be a little feather that is pressing through the pillow. The stalk of the feather begins to prick your cheek. You pass into a dream and you feel that the devil is down on top of you pressing a fork through your cheek. You see his tail and his mouth and everything and you see the spear and all. Your mind has created it, but the whole thing is but an illusion Nevertheless you wake up, you are dripping with sweat because really you saw the devil. You are living in your own nightmares while you are awake, if you only know it, because you have not discerned the relative or understand it.

This proves that pleasant external action has the effect of stimulating the mind. We have in our brain, cells that have been so affected by habit, that they create inhibitions. I will call them the "don't do" cells, they belong to the habit we have ourselves created by our reaction to the external world, *to the relative.*

If we could only pray, like Jesus prayed then, on that mountain, we could be transformed now. Because we would realise Reality, as he realised it. The relative did not exist to him, time did not exist to him, space did not exist to him. He only knew that God and he were One.

We also have these “yes do” cells which are responding to the *understanding of the Life* within and it is these cells we have to encourage so that they can manifest and produce for ourselves health and mental vigour. *Because our health and mental vigour comes from within.* Anything that is soothing will help these “don’t do” cells to work until the “don’t do” cells change to “yes do” cells then we are free.

We will see this, that the more we understand the relative, the more we realise the Life that is within, we encourage those “don’t do” cells to become “yes do” cells. Inhibitions, then, are created by habit.

I said anything that is soothing and I mean soothing. When a person is jittery, jittery music will help to keep them jittery, that is why many people are living on their nerves. *Why are they doing it? So they turn on the radio, and this jazz is going on all the time. They are tapping their feet, they are jumping like this, shaking themselves about like this, jittery. What is happening? The whole body is becoming useless because of the fact that energy is being used up in a lot of stupid nonsense.*

But the night time comes, however, when the strain of this sort of business is too great, and the nerves snap and a breakdown is evident. The very thing that caused this snap will then irritate. This is the general experience. The opposite to irritation is soothing and this is the aid I recommend which works wonders.

Nevertheless it is a relative thing. If that soothing of the nerves on the outside can break down those irritations that are taking place inside, you have begun to get the relief you require, because the soothing talks back. If you have an irritation on the outside, it will talk back to the mind and increase that irritation. If you have soothing done on the outside, it will talk back to the mind, it will help to soothe that irritation.

The question is how can one be soothed, *externally*. There are many ways, such as lying on the beach listening to the waves, by gentle sunbathing, by massage—gentle stroking. Your cat purrs when it is stroked, your dog lies at your feet and will come up for more and more stroking and further patting.

What I am saying now may seem childish but nevertheless it is very satisfactory in cases of nerve strain through emotional habit-patterns. *Because these habit-patterns are talking back.*

If then, we can realise that habit-patterns are talking back, the soothing will talk back also.

Stroking of the spine is one of the finest things for soothing the nerves. It brings into operation the “yes do” cells. *The old story says, “you scratch my back and I’ll scratch yours.” Try stroking tonight and see what happens. See how it soothes.*

On either side of the spine as I have explained in a previous lesson there is a ganglionic mass of sympathetic nerves that is connected to the cerebro-spinal nerves and stroking sets up a reaction in the brain and sympathetic nerves at one and the same time. *That is to say, that the sympathetic nerves go right through the body. Where the trouble is or the irritation is, stroking soothes that irritation. At the same time, there is a reaction back to the brain, because every touch of the skin, touch of the flesh, will send a reaction back to the skin by a reflex. These reflexes then are brought back again to the body in the form of the same kind as you sent back to the brain, soothing. It may seem simple and childish, but I say to you it is the most scientific thing you have ever heard of in your life. It is like homoeopathy,² it assists nature instead of interfering with nature.*

So we set up the connection between the cerebro-spinal nerves and the stroking sets up a reaction in the brain and sympathetic nerves at one and the same time. This has the effect of unifying these two systems so that they will create the desired effect in mind, brain and body.

When you are stroked gently on your back, on your spine, you have forgotten about your troubles, it no longer worries you. You feel the sensation of that soothing effect passes into your nervous system, to your brain. The longer you lie there, the more will you have changed those “don’t do” cells into “yes do” cells.

Do you think that when you come to me, that I work on your spine and then stroke your back gently, that I am just stroking it for fun. I would not waste my time stroking it for fun, but I know what it does for you and when you lie then down again on your back. What happens to you? You pass off into a beautiful state of semi-sleep, is that not so? Where every portion of your whole body is relaxed.

Why I could write a medical course right from the very beginning; of the anatomy, the nervous system, and the functions of the organs of the body from an entirely new light altogether as you read in the ordinary books of today.

I have had forty years experience, mind you there is very little that I have not seen. I have seen most of all the troubles in the world. And the most of the troubles that I get are those who are incurable, but ninety percent of them become cured.

I was talking to a man today who came to see me. He is in charge of a department, which is got to do with people who are sick and so forth. He has several doctors to deal with them. Quite a number of these people have come to me and I have put them right. They had no success at all under medical treatment. Some of the doctors were saying, "oh well," so forth, trying to make excuses. But there was one doctor, this man said, was a great advocate for me.

He said, "listen, you must take off your hat to that man, when he can do things in five minutes, that has taken you twenty years to do and you haven't completed them yet."

I said to myself, "I of myself am nothing. It is the Spirit, the Intelligence that guides me what to do." Surely then, you see what I am telling you is reasonable and true.

This exercise could be done by anyone with common sense. It tones up the blood vessels and improves the circulation of blood and nerve energy, relaxes the tense muscles, stimulates the glands and skin and helps to rid the body of waste products. It has the added effect of bringing into play the "yes do" cells to encourage the "don't do" cells.

Music is also a great source of regaining health and nerve regeneration. Music should be of the soothing type with a tang of inspiration here and there. The method to be adopted should be that the body should first be relaxed as previously explained, sit back in your lounge chair, take all the strain off your mind and body and let the music flow over you and through you. Feel the rhythm in your mind and body not in a tense way but with that same feeling that the waves of the sea give you as you listen to them breaking on the shore.

It has been definitely found that people work better when music is playing. Production has been increased by leaps and bounds by this method and workers are not tired at the end of the day.

I remember during the first world war when we had to do a forced march of twenty miles. *We were relieved, left the trenches and we went back into our rest place. No sooner we got there, we got word that we had to go back again, because the trenches had been retaken. An Irish regiment went in there. I remember as we were going up, they said "Jock, Jock," he says, "don't go up, they're killing each other up there," and they were on their way down. We had to go up and take the trenches back.* Men were dog-tired and lagged behind when the pipes did not play. *When the bagpipes did not play, they lagged behind.* So we divided the band into two and the pipes played all the time. Every man reached the destination comparatively fresh and went into action straight away.

A song with a swing will carry you along the road. There are hundreds of ways that music and singing will change these "don't do" cells into "yes do" cells. *All these things I am telling you are simple, but they are real.* Play your favourite records or play a musical instrument. The bagpipes afford a Scot great pleasure when they are played well. How you will strain your ear to hear the skirl of the pipes in the distance, how it makes your blood circulate and stimulates your nerves.

Those of you who have been to Scotland, among the Highland hills and heard the skirl of the pipes, *in the evening*, as the sun goes down and seen the purple *view of the heather* mirrored in the sky, the sound of the pibroch³ wafting on the gentle breeze, even if you have not got a drop of Scottish blood in your veins it will enrapture you beyond description. And a wee drop of the "Highland dew"⁴ will add fire to your soul.⁵

My mother was a teetotaller. She would not even put one drop of brandy in her mouth, from her youth until she was dead. I tell you, when I remember her, when she was very sick, I said to her, "mother, have a wee drop of this Scotch, have a wee drop of whisky, it will do you a lot of good."

"No, no my boy, I'll never put that near my mouth, never in your life."

I said, "mother, if you only take a wee drappie⁶ of it, it will make you better."

But she would not even budge and I knew this that she could have lived longer if she had taken a wee drappie occasionally. You may laugh, but it is true.

I can remember when my brother had been in Glasgow. At that time there was a smallpox going about in Glasgow and he caught it and he came home. We did not know what it was, he became sick at home. We sent for the doctor twenty-seven miles away. He came twenty-seven miles in a trap.⁷ He looked at him, he looked at one or two spots and he said, "I think you will be all right there is nothing wrong with him," and he went away back.

But in two or three days he was covered and raving. I was sleeping in the same room with him. So we sent for the doctor again and when the doctor saw him, "by God," he said, "smallpox." So we had to get him away into the sanatorium about thirty or forty miles away. My father said to me, "look here, my boy, we will not get that smallpox, we will drink whisky." Yes, and we drank whisky, morning, noon and night and we never got even a touch of the smallpox. In fact, the doctor was coming around looking at us to see if there were any spots around us. There were only whisky spots there was no other. Yes, it is good medicine—taken reasonably. When we recognise it and know what it can do. You notice how Scots I am when I talk about the whisky. It is in my 'Highland' blood, you see. Oh well. We have got to have a little laugh occasionally, otherwise it is too tense.

The reason? You often wonder why I make you smile and laugh, well it is good for you. You are all tensed up for the moment listening in tenseness. Then I break the tenseness and you feel fresh and you are now ready to go on for some more. You could go on all night doing it, that is the art of keeping people happy while talking.

Now we come to the relaxation of the vocal organs. This exercise is of great value in producing a pleasant sounding voice. Relax the body as previously explained.

A high pitched voice is a sign of nervous tension, when the voice is shrill it should be lowered a pitch or two. Practice will soon bring it down to a pleasant tone.

To open the throat sound the word "Ha" "H", "a"—"Ha." You will notice how to open the throat—"Ha," "Ha . . a . . a". Slowly and easily,

then speak as softly as possible listening to the voice, at the same time relax the lower jaw.

If your lower jaw is tight, then it will not move. You speak when your lower jaw is slack and relaxed.

“Ha . . a . . a.” Speak nicely and smoothly, listen to your voice. Listen to the tone and the timbre in it, hear the various tones in it. All the tone should be in the voice. It should rise and fall according to the emotion, according to the emphasis you want to put on a particular word or sentence, you use the cadences, which there are eleven or twelve. That is, various grades or tones in the voice. You learn then to modulate, to raise your voice, to lower your voice. But you always have a timbre in it, that sort of tone.

The word “TONE” is a thing that give you tone, “T . O . N . E” You will notice when you say “TONE,” you close the mouth and the sound is still in the head, “T . O . N . E.”

Voice personality is of great importance to everyone. You know the story or the saying, “Whenever she opened her mouth she put her foot in it.” A nice face, beautiful clothes, wonderful figure, but the voice! The voice puts them all together as one beautiful thing. If the voice is missing then it is not so good.

⁸So as you open and shut the mouth by letting the lower jaw drop each time you open your mouth. This relaxes the tongue at the root, down here. If you do that you can feel your tongue relaxing at the root.

Purse up your lips and then let them go back to the original position, this has the effect of bringing the muscles of the mouth into play, so that when you speak you move your lips easily. Words are formed by the tongue and lips, remember.

Keep repeating the sound “Ah—A—E,” now watch what I am doing, while keeping the mouth and throat easy. You will notice when you say “E” most people say “e,” the mouth and throat closes up. How should you say “E . . .,” “E . E . .E . .” just as easily as you say “AH . . .,” “Ah-A-E . . Ah-A-E . .” then you have “EASE” in your voice. You do not hold and constrict your muscles of your throat and your tongue, when you say “E...”

These things may be simple. But I am telling you this, for the benefit of your health and your well being, it is just as well. You should know them

because they are scientific in nature. So keep the “Ah-A-E . . . ,” while keeping the mouth and throat easy. You will notice that when you say “E” that the mouth and throat closes up. Try and say “E” with the mouth and tongue in the same position as when you say “AH.”

Repeat the words peace, pleasant, calm, ease, feel what effect these words have on you.

Teachers especially should have a pleasant voice. A shrill voice will tire children quicker than anything else. A rasping voice in a classroom is nerve-racking to the students, while a pleasant voice makes them happy. The students may not know why one teacher makes them irritable and another makes them happy, but it is the voice that does it. A rasping file will send shivers down your back and put your teeth on edge, the same happens when the voice is rasping. Anyone who wishes can improve the voice by these simple methods.

The tenth lesson will be a summary of the whole course so that at a glance you will see what is required. Do not be in too great a hurry, take your exercises easy and do them well.

It takes some time before you can get complete and perfect relaxation. When you have acquired this then you will find that you are in perfect health. The one who can relax perfectly anywhere at anytime, relaxed both mentally and physically, has gained the hallmark of perfect happiness. *And that is true.*

Relaxed at your work, relaxed at your play.

When I am standing here, my legs are relaxed, my body is relaxed. I feel easy. I feel comfortable. My hands move quietly. It is just a simple thing—relax, relax.

In I Corinthians 2: 12, we read, “Now we have received the Spirit—not the spirit of the world but the Spirit that comes from God, that we may understand what God bestows upon us.”

The Power, the Way, the means to relax your whole body and mind. In that way, Nature comes forward and makes you perfect. It is in relaxed state that Life functions perfectly through the body. When you are tensed, then Life does not function perfectly. It waits until you give it an opportunity to relax, relax, relax.

If we allow fear, anxiety, failure and limitation to enter into our consciousness from outside we will lose that true understanding of what God has bestowed upon us. *We will become tensed, irritated, fearful.*

Our existence in the material world is the out-springing of the Spirit—the inner into the outer. Spirit, soul and body, they are really one. Just as steam, water and ice are related to each other so is Spirit, soul and body. Therefore in thinking of ourselves we must not separate Spirit, soul and body, but rather hold them as one if we would be strong. So shall we produce that which the multitude call miracles.

This is the Temple of the Living God. Oh that I could completely and absolutely, consciously fulfil, that which is now a Reality. I should be free of everything. I know the difficulties that you know also, I have passed through them all. I have passed through most difficulties in this world and I know what the mind does and know where the comfort lies.

BENEDICTION

O Infinite Splendour, Thy call has come to me to awaken myself.

In my sleeping mind I heard Thee whisper 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 all may hear Thy voice and awaken into their true inheritance.

When my earthly voice can whisper no more I will still whisper through Thee so that Thy voice will be heard in every soul, O Infinite Splendour.

*Let us tune into the Sanctuary
of the Silent Healing Power...*

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 26th September 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Sir James Jeans (1877-1946) British mathematician, physicist, and astronomer.
2. *Homeopathy*. System (founded c.1796 by Hahnemann of Leipzig) of treatment of disease by drugs (usually in minute doses) that in a healthy person would produce symptoms like those of the disease.
3. *Pibroch*. Series of variations for bagpipes, chiefly martial.
4. *Highland dew*. Pure Scotch Malt Whiskey.
5. The next sentence contained in the original book and lecture notes is missing from recording. [*It will do you more good than all the medicine in the world.*]
6. *Drappie*. [draps] small drop.
7. *Trap*. Light, two-wheeled (horse-)carriage on springs.
8. The preceding sentence contained in the original book and lecture notes is missing from the recording. [*The lower jaw should feel loose and easy.*]

Lecture 10 (3rd October 1950)

THE TENTH STEP—APPLYING THE COMPLETE TECHNIQUE OF SCIENTIFIC RELAXATION

**“If any man do His will he shall know the doctrine whether it be of God or whether I speak of myself.”—JOHN 7: 17.*

I have said many times in these lessons, take off the brakes and God will do the work. By following out the technique explained in this lesson you will take off the brakes and you will see for yourselves what can be done, for you will see the Will of God being done in you. *That is when we take off the brakes.*

The reason is this: life is always endeavouring to express itself in its own perfection.

It is we ourselves that put on the brakes, preventing Life from doing her very best for us; by our anxieties, by our reactions to things external to ourselves, consequently we put on the brakes. When we take off the brakes, we find that the whole organism responds to Nature and returns to normality.

It is man himself who puts on the brakes and it is man himself who must take them off. God does not do that for you, but when you do take off the brakes then you will see what God will do for you. This is the attitude of mind you must have when doing these relaxation exercises and you will prove to yourselves that my words are true.

Just going to those relaxation exercises and just relaxing you do not get the best. What you have to do is the attitude of mind you take while doing them. If you can see clearly and distinctly that Life Itself is Perfect in Itself, it is free and natural and there is no conditions attached to It whatsoever. It built the body for its own self-expression and that Life is you.

In Life, there is Consciousness and Intelligence. Consciousness the directing power, Intelligence that which fulfils the direction of the Consciousness.

If you are continuously consciously aware of fear, of conditions that is preventing your perfect health; anxiety brought about by reactions to things external to the self then you will see that you put on the brakes. But immediately you take the attitude of mind that you are taking off the brakes and you realise what life can do for you, you will find the organism will respond. It is perfectly true.

Often it has been found that when a person is told that they have only a certain time to live they wake up to the fact that they have never seen anything in their life. “Well, if I’ve got only six months to live, I’m going to live that six months.”

So they begin to book a trip round the world. They want to see something in their last six months. Six months gone they are still alive. They are better than they have ever been before in their lives. They have forgotten all about their trouble. They have accepted it and said, “well, if I’m going to die in six months time, I’ve got to have a good time before that.” So they have a good time.

What happens? At the end of the six months they are better than they ever were before and wake up to the fact that it is true. Why? Because they have taken off the brakes. Nature has done the work.

With this understanding and the technique properly applied Life will continue to grow more abundant. Not only will your mental and bodily health increase but also will your material possessions. All these are but the outward expression of your well-ordered mind through Divine reasoning and relaxation, and Life will become a blessing to you.

Divine reasoning and relaxation—you cannot separate one from the other. Relaxation without Divine reasoning is like a ship without the helm. Divine reasoning leads you out of your difficulties, clears the mind and makes a path so that life can clear away the debris.

We have clearly seen that emotional habit-patterns set up a disturbance in the cerebellum which may attack any part of the body. Fear adds coal to

the fire because you do not understand what is taking place, thus a vicious circle is created.

When there is a disturbance in the cerebellum, this disturbance may attack any particular part of the body. In the first place, tension is the cause of it, anxiety. A mental state is transferred to the body, the body accepts this mental state and talks back to the brain.

Now, when we talk back to the brain, what happens? The cerebellum then begins to accept the state that is caused in the body. That is the cause of most of the trouble that is transferred back again to the body, and you have a vicious circle. Now your mind takes it up through fear and you increase the intensity of it.

There are many amateur advisers who tell you what you should do and what to take etc., they are more ignorant than yourself of the cause of your trouble. Therefore follow my instructions and you will soon see the way out of the forest into the clear again.

I have known amateur advisers. A person will come along, "you know, you take this and you take that." You begin taking this and taking that and then you become sick. That is wrong, because they do not know what your trouble is, do not know the cause of it. But there is a safe and sure way of getting out of your trouble, and it is this way.

I have had forty years experience among the people and in forty years I think I have seen nearly every disease in the world. I have seen the most difficult cases, all the incurables have passed through my hands. That forty years experience has given me a method and applying that method enables you to overcome your difficulties and you follow it out and you will find how true it is.

The first step: in scientific relaxation is to have a couch, soft yet firm, to lie upon. Take off all tight clothes. Lie down, place one pillow under your head, pull the ends forward so that it tucks well under the neck. Place another pillow under your knees, this takes the strain or pull from leg muscles. Spread your legs to 30 degrees so that the outside of the calf takes the weight.

Lay your arms by your side, hands resting on the groin or over the stomach, whatever suits best. Relax your lower jaw, close your lips, breathe

through your nose and close your eyes.

Now take the tension off your legs and arms, repeat “Legs relax, arms relax.” Talk to your arms and legs, they will send messages to your cerebellum which will then begin to let go of the habit-pattern. After you have relaxed your legs and arms repeat sixty times, “Divine peace fills me.” There is a mechanism created perfect within you and it will soon begin to work properly.

I am telling you of the most wonderful thing that can happen to you by this method. If you have not tried what I have told you, try it out now.

This is a summary of the whole thing and I want you to see it clearly. Now, when you relax the way I have told you, you begin to say to your limbs “relax, relax.” You will feel them relaxing, it is a message that is sent to the limbs, the muscles of the limbs let go of their tension. The reflex action is then carried back to the brain. Relaxation takes place in the brain. That continues backwards and forwards, until the whole of your body is relaxed. Tension has disappeared and with the tension disappearing, so does the habit-patterns.

It is very simple and clear. “Divine Peace fills me.” There is a mechanism created perfect within you and it will soon begin to work properly. Life takes up the work.

When you relax your arms and legs the rest of the body relaxes more easily, you have taken the first step to break up the habit-pattern and as each successive step is taken, natural forces will begin to work through your brain and body and your mind will begin to clear as it becomes freed from a chain of negative thought feelings, while the cerebellum sends messages out to the blood vessels, intestines, stomach, lungs, kidneys etc., releasing the tensions created there.

What a wonderful thing it is, to think that immediately you set in motion this whole perfect system, the remainder of your body begins to relax. Through your brain and body, your mind will begin to clear as it becomes free from a chain of negative thought feelings, those negative thought feelings that are sent to your brain from your body.

Then the cerebellum naturally sends messages out to the blood vessels, to release the tension. You lose your high blood pressure and your intestines

lose their gripping sensations. The mucous colitis begins to disappear. Your lungs begin to clear and the muscles of the chest are freed. The kidneys are no longer stagnant, but freed also. Tensions begin to leave the body and the organs.

Relaxation is the finest form of suggestion. Strong and violent suggestions should be avoided for they often produce the opposite.

Because when you bring up an idea of health or something, what happens to you then? Up pops the idea of ill-health. The more you try to hang on to the idea of health, the more the idea of ill-health tries to combat it.

Relaxation then, is a smooth way of overcoming this, what we call, reverse effort. The reverse effort you get through what we call, strong and violent suggestions.

In **the second step:** the muscles of the chest are relaxed through breathing. To get the idea of the proper relaxing breath, place your tongue in the roof of your mouth and turn it back into the throat, this causes the throat and bronchial tubes to open and you breathe behind the nose. Read what I have said about this important exercise in [Lesson 2](#).¹

Before you can know how to breathe properly, you must feel the opening of the channels here, behind the face. You must feel the opening of the tubes leading into the lungs. You can only do that by putting the tongue to the roof of your mouth and turning it back into your throat. As you do that, you are forced to breathe high up through those channels here behind the nose, from the top of the nose. It causes the bronchial tubes to open and you breathe easily.

After you find the proper way to breathe, bring your tongue back again and lay it on the floor of your mouth, relaxed easily, then continue to breathe with these tubes open. You will find that the breath will begin in the abdomen. The abdomen will extend and the rest of the chest will rise, extend naturally.

Now breathe gently allowing the abdomen to extend naturally, then the chest expands automatically. As you exhale quietly say to your chest muscles, "Relax, relax." Say to yourself, "Breath is Life, I and the Father are one." This must not be said as an affirmation but with understanding of

what it means for Divine reasoning is the twin pillar with relaxation. *So as your chest muscles begin to relax, all the tension disappears.*

I had a woman today, for the first time. She could not walk more than a few yards, when she was completely out of breath and had to stop.

When I examined her, I found that all these muscles here were tight. The diaphragm was not moving. Instead of breathing properly, she was raising up her chest to try and get a breath, consequently this muscular action was closing in the chest instead of allowing it to expand. The most marvellous thing was this: that immediately I relaxed the muscles with my fingers, I showed her how to breathe and as she breathed naturally, she breathed well. All the old tightness had passed away and then all of a sudden, at once, this woman could breathe and walk without any difficulty. The heart was jammed because these muscles were tight and compressed.

So it is no use unless you understand the mechanism, and I am showing you this mechanism that will take place. It will actually do its work.

We do not escape by affirming or denying, only the Truth will set us free. Our conscious reasoning is carried to the subconscious and helps us to break up the habit-pattern created in the mind and body. Affirmations are but a form of self-hypnosis and you are already suffering from this through your habit-patterns.

So why add to them, by affirmations. If you do not understand the meaning of an affirmation, you do not understand the mechanism that takes place, the mechanism that works, then how are you going to get rid of your trouble? The more affirmations you make, the more difficult it is for you to overcome your trouble.

About a week ago. A man came to me, and he said, "I seem to be getting worse and worse. "Yet," he said, "I make all these affirmations."

So I said to him, "Now, if you stop making those affirmations, you'll get well." So I explained to him what he was doing. I said, "do you understand what's happening to you when you say these affirmations?" I said, "don't you feel that when you say these affirmations, that the very opposite rises up in its place?"

He said, "yes, that's true."

“Well, don’t you see you’re intensifying your troubles?” So after he saw the whole thing, he knew perfectly well he was on the wrong track.

Yet there are stupid people who begin to tell you that these affirmations are the best thing you can do. You start early in the morning and you finish up before you go to sleep at night, and all your mind is filled with these affirmations. An affirmation for ten o’clock, an affirmation for eleven, an affirmation for twelve, and one for one, and for two, and for three.

Don’t you see that it is understanding you need and not affirmations? So we do not escape by affirming or denying, only the Truth will us free.

Our conscious reasoning is carried to the subconscious and helps to break up the habit-patterns created in the mind and body. Affirmations are but a form of self-hypnosis and you are already suffering from this through your habit-patterns.

The third step: is to release these conflicts in the mind through free association. You repeat to yourself whatever comes into your mind letting one word or event suggest another. You must not inhibit your thoughts by comparisons of right or wrong nor must you analyse them at present. The exercise is to free the mind of all suppressed thoughts, good or bad, by quietly and impersonally discerning them as they flow out.

You discern what is in your mind.

Immediately you begin to say “right” or “wrong” then you stop the flow. There is no longer any, what we call, free association. You have to look at these things as you would view a picture screen with all the pictures passing along. Then you would know what is in your mind. You release the pressure of these things; the things you have suppressed, the things you have feared will rise to the surface. Do not stop them by becoming emotional about them, but allow them to flow out and you will find they will free you from conflicts.

For instance if a swear word rises don’t be afraid to let it out, it won’t hurt you, you have suppressed it *long enough* and it is doing you more harm in that condition than when you let it out.²

Jesus said, in other words, “It is what you hold in the mind that counts.” So I have found; those people who really believe in ethics, who are subject all their lives to ethics, who have been suppressed in their infancy

through fear. These suppressed ideas cause all the trouble and when you free them you will find these inhibitions that dogged you all your lives, will disappear.

These things are relative things, they cannot harm the Spirit. The Spirit is Perfect and cannot be affected by anything. Nothing can destroy the Spirit, that which is analysing.

So you must realise this, you must realise the Perfect, which is Itself, Untarnished, Indestructible and Free, watching all these relative things as they pass along. The things you thought were evil, the things you thought were good, these are our relative things and that is the relative world that you are looking at. You are looking at your relative thoughts.

If you become afraid of a thought, if that thought gives you a sensation of fear, then you are caught up in the thought and you are no longer free.

But if you know in yourselves to be, to be, mind you, the Reality Itself, knowing yourself to be the Reality Itself. Not that you can know what that Reality is, because you cannot define your consciousness. You cannot define that which is Reality within you, you cannot define that which is analysing. Nor can you analyse that which is analysing. But you can analyse all that is relative and you can see all that is relative. Then you will separate yourself from it and you will find freedom. But if you are caught up in the relative, then you are caught up there and you are bound. It is the same old story over and over again.

I am putting to you in simple words more than you can ever read in any books on psycho-analysis. Because to a great extent, psycho-analysis does not free you. It only makes you worse sometimes by looking at the things that you are afraid of; without knowing that these things are relative, without knowing that you yourselves are real, therefore have no power over you. Then you let them pass, as a flock of birds flow across a windless sky, leaving no trace.

What must be done is to view your mental make-up as you would look impersonally upon a film on the screen. **You tell on yourself.** Don't be afraid of the things you did or did not do or should have done. It is the suppression of these that causes habit-patterns. Then free them by consciously looking at them free from comparisons. It is in this way you

overcome your repression and suppression.³ Read [Lesson 3](#) again and gain a fuller understanding of this most vital part of the technique.

A change in your mental attitude will cause a change in your physical health. It is the Christ in you that knows error from Truth and knows how to separate one from the other. The Christ in you is the wisdom of God and is able to see clearly that error is not of God but the creation of man's own mind. Therefore you are able to dispense with it by looking at it boldly, knowing that it has no power of its own, the only power it has you give it by fearing it, by suppressing or repressing it.

How true those words are.

If Jesus were here again, he would say, "resist not evil, it has no power over you." Immediately you resist it, it has power. Know it for what it is.

The fourth step: is to relax the muscles of the back. This step is a very important one when we realise how our back muscles press upon the ganglionic mass of nerve tissue which runs down each side of the spine. From these numerous fibres branches lead out to the organs of the body and blood vessels.

When the back muscles are tensed they press on these nerves and inhibit the flow of the Life Force. This prevents the proper function of the organs. In many cases these muscles become so tense as to create fibrositis; sciatica and cramp in the legs are also often the result of tensed back muscles.

Yes, a lady came to me today, she had been away in Durban for six months or more. When she came to me, she was over like this, down on one side and with pain. I showed her exactly what was wrong with her. I said, "now, don't you see, I'll show you. These muscles on this side are contracted. They are pulling you down on one side and they're twisting your spine. What I have got to do is to relax all those muscles in your back, so that the muscles become relaxed and you will find that you will walk straight."

So I started working on the muscles from the top of the neck, down and down and down until I released all the tension on the muscles on that side. At first, they were as hard as this table and shortly they became quite soft. I said, "now, relax." Say to your own back muscles, "relax, relax," When she got up, she had no pain and she was as straight as you or me.

What would happen in the ordinary way with this? You would get an injection for that and that would make you worse. Then they would put you on the rack and try and pull you up, that would make you worse still. They give you electrical treatment, that would cause the muscle spasm to become stronger and you still would be worse still.

Good God, I say, where has all the commonsense gone to in this world? I do not know, but it has gone. Commonsense was nothing more but to release the tension off that muscle, to take the tension off and release the strain on the spine, in a few minutes it was done. She had been all over the place, here and there and everywhere else, having all this done to her. She only escaped by a hairs breadth, of going into the hospital and having an operation. I do not know I say, where the commonsense has disappeared.

Everything has become too scientific as far as peoples bodies are concerned. We have invented too many drugs for this and that. They are injected into people and they do not even know the constituents of the drug. They do not know anything at all about it. They read a book and they say such and such is the cause, this drug will do for that, that is the injection for this, and who is making the money out of it? Those big drug companies who are wealthy and making millions of pounds out of a drug that costs probably a halfpenny to procure, but it costs you about two pounds ten shillings to get.

This system will release you of all those conditions freely because they allow Life to do the work! "Take off the brakes and God will do the work."

*Relaxing the back muscles requires practice. You can not do it just on one trial. If you think that you have mastered it with one trial and if you have not mastered it with one trial, you give it up. I say, "well, you're stupid." The fact is, this that the relaxing of the muscles of the back requires continuous practice. You must talk to your back muscles as you do to your legs and arms, and feel the tension leaving. Relaxation of the back muscles readily breaks up habit-patterns which affect the viscera, *all the organs in the stomach*. These muscles are easily taught through verbalisation, talking quietly to them, enticing them to relax.*

When you are lying in that relaxed state, you say, "relax, relax, back muscles relax, relax," quietly. You don't try to relax, the more you try to relax, the more tension you create, you create the "reverse effort." Lie

quietly, “relax, relax, relax.” Now, let me see how easy it is to make you relax. For instance, you are sitting there now, I will say to you now, “limbs relax, relax, relax; arms relax, relax; back relax, relax.” Don’t you feel your whole body relaxing? Almost going to sleep, it would be exactly the same. There it is, simple and easy.

You do exactly to yourself as I did to you at this moment. There is nothing in it, it is simple, it is real, it is commonsense, it is scientific. The most scientific thing that you have ever known in your lives.

In the fifth step: we learn to relax during sleep. This will do more to regain your health than all the medicines in the world. Read [Lesson 5](#) carefully as there is a lot of useful information about sleep and how to obtain that natural health-giving remedy.

Be sure that your neck muscles are relaxed for tension here prevents proper health-giving sleep and also inhibits the regeneration of the organs of the viscera. These important nerves, the pneumogastric or phrenic nerves which lead into the thoracic and abdominal area pass under the neck muscles. Therefore you can realise how important it is to relax the neck muscles, *before you go to sleep at night.*

The main thing to watch is that the neck does not make a bridge between the head and the shoulders causing unconscious tension. The neck must be snug as shown in step one. Move your head slowly easily from side to side, tell your neck muscles to let go, let go.

When you find your body is relaxed then turn your mind over to the Universe, engage in a few minutes Divine reasoning, then pass off to sleep repeating, several times, “Relax all night through.”

What a wonderful thing it is to engage in Divine reasoning before you sleep. The last thoughts before you sleep are the ruling thoughts through the whole of the night. You will disperse with all dreams. Some people have nightmares, you can disperse with all this by doing this easy natural thing.

In the sixth step: we get a clear view of how to free the mind. A free mind is one in which there are no opposites, no divisions, no separation, no bias, no prejudices, no antagonisms.

Now, I ask you, “is your mind free”? Can you say now that there is no opposites in your mind, no division, no separation, no bias, no prejudices,

no antagonisms?

Then when you discern these things in your mind, you will know whether you are free or not. Begin to get rid of them as soon as you possibly can.

The mind must be pliable to be free. When ideas become fixed in a rigid mind, that mind is truly ignorant. Paul says in I Corinthians, [Chapter 13](#): verses 8 and 9, “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; but when the perfect comes, the imperfect will be superseded.” *It will disappear.*

You do not destroy the imperfect because there is no such thing. You can not destroy something that does not exist, it only exists in your own mind. Therefore it just fades away as an error disappears in a sum, when it is corrected.

It is said that the eye is the window of the soul, when the soul is tense so is the eye tense and the body follows suit. To relax the eye muscles you must relax the mind and body.

There are six muscles that turn the eye from side to side and up and down etc., there are other finer muscles that contract and expand the iris. The majority of people seldom use the eye muscles properly. They either stare making the muscles rigid or fail to move them when looking from side to side or up and down, they turn the head instead.

I know very well how to deal with eyes because I have gone through that process myself. A very difficult process in my life and I searched and searched before I found the way to relax the muscles of the eye. When you think I have just got one eye and do all the work I do, and that eye was injured badly, the sight almost destroyed, yet I can relax those muscles of the eye and begin to read. So the oculist says to me, “you must read with glasses.”

I said, “no! I can read without glasses.”

I find this, that if I relax the muscles of my eye, the sight comes back, the tension disappears. I am not going to say that I am always successful in getting perfect relaxation of the eye, because it is a most difficult thing, but practice makes you perfect.

The best way to relax the eyes is to sit at a table with the elbows on a cushion, the palms of the hands over the eyes, feel as if the eyes are falling into the palms of your hands. This must be done while the body is also relaxed.

A great strain is put upon the eye muscles when you try to read too much at one time. Macula vision exercises is the way to counteract this. Take each letter in a word and move the eyes over it up and down, in and out. The focus must move around the smallest point. Then read each word separately, and you will find how this rests the eyes. While at work you can cure your eye strain by using your eyes properly. Read [Lesson 6](#) about eye exercises.

In the seventh step: we see how we can regain our health by relaxing at work and play.

If you are in an office don't twist your legs around your chair or sit in an awkward position. Find the easiest and most relaxed way to sit. If writing hold your pen lightly and the muscles of your arm easy. Some people write with a hand cramped up and the muscles of the arm so tense that they get writer's cramp.

Writer's cramp is nothing more than the tightening of the hand when writing. Tenseness of the mind is transferred to the tenseness of the hand when writing something. If a person says, "I'll write this fellow a letter," so he gets his mind to it and begins to write. What has happened to his hand while he is doing it, what has happened to his arm, he is creating a habit-pattern.

Relax at the theatre, the football game etc. Take the tension off. **Learn to see with your mind!** and not with your neck muscles, your back muscles, your eye muscles and your chest muscles. You are wasting energy and creating tension. Relax when you have difficulties in work or play, your brain will work better and you will know better what to do.⁴

If you have a difficult problem—relax.

I know a man, one of the very big businessmen in Johannesburg. He comes regularly for his relaxation every week. He has taught himself this, immediately he finds a very difficult problem, he leaves it alone, he has a

couch there and he lies down for a minute and relaxes completely. He comes up, deals with the problem and it is finished in no time.

I know another person who is chairman of a big organisation. In the way he works, he does not allow decisions to carry over to the next meeting. He has all the details ready, all explanations ready, and he puts them forward and the discussions are led into a decision, not away from decisions.

It is very galling to an individual who knows, to find one meeting after another coming along without any decisions taken. The time is wasted. If the chairman knows exactly what he is doing, what happens? He directs the minds of his directors along a particular line which he knows is right, he gets decisions straight away. It is not allowed over to the next meeting, and then he gets on with the next, and the next. In the whole period, the whole thing is cleared, and business goes on.

The most wonderful thing in the world is to know to get decisions. Decisions must come through intelligent thinking.

I am of an organisation that is a Scots organisation. I find then, when we start a meeting they get off on to some subject that is entirely out of the line of action altogether. I say "now," to the chap who starts this argument, "don't bother about that thing just now, we haven't got time to finish what we have here, leave that to some other time and we will deal with it." Immediately they shut up there is no longer any talk about it, so we get on with one item after another. I know this, that if I allowed them to ramble on, those Scots fellows, they would have an argument all night through and nobody would be able to do any work at all.

Therefore, the thing is make decisions. Know what the decision is going to be and direct the others towards it. See that you are right. If you know that you are right, look into your mind now and see what thoughts you have in regard to it.

We had a course in Johannesburg, what we call "voice personality." The people did not really know the benefit they were going to get from this course. They were not really interested in "voice personality." But it is the greatest course in the world.

When I was in America. I gave that course about “voice personality” Do you know there were over a thousand people at that course in America and they wanted more and more. They were keen on how to express themselves. Voice personality is a wonderful thing.

Relaxing the scalp and face muscles is also detailed in [Lesson 7](#). This is very important in relieving headaches. The great occipital nerve, the trigeminal nerve and supra-orbital nerves, these come out from the skull and spread over the cranium are often pressed by tight scalp and facial muscles. Read what I say in [Lesson 7](#) about the way to clear up these troubles.

In the eighth step: we learn how to use up lactic acid to counteract the acids created by emotional habit-patterns. Here is the exercise that will do all this and more. I call it relaxed tension exercises.⁵

You will read about it then in Lesson eight, what I have told you about this wonderful exercise, “relaxed tension.”

This simple exercise has a tremendous effect. It will charge you with vitality mentally and physically. Your brain will clear and your pains will disappear. You virtually squeeze the poisons out of the tissue and at the same time you create lactic acid to heal the nerves.

In the ninth step: we see how to soothe the nerves, thus inducing perfect relaxation, which breaks up these habit-patterns that cause all our troubles and the pleasant external action has the effect of soothing or stimulating the mind.

(Recording cuts off at this point)

Stroking the back is a lovely sensation. It may seem simple but the simplicity of it should not prevent you from using it. It has the wonderful effect of soothing the nerves of the spine and body generally as well as soothing the mind. Stroking also turns the “don’t do” cells into “yes do” cells in the brain and nervous system.

Music has also a tremendous effect upon the mind and body and has great curative powers. Relax in your favourite armchair and listen to your chosen records. Allow the music to flow over and through you, the effect is marvellous when done this way. It suggests to the mind, brain and body a

harmonising quality that cannot be obtained any other way, it is truly therapeutic.

Read also what I have said about relaxing the vocal organs in [Lesson 9](#). Your voice personality is important to you in your daily contacts. Your figure and bearing may be delightful but your voice may spoil it all. Voice personality is one of the main steps in successful living.

Thought produced in the mind of God and thought produced in the mind of man only differ in the degree as a drop is to the ocean, the action is the same. While God produces a world, a man in the material form, so does man produce his own conditions in the same substance. This Law is inherent and is within all and we find by experience the Truth of this in our daily living.

“Now we have received the Spirit, not the spirit of the world but the Spirit that comes from God that we may understand what God has bestowed upon us.” I Corinthians 2: 12.

When we have broken up all our habit-patterns, when we have taken off the brakes, so shall God produce in us that which the multitude call miracles. I of myself am nothing, it is the Spirit of the Father that doeth all these things.

BENEDICTION

O Mother of Mine, beyond time and space, Thou hast created me in finite form the image of Thy Infinity.

Thy Spirit invisible took shape and I came into “Being.”

Thy all protecting Heart throbs in my heart, within my breast in the form of Love.

While Thy Omnipresent Infinity I fail to comprehend, yet Thou hast drawn aside the veil of mystery revealing Thy glory to me.

And Thou hast told me that which is Thine is also mine.

And now, O Mother of Mine, I am at peace with all Thy creation.

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- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 3rd October 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The next paragraph contained in the book is missing from the lecture notes and recording. [*When you have found the right way to breathe place the tongue on the floor of the mouth and relax the jaw, no strain must be felt on the tongue.*]
 2. The next sentence contained in the book and lecture notes is missing from the recording. [*I have found that when parsons and preachers let go their suppressed words and ideas they feel freed from an inhibition that dogged them all their lives.*]
 3. The next sentence contained in the book is missing from the lecture notes and recording. [*You, the real you will see all these relative, therefore they have no power over you except when you are ignorant of this fact.*]
 4. The next paragraph contained in the book and the lecture notes is missing from the recording. [*Relax while in conversation with others it will take away all that self-conscious feeling. When you are perfectly relaxed there is no self-consciousness. Read [Lesson 7](#), on this subject, it is of great importance in your daily living.*]
 5. The next paragraph contained in the book and the lecture notes is missing from the recording. [*Relax your mind and body. Lie in this state for sixty seconds, then tense your body by stretching your hands out to reach your toes for five to ten seconds, not more, then relax again for sixty seconds, do this five times.*]

Lecture 1 (17th October 1950)

DEATH AND LIFE ARE IN THE POWER OF THE TONGUE*

“Guard above all things, guard your inner self, for so you live and prosper: bar out all talk of evil, and banish wayward words: let your eyes look straight ahead, gaze right in front of you: keep a clear path before you, and ever make your footing firm;”—PROVERBS 4: 23-26

In this series of lessons I want to give you instruction on how to apply yourselves to your daily tasks, how to make a success of your work and play, sometimes called recreation and occupational therapy.

The first thing I want you to consider is that you are a centre around which revolves your world.

Your world revolves round your own centre, that centre which is the Consciousness of God established in man.

Now, when we realise this truth that it is the Consciousness, the Creativeness of God, manifesting through the consciousness of man that gives him creativeness, gives him the power to think, the power to act. But we are unaware of this truth. Therefore we know that if we are aware of it we are able to overcome most of our difficulties, we are able to look upon them in the right spirit.

Remember, you do not know what your consciousness is, you can analyse everything external to it but you can never analyse what it is. What consciousness is, refuses to be analysed. Now think it over and you will find then that which is incapable of analysis, is unknown. But the consciousness is always analysing things external to itself, it is always analysing the relative. The Consciousness can become aware of the relative, that is that thin layer of consciousness which is always working on the outside.

There is deeper layers of consciousness, such as the consciousness in the physical, which we will say is the outer consciousness, a consciousness

working through the mind which is another layer of consciousness but is the same consciousness, and a deeper layer of consciousness is that which is unknown. The Consciousness itself does not know what it is, it only knows that It Is.

But if you can search deep enough, through those layers of consciousness until you reach the deepest Consciousness, then you will know what the Christ really is. It knows that he is the Son of God, the expression of the great Infinite God.

Therefore it is, you are a centre around which your world revolves, and everything you discern is relative. If you are caught up in the relative then the whole thing is that you are affected by it. But if you know it for what it is, and you can discern it, then it has no power over you.

Therefore the first thing I want you to consider is that you are a centre around which your world revolves.

The second is that you are also a centre of influence and can and do influence others, and this is most important to remember when you use words to convey your thoughts.

You influence others by your words. That is why the prophet says, "Guard above all things your inner self. Bar out all talk of evil and banish wayward words."

Thirdly, you are also a centre of consciousness with the power to think.

You have already arrived at the conclusion that you are Life independent of your body. *We have seen that clearly and distinctly,* Therefore you are immortal and cannot be destroyed. This great truth only comes after you have realised your place in the scheme of things.

Therefore you have to think back. At the same time you have to think out. To think back means to say that you think back through the layers of consciousness until you reach that which is unknown. When you think outwardly, you think out through the outer layers of consciousness into the relative world and you begin to know all about it. Then you are not afraid of it.

The Creator alone lives and by His living in us we become invincible and cannot be injured, and this fact we have established in our consciousness through Divine reasoning.

We have seen that Divine reasoning is one of the great pillars in our relaxation exercises.

In our last course, we recognised that relaxation was one of the main things to enable us to get rid of our troubles, by taking the tension off. The tension created by our reaction to things external to ourselves our reaction to the relative world, we create those tensions. Those tensions are caught up through the muscles and affect the brain, affect the cerebellum which then creates inhibitions and brings about what we know as our old habit patterns. Divine reasoning enables us with relaxation to overcome our difficulties.

The last series of lessons was a very important one because it taught you how to relax.

What I wish to bring before you in this lesson is to learn to use words that convey the correct meaning. We are apt to use words that disturb our minds in our daily living and destroy our health and happiness. When I opened the “Book at Proverbs 4: 23 and read these words, “Guard your inner self for so do you live and prosper,” it was the key to this lesson.

When you then express words, phrases, that have terrible meanings for small things, you create in your mind the feeling of these words. Most people are exaggerating all the time with words. A thing that is ugly, they say, “it is beautiful, oh, it is lovely.” These exaggerations are of no value, and other cases, people will say, “it is horrible, it is a disaster.”

If we had no words to express ourselves we would have no divorces, no tears nor words spoken in anger, etc. Politicians could not create animosity and separation among the people, no reading of bad news, nor the hearing of bad news to upset us.

So therefore if we had no words, what a wonderful world it would be. But as we have these words and we have to learn all about the relative and to know the relative. Then we are able to understand the great meaning of life here; to discern it, understand it, to become aware of it, but not to be afraid of it. All our experiences build us stronger and stronger. If you have an experience of any kind you must always learn by it. But the majority of people do not learn by their experiences, they are caught up in the effect and they do not know and think deep enough to find out the cause. When you have found out the cause, then the effect will begin to disappear.

We create words so that we can communicate with one another. So one word has led to another until we have “so” many words, and many have a disastrous meaning in our minds.

We who have grown up should learn to understand and feel the meaning of words so that we do not throw terror-gripping words at ourselves and others, especially young children. In fact we should not use these at all except when they are really called for.

For instance take the words “ghastly” “terrible” “horrible” “fearsome” “ruined” “frightful.” Have you ever felt the meaning of these words when you say them? We learn to condition ourselves with the spoken word, we respond to the spoken word. We listen to the spoken word and what a heartache some of these words create.

We think with words, we define our problems with words, we scandalise with words, we praise with words. We get comfort by reading of our victories, we get depressed when we read of our reverses.

If you do not understand that you are living in the relative, and you are using words in the relative world, which create much havoc in your minds. The prophet would not have said in the beginning, when I read these things which is a wonderful truth, “guard your inner self, for so you live and prosper. Bar out all talk of evil and banish wayward words.”

The telephone, the radio, the screen; words organise our lives. We buy, we sell, we worry, we cry, we laugh because of words. Have you ever considered the great importance of words and the use of the proper words in your communications with relations, with your friends, your close family ties, with your business associates?

Did it ever strike you, the power of a word, when you get the true meaning of the word in yourself. Then say some words; these horrible words, these terrifying, terror-gripping words, express them and see what feeling you get from them. What are you going to do then with others, are you going to cast them at other people?

If you did not know how to use a surgeon’s lance you would do great damage, you would probably cut an artery and the victim would bleed to death. If you used it upon yourself you might inflict great damage also. It is the same with words.

Many a success and many a failure is the result of the use of words. By using the proper words you increase your possibilities or you can increase your limitations.

The inner mind, the inner self responds to the words you speak. The mind takes up the meaning of the word and becomes there established, bound in the mind.

Many people say that they are totally ruined, when they are not ruined at all. The fact is then, when a person thinks they are ruined, expresses the words of being ruined. What happens to the individual? They go down and down and down until such time someone catches them by the hair of the head when they are drowning in their own misery and brings them up to the surface and gives them a breath, a new breath of life, understanding. Then they begin to think and it is when you begin to think clearly and distinctly that you are fearing the relative world, a world that you are here to command. A world that you are here to control and direct, not to run away from or to fear. But one to control and direct. It is easy for the individual who understands and he can control his relative world. He can discern it for what it is. He will know it has no power over him because he is indestructible.

Peace of mind is gained by the proper use of words.

Take for instance hundreds of cases where many pleasant daydreams are spun around a fiancé, a position in life, a friend, when these day-dreams are shattered there is a feeling of frustration, when the go-ahead signal is turned to stop.

These daydreams which we build up in our minds and we find that they have gone completely haywire, as the saying is, there is a feeling of frustration. The words you use, mean a great thing to you at this moment. Then the go-ahead signal in your life is turned to stop. Then inhibitions begin.

Here we have a collision. The nervous stimulations now produce nervous inhibitions and send messages to the cerebellum producing nervous symptoms such as fear, anxiety, nervous collapse, indigestion and other disorders.

The go-ahead signal turns to stop, and you are brought up with a round turn because you do not know the relative world for what it is. You do not think on every one of these things that happen to you, as experiences. You think of them as disasters, you think of them as “terrible,” “gruelling,” “ruination,” “I’m done for.” All these other words rise into the mind and you even give breath to them.

Think of the most extraordinary thing that ever happened in your life, that is an experience that leads you on to greater things.

A big organisation does not employ a man who has had no experience. He looks for the individual who has had all the experience because he knows what he has already overcome and he will overcome more.

How do these people generally interpret themselves to themselves in words? This is how it is, this is how it goes.

“I am ruined,” “life is not worth living,” “oh I’m to die.” The first thing is, they cannot die, it is an utter impossibility because death is but an illusion.

I told you the story already, about Jesus taking his three disciples up the mountain to pray, Peter, James and John. When he prayed, his consciousness was of the inner realm. He was able to think in the deeper layer of his consciousness where all the power existed. As he prayed, the whole of his being changed, his body, his clothing was transformed. Why? Transformed from the son of man to the Son of God. The power that oozed from him caused the disciples to fall asleep. But he awakened them, touched their eyes and he said, “awaken and see the glory of the Lord.”

When they awakened, they saw two others there and Peter said to Jesus, “who are these two who are with us?” Jesus said, “this is Moses and this is Elijah. I have brought you up here to show you the Real world, where death is an illusion. In the world of shadows and the world of ignorance, the world that you have belonged to, is a world of ignorance, a world of illusion. This is the Real world, in which you really live. This is the world that I live in, this is my world, I am not of that world. I am of this world” All who know this truth, are of this world that Jesus talked about, the world that he belonged to, the Eternal existing Life.

Moses had passed two thousand years before then and Jesus must have known Moses and Elijah, otherwise he would not have known them on the mount. As they spoke to him, he told them of what was forthcoming.

Then Peter said to the Master, “Master, will I go down and bring three tents, one for you, one for Moses and one for Elijah?”

The Master said, “no.”

Peter did not realise yet, the great significance that the Master was really showing them and what they had seen.

Now, we all belong to that world, that is the Real world in which we exist. Much more Real than this, our roots are in that. The deeper layers of our consciousness exist there. When we recognise that, that the deeper layers of our consciousness exist there, we know that this is the relative world and we know how to use, how to understand the relative world, how to act, how to control and direct it because that is why you are here.

No one lives permanently in this world. I am not of this world, I am of the world that Jesus talked about, I am of that world, I am not of this world. If you can think similarly, you will know that you are not of this world. “Call no man, your fellow, father on earth, but one who is your Father in heaven.”

But when people come up against those things; which they have dreamed about, the things that they wanted and their dreams are not fulfilled, then there is frustration. They then say these words, “I am ruined” “Life is not worth living” “I am a failure” “I am too old now” “I can never start again” “I will never trust another person, man, woman or child,” so the words pile up like mountains that stand before them as a means of frustration.

Surely you can see the commonsense of this thing that I am showing you. But I know that you have never thought of it before, that is why I am making it plain to you so that you can overcome the relative by choosing the right words.

I remember a man who lost 6 million dollars yet he had another 6 million dollars in the bank but he said he was “ruined” so he tried to blow his brains out. Would you blow your brains out if you had 6 million dollars in the bank?¹

I wouldn't. The whole thing was this; that his whole mind was on the things that he lost, the things that he lacked, not the things that he had. "Count your blessings one by one." That is a good remedy out of a lot of your troubles.

What does the word "ruin" mean? It means damaged beyond repair and use. It is a word that has made many a person commit suicide.

A person may lose a job, may lose a special friend or lose some money. Why must people pick on such terror-gripping words for such little things? It is utterly silly, but the damaging effect of the misuse of the word is often the beginning of neuroses and frustration.

This is a good exercise for anyone. Ask yourself what do you mean when you say "I am ruined." You identify yourself with ruin. What is this "I" that has been ruined?

The "I" can never be ruined! The "I" can never be destroyed! The "I" is indestructible!

It is in your mind you have these things. Then in your mind, your mind and sickness are one. Sickness is in the mind and you cannot separate sickness from the mind, they are one and the same thing. But the consciousness is never sick, it is only living in the illusion of sickness.

When you get into the deeper layers of consciousness, deeper down, deeper and deeper, then you will find there—Reality. Then you will know that there is no sickness. The consciousness of man is the creator of both sickness and health. But in the Consciousness of God there is neither. When you reach the deeper layers of your own consciousness, you will find that that is true.

The "I" is invincible. The "I" is indestructible.

Take for instance the young woman who said she was "ruined" because she was jilted and through it had a nervous breakdown. Naturally most people identify the "I" with their body, with their possessions and conditions etc. It is in this ignorance where most of the havoc lies, and this person did not know any better.

You identify yourselves with these things; you identify yourselves with the body, you identify yourselves with your conditions, your possessions and everything.

Do you know that the “I” itself is but the Consciousness of the Supreme Master of the Universe, expressing Himself through you. As this Consciousness comes up through the various layers of consciousness, it comes out to the relative, to the outer. When you are caught up in this outer, this relative world, you begin to fear it and it begins to destroy you. Words, very often, is the first cause of your trouble.

I made her answer these questions: “Now look at your body, it looks pretty good to me, good shape, and your legs look good to me in those ‘sheer nylons’ of yours. Your appearance has not been damaged in any way. Now what about your work? You have a good job, you still have your friends. You have not lost any of them. You have a nice home to live in, you are in fact in pretty good shape all round. Now tell me what part of you is ‘ruined’?”

“Well,” she said, “I am disappointed.”

“But you have been disappointed before, haven’t you?”

“Yes, of course.”

The problem is solved, the word ‘ruined’ has been broken down. The idea has been destroyed.²

“Now,” I said, “you are better rid of a man before you are married to him than after you are married, aren’t you? So if he jilted you before he married you, he’s sure to do the same thing after he married you if he tried to jilt you. If he jilted you now he surely will jilt you later on. So there you are,” I said, “now aren’t you in a better position than you were before, so why use such damaging words to cause all this turmoil in your life?”³ From that moment she began to get well, she is now married, happily, and has a lovely family of twins. So you see, here we have the whole thing where, was she ruined? I do not see any ruin about that, do you?

Words, words, words! Do you realise the importance of them in your lives, using words to describe a situation accurately is more than half the battle to overcome your nervous tension and habit-patterns and leads to victorious adjustment.

Describe your situation accurately. Think deeply, not only in the superficial surface of your consciousness, on that thin layer of the consciousness, which we are dealing with the relative world and in which

most people live. Ask yourselves now, this question, "what layer of consciousness do you live in?" Find out in your own mind, surely now, what layer of consciousness you live in.

The art of practical thinking is using the right words to accurately state your problem. If you do not know the way to a particular place you use a map to show you the way. Use words in a similar way, they will be your map to show you the way.

You can save wear and tear on your nerves by doing this in the little things as well as in the big things.

In fact the small things to most people are very much more than the big things.

Most people are filled with so many small emotions all battling against one another. These small emotions which are the reaction to small things in your lives. The stress and strain of a person that can not get the thing that she wants or he wants at the moment. The disappointments on these small things create an emotional stress and you have hundreds of these little emotions in your body, all jingling and battling against one another. Before you know where you are you are almost on the dust heap of the human wrecks.

Why? Because you have not began to think deep enough to discern these things on the surface. But go deeper than the superficial layer of consciousness and deep down there find that Reality and solve your questions there, and you will find your freedom.

Is it not then, when a gigantic overwhelming emotion takes control of you when you have something terrific happen to you, it sweeps all those small emotions out of sight. They are completely forgotten because of this great emotion that sweeps you, then you begin to get well.

People very often who live in luxury want so many unnecessary things. This wanting and craving and disappointment causes all these irritating emotions that destroy the health. It is necessary then to get deeper than this superficial consciousness. Yes, I know you may say I have learned the truth, I have learned something about it, but you have not gone deep enough. If truth is on the surface, I would say it is of no value to you. If your truth is

on the superficial layer of your own consciousness, which is dealing with the external world only, then I say you have no truth at all.

If you will follow me through this series of lessons, clearly and distinctly, I will show you a way out of your difficulties. I will show you that your work and your play will become the harmonising of your whole emotions, to bring about a happy state of existence in this life, in this relative world of yours.

You may read all the books in the world, but if you do not practice this getting deeper into the deeper layers of the Consciousness, you will never know what real Reality really means to you.

The man who uses a cuss word because someone cut in in front of him when driving his car, may catch up with him, force him on to the curb and pick a fight and get a black eye into the bargain. Is it not better to say, “The feeble-minded have cars and driving licences” and go on your way rejoicing with your nerves and face intact?

Pick the right words that will keep you well-balanced, pick the calm word, the right word, the accurate word, the word that helps to make the brain and body work properly.

I know a woman who looks into her wardrobe of thirty beautiful dresses and says, “Not a thing to wear, I am dowdy.” *I want a new dress for every occasion.*” No wonder she feels dowdy. But yet she looks very chic in any of her dresses, although she does not think so, so her nerves are on edge because she picks the wrong words. “*I am dowdy.*”

She puts on a dress and she begins to look around, and says, “well, I’ve worn this several times now, people can’t see me in this dress twice, I must get something new. I’m dowdy.” Think of the word.

A patient came to me some time ago, she said, “Doctor, do you think I have cancer? The thought of cancer makes me morbid, makes me shudder.” I said, “Why say it, why think it. You haven’t any cancer about you, I assure you that is true. Now go home and think no more about it and stop saying the word ‘cancer.’” The next time she came, *to see me*, she was quite happy and soon got over the trouble.

Choose your words with skill for some are like dynamite, they blow up in your face, therefore caution and skill is necessary. Learn more about

words and how to use them, for your health and well-being as well as the health and well-being of others whom you contact greatly depend upon this. Always remember the proper use of words is essential to your health and happiness.

What a wonderful thing the prophet says. The more I read this the more I know that the prophet had understood, that what he said here is nothing more than twentieth century language. He is telling you, helping you not to have ulcerated stomachs, palpitation of the heart, skin troubles and all the other things that people suffer from because of our emotional stresses created by the words we say. The words we attach to little things of no consequence. So it says, "Guard above all things your inner self, for so you live and prosper, bar out all thought of evil and banish wayward words."

The purpose of these lessons is to show you how to apply yourself in your daily living, to point out the things which make and mar your health, happiness and success, and to show you how to control and direct all things intelligently and wisely. Therefore this lesson on words is of great importance, and you must think deeply about it.

Do not just skim the surface, think about this now, when you go home tonight. Think deeply about it.

Most people do not realise the power of the spoken words, they are like music when spoken wisely. They create beauty and rhythm, and charm the mind. Then let us learn to build the words that will bring to us the secrets of the heart of God, for they are a joy to the ears and bring health, happiness and abundance.

"In the beginning was the Word and the Word was with God and the Word was God."

Don't you see what I mean now? You can use words to build, construct a strong mind, an intelligent mind. You can use words that will help you to overcome these relative things that come up every day of your life. They become experiences. Your experiences become your stepping stones and your words are like magic. These words are magic to me, I know they are magic. "In the beginning was the Word and the Word was with God, and the Word was God, and that Word was God and that Word was made flesh."

There is the deeper layer of consciousness.

In inspiration there is two elements. We know perfectly well that all the various books of the Bible were written by men. Two elements were in the writing of those books. What were those two elements? The human and the Divine. According to the element that was greater, so is the inspiration. If the Divine was greater, then there was more inspiration. If the human was greater, then there was less inspiration.

If the layer of consciousness was opened into its deeper self, then you will find the Divine rising to the surface. But if the individual whose writing and his layer of consciousness was on the surface, then he would have no inspiration, or very little. That is the great and wonderful truth that I want to show you.

People do not think. People are so caught up in the fact that the Bible itself was written but by God, that God came down and wrote every one of those words in the Bible, and every one of them are true. You have only got to read some of the old testament and see all the devil there in man.

God never said to Saul. "go out and kill this and kill these people, and destroy these people." That was the human element in the individual that was speaking, not the Divine element at all.

When we come to the teachings of the Master, there we see the deeper layer of consciousness open wide, where we recognise himself as the Son of God. "Call no man your father on earth, for one is your Father who is in heaven. Be ye perfect as your Father in heaven is Perfect."

What a wonderful thing it is to understand the true nature of the prophets. To see the great prophet of the past Moses, looking down on the centuries, seeing and saying in his own words, O Lord, will Thou raise up a prophet like unto me?" It was revealed unto Moses what would take place. He was a great seer.

When Jesus came two thousand years afterwards, he knew that he was the prophet that Moses spoke of. When we understand Moses, we understand Jesus. But we see that Jesus had taken the Truth further. A great deal further, into the unity of mankind, the brotherhood of man and the Fatherhood of God. There was true inspiration. How did he get it? Not by living on the surface! But by going into the quiet places and praying deep contemplation and meditation.

Use words that delight the mind, to become mental shrines that will live for ever. For in these we have the wisdom of the past in the ever present *as hope* for the future. Let our words be living messengers that will reach throughout the ages and the repeating of them will give others joy and happiness, good health and abundance.

Is not these words of mine that I speak give you upliftment. These words of mine charge your being with health and strength and vitality. Charge your mind with inspiration, and it gives you a feeling of unity with the whole universe.

In Proverbs 15: 4 we read, “A wholesome tongue is a Tree of Life,” and in Proverbs 15: 23 we read, “A man hath joy by the answer of his mouth, and a word spoken in due season, how good is it,” and in Proverbs 18: 20-21 we read, “A man’s belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. Death and Life are in the power of the tongue and they that love it shall eat the fruit thereof.” “The lips of the wise shall preserve them.” Proverbs 14: 3.

Now listen within yourselves and know the source of the word which is the rapier of the thought, then you will know that in the power of the tongue is life and death.

BENEDICTION

O Sacred Heart, Thy words are balm to my soul.

I listened while the waves beat upon the shore and in them I heard Thy Voice calling to me.

O dearly Beloved, let my words be moulded in Thy bosom so that only Love shall be carried on their wings.

If I should speak let me hear Thee first, O Beloved, then my words shall be as music to the ear.

O Divine Mother of Mine, when I utter Thy name I think of the lotus flower in all its beauty and fragrance.

Teach me, Divine Mother, to speak the right words always so that they may spread joy and happiness everywhere forever and ever, Divine Mother

of Mine.

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- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 17th October 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The next sentence contained in the book is missing from the lecture notes and recording. [*We generally think of our lack and not what we have.*]
 2. The next paragraph contained in the book is missing from the lecture notes and recording. [*She may then realise that things are not so bad after all, disappointed perhaps, but there are great opportunities too.*]
 3. The next two sentences contained in the book are missing from the lecture notes and recording. [*Many have been jilted who are now married happily and have a lovely family and home life with one more suitable. There are more fish in the sea than ever came out of it.*]

Lecture 2 (24th October 1950)

**“WHATSOEVER I HAVE DONE UNTO THE LEAST OF THEM SO HAVE I DONE
UNTO THEE”***

*“Greet it with pure 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.”—
JAMES 1: 2-4.*

(Moffatt translation)

That is a wonderful instruction from James to us. Then notice clearly that when we encounter any sort of trial, to greet it with pure joy. Perhaps it has not struck you forcibly enough, because most people when they encounter a trial, they do not greet it with joy but greet it with sorrow, with fear and all these things that cause trouble in the mind of man.

So James shows here that in our daily lives, he is telling us clearly to prevent us from having heartache, stomach ache, indigestion and all these other things that is caused by fear, anxiety, when we encounter any trial. Again he says. “only let your endurance be a finished product.” That is to endure the thing to the end, then when your endurance is complete, you are complete with it.

Isaiah says, “put heart into the listless, and embrace all weak-kneed souls, tell men with fluttering hearts, ‘have courage, never fear.’” This is Isaiah 35: 3-4.

Now, when we go to the Bible and we look at some of these sayings of the prophets we begin to realise the wonderful truth that is behind the sayings of these men.

Now I want you to realise that there were many books besides the Bible, that were written at that time. The book of Enoch, for instance was written

early, before the New Testament, which was in circulation at the time when Christ was on earth. Jesus was teaching in Jerusalem and in this book we will see a lot of prophecies regarding the Messiah that was to come. These books were written by men, just the same as the Bible and all the books in the Bible were written by men. We call them prophets, Isaiah, Moses, and so forth. They were inspired men as we know, but nevertheless their inspiration was always tinged by the personality of the individual who was writing.

So you see, in the Old Testament, you will read a lot of material about the tribes, Israel, and so forth, and all about the wars of Israel. You will see this is a history of tribes that came down through the ages and we must take out of that, all that is worthwhile, so that we ourselves can use it in our daily lives.

It is my desire that you should get the most out of these lessons and you can achieve wonders with a deep desire to learn all you can about human nature by discerning your own thoughts and actions. This will increase your ability to deal effectively with people. By doing this you will enrich your own personal power, will increase your happiness, for your success lies in being able to understand others.

If you are not able to understand yourself, it is probable that you will not be able to understand other people, but when you do begin to understand your own thoughts and your actions you are on the right road to success. Therefore it is necessary to think deeply, to get under what we call the superficial layer of consciousness, into the deeper layers of consciousness, so that we will discern the way to solve our problems with wisdom and love.

Read each lesson carefully, mark the passage that makes a deep impression upon you and go back over them. Skimming through the lesson will not suffice.

If you have the feeling that I am just teaching you you will never learn. Learning is an active process within yourself. You learn by doing. You must master the principles explained in these lessons through relaxation, Divine reasoning and doing. Doing is the final act that makes you complete, and the knowledge that you use sticks to you, knowledge that is not used fades away from you.

So again I say that learning is an active process within the individual himself or herself.

If you just listen and think that I am teaching you, then you will never grasp the great significance of that inward "completeness," that tremendous and wonderful thing that no one knows, but we are aware of it. When you begin to discern your own thoughts, you can dissolve these away, you can know them and understand them. You can know also the motive behind them, why you think those thoughts, the motive behind your thoughts, remember, that is a most important point in these lessons.

Remember it is easier to criticise and condemn than to understand the other person's point of view. It is easier to find fault than to praise. It is easier to talk about what you want than what the other person wants.

How easy it is to criticise. How easy it is to condemn, and why do we condemn? Is it not to exalt our own ego? Or to feel that others are just as bad as we are ourselves? We are quite happy when we feel that that is so.

Why don't we praise more, because we have got so many faults in ourselves, that we see them mirrored in other people. It is very true, the saying is, "what you see in others is deeply rooted in yourself." Therefore it is necessary to discern your thinking. That frees you; frees you from fear, frees you from want, frees you from anxiety, frees you from all these things that tug at your heart and your mind.

In occupational therapeutics you must form new habits that lead to a better way of living. This requires patience and application of oneself to the principles underlying this great work.

Make a daily practice of reviewing your contacts to see what mistakes you made, why you did not help so and so and why did you say so and so. Think over your interviews, your discussions and see how you could improve your daily actions. Register what lessons you learnt from your experiences, you will be astonished at first at your carelessness, your negligence, your blindness.

If you can see your carelessness, your blindness, your negligence, your hatreds, your envy, your jealousies, your anxieties, no matter what it is, then you will be looking at them external to yourself. You will see them for what they are. You will notice that you are different, that you are separate

yourself from them, and you are not caught up in them. You are not caught up in the whirlpool of your emotions, the whirlpool of your negative thinking.

Most people are caught up in the whirlpool of their own thinking, in the mind and they keep on going round and round and round. It is not until you see what you are doing can you escape these things. It is very necessary, that you discern these things clearly and distinctly, then you will solve them. Not by the superficial layer of consciousness, but you will solve them only through the deeper layer of consciousness, that deeper layer of Consciousness which enables you to dissolve them, because there there is Understanding and Love.

Do not excuse yourself, that is fatal to your progress. You must admit your mistakes with frankness and unreserved sincerity. *You have never been told these things before, because you have always been told the rosy things, that to concentrate on this rosy thing and this rosy other thing, but when you concentrate on these rosy things you create the very opposite. The more you concentrate upon the rosy side of life the more difficult it will become for you. What is necessary is to discern the things that are hindering your progress so you can free yourself from them and not be caught up in them, because every time you think of that rosy thing you are caught up in these things that are hindering you, because you have not discerned them. Surely you can understand how clear this is to the mind that understands. Then you will find yourself engaged in a self-educational process that is both inspiring and priceless, which leads to your true freedom.*

As this freedom comes you will increase your ability to meet people, to deal with people, to help people. You will grow and expand your influence in all spheres of life. Ask yourself how best you can apply yourself. Make a game out of your work and play. Forget yourself and think of others. You will do more good in a few weeks by becoming interested in others than you would in years trying to get others interested in you.

I am not here just to give you kind words, you are students, students of the highest nature, students that want to go forward, students that are going to be the backbone of a real education before you will be able to show others the way. If I talk fine words to you and tell you how beautiful you are, and how lovely you are, how good you are. What good is that going to do

you? To inflate your ego like a tyre, that soon may have a puncture and becomes flat again? No! I am here to show you, distinctly and clearly a way out of your difficulties, to solve them. There is something deep within each and every one of us that is unknown but Real. That Reality can only be found as we discern all these things that are hindering the expression of it.

So it is, do not excuse yourselves, that is fatal to your progress.

You will never blunder when you are truly interested in others but you will make plenty of blunders if you try to make others interested in you. Remember most people are interested in themselves and your interest in them makes the wheels of intercourse move in oil instead of grit. Listen carefully to other people's conversation and you will find that it is dotted with "I ... I ... I ... I this ... I that ... I the other thing ..." Everything moves around themselves. *Everyone is interested in themselves.*

As students of the highest possible nature you have to see what the man Jesus stood for. He was never interested in himself, but interested in everyone, interested in humanity and he was bold and strong in regard to it. So when you know that everyone is interested in themselves you can easily be interested in other people, because you will find that the wheels of intercourse move in oil instead of grit.

Remember these are the majority, the people who do not know, yet this is the way you can make your friends play the game of Life perfectly with all shades and types of people. Make the other fellow happy and you are on the front seat to successful living. This is occupational therapy in its finest form. *If you can lift the other person, if you can help him, do so.*

The individual that is wrapped up in himself or herself, the individual that is not interested in others, these are the individuals that have the greatest difficulties in Life and do the most injury to others. Look around and you will see that it is in this group that nearly all human failures occur.

If you feel that you are in this group it is necessary that you think it out clearly and discern the fact, so that by doing so, you will dispense with the hindrances and express that which is Real.

Your first real lesson in occupational therapy if you want success is to become interested in people, then you forget yourself. By this one principle you increase your true personality. You can put yourself across as the saying

goes. Decide to give others the best you possibly can. This principle never fails, it never has failed and never will because it is the fundamental Law of Life itself.

Why is it then the fundamental law of Life? Because Life is always expressing itself the best it possibly can in every human being. Its desire is to increase its expression in every living soul.

If you can then, help in this way you are in with Life. Life will carry you along. Not until you recognise Life in its clearness, in its true state as the Source of all things, that which is within me, that which is unknown, yet I am aware of it, I become aware of myself lost in that which is unknown.

When I think of you I say to myself I love you all, everyone of you individually and collectively. This can be applied to every calling in Life no matter in what capacity you are engaged, “Cast your bread upon the water and it will return one hundredfold.”

You will gain more confidence by learning to relax. Remember what I told you before, in other words, your brain and body is stimulated through relaxation. Let me remind you again how you should practise general relaxation.

Perhaps the majority of you have not recognised the great effect of relaxation and the great power relaxation has upon the nerves of the body and the brain.

Relaxation takes the brakes off. That is the first thing we must know. But ordinary lying down and resting is of no value because you must consciously take the tension off your limbs, your arms and your body, so that any misbehaviour that is caused by this tension in the cerebellum will be freed. Relaxation alone is only one pillar, then comes Divine reasoning, knowing that “the Father within is doing the work.” He is Healing, He is charging you with Life Energy.

Lie on your couch allowing your whole weight to be evenly distributed. Do not **try** to relax, this only brings up the opposite, tension. Just talk quietly to your arms, legs, “Relax, let go, relax let go” and Nature does the rest. Gradually your muscle tension disappears and a new life begins to form before you.

Every opportunity that I get, I relax. It is very easy to take the tension off the limbs, body. Quietly go into that particular state of Consciousness, where you feel your oneness with that which is Reality, then you will feel the surge of life flowing through you, peace, harmony. Your mind becomes at rest through Divine reasoning. That is, you reason with yourself such as this: "God is Infinite in Nature. Sure He is Infinite. Well, I cannot be outside Him, I must be within Him. If He is Infinite, the Life in me must be His Life also." "I never thought of this before," you will say to yourself.

How wonderful it is! Then you say, "why the very substance of my body is made of His substance. The very consciousness that I speak with, I talk with, I use, must be His Consciousness, otherwise He could not be Infinite. I cannot be separated from Him in any way whatsoever, if I was I could not be Infinite."

You reason in this way, "God could not be Infinite if I was in any way separated from Him," and you say, "goodness gracious me, now I see what the Master meant when he said, 'I and the Father are One.' I see now what he meant when he said, 'Know ye not I am in the Father and the Father is in me.'" Then you will say to yourself also, "yes, it is the Father within me that doeth the work. Thank you, Father, thank you." Then you reason and you begin to come free, and you will find that most of your troubles have disappeared. Divine reasoning elevates the mind.

This awareness which you cannot explain, but you can only know yourself. Aware. Alive. Living. No one can explain it, I cannot explain it. I can only experience it and you also can only experience it. But to try and explain it to another, it is utterly impossible. You find it yourself, but you will find it through Divine reasoning, because when you carry your Divine reasoning to the final completeness of that which is possible in your mind, then you see what is reasoning—I myself.

God grant that you find this too, very soon.

I am showing you the way that you can apply it, that you can reach it and by doing so you will never be the same again.

Was it not Jacob that wrestled with the angel of good. He said, "I shall not let you go until you bless me." Why, why was he wrestling with the angel? Because he was afraid of the evil. Why was he holding to good? Because he was afraid of the evil, he wanted to escape it. But when he saw

the great Truth, that in God there is no good or evil, he was free. There was no longer any struggle.

It is said that the angel touched him on the thigh, and he was then lame different to other men.

He was then different to other men. Why? That is symbolic. The symbolism means that when he recognised the complete Truth, therefore he was a changed man. He did not think of the good nor the evil, he was free, that is why he was different. You will also find that you will be different, because you will free yourselves from the fear of evil and the struggling for good. You will be there, in that where there is neither good nor evil. Freedom comes through this recognition, through this realisation of the truths, and you find it in yourselves. So Jacob was a changed man.

Also remember no strong suggestion must be given, you cannot release your tensions this way, you only increase them. The change from self-hypnosis to self-control comes about gradually. *Because you are already self-hypnotised, therefore it comes gradually.* The fact that you are able to relax your arms and legs shows that you have already changed the course of events in your life and as further relaxation comes so do you de-hypnotise yourself and free yourself from your self-imposed inhibitions. You are moving in the right direction now, and this knowledge will help you greatly to further free yourself from these crippling inhibitions which have been self-imposed.

To me it is the most wonderful thing in the world to see that Life is Eternal. Also that you who leave the physical body will carry with you your experiences, but you will be freed from all the infirmities, free from all your inferiorities and superiorities.

You will be like Moses when Jesus spoke to him two thousand years after he had passed. You will be as Jesus is today, two thousand years after he has passed. I say this, if these infirmities do not exist in the Real world in which you live, why should they exist in this world which is the world of illusion, which you create yourselves?

Think deeply about it and you will see that the mind of man and disease is not separate at all. They are one and the same thing, because you can not have disease unless it is in the mind.

But there is an Intelligence that is above the mind of man, that created him, in the Real world in which he lives. Therefore, I say to you, I am not of this world. I am of the world that Jesus knew that he was of, when he said, "I am not of this world," and neither am I and neither are you when you will realise the Truth of it.

Yes, you have not yet recognised the power of the Creative Principle that is in you. I often find my mind wandering also into the world of illusion, where I begin to discern my thoughts. I begin to look at them and I see them for what they are. Then I am freed from them. I am not caught up in the whirlpool of emotion, envy, sickness, fear, anxiety. Some people think that I am cold and callous. I am not cold and callous. I am full of love of God for every one. I feel deeply in myself for others, but at the same time I see that these conditions are not real—they have no existence in God.

You have set in motion forces within yourself that are stabilising, that make for health of mind and body, which leads to healthy living. Your nervousness disappears, and you begin to **do things** because you are becoming free. This method is much more scientific and realistic than the old-fashioned process of psychoanalysis. Self-analysis comes naturally and there is a glorious release of those tensions that heretofore cramped your style.

As progressive relaxation moves on you begin to apply yourself, thus the nagging impulses that came from the limbs, body and viscera, are diminished. The body stops talking back to the mind, so the mind talks to the body and as those freezing inhibitions are removed so the brain centres function freely.

When this process of adjustment is taking place strong suggestion should be avoided for this often sets the victim back on his old tracks. *It is the easy-moving, flowing-forward releasing the self-hypnosis into self-control, comes through easy stages. Do not be depressed in any way whatsoever if you find yourself going back sometime, you will know the cause of it. Search your mind and you will see how anxious you were, how you feel you have been frustrated, you have been let down and so forth. You suggest to yourself all these things with the result you are back in your old track once more.* It is far better to allow the natural adjustment to take place, then when we take off the brakes God does the work. Thus the entire

brain is set free to function as one unit, free from habitual inhibitions that strangle the individual.

Therefore progressive relaxation and occupational therapy are links in the chain that lead to successful living and as the mind becomes freed it can be trained to think in the right direction.

But not until it is freed, can you think in the right direction. Only a knowledge of the self will enable you to think rightly.

Knowledge of the self comes through deep discernment, not what we call introspection, but discernment of your thoughts, the movement in your mind. Introspection is negative, discerning is positive. By introspection you are caught up in yourself, by discerning you are seeing yourself.

In my last lesson I made it plain to you that you “the ‘I am’ Life” is independent of your mind and body. These are your instruments through which you manifest, your body changes your mind changes, but the Life “I Am” remains the same because It is the great “I AM” manifesting Itself in individuality.

God has personified Himself. God has individualised Himself. I am the personification of that Spirit. I am the individualisation of that Spirit. Therefore I am in no way separated from you, because you are exactly the same.

Therefore the practical work in this lesson is to analyse the “not I things” till you come to the realisation that your body is your instrument, that your mind is your instrument and in the degree in which you realise this you will have control. Realisation brings control and control brings results. Those highly developed in this realisation have obtained a wonderful degree of power and control over the forces of Nature, they are as gods compared with the ordinary man.

Therefore it is the practical way to analyse the “not I” things. Everything you can analyse you will see that is not “I”, but you will see it is things which you can use, direct. You can analyse your mind, your thoughts, your body, everything. You can analyse the everything external to the self, then you will find they are “not I” things.

This is the second step that you must take in your successful living. Remember the “I am” is manifesting Itself in Power and Intelligence and

this Power and Intelligence can be used to manipulate, guide, govern and direct the mind through which control of the physical world is obtained; in the next lecture the practical work will be to cleanse the mind so that the “I am” can focus Its power through it, so as to gain the desired results.

Therefore analyse the “not I” things. Make it a practice tonight and see how wonderful it is. Then you will not be caught up in them. You will not be affected by them. You will no longer fear them, but you will become master of them.

We must realise that which is the greatest within us. The Master said, “It is the Father who ever remaineth within me doeth the work.” So the secret of power is to rely on the greatest, that which is the greater within.

When you reach that Consciousness, you become aware of the self, that Consciousness that most people sometimes become aware of. But a step further is required to go beyond the self, so that the self is lost completely in the Greater. Then the Greater becomes the expression through you as it was through the Master Jesus. “It’s the Father who ever remaineth within me, He is performing His own deeds”. Thus we become greater by operating the Law pertaining to the Greater. “To the least you do unto one of these, so you do unto me.”

This Supreme Power is equal to any emergency. We consciously may not know how to solve our problems but when we refer to that which is greater the all-knowing Intelligence comes into action. In this way we gain a calm faithful attitude towards all things and the greater becomes the Servant of all, the Father doeth the work.

“Greet it with pure joy, my brethren, when you encounter any sort of trial. Show that sterling temper of your faith produces endurance, only let your endurance be a finished product.”

“Neither can they die any more for they are equal unto the Angels.”
Luke 20: 36.

What a wonderful truth this is, that we cannot really fathom it until we know the Real world in which we live.

I am not of this world. I am of the world where Christ lives. I am of the world where Moses dwells, where Elijah dwells. I am of the world of those that can never die any more, for they are equal unto the angels.

BENEDICTION

Dearly Beloved, this is my celestial song. I come to Thee as I see myself in others.

Whatever treasure lies in my soul I will share with Thee as I help others.

Whatever I have done unto the least of them I have done unto Thee.

Whatsoever is mine that also is Thine, my cup is overflowing with all Thy bounties. When I do honour to myself in others I do honour Thee.

Thou art my Delight, O Beloved.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 24th October 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 3 (31st October 1950)

“HE SHALL CALL UPON ME AND I WILL ANSWER HIM” (PSALM 91: 15)*

When people are not active, they wither in despair. Action leads to freedom. That is a most important point to remember, when we begin to realise the great truth of what we are doing in this world, how we are reacting to things external to ourselves, how we fear, how we sit, we brood. We allow these things to prey upon our minds. When I tell you that mind and disease is one and the same thing you will realise the importance of what I am going to say tonight.

There is no difference between mind and disease. The body is mind modified, mind materialised, and disease is the expression in mind now pictured in the body. That is the error that exists in the mind. The Truth rectifies the error and the error disappears but one has to recognise and find the Truth for themselves. I cannot give it to you but I will show you a way. When we keep our minds active there will be no time to despair. Despair leads to nervousness and nervousness leads to inefficiency through fear. To become interestingly active we release tensions and old habit-patterns.

Interestingly active means that you are caught up in your activity, you are no longer thinking about your ailments and your troubles. Therefore, you find that there is a tenseness that leaves you and naturally the old habit-patterns are broken up.

The habit patterns are held in the brain, in the cerebellum, this portion of the brain here which becomes a mischievous minstrel for you, because when the body becomes tensed through your thinking, you think through your cerebrum, that nervous system then causes tension in the body. Then the body talks back to the cerebellum and the cerebellum says, “yes.” Consequently it obeys and naturally creates inhibitions and misbehaviours

which out picture themselves in the body. First of all, it is the mind then it is in the brain, then it is in the nervous system, then it is in the body. One and all linked together—there is no separation anywhere. So therefore you see how your old troubles come about. If you believe in your troubles you feed it with your belief.

Yet there are many who cannot concentrate on any line of action, who fear everything, even their own shadows, and who are unable to do anything, to them this advice just causes more worry. *We lead them out of their difficulty through two ways I will show you.*

Some people will force themselves to go on and on, till they have a nervous breakdown, they struggle unaware of their inhibitions, their tense muscles, their habit-patterns. They fail because they do not know how to find freedom in their activities.

All the time they are tense, all the time they're worried, all the time they are doing anything, they are caught up in it. They are no longer free, the habit-patterns being increased daily, they struggle with their inhibitions. Those inhibitions, they know that they feel yet they struggle with them and struggle against them. Giving them more power when they have no power except the power they give them.

The way to freedom through occupational therapy is simple. There is a right and a wrong way, one leads to health and happiness and the other leads to breakdowns.

When a breakdown occurs the poor victim is mostly subjected to psychoanalysis, so everything is interpreted from a subconscious factor, *what is in the subconscious mind*; he does not want to work, regression to infantile behaviour etc., etc. *This is what he is told. All the time that is not the cause of the trouble.*

This method is erroneous and misleading for the real cause is that he or she is working under a nervous tension. Tense mind, tense muscles lead to habit-patterns and breakdowns. The cause is that he or she did not know how to relax at work.¹

How to take off the tension at work, how not to worry.

There are thousands of things that come into your own lives at home and your business places continuously, and then you catch on to them and

you are lost in them, you are caught up in them you do not know what you are doing. You try to solve the problem with your outer consciousness, the superficial consciousness. You can never solve anything on the superficial consciousness, the consciousness that deals with the outer. You must go deeper into the deeper layers of Consciousness and then find there the Reality and solve it from there, then you are no longer troubled because you see clearly what the cause is and the cause is within yourselves.

Yet there are many who cannot concentrate.

Learn to relax while you learn your trade or profession then your work will be fun. But if you are tense while you learn then your future work will be torture.

The shorthand-typist who learns how to relax, will take down much faster and more correctly, *in a relaxed state.*

Tense mind puts you off your track, a tense mind makes the cerebellum misbehave. A tense mind takes away that control that pure thinking enables you to think correctly.

When you are relaxed at work you will begin to like it. If you are tense at work you will begin to dislike it. You cannot have freedom while all your muscles are tense, then you are fighting on two fronts which is fatal. The remedy is learn how to relax. Carry this relaxation over into your work or play.

Learn how to relax. I have given you a system that will enable you to overcome your difficulties.

When one has a breakdown through occupational anxiety (tension) he or she is generally given a period of rest to recover. But this period of rest will be of no value unless one is taught how to relax, how to release the tensions, *how to reason Divinely. How to learn to reach the deeper layers of consciousness and not always being on the surface.* When this is not done, one returns to work in a similar state as when one left it, consequently a return of the trouble is inevitable.

You know perfectly well how many people go for a rest, "you had better go for a rest." They go for a rest and what happens? They come back and start on the same old grind and they get another breakdown. Sure as you are alive they are there in a breakdown.

A person came to see me yesterday in Johannesburg. He had what we call a heart complex. A person who is always thinking that their heart is always upside down, too large or too small, there is something wrong with it, it does not pump properly or the mind is caught up in it.

Four years ago he went to a doctor because he had a pain in his heart. The doctor told him, "you have an enlarged heart." So he read all about this enlarged heart, what it would be, and he got into his mind what it was and he could not sleep at night because of the trouble. He hasn't hardly ever slept since because he was thinking about his heart. So he's got a heart complex.

After a while he went to a specialist and the specialist x-rayed him and he told him that has got no enlarged heart at all. So he went back to him again and the specialist said to him, "there's nothing wrong with your heart, get to hell out of here."

But that did not cure him, the poor devil, he could not be cured with that because he had a heart complex so strongly embedded in his mind. The error was so strongly embedded in his mind that he could not walk from here to the end of that room.

I told him first of all, "get up and walk around the room," and before he could get up he had to sit down. I showed him where his trouble was. I told him how the habit-pattern arranged, how his mind came into the question, how he had got this heart complex. Then I treated him, worked on the nerves of his heart and I listened to his heart and said, "now, there's nothing wrong with your heart. Now I want you to get out from here, go walk down to the bottom of Rissik Street, walk back again and come and see me. If you come in here then I say you're cured."

So he walked down to the bottom of Rissik Street and walked back again and he came into the room.

"How do you feel?"

He said, "I feel fine."

I said, "well, you're cured. There's nothing wrong with you."

The heart complex was completely removed in one treatment. There is hundreds of cases that can be removed in the same way. Showing that the habit pattern is an error, it can be destroyed through the truth of proper

relaxation, Divine reasoning and understanding. But to tell a fellow, "there's nothing wrong with your heart, get out of here," is of no value to anybody. He was just the same. But when he got understanding he was cured. That is what most of you want is the understanding.

The remedy is a period spent on learning how to live. Two weeks in learning how to live is better than a year of rest with no such guidance.

Most people use much more energy than is necessary when they work. They use muscles that are not needed for their job, they sit or stand in awkward positions unaware that their muscles are tensed.

They are continually tapping on the floor, their feet is always going, they're twisting themselves around, they are doing all sorts of things while the energy is being spent up, shows entirely a lack of understanding. Here you have a habit pattern expressing itself out through nervousness.

If you have any of those things whereby you are always writing or something or you are always tapping something or you are always moving or making movements that are unnecessary, check yourself up and see why you are doing it. If you are always sitting in a tense form sitting with your muscles all tensed then you are using up energy. That is a habit-pattern that is sure going to bring in trouble.

When you are relaxed—you are free. When you can discern what you are doing, when you can discern the relative, then you will know what Reality is.

When Jesus went into the wilderness, forty days and forty nights. He went in for one purpose that was to find his true self, completely, this that was real. When he was being baptised by John, naturally he had to be baptised by John to become part of the whole, otherwise he could not be of any value to anybody. He must become you and me. He must go into the river and be baptised the same as you or we would be baptised, otherwise if he stood aside, he would have been of no value, "I am different to the other people. Oh no, I can't be baptised." But he insisted on John baptising him otherwise his work would have been of no avail. But on that time when he prayed, naturally there was a voice said, "this is my beloved son in whom I am well pleased."

Here was a devotion. Naturally, where there are crowds of people in devotion there is always a Spiritual Force there waiting to express itself. Sometimes the Higher Spiritual force will be able to use the ectoplasm around so that the sound of the voice can be heard knowing this is the direct voice.

That was a direct voice that was heard by the multitude.

It was not only an incident, it was something that was meant for the whole of Creation, for the simple reason, it could not have lasted two thousand years if it was not. It was just an ordinary incident that you have, of finding your own circle when you can have a direct voice, it means nothing.

But here it was a tremendous thing it meant something so astonishing and so great that it has lasted two thousand years. It is as fresh today as it happened there at that very moment two thousand years ago.

Then he went into the desert into the wilderness into solitude to find this great and wonderful Truth, and it says that the devil tempted him.

Now we know perfectly well that in every case of all religious denominations when it always comes to the devil, as something external to man's self. But when you go back and you take the Greek interpretation and you read what the devil means in the Greek. It means "diabolus" which means the false one. Not separate from the individual but the false one in the individual.

This was the outer consciousness that Jesus knew, that he existed also, the flesh, the brain, the body, the desire for things. So he had in his state of complete devotion he had to discern everything that was relative. He could discern everything that was relative. He discerned everything external to himself and then he found that which was Real—the Great Spirit, the Spirit of God that was in each and every one. Then he knew that he was the Christ, the Christ of God.

But it is necessary to reach these particular states if you want to know the Truth, so he found it completely, but yet you see, he was still tempted.

Naturally when a person is in a state of devotion the pangs of hunger do not exist. I know that. When I was in Tibet I had seven days of continuous

devotion and during that period I never felt the pangs of hunger at all. But after it was over, then I felt the body began to ask for food.

Naturally Jesus felt forty days and forty nights was a long period, then found that he desired food. With his great Spiritual Knowledge and Understanding he knew that he could by transmutation change the very stones into bread. That was a simple thing for him to do. Naturally it is a simple thing for any Master to do, under the circumstances, when he knows the complete truth of his own creative ability. Everything around him he has power to change, to transmute by the Power of the Spirit that was within. Therefore he (the False self) said, "change the stones to bread and you shall eat."

What did he say? "I shall not. Thou shall not live by bread alone but by the very word of God." That the very Word of God, here was the Word that was in the beginning, the Life, the Life which John talks about; "it is the Word that was in the beginning, the Word that was God, and then that very Word was made flesh."

This was the bread he should live by, therefore he then caused this other self, this self, which wanted food to feed the body, to be silent and therefore it was silent. Then it states, that he was taken up to the mountain and shown the whole of the world, and says, "there's the world for you, you can have it." He knew perfectly well within himself that he could conquer the whole world, the external world, and the world would be under his feet, because of his own Spiritual Power he could do anything.

Then he turned upon that self again, because he knew this; if he did it, he could even escape the cross. He could be the greatest man on earth and everyone would recognise him. But there was something greater, he said, "I am not of this world you shall not tempt the Lord Thy God."

He knew that he had to go through the whole particular process of what he came into the world to do, therefore he threw that aside. Then he was taken to the pinnacle of the temple, and he said, "throw yourself down." He knew perfectly well, by the power of levitation, that he would land on his feet and land on his toes. He would not be hurt, because levitation is a natural thing for those who have conquered the complete relative. He was a Master of Masters. What happened? He said, "this will be a miracle and

the people will believe you.” But he knew perfectly well, he said to the self. “how could a miracle change a belief?”

If I performed a miracle at this moment would it change your belief? No, you would go and say it was a wonderful thing but you would still have your beliefs. For the simple reason that belief cannot be changed except through Understanding.

He knew it that no miracle would be of any value to any individual because they were steeped in their beliefs. We know him for what he is, what he did, what he conquered. Everyone can conquer. You know that you can discern all these things that are external to yourself.

The Tree of Knowledge of good and evil that is the thing that he was changing continuously. He saw it and therefore he brushed it aside and he took then, the Tree of Life. He said in his own words, “this is the Tree of Life, the Spring of Living Water that will rise into Eternal Life.”

Here you are now and you ask me those questions. Don't you realise this, that in yourselves, lies this great mighty power the Divine Nature in yourselves, that is the Reality. But if you try to solve your problems with the outer self or the outer consciousness dealing with the relative things then you will never solve them at all.

You will have to get into the deeper state of Consciousness that state of Consciousness that Jesus knew. That state of Consciousness that I know.

It says, that the devil left him for a while. Naturally it will come back because his outer self was always with him, but he could always know perfectly well what the relative self was. But unless you discern these things how can you understand.

When you begin to learn relaxation you will become conscious of your tensions and naturally you will let go. You will be able to give proper attention to your work, when your muscle tensions are released they are no longer causing internal reaction that leads to further tension and eventually breakdowns in mind and body.

When changing from one occupation to another one often finds difficulties because the work is unfamiliar. Fear of doing things wrong, fear, resentment, antagonisms, muscular tensions, these all lead to breakdown in health through nervousness.

Occupational therapy is the cure, but what kind of occupational therapy? Relaxed attention, of course, learning all one can about the job. Relaxed attention leads to interest, interest leads to action, action leads to freedom.

Any kind of work is fun when you learn to relax. Relaxed attention leads to efficiency. You see your possibilities, your opportunities for self-development. Even the neurotic housewife will find joy in learning the scientific side of homemaking.

Many wives in the home make themselves miserable as well as the whole family, because they just will not take time to learn new methods, new ideas etc. Relaxed attention creates interest, interest creates action, action creates freedom. Only when they are caught up in their so-called daily grind are they self-retarded.

Activity that is not self-retarded frees you from your self-imposed shackles. Every time you do anything your muscles tell your cerebellum. If you scowl or smile you may not be conscious that your muscles are reporting what is taking place. Nevertheless these are messages carried to the brain centres which cause inhibitions or freedom.

So when you scowl you create something in your cerebellum. When you smile you create something in your cerebellum too, for the simple reason it is what you do. The attitude of your mind is so essential in your work and play in your daily living.

Your cerebellum knows and is quick to act on the messages received by sending messages to all parts of the body, to all your organs and they act accordingly, then they begin to talk back. *It tells the body what to do. When you scowl it enters your cerebellum. Your cerebellum sends messages to your body and says, "it's scowling."* The whole of your body begins to scowl too. *That is the mind! Therefore can you separate disease from your mind and your brain and nervous system, or your body? Of course you can't! It is an utter impossibility, one and the same. The sooner you learn that the better.*

So when the body feels the scowl it takes on the scowl, then talks back to the brain and then the brain says, "all right, this is my habit-pattern."

Just like the fellow yesterday who had this heart complex which was truly a habit-pattern, it lasted him for four years and in one treatment he was completely cured. The complex had disappeared, the error was eliminated. It was like the error in a sum, I said, "well, when your sum is corrected where does the error go to?"

He says, "well, I don't know," he says, "it just disappears."

I said, "well, your trouble just disappeared too. Just exactly the same."

There is more in what I am telling you than what you think. You may be listening to me but you are not taking it all in. If you do you will find how good it is for you.

When you are happily sailing through your work in a relaxed and peaceful manner health-giving messages are sent to all parts of the body, thereby inner adjustments are made, releasing healthy impulses. Then your cerebrum is advised of the feeling of well-being established, so you are set free from your own self-hypnotic inhibitions and ideas.

Relaxed attention is the key to freedom, and relaxed attention is more easily obtained when one has a knowledge of the self. *How are we going to have a knowledge of the self? You discern all your thinking, your thoughts, your ambitions, your emotions, and what is behind the emotions and all the motives. That is the self.* Because the mind obeys the will of the one who knows. The will is not something that is forced upon the mind, only understanding enables the mind to function freely.

The mind is then directed to observe, dissect, analyse and draw to itself every bit of possible information regarding the thing observed, and I cannot lay too much stress on the acquirement of the great faculty of "relaxed attention."

When you are studying any particular subject you get very tense. What happens to that tenseness? You get tired. In your study you fall off to sleep, you wake up relaxed. You try again but still you do not know how to study. You do not understand relaxed attention. Tensed attention is of no value. It is relaxed attention that enables you to grasp what is true, enables you to learn, enables you to study, enables you to acquire the facts.

When the sun rays are focused through a magnifying glass the point where the concentrated rays strike will burn a hole in any piece of matter.

So does the mind penetrate the details when it is directed to each detail in turn. *That is relaxed attention.*

Relaxed attention enables the mind to attend to each detail at a time, but if the attention is spread over a large area it becomes tense and strained. The same happens with the eye. If you try to see too much by spreading your vision you strain your eye muscles and your sight will be impaired. *The same with your brain, the same with your mind.* But if you focus your sight on the smallest detail at a time the eye will relax and will convey to the mind the accuracy of what it sees. Your sight will improve. With this same practice so does the mind improve in a similar manner.

Now do you understand what relaxed attention means?

Attention does not fasten itself to uninteresting objects or subjects, therefore interest must be created and this is done through relaxed attention. When the mind becomes absorbed in activity, voluntary attention is increased.

Interest creates voluntary attention.

Voluntary attention which is directed toward an uninteresting subject causes what we call a "brain spasm." That is to say, where there is a black spot in the brain it will not work.

Most minds have not been trained to bear prolonged voluntary attention, because a habit of inattention has been created through tension. Therefore patient practice is essential. Do not bite off too much at once, as the saying goes, do not bite off more than you can chew. *Because your mouth will be too full.*

So it is with a lot of people who are trying to cram themselves. They have stomach troubles for the simple reason that they can't digest what is in their mind, therefore they cannot digest their food. The brain and the stomach is exactly the same.

This is the Masters' teaching and this is what I went through myself in my sojourn with the Masters. I am giving you a tremendous lot of knowledge. If you follow it out you will find how easy it is and it's simple. It is living perfectly. That's all.

Voluntary attention can become strained through tension, therefore it is often advisable to let the attention move involuntarily for a few moments

till tension disappears.

When a person is directing their attention, which is voluntary attention, I have directed their attention to a particular subject or object, there is a “strain” time where there is tension. Therefore to try to do more work under that state of tension you are doing more harm to your brain and your nervous system than what you think.

What do you do then? You let the attention move to involuntary, to anything that comes into the mind. Then you find that your attention is no longer strained it becomes relaxed attention. Then you can apply yourself again and you’ll find how easy it is to work that way.

If teachers could only understand this. Could allow their students to know it. What brilliant people could be in the world. How many teachers know it? That’s all I ask.

I have said that interest develops attention, so does attention develop interest and this you can prove for yourselves. Give a little voluntary relaxed attention to an object or subject, persevere with this voluntary relaxed attention and you will soon find points of interest rising before you. Many new phases and aspects are seen that hold your interest. Look for the interesting features of an uninteresting subject or object and soon all phases will become interesting.

With this method your will is developed in a healthy manner and will increase in strength as the mind is trained to do its bidding.

The will is always strong but it is not developed in the individual because of lack of application. The application of attention is the pathway to genius; when the mind is held interestingly on some particular object or subject, extraneous thoughts are closed out. I will have more to say about this aspect of our work later on. Now I must direct you here to cleanse the mind so that you can focus your attention through it.

Last week I directed you to analyse the “not I things.” You began to see what was relative. The “I” must be able to use its instrument, the mind. But before this can be done effectively we must have a mental house-cleaning. By doing so wonderful results can be obtained, and we will now proceed to take the exercise that will give you the desired results.

The minds of most people resemble an untrained horse or a frisky monkey which refuses to be taught at first. In training a horse you give it sufficient rein to allow it to move any way it pleases, at first gently holding it in the direction you want it to go. As it slows down you will find it will respond to your direction, the mind is much the same.

I remember when I was in my youth, when I was learning to ride a horse. They gave me what we call an old racehorse that was put out in to the grass. It was not very old. The reason why it was put out on the grass was the fact that when it got the bit between its teeth it went for the gallop, and there was nobody could pull it in. So they gave me this horse, so I got on to this horse and I was riding along lovely and good. When he got his bit in the mouth he started to gallop and he galloped and he galloped. After I had kept him galloping, I thought I was going to pull him in but I made him go and I made him go. I had the whip with me and I made him go still and made him go still. Round that paddock and round that paddock until he was dead beat and when he was dead beat he gave it up. That horse never took the bit in his mouth any more. Not with me anyway. When I came back the next time he was looking for me and when I came near the fence, he was snorting and followed me all over the place.

Seat yourself in a comfortable chair and relax your whole body, take off all tensions. By this time you will know where the tensions are. Make no effort to control the mind let it run along till it exhausts its efforts. It will jump from one thing to another at first but soon it will slow down and look for orders from you.

The mind may take a little time at first to quieten down, but each time you practise you find it will quieten down in a much shorter time. You will gain two important things with this exercise, it will release your tensions and you will acquire relaxed attention.

That is the great thing—to find relaxed attention. Because in your mind there are many things that prevent you from having relaxed attention. There are tensions in your mind that are preventing you from having relaxed attention. Can you study when your mind is troubled and tensed? Of course you can't, try it and see, you will soon find how stupid that is.

When the mind is calmed down fix the thought on the “I,” see it independent and superior to mind and body and directing both. See the “I

am” as real, Divine Power, Love, Wisdom. The result will be a most powerful focusing of thought and realisation of Reality. Practice makes perfect. Make it a daily habit and see how wonderful you will grow in understanding.²

Do not fall into the error of saying that you are a part of Life or an atom of Life. The fact is that you **are Life**. *The fact is you are Life and Life is not separated at all. The one Life is expressing itself through everyone, that which makes us fundamentally united and real. But it is the wonderful truth that so many people make the mistake and they say, “you know, I am a spark,” “you know, I am a flame,” “I am this and that.” They do not even know what they are.*

But when you realise, this fact, that you are Life even if you do not know what it is, you are it. Just as you do not know what electricity is you know that’s a light but you can’t tell me what a light is, but you know what it is. “When you have seen me you have seen the Father.” When I see you I have seen the Father. I know there is no division in Reality.

You have to reach into the deeper layers of Consciousness to find that Reality and how do you do it? By discerning the relative and by no other way. People will go and they concentrate and meditate. What are they meditating upon? Nothing!, nothing. Life is not divided. You enter into complete freedom through wholeness. “I and the Father are one.”³

BENEDICTION

O Blessed One, Thou hast shown me the way to shed the personal in order to become impersonal.

Thou hast shown me the way to cast aside the limited in order to expand into the unlimited.

Not until the imperfect, the small, the contracted, the personal is surpassed can I know Thy Divine Presence.

In Thee alone lies Life, Immortality, in the separate self alone lies death.

I shall become what Thou art within me. Yet no human words can interpret Thy invisible Nature, only Thy voiceless messages can reveal Thy

Presence, O Blessed One.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 31st October 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next paragraph contained in the book and the lecture notes is missing from the recording. [*You may lose yourself in action, but if that action is caught up in tension it leads to cerebellum misbehaviour.*]
2. The next sentence contained in the book is missing from the lecture notes and the recording. [*The I must become aware of itself not in the relative sense but as the Living Reality.*]
3. The next sentence contained in the book is missing from the lecture notes and the recording. [*This must not be a mere Idea in the mind you only bring this truth into your conditioning. Freedom comes when we discern all that hinders the true expression of "the Father".*]

Lecture 4 (7th November 1950)

OCCUPATIONAL THERAPY IN ITS FINEST FORM*

“Make the Almighty Himself your treasure, sound wisdom your wealth, then the Almighty shall be a joy to you, and you can raise your eyes to God; when you pray, He will answer you, and then you can fulfil your vows to Him; whatever you plan shall prosper, and you shall live in sunshine; ...”—JOB 22: 25-28. (Moffatt)

When we read Job, we find a man in distress. We find a man who has tasted the dregs of life, for everything has happened to him. Then he comes to the realisation that within himself there is the Divine Power, then all things change from that moment. He becomes a new man. Job in distress and then Job in the sunshine.

That is the same with most people in this world where there are many difficulties that beset them. But when the realisation and recognition of that which really is in Reality, the only permanent and Real thing established in themselves, and that is themselves. Then a new life opens before them. It is this what we call, occupational therapy in its finest form, that is living.

In my last *lecture* I dealt with Relaxed Attention. There is more in attention than most people are aware of. Attention leads to perception and memory.

In your daily tasks there are many things that may be tedious, but when relaxed attention is developed in the natural way your work becomes fun because you are applying yourself scientifically and with interest.

Now without attention there can be no perception, and naturally without perception there can be no memory. In this relative world in which we live, we have to use our faculties that God has given to us—a mind and the methods and ways to use it. I am pointing these out to you because it is naturally the training of a master before he enters into the realisation of

that oneness. The mind then must be trained and as the mind is trained, new avenues open before that individual.

Relaxed attention leads to voluntary attention where you are able to see and think about an object or subject with the greatest possible degree of clearness. Another fact that must be remembered is that we have a mass of unassociated facts about a subject or object and these facts have not been of any use to us because they have never come into the field of consciousness, *for observation.*

Lots of things that you read in your lifetime have entered your mind. You have thought about them for the moment, you have put them in a pigeon-hole in your mind, but what happens? You have forgotten all about them, but nevertheless they remain in your mind and that is one of the greatest things in your mind, is to have control over these un-associated facts, so that you can bring them before the view of the consciousness so that the consciousness can again observe them and make use of them.

Only when they have been brought into the field of consciousness do we see clearly the relation of these facts. That is why we should now realise that the secret of attention is to attend to one thing at a time exclusively, this gives us a clear picture of all the facts in regard to what we are attending to.

If you have in your mind a number of un-associated facts, under no circumstances have they associated with other things, but when you think of a particular subject or object, then immediately all these un-associated facts begin to flow up. So they rise up into the field of consciousness and you become consciously aware of them. Then that is new knowledge.

That is why attention is so important. If your attention is what we call haphazard then you see that these strands of information do not rise up into the field of consciousness at all. It is this concentrated form of attention that is so essential in your work and play.

Occupational therapy in its best form is when our minds are directed in the right way, then work becomes really interesting. By this means your health improves because your activities bring relaxation through interest.

It is when you are strained and tensed that you create habit-patterns. Immediately you know how to apply yourself, then you have an interest. In

that interest you have relaxation. In that relaxation you break up your old habit-patterns and you become well.

The cause of a poor memory is largely due to lack of attention. Impressions are the source of our memory and these are obtained through attention and interest. The degree of attention given today regulates the quality of your work tomorrow.

The greatest destroyer of attention is emotional habit-patterns, *brought about through tension*, which create physical illness. You will now realise that constructive activity frees the brain. Constructive activity breaks down the network of inhibitions which prevent the entire brain from functioning as one complete unit.

When you are writing a book, when you are writing things of the interest, even if it is memoirs, it's no difference what it is—you are happy. There is a line of action that gives you rest, there is relaxation, there is interest, if you are engaged in work that you like. If you are relaxed at your work and play, then you are gaining health.

Relaxed attention leads to constructive activity and constructive activity leads to freedom, when you work with joy the entire body gets in tune with your healthy creativeness.

Are you engaged in constructive activity or are you engaged in destructive activity? Think now, ask yourselves the question and discern what is in your mind. Discern what you are doing then you will free yourselves. Only by discerning your own actions can you free yourselves from them. If you are caught up in them, then you are in a vicious circle.

Your heart beats with new life, your lungs expand and as more oxygen is taken in this leads to enthusiasm, for oxygen stimulates the body and mind. When there is inhibition through emotional habit-patterns a lack of oxygen is evident. This causes poor circulation, paralysis, anaemia etc. Thus many of our ailments, you will see, have a nervous origin.

How many people have what we call conflicts through nervous reactions. They are nothing more but inhibitions in the cerebellum creating these conditions in the body, reflecting outwardly the state of our minds. Then sure enough you will say, mind and disease are one and the same, you

cannot separate them. Your disease must be in your mind, it cannot be anywhere else.

The body has no power of its own, it has no existence apart from you at all.

Then when we realise this great Truth that our roots are in heaven, in God, your roots and my roots are deeply rooted in the Infinite Spirit, there we sustain our sustenance. We obtain the sustenance to live. The Master said, "Man does not live by bread alone but the very word of God." That is the bread that comes down from heaven.

Man has not yet seen the flow of Life that flows into him. Without that Life flowing into his body, his body could not exist. So the body does not live apart from your mind, nor does your body live apart from Life. But Life itself is Perfect in Itself, it is an Intelligence that knows no sickness of any kind. It is out-picturing the Desire and Will of the Spirit.

All things perfect. So Jesus said. "Be ye perfect as your Father in heaven is Perfect."

But in man's mind, all these troubles exist. It is like a seed planted in the ground. It begins to grow and when it spouts, then man sees it and begins to fear it. Because he finds it is contrary to what he would have in his own system, in his own body, he feels it.

Faith then is the quality that enables you to overcome all your difficulties.

Most people are living on the Tree of the Knowledge of good and evil. They are all the time living on it; they are eating off it. Don't you see that this is a relative thing? By feeding off it, you are eating of the relative world in the relative conditions; health, ill-health, success, failure, good, bad, all the rest of these things. That is the double mind. But the individual who has found this Truth, he knows that there is nothing but Life. "I am that Life." That's what the Master said.

When there is creativeness in your work, your work is recreation. It virtually re-creates for it builds up wasted muscles and red corpuscles. This new released energy revivifies your whole system.

It is when you have creative activity, your strength, energy and thought become the rails upon which you travel to the summit of joyful living.

Whatever importance we enjoy in our communal life comes through our work. It is what we do that makes us great. When we look at the great achievements reached through human life we can appreciate the supreme quality inherent in us all.

Many millions of individuals working in harmony create the colossus—steamships, railroads, and flying ships which were at one time unthinkable, are now a reality. Great cities, the greatest and the smallest of them, all is the result of our work.

But there is something greater behind it and that is the thing that we must see and must know; that which is supreme and inherent in us all, that which enables us to live, that which enables us to work. When we take off the brakes, God does the work for us.

I can always feel that the sentence the Master said in his calmness and his peace and his serenity. In that quality of power that was his, "It's the Father who ever remaineth within me. It is He who is performing His own deeds."

Is that not the way then to be relaxed and eased at your work? If you can carry that everywhere, in your play, in your work, then you will find that there is a supreme quality. That supreme quality which is Reality. That which is free; unlimited, never tarnished, never affected by the relative, neither knows good nor evil, health or sickness, success or failure. It is that in itself that makes you what you are when you realise it.

These are the products of our hands and our minds. We realise that there is more than human effort behind it all for we are all Divine in nature.

It is only through this Divine reasoning that we reach the summit of joy.

When we are living in the outer consciousness, the superficial consciousness, all things interfere with us. This, that, a belief in this, a belief in that. Is it not that belief itself is the cause of separation? You believe one thing and I believe another. Then you say, "you're wrong and I'm right" and the other person says, "I'm right and you're wrong." So you are brought up in a certain belief and what do you do? You say that the other person is all wrong, and he says that you are all wrong. But that is just a belief, it is just an idea in your mind. That is not truth.

All these beliefs are the cause of all the misery in the world. They have brought about more wars, more trouble than anything else. Just go back only a few years and think of the Spanish inquisition. Think what was done to the people who had a different belief.

Think about those people who said they were Christians and professed the teachings of Christ, that man of Galilee who showed only one thing—Love. “Love thy neighbour as myself.” But what did they do? In records which we know of. We are told in one case a man was tied on to a pole and this pole was revolved round an open fire and he was roasted alive. That was one of the punishments. Other punishments were; that their eyes were gouged out, their intestines ripped out and then burnt at the stake. Some of them burnt alive. That was because of what? A belief.

Today what do we see in beliefs? There is a great controversy running in the newspapers today about the different religions. Are you not disgusted yourselves to read about that stupid nonsense? You who are students of the truth? Can you associate yourselves with these beliefs that create antagonisms and separation?

There is only one religion, only one, and that is the Fatherhood of God and the brotherhood of man. “Love your neighbour as yourself.” There is no other.

Hatreds, antagonisms because a person follows one religion and one, another, and the hatred is terrible. Yet what are they doing? Preaching Christ! They are preaching damnation, that is what they are preaching. They have no more knowledge of that man of Galilee than this table has. The sooner the world wakes up to it, the better and leaves those beliefs alone until they rot and disintegrate and dissolve into nothingness where they belong.

When we lose ourselves in our work we bring into operation qualities that are beyond human nature. We lift human life into the dignified state of our Spiritual nature realising what is behind all our creative genius.

Therefore we lift our work into a Higher state because we bring in this Spiritual quality. It becomes more than human nature. It becomes a Spiritual Creative genius, a Spiritual Creative activity in the individual and through him God works. That which we call God, which we know not what He is, but we know that He Is.

I can well see how the Master in his period of devotion found himself, freed himself from all the relative and saw the purity and the greatness and the power invested in him. "God the Father and I are One."

There are many states of realisation of this great saying. If it is only a platitude to you, just a saying and an image in your mind, and you image something about it in your mind, it is nothing, it is but an image.

But I can realise because I have had the experience and I know this experience of going deeper and deeper into the deeper layers of Consciousness and eliminating all that is relative, even the angels in heaven. Eliminating all these relative things, even all these great things, then coming to that which in Itself is Reality. That which is in every angel, that which is in every human being, that which is the Christ itself. There then Jesus, the Christ, knew that he was the Christ and you can find that too but only through deep discernment, by dissolving away all the relative world, coming to Reality free of all things.

Freeing of success, free from failure, free from health or ill-health, free from good or bad, free. Freedom. What a wonderful thing.

Therefore, when we lift human life into the dignified state that our Spiritual Nature realising what is behind all our creative genius.

Then who cares for rewards, for thanks, for praise now? Only one thing counts, the expansion of our creative genius through freedom. Individually we may feel insignificant but spiritually united we feel rich beyond words.

This is the way that your nervousness is dissolved away, by losing yourself in action you regain your good health.

You regain that which is Real, you regain your Reality. Why? Because you do not seek for reward, you do not seek for praise. Nothing comes to you except that expansion of your creative genius through freedom.

Remember that you can make yourself as big as the job you pick out for yourself. You must first learn to relax so as to be able to carry your habit of relaxation over into your daily activities.

Once you are able to relax, you can carry that relaxation over into your daily work, into your daily activities. That is the success of your living; talking to a person relaxed—free, working relaxed—free, active in

everything you are doing relaxed—free. Try it out and see how wonderful it is.

But what happens to you during your daily living, and your daily actions? In your work and play? There is tenseness all the time. You are wondering, you are looking, you are tense, you are fearful. Habit-patterns.

Do you know that these messages are sent to your brain, to the cerebellum? This cerebellum is sending messages back into your body again and then your inhibitions begin. Your nervousness begins, because you are afraid.

There are so many fears that people are troubled with. Thousands of fears. Social, work, play. These three are the greatest because they are mostly in your living.

Secondly, do not bite off more than you can chew. Start easy and work up. And, thirdly, remember your relaxed attention so that your activities will provide you with satisfaction and pleasure.

Relaxed attention means not a strained attention. I told you what a strained attention was, the other night.

A person came to me the other day. Could not study, couldn't learn anything, a very brilliant young man. He got to the state that he could not do anything. I said, "I know why, because you're strained all the time. You're struggling, you're straining yourself, you're tense."

He said, "yes, I'm tense."

I said, "Now, here is the way to do it—relax, relax your brain, take a relaxation. Immediately you feel yourself tensed in your study, immediately stop. Don't try and force your voluntary attention because you'll have tension. Relax, allow your mind to float away, get some relaxation for a moment. Involuntary attention. Relaxed attention. Then come back and see how easy it is to apply yourself again."

"How simple it was," he said, when he came to me again.

I said, "How are you getting on now?"

He said, "I'm fine, absolutely grand. It's easy."

Are not these things worth knowing? These are the things that help us along in our daily tasks.

Occupational therapy is a way of acting that will give us the maximum amount of pleasure and the minimum amount of pain. Our human relationships have a great deal to do with this when we realise that what we do unto others we do unto ourselves.

Human relationships are very important. We must be free. There must be a freedom in your human relationship. There must be no tension there. If there is tension there, you must find out why that tension is there!

When there is Real Love there is no tension. When there is Real Love there is freedom. There is a passive state of mind. There is a blending of the two minds and souls together. There is a feeling of happiness and contentment.

Find out where your tensions are. Then you will find that your living together will be a pleasure, your health will improve and everything will be bright and cheerful.

It all rests within yourselves. I can't do it for you. You cannot satisfy your hunger by looking at another person eating, can you? Well you cannot satisfy your hunger for this freedom until you search deep within yourself and there find the reason, the cause of your tensions.

These things are important in your lives. There is nothing to worry about, there is nothing to be upset about. All is scientifically arranged, that you can by yourself, completely eliminate all these tensions in your lives, in your work, in your play, in your home, in your social states, and in what we call, human relationships.

Then begin with honest appreciation of the other fellow, praise is always better than fault-finding. If you want to call other people's mistakes, talk about your own mistakes first. *You generally forget about your own mistakes when you are trying to call the other person's mistakes. But if you talk about your own mistakes first, you are less liable to call the other person's mistake. We are all liable to make mistakes, but what about it if we do make a mistake? You are here to make mistakes, you are here to live and make mistakes. Mistakes is your experience, without them you would never experience anything. You would be a dull table, a glass, a tumbler, that is what you would be. An immovable in-motional nonentity.* Always let the other fellow save his face, no one gets away with anything. Remember the boomerang returns to the foot of the thrower.

Always give the other fellow a fine reputation to live up to. This is the greatest of incentives to creative expression. *What a wonderful thing it is to give a fellow a fine reputation to live up to. See how he is going to try and keep up that reputation. What does it do? It is the greatest incentive to creative expression, creative genius.* A fault is always easy to correct when encouragement is given. It is when we scold and rave we create resentment and frustration.

I remember when I was at school. School in Scotland is a different thing to be in than a school in other places in the world because there are pretty wild fellows there, I can tell you. Often I have seen some standing-up fights there in the school between the teachers and the students. I have seen them rolling on the floor and slates flying all over the place. Slates with frames taken off and swished through the air. If you didn't duck your head your head would be cut right off in two. That was because why? These Scots fellows resented being scolded and resented being talked to and being strapped. The teachers soon found out what was the best way to handle them.

When you get a handful of Scots fellows like that, I tell you, you have got a handful. You see, in my time in Scotland, that's a good many years ago, education was hard. There were teachers that were hard, but there were scholars just as hard, just as tough.

I remember one boy having a fight, he and myself, a long time ago. Nathaniel Ross was his name. In fact, he was a friend of mine but we had a bit of a squabble and he hit me anyway and I got my monkey up and I hit him. I gave him an awful doing. His nose was bleeding and all the rest of it. I took him into the schoolroom and we washed our hands in basins there. I took out my handkerchief and I was wiping the blood off his face and his hands. Old Cameron, the school Headmaster came in and he said, "Have you boys been fighting?"

I said, "Yes, sir."

He said, "Whose handkerchief is that?"

I said, "It's mine, sir."

"Was it you who did this to this boy?"

I said, "Yes, sir."

“And are you now wiping his wounds?”

I said, “Yes, sir. We are friends.”

He went out. Then he called all the classes into the big room and talked about this for an hour. What this wonderful thing that he could see, comradeship. It was a wonderful lesson for all the rest of the boys.

Of course, Cameron did it to a great extent for himself. I knew that, but nevertheless it helped the rest of the school. The best of it was that then in the afternoon we all got a holiday. So I was the fellow that got them the holiday.

But these are the things that make life worthwhile, is that comradeship. If we do, may lose our tempers at times and we are sorry that we have lost our tempers, we are sorry that we say the things that we do. It is a grand thing to be able to go and make this comradeship even better than it was before. That is the thing that counts.

In fact, I remember after that, Nathaniel and I were even greater friends. We went together, we did things, naughty things. We climbed places, we threw stones. We did everything to beat one another for we were always in competition, but were never unfriendly.

I remember at the same time, at the same school, Nathaniel threw a stone and it went in through the school window. It came to the time Cameron came in and he said, “Who broke the window? Who threw a stone through the window?”

He said to me, “Do you know who it was?”

I said, “Yes, sir, “

“Who was it?”

I said, “I won’t tell you.”

He said, “You won’t tell me, will you?” So he took me out on the floor and he had the strap and he said, “Hold out your hand.”

So I held out my hand. I let him lash at it as long as he liked. It was all bleeding afterwards and he looked at the blood running off and he stopped. He asked me, “Why? Why didn’t you tell me?”

I said, “I made a promise. I said I promised that I would not tell you. Why should I tell you, why should I break a promise? If I break a promise to

my friend, I break a promise to you.”

Cameron was really, a soft-hearted man, and the tears began to run down his cheeks. From then onwards, I was always the top of the class. Even though I was at the bottom of the class he would ask a question and he would say, “You know that right, to top of the class.”

Now we see then, our fault is easy to correct when encouragement is given. But when we scold and rave, we create resentment and frustration.

If you can make the other fellow happy in doing the things you suggest you have won his respect.

Impressions are made through our five senses, such as seeing, hearing, smelling, tasting, feeling; yet there is a sixth sense that cannot be classified as a physical sense. When we are sincere, real, we use this sixth sense, we also cause the sixth sense in others to come into operation.

Five senses, but there is another sense, that which is under consciousness. We will see what it means.

Every mental state has its physical action, these are not often perceived by ourselves but are revealed to others. When you hold a mental state of anger, hate, jealousy, fear, *etc.*, your face shows up these shades of emotion. *They are not visible to yourself but they are to others.* When you hold that state of mental harmony which you get through relaxation *and Divine reasoning* your face will also reveal your mental state.

But by this deeper sixth sense through which you feel, your “general” state of mind *is known*, you may laugh or cry, rave or be silent, yet this general state is caught up by this sixth sense under consciousness. Call this general state personal influence if you like, it makes no difference what name we give it, we have to admit that it does exist as a force that can be felt.

When you carry out what I have advised in these lessons you will find that nature produces in you this influence that affects others. You develop a winning way, when you speak you can sway those who listen to you. This mystic power comes into force as you use your creative ability through Divine Reasoning.

In your business associations it is of great value in helping others to be happy in their doing. Your enthusiasm is infectious, there is a reciprocity,

something that flows backwards and forwards from one to the other. Yes, the sixth sense is a wonderful thing. It is based upon the Law of Cause and Effect.

There is an underlying Force that exists in all minds, this is the Infinite expression of Love which in Itself is an energy that is known only through our sixth sense and we are all centres through which It flows and the more we come into harmony with It so do we influence others.

How then does this come into operation? By seeing the Love of God. That this Love of God is in you. In the Sermon on the Mount you find it there portrayed in its beauty:

“Do unto others as you would have them do unto you.”

“Condemn not, lest ye be condemned.”

“Give without seeking reward.”

“Love your neighbour as yourself.”

In all those sayings, Jesus revealed this tremendous force that was the great attractive Power. It was the great Power of expression, the Power to heal, the Power to live, the Power to act. It was in Itself creative genius.

“I and the Father are one,” the true realisation of this great Truth brings about this state. “To him that hath, it shall be given unto him in abundance.” The quality which we acquire by “doing” draws this Universal Force into us, thus a powerful influence is created, *by doing*.

Around such a person is developed a magnetic atmosphere. It is very different from that which surrounds the pompous, self-centred, selfish, fussy individuals. They are but cheap imitators. They may try to copy, but copying is their downfall, for failure is assured. The individual with “quality” is always original and success lies in originality.

You are yourself. No one is like you. You are an individual. God has made you that way. Then let Him express Himself in the way He made you. Freedom gives you that.

You will notice that the individual who knows does not tell others how smart he is or how important he is, neither does he try to show off. You feel his strength in the atmosphere that surrounds him. His conscious awareness of the Universal Will within him is expressing Itself. The expression of the Universal Will is Love.

You must feel yourself in touch with It although you cannot define It, and as you gradually admit Its power so will you eliminate these petty personal barriers of conceit and selfishness.

When this state is reached your desire to create and accomplish will increase day by day. There will no longer be those emotional habit-patterns creating inhibitions frustrating your life, mind and body. This is occupational therapy in its finest form.

The motive power within created by the Universal Will which is activity (Love in action) *is capable of manifesting* in a wonderful degree. Relaxation, Divine Reason, Relaxed Attention, all these open up the way to this successful living.

The voice reveals this state of consciousness. Note the tone and quality of the voice, there is no longer that timid hesitating doubtful ring in the voice. There is confidence and self-reliance based Upon the Universal Will within which commands respect. There is calmness devoid of bluster and domineering. Yes, the voice has power, tone and expression.

There is so much to this wonderful science of occupational therapy, it is never-ending. There is so much I want to say, yet time and space in our relative world seems inadequate.

“Fear thou not for I am with thee, be not dismayed for I am thy God.”
Isaiah 41: 10.

I AM is the name of God, the name of man. This is a secret word that is on the lips yet few have realised it. I AM.

BENEDICTION

O Divine Wisdom, my mind was clogged and smeared with delusion.
Wash away my selfishness with the Stream of Thy Love.

Let Thy Love-Power shower down to fertilise my desire to reveal more of Thee.

Bathe my thoughts in the pool of Thy Wisdom so that all my prejudices shall cease.

Cover my path with Thy Roses of Love so that Thy fragrance shall hasten my steps towards Thee, there to find also in others Thy fragrance of Love, O Perfect One.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 7th November 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 5 (14th November 1950)

OCCUPATIONAL THERAPY MEANS ACTION NOW AND IN THE RIGHT DIRECTION*

“Rise, I tell you, lift your mattress and go home.’ Instantly he got up before them, lifted what he had been lying on, and went home glorifying God.”

This man, as you see he was bound. Bound by what? Bound by his own mind, by the condition which he had. It was the only thing that troubled him in his mind. His mind enveloped the whole thing and nothing was in it except this condition, therefore he could not see his way out of it. So he was bound. But immediately he rose up and went away, he was free.

Now, that is exactly the same with us. Naturally of course, we will never know freedom until we are bound. The old priest said to the young lady who came to him for repentance, forgiveness, “My dear,” he says, “Sin is a wonderful thing, because without it you could have no repentance.”

So you see neither could you have freedom unless you knew that you were bound. It is to discern the fact that you are bound, then you are able to have your freedom. We will enlarge on that as we go along and we will see what is the thing that binds us most. Beliefs! Beliefs is the thing that binds us most. Nothing binds us more than beliefs because if we believe in a belief, then we are bound, we are not free. We are conforming to some particular idea that is not our own. To a great extent we know that ideas that are planted in our own minds is the thing that bind us. We only have to learn this, and discern it, then we will find our way to freedom.

Jesus said, “Sufficient unto the day the evil thereof.” “Tomorrow will take care of itself.” There are many roads to freedom, some will find one road and others will find another but the fundamentals are much the same.

The attitude towards your work is very important. Amusement and play, music and recreation all these open the way to freedom.

Why? Because the first thing they do is take your mind away from your beliefs, from the things you are caught up in and tends to allow your mind to reach out. Even if it is out towards the relative, it is better than being caught up in the vicious circle.

The habit that most people have acquired is that they live in the tomorrow and seldom in the present with the result that they worry about the future while working today. There is nothing more devastating to the nerves than this. When one is happy in the doing today, tomorrow will look after itself.

*After all, a moment in time is but a moment. Moment to moment. **Now is Eternity.** You cannot be out of Eternity because you are in it now. It is impossible for you to be out of Eternity because you are living now and now is Eternity.*

If you can grasp the fact, that Infinity means everything. Infinity means that there is nothing except Infinity, therefore Infinity is Eternal. It must be and that Eternal is now. You can never be anywhere but now. Also to know that Infinity is here at this very moment and is everywhere else at the same moment. Infinity is within me and within you at this very moment, within every one of you, this Infinity is in you and me. Infinity is everywhere at the same moment as it is in you and me now! If you can grasp that truth, then you will free yourselves from the relative because you will be able to discern the relative and by discerning the relative you will know that you are doing it and therefore by discerning it you will free yourself from it.

Some will dream of some magical rose garden somewhere in the future. But what you do today makes tomorrow safe. *If today I am dreaming of a rose garden that I may get, and if I do not know today that I am, I will never find that rose garden, that becomes a fantasy in my mind. What am I doing then? I am living in this fantasy. Yet I am living here now and I am reacting to the conditions in my life. At the same time I am living in this fantasy. That is conflict and confusion. If I discern what I am doing, then I can free myself from this fantasy, from this illusion, from this dream, and make this moment Real. So “tomorrow,” as Jesus said, “will look after itself.” So some will dream of some magical rose garden somewhere in the future but*

what you do today, makes tomorrow safe. This is the sure way to release habit-patterns built through a world of fantasy.

Many people live in a world of fantasy while living in a world of reality with the result that conflict is created between today and tomorrow which leads to frustration.

Many people create nervous tensions through living in embitterment in the present by regretting the past. The past is but experience that should make you more fit for the present.

But what happens to most people? They are embittered in the present because of the past. They don't take that experience and put it into the present and so it makes the present better and makes you more fit for the present.

When people have reached the position where they have acquired an interest in Life they get the utmost out of the present. Joy in action is the key to successful living.

You may be asking yourself the question when shall I start to do this. Next week? Tomorrow? Then tomorrow never comes, the time is now and there is no other time but now.

Take for instance the nervous tensed and unhappy housewife we spoke of in the last *lecture*. After she had found interest in her work she was free. Her work was her salvation because action with interest leads to freedom, now she bakes her pies and cakes with excitement and she smiles happily as she listens to her favourite records playing in the next room—caught up in her work she feels that freedom, that rhythm of Life. She has divorced her nervousness by devotion to something outside herself.

Therefore she is externalising her own consciousness in something else. She is not caught up in the vicious circle about herself. She listens to the music that touches that mind, that releases the habit-pattern. So the habit-pattern begins to disappear. You will see how easy it is if you apply these things and you will find that the old tensions will pass away completely from you. When the tension goes, the habit-pattern disappears also.

A few months ago she was a neurotic now she sleeps restfully and awakens up refreshed. Why? Because she has found how to combine work and play. Sick, nervous, self-inhibited people have to learn to play.

You are grinding all the time; you are grinding about your work, you are grinding about your house, you are grinding about because there is a spot here and a spot there. The cushion is not right here and the cushion is not right there. The carpet is turned up at the corner. Somebody throws their hat in a chair, the paper is left beside and the whole story is a little cigarette ash all over the place and your mind goes in a whirl and you go into a whirl too. Before you know where you are, you are upside down. Your heart begins to flutter and patter and then you get angry and you begin to shout. As soon as you begin to shout, the other person shouts back and says, "What the hell do you think this house is, just a place for you to look at? It is a place to live, isn't it?" So the whole story goes on more and more and you get worse and then what happens? Soon the nervous breakdown. Habit-pattern.

Those sick, apathetic, nervous, self-inhibited people who take no pleasure in anything must learn to play, for the spirit of play will bring them back to health. Almost anything you do can become play. Get happiness out of your work. Your work may be serious work yet you can find enjoyment in it if you know how to play at your work. *It is a wonderful thing to know how to play at your work. I play at my work every day because I enjoy it. I laugh and I joke and I enjoy it. People laugh and they get better. You get a sour face and before you know where you are, you have them laughing and then you have them well. That's the first step to get well.* If your work takes all the sunshine out of your life then it is not worth while. *That work will be there when you're dead.* But work done in the spirit of pleasure is recreation.

You can have great pleasure in the exercise of your gift. *Some people have gifts but they do not exercise in them. They start and then they half-finish a thing, they lay it down, and therefore they say, "I am too sick to go further on with it" and so, or "I am not too well."* Do you know that the exercise of that gift will make you well? *It will take your mind off yourself. It will make you do things. It will make you happy. You will see your mind expanding and it will take you away from your own selves.* It frees your brain from old habit-patterns that before held you bound in your own inhibitions. Bring the spirit of play into everything you do. **Play is not the**

same thing as work, yet the spirit of play enables you to work with interest and this leads to freedom.

So tomorrow when you go to work and if you are the boss, you say you're going to play and if you are not the boss you are going to tell the boss that you're going to play. "I'm going to play at my work." You will find that the work will be a lot better and happier and people around you will feel your enthusiasm, it is catching, it's infectious. You can have great pleasure in your exercise of your gift so that is one of the great things you must seek. So get on with it. You have a gift, many of you, and you do not utilise it.

Perhaps you have never learned to play. Play is necessary to the growth of the child. A boy or girl that does not play becomes neurotic. The same applies to those grown-up.

Because we are all children. We are all boys and girls. By gosh, if I was not a boy, how, I would not think myself living at all. Really I got to feel that I am a boy. It is the boyishness and the girlishness that is in you that makes life worthwhile. You become an old woman, an old man if you are not a boy, or a girl. Feel that flowing interest, that youthful feeling, that is the thing, there is nothing better I can assure you.

Those who cannot work because of their self-imposed inhibitions will find a simple desire to play is a mild suggestion towards activity and freedom. *So some people get so bad that they cannot even work they can't even do anything. They cannot even play. They sit down and mope. Everything is terrible. The only thing is to get that person to do something in the way of playing or doing something then they get well.*

I had recently a woman in Johannesburg who had a very bad nervous breakdown. They were going to send her away to a mental home. They told me the position. There were children in the home, there were other people in the home as well, and they were always telling the children they could not make a noise. They had to walk on their tiptoes here and they could not bang a door and they couldn't do anything because of this person.

I said to them, "You're going to send her to a mental home! My God," I said, "You'll have plenty of noise there, you can't keep the people there from making a noise! They will shout and scream and dance and," I says, "That's the thing that you must do here now. You must let those children fly

along the carpet, let them make a noise and all the rest of it and send her to me.”

So when they got her to me, I got her to do small things. I got her used to doing the flowers at home, getting the flowers out into the garden and so forth and you know before very long she was entirely and completely well.

Tiptoeing all over the place, “Oh you mustn’t make a noise,” “Your grandmother she’s ill, she can’t bear a noise.” The whole thing was keeping the person in that state because she liked it. She had the whole house in the palm of her hand. It was nice for her to have the whole house in the palm of her hand, and quite good. That was feeding her nervous trouble. But when I changed the situation, she soon changed her situation too. When she began to do something, she lost this business. It is the same with everyone else.

For those who cannot work because of their self-imposed inhibitions will find that a simple desire to play is a mild suggestion towards activity and freedom. I told you before that strong suggestions and affirmations created the opposite, that is why play does not arouse strong resistance against doing anything.

Strong suggestions raises the very opposite to what you want. Instead of you getting them out of the state puts them deeper into it.

Mild suggestion in the form of play, of music, harmonises the soul. You will find also if you are nervous, if you are irritated, if you are tired, listen to some music to calm you. Not the jitterbug music of course.

If you find that even the desire to play is gone you can sit in the sunshine, relax and build castles in the air. I have witnessed neurotic parents at the seaside watch their children build houses of sand. Shortly the suggestion to take a hand in the building of sand houses has led them back to freedom. This relaxation released them from their inhibitions and let the cells of the brain work again.

When a state of collapse takes place a few cells of the brain are controlling the whole brain. Thus we have a dictatorship imposed upon ourselves.

If an idea dominates you, then it will dominate the whole of the brain cells. That is why a belief is often the hindrance to your true expression.

I witnessed a picture the other night, it was lovely to look at. But to me it was the most stupid thing I have ever seen. It was the Holy Year at Rome. The procession started with all the people with their flowing gowns. The guards with their spears and helmets and breastplates. Then the Pope was carried in a gondola on the shoulders of sixteen people. As he walked through, flowing gowns were covered over him with great big hats of gold and so forth. All this sort of thing was going on and then he had to go to a door. He had a hammer and he had to strike this door. Then he had to do another two taps. Then he had to do it again a third time and the door opened. Now he entered into heaven.

All this was to me so terribly stupid, following the teachings of a man, Jesus, who walked on the sand with his sandals. Who had no pomp and raiment. Who had no gold and silver surrounding him. But that simple man, that simple truth of the Christ, just that simple truth with no blare of trumpets. Here we see this, supposed to be the representative of Jesus, The Christ.

I am not saying that that particular form of religion is the only one that does the same. We see it in all the religions with their top hats and their flowing robes and their wonderful businesses and people begin to bow down, kiss the stones they walk on and the rest of all this sort of thing. Did Jesus tell you to do that? When I see it, I feel so disgusted within myself, I say how can man suffer this, that the blind lead the blind and they all fall into the ditch.

You may not be doing much, but what you are doing must be pleasant and enjoyable, then it is curative. Every part of your body will be sending messages back to the cerebellum which will give up its misbehaviour. Then the messages from the cerebellum to the cerebrum will help to release the old chain of habit-patterns and inhibitions. The brakes are taken off and God does the rest of the work.

Tension must first of all come through the mind. It must affect the brain. The brain then, through the nervous system on to the muscles of the body. When these tensions take place, a message is sent back to the cerebellum and the cerebellum accepts that message of tension and creates the habit-pattern. It is quite easy to see when the body talks back then you have got it.

But if you can discern why the body talks back, then you can free yourselves.

When you have a fright for instance, it goes to your body and your body shakes. The message comes back to the cerebellum and the cerebellum then feels the sensation in your body. It is automatic in nature. It does not think for itself. It only creates what it feels. So therefore if you feel sick, sore, you will find the cerebellum will accept that story and say, "All right, you're sick," It controls the heart. When you are frightened then you will find the cerebellum causes the heart to flutter. It will cause all the muscles of the body to become tense.

Then if that goes on continuously, like the chap I told you about the other day who had a heart complex. He came to see me in Johannesburg. He had been told four years ago that he had an enlarged heart and he read everything he could about an enlarged heart and he got a heart complex. He went to another specialist and the specialist told "There's nothing wrong with your heart." He went back to him again and he said "Get the hell out of here!" He said, "There's nothing wrong with your heart."

I showed him how his heart complex came about. How the fear got it and how this inhibition, caused his heart to play up for him. After I took the whole thing away through relaxation and Divine reasoning. I said, "Go down now, walk down to the bottom of Joubert Street, that's away down to the station, that's about a quarter of a mile almost, and come back and see me and tell me how you feel."

He looked at me in amazement. He says, "How am I going to walk down there if I cannot walk."

I said, "Go out and try, go out and walk." So he went out and he tried. He walked and he found that he could walk down Joubert Street and I said, "How do you feel?"

He said, "I feel fine."

I said, "you're cured that's your four years' trouble now gone."

Now, you see, here is the same thing, the misbehaviour that was here, was given up. Given up, mind you! This is the automatic that controls the glands too. It controls your thyroid gland, it controls your ovaries, it controls all these glands, your hormones. All the things that are working,

that is controlling; your sensations, your fears, your emotions all work through this area and they have the effect upon your glands, make the glands even secrete or not secrete, whatever the case may be.

Now how are you going to get rid of this? Not by the vicious circle, that is a certainty. But by knowing, by taking the tension off the muscles of the body, and the body, by Divine reasoning and discerning what you are doing. Then you will find that this will give up its misbehaviour. You will know that the body has been released and then you begin to get better. That is then the vicious circle in the opposite direction. So instead of going negatively, it begins to go positively and it frees you. But I say again that you cannot be freed unless you discern what you are doing.

Many people fear their own thoughts, they are afraid to think of things of the past. Painful memories have bound them into neurotics, can do nothings. That is what I always see clearly when I think of people thinking of the past.

Jesus said to the man who was lying down there. He says, "Your sins are forgiven you, get up and walk." Meaning to say, "You're no longer bound, you fool! Rise, pick up your bed and walk."

I would not be surprised if he said those words too but it is put in a different language. He was a man, not the man he is painted to be, sort of a man of tears and a man of woe. But I believe his laughter could be heard all over the place. His voice was strong, it could be heard for a long distance. You could hear his voice a long way off. I reckon that was true too. He was no sissy, as most people make him out to be.

"Gentle Jesus, meek and mild, look upon this little child."

Jesus took the rope put knots on it and he went to the temple, "and you devils get out of here." Was that the gentle Jesus meek and mild? I reckon he was the strongest man the world has ever seen because he discerned everything that was relative and by doing so he knew his own power because he had found that which was Real. Painful memories have bound them up into neurotic "can do nothings" because they have pushed them further into the recesses of the mind.

The great and wonderful truth is that you can take all things to the Christ of God and there have them dissolved away into nothingness where

they belong. When we have thus examined our fears and phobias we can destroy their power over us.

We free ourselves not by introspection but by discerning our thought-action. *Introspection is of no value to you. It is discerning your thought-action, your immediate activities that counts.* When the soul is filled with Divine Light there can be no darkness. The Flame of Love can always reach the darkest corner. God is Love and Love is God.

Because of the fact that God resides in me, that God resides in you. Because He is Infinite He cannot be anywhere else but in you and me. There is His place. He is everywhere in you and me and at the same time everywhere. Therefore to be complete in Himself and to be whole in Himself, the only emotion He can have is an emotion of Love. That we know from our own experience of the inner feelings of ourselves when we are deeply in love without jealousy or envy. But the only love that you and I have, very often, is hate and hate is love. Both are at the end of the same stick because they are relative. But the Love of God is not relative, it is a Reality.

Now can you discern what you're doing?

The Love of God is Eternal and Ever-present. It is something that cannot be defined. You cannot tell me what it is, because it is the growth in everything, the growth in me, the growth in you, the growth in the flower, the growth in the angels, the growth in the heavens, the growth in the stars, the growth everywhere. That is the Love of God.

I always find that Divine reasoning is essential to our freedom. The mind that grasps the Truth acquires the faith that makes us whole. Then every simple virtue or principle in the storehouse of Nature will be expressed through the individual who knows. Through the brain-mind the knowledge of the Universe is made personal.

In my last *lecture* I said that I would tell you more about perception and memory and how to acquire it, and as these are practical lessons the practice of the exercise I give you will be of great benefit to you in your daily activities, thus making you more proficient in every way, enabling you to make a success of your lives in a practical way.

We know that attention cuts a channel through which knowledge flows, we also know that attention exercises the power of perception. We saw in our last lesson that attention also brings into play the power of association and gives us the loose end of an almost infinite chain of associated facts, stored away in our memory, forming new combinations of facts which we have never grasped before and brings into the field of consciousness all the many scraps of information regarding the thing to which we are giving attention to.

We see clearly then that attention is one of the most wonderful things. Once we have mastered voluntary attention we have mastered everything because attention is the point to which the power flows.

If I want to heal anybody, I want to help them in anyway, what do I do? I attend to them this way, in my mind, I bring them up to me. I say to them, this way, "God does not suffer from this. You are God's child. He lives in you and you live in Him. Your roots are in Him, therefore you grow out of Him."

"The Intelligence in your body must be Perfect. In your own mind you have created this condition. This is a seed that has grown into your mind. It is like a seed that is sown in the earth, sometimes unconsciously, but nevertheless it grows. Now you are beginning to fear it." I silently say to them, now listen to me, "it has no power of its own. You are Divine in nature." How do I talk to that person? I should like to know. Do I say the words? No. I speak to your soul that knows my thought. I correct the error in your soul and your soul receives and the error begins to dissolve away. You will give up then, your belief in these conditions.

I believe that most people are caught up in this belief of their troubles and where are their troubles? Your body is mind materialised. If your body is mind materialised, it is only the materialisation of the mind is it not? What is in the body, must be in the mind is it not? It is not in the Intelligence that made the body, because it is Perfect. It is the Love of God manifesting Itself in Perfection.

One person came to me not very long ago, and he says, "God has visited me with this terrible thing." I say, "Well, why did you come to me to get you cured? Do you think I'm greater than God? If God put it on you, how am I going to take it away from you?" I say, "God bestows nothing like

that upon any individual. Remember this, that if this is a relative thing, if it is a temporary thing, it cannot be of God because God is Eternal and Ever-present.”

There is nothing temporary with God. The Infinite must be complete. How could I then teach you if you cannot understand my words that I speak to you through my mouth? Is it not better that I speak to your soul?

All the memories and all the facts which you have learned are stored away in the mind. So we will say there is a centre of consciousness, a point through which everything must come before the consciousness. So the consciousness is concentrated on a particular subject or object, we will say here. Then all the facts that are in the mind, begin to flow in, flow in, flow in, until such time as they will rise into the consciousness. All associated with one another to make new knowledge. Scraps of information you never knew were existing in your mind at all, become useful knowledge when you use your mind properly through the application of attention.

In my training with the Masters I had all sorts of training to do, to prove many things to myself. That is the only way that you can do it too. I cannot prove it for you. But I tell you, I know what I am talking about because I have talked from practical experience.

So we see, attention also brings into play the power of association and gives us a loose end of an almost infinite chain of associated facts stored away in our memory. Forming new combinations of facts which we have never grasped before and brings into the field of consciousness all the many scraps of information regarding the thing to which we are giving attention.

The proof of this is within the experience of every one. When we sit down to do some writing, painting, reading with interest and attention we find much to our surprise a flow of facts regarding the matter in hand passing through our minds, enabling us to combine, associate and classify thus creating new knowledge.

The more attention we give to anything the more we are likely to remember it. It is in the general sense thought that our memory is at fault, yet it is our attention that is weak. Elderly people can relate things that happened in their younger days with accuracy. Yet their memory of recent events is poor.

So a man came to me, a doctor, in Johannesburg yesterday. He hurt his arm and his shoulder and his hand. He had been to all the specialists all round the place, but they could do nothing for him, in fact they put the wind up him, very badly. But in a short time I had the pain away from his hand, and his arm free. He told me his age, he said he was fifty-five and he looked eighty-five. He said he was losing his memory. He was losing his grip on life.

So I said to him, "How old do you think I am? If you're losing your grip on life at fifty-five."

"Oh," he says, "Your about fifty."

I said, "Put another twenty years on to that and a little more."

He says, "Well, you're a better man than me, and I'm only fifty."

I said, "Well, I'll tell you. You've been delving in the wrong things. If you could take your mind off those sort of things you've been delving in, in matter and thinking of matter and living in disease all your life and not understanding it," I said, "You'd be a better man."

So I started in educating him a little bit and he went out of that room a different fellow, I can assure you.

He says, "How soon can I see you again?"

I said, "Well, you can see the desk there and Mary will give you another appointment." So he wanted to get in as soon as he possibly could, "Couldn't I get in sooner, and sooner?"

I said, "I'm sorry."

He saw a glimmer of the light of the truth that could set him free.

Elderly people can relate things that happened in their younger days with accuracy, but their memory for recent events are poor. This is because they do not apply their attention, thus they do not get clear impressions which is the foundation of memory. If their memory was at fault it would be difficult to recall any event far distant or recent.

So it is not the memory that is at fault but they are unable to apply attention. One pointed attention.

This exercise will help you to get vivid impressions. Take a familiar object, place it before you. Study its shape, colour etc., reduce it to its

smallest parts, dissect it mentally and study its parts in detail. Study each part separately, get clear impressions. After you have made thorough investigation take a piece of paper and write down what you have observed, then compare it with the article itself and see how many items you have failed to see.

This is a game for the family, it is fun and very interesting to see what one sees that the other does not see. *You will find that one person will see a lot of details and the other person will not see those details at all. Why does a person see those details and not the other details? Why does the person see the details that another does not? Try that in your own home and see what fun it is.* Make it fun, it releases tension, clears the brain, makes your memory strong and teaches you observation and strengthens your attention all in one.

That very thing does all these things in one because you are applying yourselves.

Take up the same article the next night and re-examine it and make more notes, you will find that you have discovered more details. This exercise has made many a one a great success in life; learning to perceive through attention increases the memory, these are the foundations of a successful life.

A simple exercise but one of the most wonderful.

You heard the story of the professor when a student come to him to be taught. He said to him, "All right," he said, "Go down to the museum." He took a fish out of a case and he said, "Observe what you see in that fish and tell me all about it." So after a couple of hours, the fellow came up and he told all. He (Professor) says, "You haven't seen anything of the fish yet." So (Student) he went back and he did some more and he came back next day and he said, "Well this is what I have found." Said the professor, "You have not seen anything of the fish yet."

So he went back down again and he studied and he came back another day and the professor said, "Well, you haven't seen anything of the fish yet." Then he got down to real observation and he started drawing every portion of the fish and he found all the different things with that fish was so multitudinous, he went back and he said.... Then the mad professor said, "Now," he said, "I see that you have learned observation. Please apply it in

the remainder of your life.” So that professor was one of the best teachers because he enabled the student to learn observation.

When entering a place endeavour to get all the details taken one at a time, make mental impressions and when you go out write them down. When you meet a person make a mental note of nose, eyes, ears, mouth, temples, chin etc. It is a fascinating game that leads to success through observation.

A little practice goes a long way and can be very enjoyable. The powers you will develop by these exercises will be enormous. You will develop in every direction in a pleasurable way. It releases tension and frees your “don’t do” cells to become “yes do” cells.

In acquiring the art of perception you should not attempt to perceive the whole of an object at once, the best way is to consider each detail, then group the details, then you will find that you have considered the whole accurately, The Chinese philosophy of Life is to accept the worst then you have everything to gain. They say that this gives a sense of peace and then you are able to think. There is some truth in this Chinese philosophy yet there is more to it than this. “Seek ye first the Kingdom of God and His righteousness and all these things shall be added unto you.”

That is the greater and most powerful thing that is in the world. “Seek ye the Kingdom of God,” Where is the Kingdom of God? In you, in yourselves! Then when you have found it, make the right use of it. “And all things shall be added unto you.”

You must first find the Kingdom of Power within so that we can attract, hold and materialise the external. The Power is within, the Substance is within, the Way is within and all leads to freedom.

“For whosoever hath to him shall be given and he shall have more in abundance.” Matthew 13: 12.

BENEDICTION

O Spirit of Life, Thou art in front of me behind me to the left of me and to the right, above and beneath, within and without, for Thou art

everywhere.

O Spirit of Life, teach me to heal my body and revitalise my soul with Thy Cosmic Force, then my mind will flourish with wisdom.

Let my meditation be strong through the intuition of Thy Presence, making Thyself known to me every moment of time, O Spirit of Life.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 14th November 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 6 (21st November 1950)

JESUS TAUGHT MODERN MEDICINE AND OCCUPATIONAL THERAPY *

(We will see that that is true. He did not teach a dogma, or a creed. He did not teach ethics but he taught us how to live.)

*“O heedless ones, how long will you choose to be heedless, and scoffers delight in scoffing, and senseless folk hate knowledge!”—PROVERBS 1: 22
(Moffatt translation)*

We have already learned that there is but one Master Mind in the whole Universe and that our minds are but a reflection of It. Few people know this and fewer understand how it operates through the individual.

There is but one Master Mind in the whole Universe. A wonderful truth that there cannot be two master minds, there can only be one. Our minds are a reflection of that mind, we exist in it and it exists in us. Very few people know this and fewer understand how it operates. We will try to see tonight the great mystery behind this wonderful truth.

In everything we see and touch this Master Mind operates. Without It there could be no direction or control so we must recognise this Master Mind in everything from the lowest to the highest, then we know that all things are in their right place.

No matter what you see, the beautiful flowers, there is a Master Mind behind all expressing itself through it. How could it come to be such a wonderful thing without this Master Mind?

The greatest expression of all is you and me because of the fact that we can think. Because of the fact that we can discern everything that is relative to ourselves. Because of the fact that we can become aware of the

Consciousness of this Mind in us, which is the ruling factor in everything in the Universe, including the flowers.

How is it then that we can use this Mind or allow this Mind to use us, in such a way that we become, as it were, the channels through which it flows? Well, it was the Master Jesus that showed us that way.

How can I make you realise that the Universal Mind and the individual mind are one, one and the same, because it cannot be otherwise? If you think that they are separate and distinct then you create separation, and it is this separation in the mind that is the cause of all our troubles. We create the separation. God does not create it.

We put on the brakes. We have got to take the brakes off. God does not put them on nor does He take them off. We have to take them off because we put them on. We have to eliminate separation from our minds because we accepted it. Therefore we prevented what is known as the Universal Mind expressing Itself through the individual.

So in fact, that the Universal Mind and the individual mind must be one, shows there can be no separation at all between you and me. The Truth is that the Universal is expressing Itself through the individual. When the individual realises this, freedom comes, and the attitude of mind towards the external becomes entirely different from that of the one who does not realise this great truth.

Think now, your attitude towards things external to yourselves. How do you react to this? How do you react to that? What emotion have you to this? What emotion have you to that? Then you discern in yourselves that great and mighty truth about yourselves.

How is it then that we can arrive at the wonderful truth of this great story the Master tried to show the world, and yet because he wanted to give them the greatest pearl, that pearl of great price, they refused it.

His words were true: "do not cast your pearls before swine, lest they turn and ran." What a truth the Master said. Why? Because they turned on him and crucified him. He gives them the greatest pearl of all, that pearl of great price. Beyond anything that man could think was the realisation of his oneness with the Infinite Life.

But when we try to discern these things external to ourselves, we see them as relative things. Now, how can we come to the realisation of this that is not relative? We become aware of it that which is unanalysable, that which is un-discernable. It cannot be discerned, it cannot be separated, it cannot be analysed. Nothing can be done in regard to it—it is just It!

You cannot destroy the ether, that is the basis of all matter, but you can change matter. But you cannot destroy the ether because it is the basis of matter. Neither can you destroy the consciousness as the basis of your Consciousness either because it is the basis of all Consciousness—it is Wholeness.

How do you arrive at the awareness of this?

I have found this way, the easiest way. As I discern things, and I watch them, I am aware of something that is watching and discerning. Yet my thoughts must flow freely. I must not be caught up in the relative. I must not be caught up in my thought. If my thoughts seem to flow freely, no matter whether they are good and bad, I must not think of them good or bad otherwise I am caught up in them. I must not criticise them or I am caught up in them. I must not be afraid of them or fear them or I am caught up in them. I must discern them absolutely, impersonally, completely without emotion and without comparison of any kind. I must see them clearly without being caught up in them. Then I know that I am free. But if I say that is good that is bad and compare this with that, well that which is analysing is caught up in those thoughts and I am no longer free.

It is discerning of your thoughts that they would pass across a screen without emotion of any kind; without being caught up in them, without comparison, without any idea of right or wrong but with complete and perfect freedom.

As you recognise that which is analysing, that which is seeing those things clearly and distinctly, then you know that they are not of you, that they have no power over you—you are free.

I am not going to say that you are going to reach that at once. Nor are you going to reach it in a years time. But I know that you can grow into it because the Master said these words, “yes, the Tree of Life is your salvation, it is a Spring of Living Water rising up to Eternal Life.”

It is like the seed. The small seed, the mustard seed, that is planted in the ground. But he says it is like the Kingdom of Heaven. The seed grows into a plant and the plant grows into a wonderful bush which is compared to a tree. When you compare the smallness of this seed, the mustard seed so very small, and you compare what the seed will grow into, it is tremendous. It covers the whole world. That is to say, this is the recognition of the Kingdom of God.

First of all, it may be as small as the mustard seed but yet it will grow and grow. The Master said; into that Tree in which all the birds can rest and shelter under it, spreads its branches in such a way that all birds can come and shelter under it. Means that all the people in the world can shelter under it, and all the nations can shelter under it. That is why it is growing that way. It is the same for you. But it must come first from the individual before it becomes the property of the race.

If you will just ponder in your own mind for a moment what this really means to you, you will soon give up your antagonisms, your fears, your desire to get even with the other fellow. In fact your whole life changes from inharmony to harmony and therefore from ill-health to health.

We have already come to the realisation 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.

People have said to you, thought is power? I will say to you thought is relative and has got no power of its own? I am telling you the truth. But those people who say that thought is power they have not reached that Stage of Understanding of that which creates thought. They are still living in the relative and they are caught up in the relative. Everything they do in their lives is for the relative. They pray for relative things. They ask God for relative things. When they pray to God, they pray to a relative God, something outside themselves.

So therefore the God that I know is not like that at all. The God that I know is within me but He is within every other soul too. He is the Creator of the Universe and It is the Power within me that creates too. The same Power, the same Creative Consciousness, the same Power that creates thought, and that is why It Is Eternal and Ever-present.

The form of itself has no Power it rises out of the Formless. The Formless is the only Power there Is. The form is the vehicle through which the Formless expresses Itself. The Formless is still in the form yet retains its Formless state throughout the whole Universe. In that Formless is the Great Intelligence. In that Formless is the Great Consciousness, the Creative Power that is manifesting through the vehicle It created for its own Self-Expression.

We have already come to the realisation 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.

The cause it is within you not outside you.

There never has been a cause outside you, it has always been within the individual. There has never been a miracle performed outside the individual. The miracle is always performed inside the individual. When Jesus said to the man, "arise and walk," the miracle was created within the man not outside the man.

Do you know that when you realise 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.

Then let me ask you this question, how can this creative ability, this creative growth be used by the individual? Simply by *discerning the relative and* becoming aware, consciously aware of your own consciousness, *the Creator*. You will know that it is none other than the Universal Consciousness and the source of your power to think, *to create*.

This may be hard to understand at first yet the proof is that 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 in nature*.

Who else could create except the Infinite, because He is Infinite.

That is why it is said by the ancients, “He is Omnipresent, He is Omnipotent, He is Omniscient.” That is to say, that He is present everywhere there is nowhere where He is not.

He is Omnipotent, that is to say there is no other Power, but His and all Power that exists—is His.

He is Omniscient because there is no other Wisdom or Knowledge or Intelligence but His. Any Wisdom and Intelligence that you see is His, no matter where it may be. Whether it grows out of the ground in a flower, or whether it grows through the individual.

This must be realised by each one before it can be a reality. For this alone sets in operation the process of creative growth which becomes automatic in nature and grows with understanding. Thus we realise what the Master meant when he said, “Love your neighbour as yourself.” This is one of our greatest assets in occupational therapy.

Why? Well let us see why?

So I say that the Master was the greatest of all exponents in modern thought, in modern medicine and in modern occupational therapy. He knew all the answers.

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 a hellish turmoil.

They would dance with glee. That is the only thing they would want to do and because you hated them you are allowing them to do those very things for you. You are creating ulcers in yourselves, you have lost your appetite, you could not sleep. Your health was impaired. Everything goes wrong because of that one thing.

Jesus comes along and he says, “love your enemies, do good unto those that persecute you.” What a wonderful man! How he must have thought and knew all this story.

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.

So if you are kind to an individual you are kind to yourself. If you are unkind to an individual you are unkind to yourself.

Why are you unkind to an individual? Because you hate them. Because either you envy them or you are jealous of them. What is happening inside yourselves all the time this is going on? You are not really hurting the other person at all, you are hurting yourself very much more. So in fact, in his words it means, “the least you do unto one of these, you do to yourself.” The more you do unto anyone, the more you do unto yourself.

Perhaps you may think that this is a moral lesson of some starry-eyed idealist. It is nothing of the kind, it is just pure occupational therapy in its finest form.

It has been proved that in 90 percent of cases of hyper-tension, in other words, high blood pressure, the cause is chronic resentment and in many cases causes heart trouble.

Hypertension, this blood pressure that is so prevalent today. Nobody seems to be able to cure it except those who know and understand. I have never failed with a blood pressure case yet. Not one. Why? Because first of all I begin to take away the tension. The tension away from their mind, the cause of the tension. Then relax the body, relax the mind. Take the tension off the vital parts and the blood pressure disappears.

The thing is so awfully simple. So simple that all the medical men do not know anything at all about it and they cannot cure you today. But I will show you hundreds of them that I have cured of these troubles and with ease, with simplicity. I am convinced that there is not a blood pressure case that cannot be cured.

Here we have the habit-patterns externalised 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.

He was showing you how to live. How to free yourselves from those things that injure you.

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.

Forgive. An unforgiving heart is sure to make up trouble somewhere. You cannot get away from it.

In his parable, he said, "forgive and you shall be forgiven." So how wonderful a truth it is, forgive seventy times seven.

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 knew what they did to me,"

I said, "Go and read what the Master said about this kind of thing." *She was supposed to be a wonderful Christian. Yes, grand Christian.*¹

After a week or so she returned to see me, almost cured, she had made it up and they were friends again, everything forgiven and forgotten. In a fortnight the whole trouble passed. She was completely cured.

That is one of thousands of similar cases, that can be cured by this way. Jesus gave us the way for it. He was the greatest exponent of occupational therapy the world has ever seen. His teachings are more than modern medicine because modern medicine really does not understand yet the teachings of the Master. But I know the application of his teachings will rid ourselves of all these troubles. That is why I say he was the greatest of all exponents of occupational therapy. Because occupational therapy is nothing more than a science of living.

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 how to improve our looks.

When love flows out of your nose, your eyes, your mouth and your cheeks—they become rosy and your eyes sparkle. Your smile comes all over you because you are full of this joy.

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. *A heart full of love, joyfulness.*

How wonderful is the truth. Bear no ill will towards anyone, forgive your enemies. Do good unto them that persecute you. Are you thinking it is a hard thing to do. Well I am telling you for your own health—do it. For your own good looks—do it. For your own figure—do it.

Hatred, antagonism, resentment all these destroy our ability to think, to work, to create. *Think now, when you hate, and of your antagonisms, you have resentments, does not that impair your ability to think. You are caught up in all these things that are destroying your health.*

First of all your heart begins to flutter. Something flows through your mind and all the time you are doing something and this catches you up in your mind and you forget what you are doing. Resentment, antagonisms. You make a scheme in your mind, how you are going to get even with the other person. Leave him or her alone. What use it be to you, if you started the same game.

If one person hates, why should you hate her or him? If a person is antagonistic, why should you become sick too, through antagonisms? Your ability to think, your ability to work, your ability to create is impaired much more so than anything else.

All these things the Master put before you and he knew what he was saying. 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."

How do you get the best out of a fellow if you want him to work for you? Is to make them feel important of course. Make his job important. Make him important. Make everything around him important.

Selfridge² who has passed on some years ago, was probably one of the great pioneers of goodwill in his business. When he would come through the shop, through his great warehouse in London. Many of you have seen Selfridges in London, it was only one of his many big establishments. A little boy was sweeping or picking up the papers, he would stop and have a moment to talk with him. He did not pass him by and the little boy said. "the boss talked to me. I'm important." But not only did he do that to the boy, but he did it to every one of his employees. Why? They worshipped him. They thought he was the greatest man on earth, and so he was. According to the best of all our instructions today, he followed out the Masters teachings, probably unconsciously, "do unto others as you would have them do unto you."

But most people, what do they do, pass along. They see then the person who is inferior, they stick out their chest and say, "I am an important." But the great truth is, "he who exalts himself shall be humbled and he who humbles himself shall be exalted." That is another one of the great sayings. I tell you that the Law itself will exact every dot, it will be fulfilled.

Kindness, forgiveness, love is the greatest of all qualities. With them all other things fall into line.

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.

That is one of the big things that we have got to do is to forget. We say we forgive but we have not forgotten. What a stupid fool he or she is when she says that because they have not forgiven at all.

In Isaiah it says, "I have blotted it out of my mind all your ill-doing for my own sake, says the Lord." Isaiah was a great man too. Isaiah was a great prophet. I like to read Isaiah because it contains some wonderful truths. Then he says, "yes prove your innocence by anything you have done, good or bad."

Most people are trying to prove their innocence all the time. Try to shelter behind their goodness. All the time they are looking at the evil in the other. But Jesus comes along with his story again. He says, "take the plank out of your own eye, you hypocrite, before you can see how to take the splinter out of your brothers eye.

This is not a lesson in ethics. Don't think that. I am not talking ethics to you. It is the last thing I would do. I do not want to be caught up in ethics, otherwise you are lost. What I want you to do is to find yourselves. To free yourselves from all thoughts, from all emotions good, bad or indifferent, and come out in freedom. As free as God is now. Yes, I have got out my mind all your ill-doings for my own sake.

If we do not forget, then 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 lecture on ethics but a lesson in occupational therapy.

You have to forget, to forgive. One is linked with the other because as sure as you are alive that smouldering fire of a memory that brings antagonisms, that brings thoughts of enmity, or jealousy into your mind, kindles that smouldering fire in your body and in your mind and comes up and shows itself in the form of these invidious habit-patterns.

"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. *Now listen carefully. People say, "he has a weak will or he has a strong will." That is all nonsense. It is the application that counts. The will exists as the motive power behind all creation. And when we become aware of our oneness with the Whole it operates automatically. The greatest will in the world is destroyed because if anything happens to that individual, he becomes like a babe in swaddling clothes.*

But the individual who is aware of his oneness or her oneness with the Whole, this will operate automatically and you will see a transformation. Nothing in the external world affects them because they have that completeness, that inner peace, that inner calmness where the will operates automatically. But we cannot have this will unless we forgive. Remember when you forgive others you forgive yourself.

*In other words, **the Father forgives all your trespasses as you forgive others their trespasses.** Again, it is true that immediately you do that—you are forgiven. All your troubles disappear. Forgiveness is one of the greatest things in the world for your health, for your good looks.*

To be able to forgive we must become big in ourselves. We must become absorbed in something infinitely bigger than the narrow centred self. *That is always affected by others, what people say, think or do.* 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, “KNEW.”

*“**Forgive them for they know not what they do.**” What a man!*

Is there any person today that is fit to be his representative? I would like to know. All these are self-imposed. Jesus said these words, “any plant that is not planted by my Father will be rooted out.” That means that no self-imposed representative, no self-extolled or exalted representative can exist in the world at all. That will be rooted out. What a truth it was!

Where did he dwell, did he dwell in the outer things? He wore sandals, he took the little children in his arms, and he said, “the like of these that make up the Kingdom of Heaven. If you harm any one of these, you harm me.”

We see how wonderful the truth is—to be able to forgive.

“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 turns away wrath.”

I think one of the greatest of all premiers in the world was Mr. Massey³ of New Zealand. The history of this man, although he is not so well-known as some of the greater, he was a man of great strength and purpose. But he never attacked anyone, neither did he retaliate to any attack upon himself.

He brushed it aside with calm words of peace that he understood within himself. He was loved by everyone. I knew him well myself. I knew him intimately. We used to talk together about these things and I know well that in his heart he knew something, although he could not define it. There was something there that was great.

Yes, so great men know that envy and jealousy in the mind of others makes them say and do things that a sane person would not do. Therefore I would say, that a person who has hate, deep hate, a person who is so filled with antagonism are on the borders of insanity—what would they do, what have they done, are they not trying to shoot one another, destroy one another?

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.

Yes, millions have sought for their peace but they have not got it. They have tried but they did not know how to get it. But here are the words and the means of how you shall get it.

Listen to these words, “Love your enemies, bless them that curse you, do good unto them that hate you and pray for them that despitefully use you and persecute you, so that you may be children of your Father which is in heaven.” Try it and see and you will find it will give you the peace that millions have sought for by other means, and failed.

Getting along with your fellows is part of your regeneration through occupational therapy. 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 now and everywhere. When your mind is trained to see the beautiful in Life you will soon become beautiful too.

What you gaze upon, you will bring forth.

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 feel happy? In fact it makes the whole day brighter and better and this is occupational therapy in its best form.

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.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 21st November 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next sentence contained in the book is missing from the lecture notes and the recording. [*You go to church you pray to God and worship Him yet you hold hate in your heart. Your worship is illusion and your church-going is hypocrisy.*]
2. Harry Gordon Selfridge (1858-1947). Born in Wisconsin, USA. Made his fortune in America before moving to London in 1907 to retire. Opens Selfridges & Co on Oxford Street, London in 1909.
3. William Ferguson Massey (1865-1925). Born in Ireland. Family emigrated to New Zealand in 1870. Self-made farmer and entrepreneur. Prime Minister 1912-1925. Died in Office.

Lecture 7 (28th November 1950)

IN OUR DAILY LIVING WE FEEL SEPARATION BECAUSE WE FAIL TO CO-OPERATE *

“So you must not boast about men. For all belongs to you; Paul, Apollos, Cephas, the world, life, death, the present and the future— all belongs to you; and you belong to Christ, and Christ to God.” —1 CORINTHIANS 3: 21-23. (Moffatt)

Here is a great truth, showing that there is no separation anywhere, that all belong to you; Paul, Apollos, Cephas, the world, life, death, the present, the future, all belong to you. You belong to Christ and Christ belongs to God. It shows distinctly that there is no separation anywhere between man and man and there is no separation in the world. It is all in man's mind because it is in man's mind, it is the cause of all our troubles.

Separation: our separate nations, our separate economic frontiers, our separate societies, our separate social distinctions, and separation everywhere is created in man's mind. Politics causes separation in nations. So you see we have separation everywhere and we wonder how we are going to get rid of this separation so that we can get freedom.

Freedom only comes when separation is eliminated. The time will come, of course, when man will see the folly of his ways. If he does not, we go on from one war into another and each war becomes more and more exterminating than the other. So consequently, if we do not cease to understand the true nature of things, what will happen is this—that the people of the world will fight each other through separation, and then when there is only a few left they will say, “let us co-operate.” I think it is time that we should think about those things.

Science is helping us to live more freely and united if we would only turn our eyes in the right direction. Science has explained many things that

have hitherto been unknown.

Science has shown the universality of matter. Science has shown us the great power that is within the atom. Science has shown us that this energy is within ourselves. Science has shown us that this energy can be controlled and directed by the mind of man.

But we have turned our eyes in the wrong direction. Instead of having right thinking, our thinking is wrong. Right thinking only comes when we discern the self and then realise what is behind the self, so that we can think correctly. We can never think correctly, unless we have discerned the causes of our troubles. Even if we are caught up in our own thoughts, our images, ideas, we are caught up in our own discerning, then we have lost that which is real in itself.

Immediately we create a thought, if we are constantly aware, we know what that thought is and we know what it would bring, because every thought manifests somewhere. It manifests something. To be constantly aware is the secret of great development. Consciously aware, is the secret of all the Master's powers. I think that you will know what I am saying, when we think of the Master himself and the tremendous power he obtained through this discernment.

In our ordinary daily living we feel a sense of separation because we fail to co-operate with each other. War has proved this more than anything else. The world today is quarrelling over how it shall live. This is not a new quarrel it is as old as communal life, for through the centuries history reveals man's age-long struggle for freedom, the right to live. Perhaps it is because man has caught a glimpse of enduring freedom that makes the struggle so fierce today.

The effects we are noticing today are but the causes of yesterday, and no matter how we treat these effects it will not relieve us of our troubles. In fact we are contributing to them by our selfish cravings and desires. Our energy is directed towards things and what is all the conflict in this world about, things.

The mind of man is turned into the relative world and he lives in the relative world and that is the cause of his destruction.

It is our inward poverty that makes us crave for things. *This inward poverty is created because we have not yet realised that which is Eternal. We have to recognise Eternal values, then we will know the difference between Eternal values and relative values. We will see then that the Eternal values is the only thing worth keeping and holding. We will see then that the Eternal values which are the Real things in Life. We will no longer have this inward poverty because we struggle for the outer. Is there a remedy? I say, yes, and the Master points the way.*

Our ideas are in conflict, for instance we are afraid of Communism, so we legislate to outlaw it and all those who have the same ideas. Ideas separate us, like Communism and Democracy. But when we look into the matter we see that it is all in man's mind. It is only by the free systematic unselfish co-operative tackling of the cause of separation that the cause of war or strife can be eradicated. *So you see what I mean, don't you? That all this is in the mind of man and man is dealing with ideas. He is still living in the relative. But you as disciples of this great, wonderful truth, must know the inner values, the Eternal values, and must look to that where there is Unity. That Unity which is in us, and is the Eternal value in the whole Universe. It is only when we love and assist each other instead of fearing and hating, can we hope to banish our own self-imposed misery and suffering.*

One group is separate from another, in nations, in religion, in politics, in commerce and in families, in society etc. So in our daily living we are separated from one another, all in competition with each other. No wonder that the world cannot realise what separation means because everyone is caught up in it. We can never free ourselves until we discern what separation is and what we are doing.

How extraordinary is this great thing!

When we see then that it is within ourselves that is the cause of all separation. When we see that separation within ourselves is the cause of all other miseries. We will begin to realise the importance of discerning and seeing how we are separated from one another, how we feel this separation. We must discern it, we must feel it and see it, then we can dissolve it.

In my last *lecture* we saw that there was but one Master Mind working everywhere. The story I am going to show you is—there is but one earth,

yet man divides the earth up into various countries, countries are divided up with, boundaries called states, each city has its own separate council etc., the land is divided up into various farms which we put a fence around and we say this is *my* land. But you will notice the earth is still one earth, that the land on the other side of the fence is the same. Therefore in reality there is no separation, even on the earth, except in man's mind.

God is one, He put us on the earth as one family. To live in peace as one family which we do, looking to the Father who created us in his likeness. In our experiences then, we unfold. So I want you to see this now. The time has come for each and every one of you, who are disciples of this great, mighty truth, to discern what you are doing.

You have passed through your experiences. Your experiences of the past are in the present—now. They are with you at this very moment. If you can gain then your unfoldment through those experiences in the present, and discern what you are doing now, you will free yourselves from craving, from inward poverty. You will free yourselves from all these things that create separation, and destruction, war, and so forth. How can I explain it easier to you? See this clearly in yourselves because you are the world, and the worlds Unity begins with you.

We have a portion of the Universal Mind fenced off for our own purpose, apparently separate but not separate from the whole for the Infinite Mind includes all forms. It Itself is without form but form is created in It—therefore the form is not separate from It and must be of Its own substance.

We see then, how clear this is, that even in the mind of God in which we exist, there can be no separation. Science has proved to us that matter itself has a basis of energy that exists throughout the whole Universe, in which there is no separation. Every piece of matter is like a pearl in a chain, all united in that one substance out of which It arose. Just like the iceberg, that arises out of the silent liquid of the sea and becomes a crystallised form. Yet it may have many crystallised pinnacles above the water line, which seem separate and distinct from all other pinnacles. But it arose out of the one silence—the sea—and into that silent sea again, will immerse and dissolve and become one out of which it arose.

We are the same. We apparently feel that we are separated. But when you begin to discern the causes of your ideas of separation, when it is

revealed to you all these things, then you will begin to free yourselves from them. Then this Life that is Unity, that is Wisdom, that is Power, that is Love, will manifest through you. That is the world that we are looking forward to and you are the beginning of that world.

Unless we can get a thorough understanding of this great underlying principle we will always live in separation which is the cause of all strife whether it be between ideas, nations or human beings, and we are mostly concerned with human beings because *we are human beings*, and human beings are the most important things on earth to us *and to God*.

All forms are thoughts of the Creator, His Consciousness or Will animating, holding and sustaining them. We are therefore sons and daughters of the Infinite God, remember, I say “Infinite” God. We have His Consciousness, we know that we know, therefore our thinking is creative.

But do you know that your thinking is creative. Have you become aware of the fact that your thinking is creative or are you just thinking, without, understanding?

What I said, “of being constantly aware,” then you are able to discern your thoughts. You are not caught up in your thought when you are really discerning your thought, for the simple reason there is something that is discerning that thought. You are not caught up in the thought, but you know that by the very thought you think, you have created something. According to the thought, so shall it be. According to the tree so shall the fruit be.

We create images in our minds by our consciousness, these are secondary and have only the power we give them. Yet the Creator creates images in His Infinite Mind, having His Consciousness in them, these are primary, real, made of His Substance existing in His Infinite Mind. You already know what Infinity means. It is bigger than the mind of man, man’s mind cannot comprehend it, only know that God is our Reality, and Reality is God.

This which is Real in Itself, is not discernible, is not analysable. You cannot analyse It and say “it is this,” “it is that.” If I say the Infinite is Infinite, I only make a relative term in regarding the Infinite. But when I begin to discern my own thoughts, discern my own self, then I reach a stage where I find something that is not discernible, except that I know that It Is, and I know that It Is this that is discerning, then I am free from my thoughts.

I am no longer bound up in them. I am no longer in separation because I have realised Unity. I have found that which is behind the self.

Although I shall never know what it is, just as we do not know what electricity is, that which is behind the light, but we know there is the light there. We know that electricity is the cause of the light. We know also that when you have seen me, you know the cause behind this body, that is Life. You do not know what Life is, but you see the manifestation of It.

I am the thinker. It is this Life that we must realise and discern our thinking so that we can dissolve separation. Destroy this separation, destroy this great weapon that man is using against man.

We are caught up in our political jibs. We are caught up because we listen to fools expressing a lot of nonsense. We think we are going to get something and we get nothing. We hear talk about nations and UNO. We hear about the war taking place in Korea. We look at our papers every morning and see how things are going on, and all the time in our minds we are condoning this mass murder that is going on continuously. We agree to it. We hope it takes place. We hope the enemy can be destroyed, burnt up. What happens to ourselves in the meantime? Because we destroy our brother, we destroy ourselves. We condone mass murder. Look into your minds and see if you do not.

You hope every morning for a success of the Western Allies. When there is no success, then you are depressed. You wonder if there is going to be a total war. You wonder if you are going to be caught up in it, you are caught up in it all ready. You are bound up in it now.

I am going to tell you in my own words a story about the Master that will help you to understand what I mean. We have all read or heard of the Jewish feast and as Jesus was a Jew he and his disciples went up to Jerusalem. They stayed in an inn at the foot of the Mount of Olives on the north side.

On the morning of the feast, Jesus and his disciples wandered down to Jerusalem, it was on the Sabbath day, they passed the healing pool of Bethesda which was thronged with people. *Remember that Bethesda¹ and Bethsaida² are two different words altogether.* The people believed in the healing virtues of the pool, and as Jesus and his disciples stood near the

pool he saw a man lying helpless without anyone to help him to the pool. Jesus said, "My brother man, would you be healed?" and the man replied, "I am helpless I cannot reach the pool." Jesus replied, "But, my brother, God is everywhere not only in that pool, and if you will but believe this you shall be healed where you lie. The fount of health is within your soul. It has a door locked fast and the key is 'Faith' and you can have this key to open the door and there plunge into the healing fount and be made whole."

The man looked at the Master with anxious eyes saying, "Please give me this key." Then Jesus said, "Do you believe what I have said to you? Then according to your faith so shall it be done. Now arise take up your bed and walk." The man at once arose and walked away praising God.

The great point that I want to show you here, in the meaning of the Master's words that God is everywhere, there is nowhere where he is not. He is omnipresent, not only in the pool external to yourselves or whatever you think it may be that will give you that health. But that fount of health is within your own soul. The miracle takes place within you, not without you. A miracle always takes place within and never from without, showing distinctly that the same God existing in you and me and in that healing fount which is the Spirit, there dwells the key to our faith and our understanding. The man at once arose, walked away, praising God.

Now can you see the great, mighty truth? The man of Galilee had it in the palm of his hands. In his mind, it was clear. His sayings are so clear to us now, in the knowledge that we have acquired through these lessons, we can understand it.

When the priests heard of the healing they were enraged because by their man-made laws a man may not heal on the Sabbath. But Jesus said, "My Father works on the Sabbath so may I. He sends His rain His sunshine, He makes the grass grow, the flowers bloom and speeds the harvest just the same on the Sabbath as on other days. If it is lawful for the grass to grow and the flowers to bloom surely it is not wrong to heal a stricken man."

Some people go to church on Sunday. On Sunday they stop all particular work. You cannot work, nor clean the floor, nor your dishes. You make your food on the Saturday and in fact, why should you eat it on a Sunday anyhow, if it is so terrible that you cannot do anything on a Sunday.

But you go to church on Sunday. You dress yourself up in your best Sunday clothes and you sit down and you listen to something.

Then the Sunday is the good day. You do not say anything bad to anybody on a Sunday. You do not quarrel with one another. It is nice to keep that quiet peaceful time on a Sunday. But woe behold, Monday morning comes and the brooms begin to fly and the people begin to fly and hair and skin flies here and there, and there you are at it again.

All days are the same. The grass grows every day, the sun shines every day, the flowers bloom every day. God is working every day and that is your day, every day. The disciple of this truth is an every day worker in the Truth, not only one day in the week, or for a few minutes on your knees.

One fellow came to me yesterday, and he said, "You know when I get down on my knees to pray," he says, "it hurts my knees now."

I said, "Why not stand up and pray it's just as good!" Well, he could not see the joke at all. He thought he must get down on his knees and put his head between his knees and hide his face, and in that way he could pray.

But if you saw a picture of the three initiations. You will see one person kneeling down with the head bowed. You will see the next person standing with his head bowed, and the next person you will see with his head up, looking up with his arms outstretched. That's freedom. That is the true initiation. Freedom.

So, if you have got sore knees from praying, I say "stand up," and you will pray just as good. If your prayer is from your heart, if you are thinking deep enough, you will find that your thoughts will manifest—as long as you know what you are doing. If you are thinking you are praying to a God that is away in the distance, somewhere far away, well you are living an illusion because God is everywhere and that Fount of Life is within you.

We have to reach out further than man's limited conception before we can see the grandeur of the whole in which we live and have our being, and it is here that Science has come to our aid in our daily living. When we can grasp the great significance of what I am going to say you will understand what occupational therapy really means.

Science says ether of space is the basis of matter, it interpenetrates it and is the framework in which all forms are built, that this ether fills all

space and is indivisible. It is a substance more real than matter, in fact without it no matter could exist.

So without the Ether of space, you could not exist at all in the flesh. Science has proved this, and when religion keeps step with science, we will lose a lot of this stupidity, this nonsense that we hear, this rot that we hear Sunday after Sunday. We will begin to move along with the scientific investigation and find all about it.

As Bishop Barnes³ said the other day at the Congress in England, "that it is high time that religion was made up to date and kept in step with our scientific investigations." That is true, far behind the times.

Just go back a little while ago, think of the Spanish Inquisition. People were burnt at the stake. Burnt to death, mind you, because they held a separate belief. Those who burnt them were supposed to be Christians, following in the footsteps of Jesus Christ. I ask you this question: Were they Christians?

According to the teachings of Christ, I say they were no more Christians, but barbarians. But the church supported these things and it was the church that did it.

It is not more than 200 years ago since Galileo said the earth was round, while the church maintained that the earth was flat, and made poor Galileo recount his statement. But we know now that the earth is round. But that belief was so in the mind of those people that they would destroy any individual that would say it was round. If that is the case then, it is high time, that religion and science moved along together.

Then you would know that the teachings of Christ was correct, because he was scientific. His teachings are the greatest science in the world. There is no scientific knowledge greater than his and I will prove it to you.

I am told through Spiritual means that this substance is a product of the Universal Mind and is immediately affected by our thoughts and moulds according to the image we hold, and as it is the basis of matter of which our bodies are made we can readily see how our thoughts and emotions are out-pictured in our organism, in the various troubles we suffer from.

If there is anything wrong with you, you are caught up in it. You can no longer separate yourself from your troubles. You cannot look at something

external to yourself. If you could, you would not suffer from it. But as you are caught up in it, then it binds you. Your thoughts then of that binding is out-pictured. Your emotions and thoughts are out-pictured in your organism and makes the condition worse.

How are you ever going to learn to eliminate these conditions? How are you ever going to learn how to separate yourselves from these conditions? By first of all discerning your thoughts. By seeing them as you would see them upon a screen, separate and distinct; without emotion, without fear, without comparison, without any idea of right and wrong, to see them completely with no fear of any kind, then you will be free from them.

Now look into your own minds and see what you do when you feel a pain. When anything happens to you, think what you do. Immediately you are caught up in your thinking, you are bound. If you can see that you are bound, then you can free yourself, but if you do not know you are bound, then you cannot free yourself. So I say to you: recognise quickly, that you are bound. As Jesus said, "Recognise your adversary at once, quickly, then you will be free."

There is a greater world more real than the one we know of at present that surrounds and interpenetrates ours, into which we all will one day enter. It has been found beyond doubt that man does not die with his body but lives eternally in the Infinite Mind, ever-expanding his consciousness in the Consciousness of the Infinite God. *Because it must be so. Our consciousness must expand in the Consciousness of God because it is the Consciousness of God that is expressing itself through the consciousness of man. Therefore the consciousness of man must expand in the Consciousness of the Infinite God.* Therefore our little worries and perplexities fade into nothingness as we realise the Greater in which we live.

These perplexities in which we are caught up in every day; our little anxieties, our little fears, our little emotions. Think how many emotions you have in a day. The whole body is in a state of fumble, with all little emotions, here, there. One great sweep of emotion very often cleanses the whole system out of all these vortices of energy that are negative, that are working against you. The greatest emotion to eliminate them all, is a Love that is beyond human comprehension. For the mind of man cannot comprehend the thing called Love.

Although this is only at present realised by the few it will become a common fact as the fact that the earth is round and not flat. Science is probing the ether of space and one day we will enter into a new world where we will find all those who have gone before us, enjoying that freedom that we should have here and now by true understanding.

So I say without fear of contradiction that there is a scientific investigation that is now probing the ether; probing the ether for sounds, listening. Inventing new instruments finer and finer. One day science will strike upon that note where we shall hear and see that which is taking place in the ether beyond the sight of man on earth.

Then the mind of man will expand, a new world will open before him. Let us hope that it will come soon before catastrophe overwhelms us.

The whole Universe is an expression of the great Absolute Being. The pattern expressed in the Mind of the Absolute which is in the form of His Will is being manifested daily. "Thy Will not mine, O Lord." The Laws are but the expression of His Will and it was this that the Master saw so clearly. The Universe and man which is included therein is ruled by the Law of God. It is when we run contrary to the Law that we suffer. We become the Law when we act with the Law.

How often have I told you that the greatest Law is Love. "Love the Lord thy God with all thy strength with all thy mind with all thy heart and love your neighbour as yourself." How simple the whole thing is but how few can see it.

The Master said, "Yes, love the Lord thy God with all thy strength, with all thy mind, with all thy heart, and love your neighbour as yourself." There is no greater law than these. These fulfil all laws.

Even on the Sabbath we are criticising each other, what the other has on, etc. If one went to Church in a bathing suit think what would be said about it. It is not what one wears but what is in one's heart that counts for it is this that helps you in your daily contacts, this is occupational therapy, yes, it is a living therapy.

So it is not what you wear that counts. So if you went to church in a bathing suit, and know what was in your heart was right, no matter what anybody else said, it would not matter anything to you.

But we see how we are bound by tradition, formality. We are caught up in conformity. Before we know where we are, we are no longer free—we are bound—by conformity, by tradition, by beliefs.

We are always prone to criticise the other fellow, failing to see our own shortcomings. Jesus said, “You hypocrite, take the plank out of your own eye then you will see better how to take the splinter out of your brother’s eye.”

Most people are thinking about themselves, yes, before breakfast and after breakfast too, they would be a hundred times more concerned about a headache of theirs than they would be about my death or yours.

Even if you were lied about, ridiculed, double-crossed and sold out by one out of every three of your intimate friends, don’t indulge in self-pity, for human nature has still traces of the jungle in it. Instead of moaning about why it should happen to you just think of what happened to Jesus. One of his most trusted friends denied him three times, another sold him for a purse of silver, nearly all his friends left him when he got into trouble, why should you and I expect more. *When we know what human nature is?* But there is one who will never forsake you and that is the “greatest of all” that is amongst you—God. God never forsakes even His most disobedient child. Here lies your strength and not in human nature. *Not what other people will do to you or think about you.*

Even if you are double-crossed by your best friends, what does it matter? Are you going to moan about it? Are you going to be caught up in it? Are you going to rave and go to bed, sick about it? “To think that such and such a person, my best friend, did that to me.” How often have I heard that story! “My best friend! Do you know my best friend, my most trusted friend, double-crossed me?”

I say, “you’re putting too much trust in human nature.” Probably you have double-crossed somebody else before now, so you are just getting back-pay.

I discovered long ago I could not keep people from criticising me unjustly but what I could and did do was not to let it disturb me. If you are afraid to do anything for fear of being criticised, remember that if you know in your heart you are right don’t let it bother you what people say about you. The greatest men in the world have been slandered and criticised, but

did they give up? No. Their cause was greater than all the criticism against them. Those who criticise generally have to eat humble pie in the end. Most criticism does not amount to much anyhow for it is generally the weak minded that criticise. *The envious, the jealous, the kind of people who are weak minded and narrow*

You can't please everyone. If you try to please one you offend another. If you patch it up with one you fall foul of another so before you know where you are you stir up a hornets' nest. *What are you going to do?* My motto is do the very best you can in your daily tasks, carry goodwill towards all and leave the criticising to the fools who do not know much better.

That is good advice. You could not get better and by doing so you will be able to discern what you are doing. You will see clearly that you are not caught up in these things. You will be free. Most of your troubles is brought about by your resentment, by conditions in which you react to. You are sick because a person does this and does that.

I have people sick every day because why? Because of the fact that they have resented this, resented that. Somebody had done something to them and the whole of their heart begins to flutter and then a habit-pattern is created and the whole story comes out, then there is the crying, and the tears fall and all the rest of it. I say, "that's good, go on, cry, cry. You've been keeping this cry business back all time, now let it out and you'll be much better."

So the crying business comes over and they feel better. Then when I talk sense to them and when I talk sense, they get better. That is exactly what I am trying to do now, to you. talk sense.

Just as you can step into the sunshine so can you step into the rays of Divine Love and receive Its benefit, and if you feel the need of the protecting Love of the Father all you need do is to open yourself up to It.

You must love God as you would love your own child. In this way the protecting Love of God flows around you.

You can Love God as a friend, as a brother, as a companion. The burning love you feel towards the one you love most, turn this love also towards the Father and your love will grow stronger and stronger.

Because that Love, It grows in you. So strong will It grow that nothing can break It, because you Love the Father most.

How do you Love the Father? You know all the great things, the Life in which you live, you open yourself and you feel the joy and the happiness and you give forth this joy, thanksgiving for the fact that God has created you in His image and likeness.

I know that this Life in me is Real, I know that I could not be conscious except by It. Even if I talk relative to you about It, I make It relative to you in the meantime. But if you can think as I think and feel as I feel, then It will become a Reality, but I can only talk to you in relative terms in regard to it. Just as the Master talked in parables, so do I talk in relative words. Feel this wonderful thing that rises within yourself.

Give love, do not seek it and you will be in touch with the Infinite Power that controls all things, for all is well with those who love all.

“A fool shows instantly that he is angry: a prudent man ignores an insult.” Proverbs 12: 16. (Moffatt)

BENEDICTION

O Divine Love, fill my heart full of Thy Love so that I may overcome all criticism.

Teach me to cling to Thee even though others err against me.

Even if suffering come nigh me Thy Love will keep me close to Thy bosom, while I feel the warmth of healing Love pouring through me.

I pray that I will never forget Thy Love for me so that my soul will always rejoice.

No matter what others do to me help me to be like Thy Son Jesus that my Love may be as strong to say, “Forgive them for they know not what they do,” O Beloved Love.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 28th November 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Bethesda*. From Aramaic *beth hesda* "House of mercy." A pool in Biblical Jerusalem, believed to have healing powers. John 5: 2-4.
2. *Bethsaida*. "House of fishing." A town of ancient Palestine on the northeast shore of the Sea of Galilee. In the New Testament, it was visited by Jesus during his ministry.
3. Rt. Rev. Ernest William Barnes (1874-1953). Bishop of Birmingham (1924-52). Was an English mathematician and scientist in his youth, who became a theologian & churchman.

Lecture 8 (5th December 1950)

“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 was not anything made that was made, and the Word was made flesh and dwelt amongst us ...”—ST. JOHN 1: 1, 3.4.

“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.”

That first portion, in John, “in the beginning was the Word, and the Word was with God and the Word was God, and the Word was made flesh.” This is the great truth of the living Christ in each and every one of us. It is the God in each and every one of us.

I say the Christ, because it is the Son of God, the only begotten Son of God. Therefore God Himself dwells in every living soul because He cannot be divided. Even you and I seem separated, yet there can be no separation because the Infinite cannot separate Himself, otherwise He could not be Infinite. Therefore it is not a separate Living but a ‘one Living’ in each and every one of us, an individualisation of the Infinite Spirit, but not a separation of that Spirit.

It is this great truth that the Master showed and it is this truth that I want you to see too, because I can see the mind of the Master, how clear it was in regard to this great truth. When we incorporate this truth in our daily living, our opportunities increase a million fold. It takes praying more and more out of the realm of speculation and gives expectation a logical and reasonable foundation. That is so true.

Now when he said these words, “when ye pray, believe ye have received and ye shall have.” Here was the truth about what I am trying to show you, that when a person prayed for something, they always prayed with the idea that they lacked this thing and it was something that was separate and distinct from them.

Naturally, how could it be anything else to them but a speculation. A speculation whether they would get it or not, but when he said these words, “when ye pray believe ye have received and ye shall have,” meaning truly if the individual recognised the Spirit and saw that the Spirit was the animating, “the Word that was in the beginning, and the Word was God, Word was with God, and the Word was God and was made flesh.” That individual knew that whatever he prayed for, believing he had received, he should have.

I want you to see this clearly because it is so definite. But if you are caught up in the relative all the time, that is to say, you have not realised this great inner realm while you are caught up in the relative, then you will never know the Master’s words. Never know the meaning of his words, “when you pray believe ye have received and ye shall have.”

The reason is not far distant to look and here it is. Most people seldom think of what they have, but what they lack. No matter how much you have, you will always look for that which you lack.

Perhaps some people make a success of their lives because of the fact that they have found that which they lack and they are continually going on to replace it. But every time they try to replace it, they find there was still a lack and that lack became greater and greater.

They were caught up in that lack and how did they end themselves? In distress, in sickness, in heart failure, in all these other things. Perhaps they got all these things but in doing so, they destroyed themselves.

But you can have all these things without destroying yourselves if you knew what the Master meant, and saw clearly his statement. I am going to show you what this means.

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.

Because nearly everyone of your troubles come about from anxiety from always concentrating upon what you lack. This naturally comes about from this inward poverty. You cannot satisfy this inward poverty because you do not know how to satisfy it.

But immediately you discern your thinking, your acting, and where your mind is moving, you will see what you are doing. By doing so, then you will be able more clearly to realise that which is Real, that which can fill this inward poverty, that can satisfy this inward poverty.

But this inward poverty can never be satisfied through the relative—never! There is no use of anybody trying it, because they will never do it. It will only come through the realisation of Reality.

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."

How wonderful was his great understanding. A grain of mustard seed, you know how small a grain of mustard seed is, how very small it is. So he recognised very clearly that we had very little faith. But he said if you have that modicum amount of faith, you can do these things.

Search in your own minds then if you can see how much faith you have. Where is your faith based? How is it based? Is it based upon outward things, the relative world, or is it based upon Reality? Is it based upon that Word that was with God, and the Word that was God, and the Word that was made flesh, or is your dependence upon things that are external to the self.

Analyse your thoughts, discern your thinking, and see how much faith you really have.

You have already been told that the atom is a vortex of energy in ether of space—this unknown substance that supports all things. *Right around us here and through us there is tremendous forces, tremendous amount of energy. We are just beginning to see how we can split it up and destroy—people, things.*

We just heard the other day the idea that we should drop atomic bombs on somewhere in this world to overcome the difficulties. Then we all say that we are divided ourselves up into aggressive nations and peace-loving nations. One group will say, "we are peace-loving nations and you are aggressive nations." The other will say to the other group, "you are aggressive nations and we are peace-loving nations."

But I can tell you that there is no such thing as a peace-loving nation. There is no such thing as peace-loving nations at all because we are all aggressive. Wherever you have separation you must have aggression. Wherever you have divisions in nations and nationalism in nations and in people, in religion and economic frontiers and all these things that separate people you are sure to have aggression. You cannot have anything else but aggression.

Unity exists now and we have not discerned it yet. We have not recognised it yet because we have not discerned which way we are moving. We ourselves have brought about these troubles. We ourselves have brought about the war and this condition in the world. You are not separate from it. Do not think that you yourselves are not responsible for it. Because if you look into the world you will see it is an exact copy of your own minds now.

If you will realise this and try and discern your mental attitude towards things and people, you will see how clearly I am talking to you. You will see how surely the whole story is true. We got ourselves into this mess and we only can get ourselves out of it.

We have built up this structure and the culture in which we live. We have nominated and put into power the people that we have by our own minds, have brought about a world the exact copy of our own mental attitude.

Now think about it and you will see how true it is.

I am reasoning Divinely now. I am trying to show you how you are also responsible; for the atomic bomb, for the conditions in Korea, for the conditions in Germany, for the conditions in Russia, for the conditions around you. Yet you blame the other chap. How stupid! Yet you have not discerned your own mentality, your own minds—to see exactly what are your thoughts, what are your emotions, what are your motives and what do you think.

So we see, in this—surrounding us, a tremendous force, and we have just recently found how to split it and use it for destruction. The coming together of these vortices create matter as we know it according to the law of attraction, which is incorporated in the thought expressed. Faith is a mental activity that is kept in one direction until the finished product is established, which Paul says, “but the world was formed by faith through the word of God.”

We have not yet seen the great Power within ourselves when faith becomes a mental activity that is kept in one direction until the finished product is established.

Ether is the basis of matter, the framework in which matter is built. Ether responds to mind and forms according to the image in the mind, so you are responsible for your own troubles. You are responsible for everything because you brought it about, and you alone can change it.

Because you have not really recognised the truth that it is the Spirit within you. You are really the Spirit, but you are ignorant of the fact that you are the Spirit, because you are caught up in the relative, all the things are outside. Therefore you put your faith on these things and not on this thing that is all-creative.

“The Word that was with God and the Word that was God and the Word that was made flesh.”

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.

Here we see that when we recognise this truth what we try to do, what we try to create in our own minds through the Spirit within, knowing this truth, is fortified against the destructive attacks made upon you by doubt, worry, fear, apprehension. It allows God to operate in our affairs which promises satisfactory fulfilment. The Master’s words were quite plain, “it is the Father who ever remaineth within me performing His own deeds.”

What the Son sees his Father do, the Son does likewise.

The formula I have created is, “Day by day in every way God is making me better and better.”

This is a formula that the mind holds on to.

Sometimes it is difficult for the individual to comprehend the real truth of the Spirit that is working, the Spirit that is thinking, the Spirit that is active because the Spirit itself is caught up in the relative and is lost in the relative and no longer knows its own power. Because it fears the things external to itself, it is lost in that fear, in that doubt and apprehension, so therefore the mind, to a great extent is filled with so many ideas that battle with one another; opposing ideas.

Because immediately you think of health, you think of ill-health. The thought of ill-health rises up to the mind, therefore it combats it because the mind is the world of opposites.

The Spirit alone is single. Because in the world of opposites there are always the two. That is the Tree of the Knowledge of good and evil—two. The Spirit is one—life. The other is two, the dual nature of things which leads you astray.

The reason I have made this formula, “day by day, in every way, God is making me better and better.” Because it 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.

We see clearly then that there is always one that is uppermost. If the error is established in the individual and the individual is concentrated upon the error, therefore the error is what we call manifested. But if the individual turns away from the error recognising it, having no power of its own, and begins to think of the truth that nature is always working in us for our good, he says, quietly in his own mind, “day by day, in every way, God is making me better and better.” That is a truth.

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.” I always think that fear is the greatest sin that man has. Because anything that prevents the true life manifesting itself through man, is a sin. Therefore I say that fear is the greatest sin that man has ever had, because what is fear? Fear of evil is the greatest sin that man has ever had in his life. Job says, “that which I feared has come upon me.”

Be not afraid. He (Jesus) 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. *Fear also causes heart troubles, nerve troubles and sleepless nights. Here we have fear as the greatest of all sins that man can commit—fear of fear itself.*

He knew how the fear of lack affected his disciples for *when they asked him for what they wanted, this and that.* 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.

Think of it, that very truth that I have told you, now. How does this fear disappear? If you are caught up in fear, it will not disappear. But if you can discern your fear and know that you are fearing, then it can disappear, because you will know it for what it is. Then you will know and realise the great truth, the Word that is within you. The Word that was made flesh was with God and was God and therefore is God. Jesus knew that paralysing fear. How often did he say to his disciples; “why are you so afraid,” “why are you fearful,” “have you no faith yet?”

I can hear him saying those words to his disciples because I know perfectly well how fears in the hearts of most people do trouble them greatly. I could say, too, to many, “why are you fearful, have you no faith yet?”

So Jesus was teaching his disciples, yet they had fear. We saw the other day that his disciples were so afraid that one of his disciples denied him, three times, before he realised what he was doing. Another would have no faith at all. He would not believe until he pushed his hand into his side and looked at his hands and feet. Others ran away when he got into trouble because they were afraid. One man who stood without fear because he knew the truth. This same truth will banish fears in the mind of man today.

If Jesus lived today he would still be the greatest teacher. He showed us the way to banish the demon fear and all its offspring.

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.

No one else has created the fear. Only man has created it. God did not create it in you. His Spirit remains ever abiding, eternally. The unfolding of the Spirit of God in man is opening up more and more the mind of man to see that realm which is the Kingdom of Heaven within, upon which the Christ is enthroned.

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. *They are vehicles for the expression and through them you gain experience.*

We are told that in Divine Mind 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. *In heaven and on earth—in the inner and the outer, in the invisible and the visible, because one is but the expression of the other.*

Therefore if we recognise the Divine Consciousness as the director, we will know that it is Divine, without fault of any kind, without fear of any kind, and knows all things because it is God who created the Universe and all things that are in it. The Intelligence is the active principle that obeys the director.

Like the body, the Intelligence in the body will obey the consciousness, if the consciousness is aware that the Intelligence will do so. This Intelligence will work for the benefit of you and your body. In what? In this Divine Substance, out of which all and in which all forms are created, in all planes; Spiritual, mental and physical, in heaven and on earth, the inner and the outer.

So this one Substance we have seen, which science calls, the ether of space. This Substance out of which everything is created, and in that Substance is the atom itself. The atom is also in this, and in you and me. The Intelligence is working through the atom. The Intelligence is the energy that is working through the atoms, forming modules, cells, organs, by the Intelligence working through those atoms, and remember what an atom is—a tremendous power.

Yet the Intelligence is the directing power of this and the Consciousness is the director of all. Because you do not know it, then you have no power

over your body. You allow your body to be moved according to the thoughts generated in your mind, according to your reaction to conditions external to yourself. Habit-patterns are created in your mind and body, then because you feel these things and the body talks back, then you have a vicious circle.

With these three, Consciousness, Intelligence and Substance all is made that is made in heaven and on earth. This we see also takes place in our lives and in the first chapter of John (Eastern text) it reads, “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 of what was created.”

Consciousness, Intelligence and Substance co-ordinating in perfect unison reveals 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.

But if someone comes along and plants a seed of error in your mind, that seed will probably grow until such time as you discern it was an error. Very often unconsciously these seeds are sown in the individual mind and grow forth as the various troubles which we see every day.

I also say again, that that consciousness of lack is the cause of most of our troubles. Being unable to fill that inward poverty. We can never do it by things external to ourselves.

In this higher knowledge we do not repeat hundreds of mantrims *or sayings* that cloud the mind as they generally bring up their opposites. For when you say “I am well” there is something that rises up and says to you, “You are not well.” *You damn well know it, you are not well and this is what rises up in your mind because your mind is double—the mind has health and ill-health. When health is up, ill-health is sometimes down, but it is always crawling up to the top. Whenever you say health, you have ill-health. Therefore people are continually saying mantrams all the time, “I am this and I am that.”*

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. *Not from an individual point of view that they are in yourselves, but looking*

upon them as a Universal thing, totally distinct and separate not only in yourself but completely in the whole Universe. Therefore you see something in an abstract form that is itself true. By doing so, you get round that particular double-minded creature that is within you.

This was brought home to me recently 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?"

He said, "I'm 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.

"Breathe," I said. His whole mind was taken away from his mantrams which had brought up the opposite all the time, struggling all the time to live, but when he breathed he knew he was living. So therefore he lived.

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'm getting weaker and weaker." No wonder! 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 and she 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. Please think about this. It is most important.

I am told through spiritual means that 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 a numberless number of 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.

So Life Itself is manifesting Itself. In other words, they said that God makes things by becoming the things He makes.

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. *Yes, think of that now.* Jesus says to us again in twentieth century language, “The Kingdom of Heaven is within you.”

The Kingdom of Joy, of Peace, is within you. What is wrong with you? Why are you disturbed?

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.

Remember you can express only what is in your consciousness. Then see that your consciousness is filled with Truth, Understanding and Love, these three will get you anywhere in the world and beyond it.

It reminds me of the story of the person who asked the question, “what do lawyers do when they die?”

The fellow said, “They lie still.”

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 inferior 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. *God made you original, that is your success. That is your great power—your originality as God has made you and it is originality that succeeds. With all your faults with all your mannerisms they are yours, and there your true experience lies in being yourself.*

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.

How often great actors have began trying to imitate another actor. What a great flop they were, until some person came along and said to them, "you know, you're really an actor yourself if you would just act yourself and not try to act some other person." Immediately they began to act themselves, they were a complete success. Originality in the individual.

There was one actress, who was a singer, on the stage and she had a great big mouth—it went from nearly ear to ear. All the time she tried to squeeze it in to make it small, so that she could speak with her mouth small, anyway she was a flop. But somebody saw her laughing and he said, "you know you have the most infectious laugh that I have ever seen."

Then she squeezed up her mouth and she said, "do you think so?"

He said, "that's not the way," but he said, "laugh the way you laughed a few minutes ago." She laughed, and he said, "that's your success. Now go out and laugh like that."

When she went onto the stage and laughed with this great mouth from ear to ear, it brought the house down. She was a success straight off the reel.

Now I am telling you these great things because of the fact that most people are trying to act the other person. You have qualities, no matter if you have a mouth from ear to ear. It makes no difference, or if your nose comes over your mouth. It makes no difference, or your eye turns this way or that way or whatever the case may be. You do not have to worry about it.

I remember after I lost this eye of mine, in the First War, it was knocked out and I got an artificial eye in. When I was talking to people, I used to put my hand up like this to my eye and I used to close my eye and talk like this and try and hide the eye because I was sensitive about it. I began to realise what a d... b... fool I was. Did not care then, I found that I was free, I no longer worried about it. But if I had kept on, I would have sure had a nervous breakdown through it. I was trying to hide a so-called, as it were,—fault. But when a person saw this eye, he says, “Why that eye’s kinder than this one.”

“Yes,” I said, “when you ask for a loan.” That is the Scotsman you see, coming out. That is a characteristic.

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 realise 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.”

The meaning of this; is seek ye the Kingdom of Heaven within yourselves and the right use of that Kingdom, and all things shall be added unto you.

Ask yourselves tonight, before you go to sleep, “have I any fears?” Then begin to discern what they are. You will notice that there are bogies in your cupboard. They are skeletons.

We must first find the Kingdom within so that we can attract, build, materialise in the external. The Power is within, the Way is within, Wisdom will disclose the source of all power.

Therefore do not worry about the external world, make the internal real and the external will soon manifest in a way that will surprise you.

What truth that is.

When Reality is recognised and realised, not that you will know what It is, but you will know that It Is.

Whatever you know about anything, you will know it is relative. You will know it has no power of its own. Anything you can discern, anything you can see and think about, is relative.

Can you think about God? No, of course not, because if you think about God you make him relative, outside yourselves. To a great extent, praying to God is making God relative.

Jesus said, "When you pray, believe you have received and ye shall have it." What a mind! He saw clearly that you are making God a relative God.

One chap came to me the other day and he said to me, "You know, this knee of mine, it pains me when I get on my knees to pray."

I says, "You don't have to get on your knees to pray. Stand up and pray, it's just as good as getting on your knees to pray."

"So," he says, "do you think so?"

I say, "exactly, it's the same. It makes no difference where you go or what you're doing, or where you are, in a church or outside. It is within you, what you believe, what you know."

Now listen to me, whatever you think about is relative. If you think about God, you make him relative.

You know Reality is. I know I am. I know that I am Life, that I am. I do not know what Life is, but I know that I am. I don't think about it. Do not make an image of it. If I make an image of this Life, it is no longer Life, it is an image. Listen, ask yourselves the question, "Is your God an image in your mind, or is he a Reality?" That is why I am trying to show you, the relative side so that you will be able to recognise that which is Real. Realise the Reality in yourselves. You will realise it once you see all things that are relative.

You cannot make an image of God, because you do not know what God is, therefore you cannot make an image of Him. If you try to make an image of Him, you are making an illusion in your mind, it is not God but an illusion.

Discern the relative and see all your faults, see all your errors, see all the things that are hindering this thing that is Real in Itself, from manifesting Itself. All these things surrounding in your mind is preventing

you, the Real you, from manifesting Itself completely in this Life. Therefore discern all this rubbish that is of no value to you, that is hindering your true expression. Do not bother about making an image of God, you are only wasting your time.

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.

Therefore if I eliminate fear from my mind, I can create can I not?

When I sat down tonight. I had in mind to explain (in this lesson) the various functions of the mind but my *pen sped on and on*, and now I will finish this lesson by repeating the saying of the Master, “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.

“This is the Word that was in the beginning, the Word that was with God, the Word was made flesh.”

BENEDICTION

O Perfect Love, I am Thine and Thou art mine, so we are one.

Thy Flame of Love has consumed me in its all-ness 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.

(EPILOGUE)

That is humanity today. The Unity exists now, that Love is the Spirit in every human soul. When we realise it we will be all strung together with that great wonderful chain of Love that binds us together as one family.

That all nations become one nation, all flocks become one flock. "I have other flocks and I shall go and gather them together so that you shall be one flock and one shepherd."

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 5th December 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

Lecture 9 (12th December 1950)

“AWAKE THEM THAT SLEEPETH, ARISE FROM THE DEAD”*

“Ye shall go out with joy and be led forth with peace.”—ISAIAH 55: 12.

In our relations with people and things we gain experience. This enables us to discern our actions and thoughts. One thing is certain that when we discern what we are doing we will see if we are dependent or not on people and things.

If we are thus dependent then we will find that our minds are full of wants, hopes, desires, cravings, envy, greed etc., for this is caused through dependence upon people and things. When we are caught up in this way we only find sorrow, fear and conflict. But if we deeply discern what we are doing we can free ourselves through understanding the Real behind all people and things.

It is a tragedy to see so many people in the world today dependent upon things and people. Instead of dependent upon that which in Itself is the Creator of all people and things, that which is within oneself, Reality, that is the Creative Principle in God and also the creative principle in man—the same. The Father who has Life in himself grants the Son to have Life in himself.

Are you not the great miracle? You are the great miracle, no one knows how you came forth, except God. God alone knows how you have come forth into this world. No one knoweth except the Father. Because no one knoweth except the Father, the Father knoweth all things in you and through you. That is why the Master always gives himself this final act. “Not my will but thy will be done.”

But if we are dependent upon people and things, then we are lost in the effects we see before us. You cannot depend upon any person, nor can you depend upon any thing. These things are illusive, and not only illusive but they have no power of their own, none whatsoever. "All power has been given unto me in heaven and on earth." That is the only solution when we recognise the true nature of that which is within ourselves.

But we cannot realise this until we discern our minds and we see the world today, the exact copy of our own minds and actions. Look into your own mind, heart, and you will see these antagonisms, these wishes, these beliefs.

We have made progress, but at what a price we have made for the progress we have gathered together. Yes, of course, we have now ships in the air, our transport is moving faster and faster. Society is becoming more complex, more exploitation. We can now kill thousands and thousands of people in a few minutes. We can destroy a town in a flash of an atomic bomb. Progress, yes that is progress.

Where is this progress going to lead us? Because we are dependent upon outer things, man, people and things, instead of realising the great truth of the Timeless, the Eternal—in where alone is Peace and true progress.

Unity of man seems to be a difficult thing, and so far off. But that unity is now, at this very moment. We do not have to look forward to this unity and say, "the next war will bring us unity." The next one becomes a bigger war than ever and will go on still. I remember when 1914-18 war we were told that we were going to the war that was going to end all wars. Then the next came, and we said that this war was going to end all wars, and we find another one staring us in the face. Each one has been worse than the one before it. Each one has been more diabolical.

But you will say then, the reason for it is this, the reason for it is that, because you do not know. But if you look inside yourselves, you will see the reason for it. You will see that the mind is an exact copy of your own minds and actions. Therefore how are you going to rearrange a world that you have created. Without changing the inner, you cannot get the outer changed.

Yes, you may legislate for this and that, you may change the outer for a time. But you only create more antagonism, more strife, more sorrow.

Legislation won't bring you peace. Leagues of Nations will not bring you peace.

Only that Peace that is already in man must come forth. So man must discern his own mind and see that which is hindering the progress of this Unity that is exactly now at this moment. The Timeless. You must get out beyond this element of time. We are living in the element of time, tomorrow, next year, and so forth and that will never come. Never!

You will say then, you must discern what you are doing. You will say that it will take a long time before the people will come to realise that. I say "yes, it will take a damn sight longer, the way that we are going about it now." This starts with ourselves.

If we do not know the difference between the "Real," that which is the Greater within that creates, and the outer—the created, we will continue in our ignorance and add to all suffering. Paul tells us in other words things are not made out of things seen but out of that which is unseen.

We are connected to the outer world by our brain-mind, the cerebro-spinal puts us in touch with every part of the body. This system responds to sensation such as vibration of light, sound, touch, taste, smell, hearing, feeling. Fear may arise from any of these vibrations which will cause messages to be sent all over the body causing inharmony.

When we are aware of the Greater within, the nervous system sends constructive impulses *of peace, of harmony* which react upon our body causing *perfect harmony, perfect health*.

Therefore on the outer, we use our senses to get all those experiences through fear, apprehension, hope, sensation. Granted you get your experiences that way and no doubt it is necessary for you to get those experiences, because if you did not know these things, you would never know Reality. It is discerning those things properly, to see them for what they are, then it uncovers Reality. We do not create reality. You do not as a matter of fact, force Reality to come through you. Reality comes through itself of its own free will when you make a path for it, when you clear the debits away. When you wipe the mists away from the windscreen, so you will see clearly. So when you wipe the mist away from your mind, that which is Real will manifest Itself just as sure as the sun will rise tomorrow morning.

In this lesson I want to go into the various phases of the mind, so that we can better understand what is taking place. We already know that there is but one Mind, but in this one Mind there are many phases of action.

The Universal Mind is the vehicle of expression through which God and man are united in action in all phases of activity.

Because this Universal Mind responds to God's Consciousness, as the vehicle through which Creation takes place, this Universal Mind responds to man's consciousness, so that his creation also will be created in the same way. The mode of action is the same, the only difference is in degree, because we are the individualisation of Reality, but we have never really realised this great fact. You can never know this individualisation until such time as you have cleansed the mind.

God created man. He also created the earth and all that is in and on it. Minerals, vegetation, trees, plants, beasts of all kinds, all are of His creation. When man fears he temporarily loses that unity which he has, and always had, through "the Word that was in the beginning" as explained in my Lesson last week.

"In the word that was with God, and the word that was God, and the word that was made flesh." This is the word that God created the world through faith. The same word that Jesus used in all his so-called miracles.

To us and to many others, these things seem a miracle, but when you understand the Master's mind, there is no longer a miracle. It is the application of the Father doing his work through the Son. Nothing more. But the Son's mind must be clear to allow the Father to do this work. Clear of what? Clear of beliefs, clear of superstitions, clear of hatreds, clear of envies, clear of dependence upon people and things. Clear of all these things completely so that the mind will be clear. Then that which is Reality Itself, manifests through it just as the sun shines in the morning. There is no clouds to hide the sun's rays in the mind of man, when he discerns his own thoughts and actions.

I can see clearly what the Master did, when he went forty days and forty nights into the wilderness. I can see how he eliminated from his mind, all the things that were relative. Then, after he dealt with that and cleansed his mind, then the great power of the self started to rise up within him, when he

recognised the tremendous power. So this self just said to him, "I will give you all that you see before you, if you go down and worship me."

He said, "Get thee behind me Satan."

"You can go to the top of the temple and cast yourself down and your angel of heaven will support you, not a single scratch will you have."

He said, "no," although he knew he could do all these things, yet the Father was not working, that was the self. To prove certain things, you require no proof, there is no proof required. Everybody's looking for a proof but you will never get a proof, the proof is within yourselves.

Yes, if I performed a miracle this very moment and I said, "that proves to you that such..." You will go away, you will forget all about it, but your minds will just be the same. It would not change you one iota. You would say, "yes it was wonderful." But did it change you inside? No, of course not! Never will. But the Master knew that clearly. Because I can see it myself so easily, surely the Master knew it well enough too, for he had a greater mind than mine.

Later in this lesson I will show you how Jesus opened up to his disciples an inner realm that the greater majority of people today do not yet know or understand.

In the one Mind there are different manifestations working, all performing their own particular tasks. All these also work in and through us. In the vegetable world there is a mental action that absorbs the necessary mineral so that the various fruits and vegetables can grow to fruition.

These two mental activities, mineral and vegetable, exist in man under the control of his instinctive mind where all are absorbed and blended so as to keep man's body in a healthy condition.

Here then is an instinctive principle, the minerals are absorbed into the vegetables, the vegetables and the minerals are absorbed into man's body. There is an instinctive nature through man's body that works upon these things, takes them to the various places they are required. There are millions of workers in the body, such as red corpuscles and various other carrying entities who carry these particular particles of food, minerals and vegetable matter to the parts of the body where it is required to make blood,

to make bone, for your liver, for your heart and all the rest of the machinery. This is going on instinctively twenty-four hours a day without any termination whatsoever.

But this instinctive principle goes through the whole of Nature, through your body, through mine, through the whole of animal nature. Everywhere we see the same instinctive principle. That is a plane of activity. A mental action in the one mind, creating and growing and repairing and preserving.

Men as well as animals are also creatures of habit, good habits and bad habits have an effect upon us, and affect our health and happiness, this we all know one way or another.

Then we have our intellectual faculties, the intellect is filled with truth and error at the same time and it is here where we must discern what is true and what is false. The mind absorbs what it hears and what it believes. Those beliefs may have no foundation in Truth, nevertheless they create much strife when they are at variance with each other *in the mind*.

We will see then that these ideas you absorb in the mind. Another person will absorb certain ideas and because your ideas clash, you have then what you call it—war. There is confusion and conflict because you think that these ideas are truth. You never quarrel over the truth, you only quarrel over ideas and that is not the truth. So your mind is filled with intellectual junk and you progress. One after another you get more and more and you cast this aside and that aside and so forth. Your mind is so filled with confusion, sometimes you do not know where you are.

There are so many different religions in the world, Hinduism, Mohammedism, Christian Science, Christian, so forth and all the various phases of Christianity about 250 different denominations, all on the same string, all at variance with one another, over ideas.

We also have our intuitional powers through which higher knowledge is acquired. Our intuition leads us into the Truth of things and there are ways and means for man to open up to this great faculty and free himself from many of the perplexities that haunt him today. It is through this faculty man gains Spiritual understanding.

Consciousness is the directing power through all these planes of manifestation. *You will notice then there is something behind all these*

things, your mind absorbs something. Something is there to direct the mind to absorb it. If that which is directing the mind, is ignorant of the source of its own being, then it will cause conflict. Therefore the Consciousness of God is involved in all these processes of the mind as the Director, and as the Consciousness unfolds so does the Consciousness become aware of which is hidden beyond what the ordinary man sees or feels.

When you begin to discern all the relative, the Consciousness begins to unfold and behind that then, there is a visual. A vision that comes through intuition. A faculty that no-one knows what it is except that we have it.

I cannot tell you what it is but we know that we have it. We go into a state of observation, what we call Divine observation, or we call listening, in peace and in silence. Listening in the silence then pours in the great Truth. Even at this moment I am talking to you, I do not have to think what I am going to say. The words come out through my mouth, flowing out, clearly and distinctly, because I am using that instrument.

But I do not know how it comes about, neither do you, only God knows, because I am the miracle. I am his miracle and He alone knows how I came forth, because He alone knows me, He works through me because I recognise only Him and no other. Neither father nor mother nor brother nor sister. I only recognise Him as the source of all things. I do not depend upon people and things because I know that He is everywhere.

Psychologists have divided the mind up into bits and have got horribly mixed up in the process. Ninety per cent of our mental action we perform in the inner region of the mind, and that which views the external is comparatively small when we consider the great hidden ramifications of the mind.

So that personal consciousness on the outside we have through our senses are very, very limited. Because what do we see through the senses, only superficial. We say this glass is water, but you cannot tell me what water is. You can tell me the elements of water. You can tell me hydrogen, oxygen H₂O but anybody knows that.

We know all the chemical constituents of anything, but that is not the thing itself. There is something far behind the chemical constituents of

anything. We can tell you what an atom is, but there is something behind the atom, you do not know.

The external consciousness is like an iceberg with its crystal peak showing above the water line, yet nine-tenths of the total is underneath the water line, the crystal peak above resenting attention to its submerged self and that out of which it all arose, *and into that which it will one day return*, so it is with the mind of man.

It arose out of that great ocean of mind, the Universal Mind. Just as his body has grown and rose out of that great Universal Substance, so behind it is the Universal Mind, so behind the Universal Mind is the Consciousness, the director of all things. Yes, and I will say to you, that is me, that is you.

But you have not gained it yet because you are still fearful about certain things. You live in the future, you live in the past. You live in the memories of your past and live in the hopes of your future and you forget exactly the Ever-present now, the Timeless now, now, now,

That which is Timeless does not live in the past, nor the future. There is no past or future in the Timeless. Timeless is Eternity. Eternal and Ever-present, always—now is the only time.

I Am, the Spirit of God in me, is the same Spirit that manifests in the great portion of the Universe, it is Timeless. Therefore, why should I depend upon things external to myself? Why should I depend on people and things? Can't you see now the great significance of the wonderful truth the Master said, when his disciples said to him, "Rabbi, won't you have something to eat?"

He turned to them and he said, "I have food of which you know nothing."

They said again, "Has someone brought him something to eat that we do not know?"

He was talking about that which I am trying to show you.

The external consciousness then, is very limited.

The most wonderful thing to understand is that the Universal Mind that created the individual will create for the individual just what he thinks. Although the Universal Mind will create for us just as we think It still maintains its own perfect harmony decreed by Its Divine Nature, and once

we discern our own inharmonious creations we can dissolve them, yet eternal harmony remains the true nature underlying all things including man.

What a wonderful truth this is.

Well, you will say to yourselves, "all this time I have been so stupid that I have not seen this thing." Yet you know perfectly well it is your own mind that created these inharmonious conditions and to discern them, they will dissolve away.

People think that the truth is so difficult. Yes, I know it is difficult. Only difficult to the mind that is crammed with stupidity. But when the mind is cleared, it is easy. There is nothing easier in the world. It Itself, Truth, is expressing Itself all the time. But you fear this, you fear that. You are hopeful for this, and you doubt this, and you doubt that. You are dependent on people, you are dependent on things, and all the rest of it. How do you think then, that that which is harmonious can express itself through your inharmonious mind?

The majority have not yet learned to think for themselves they think in groups or collectively, consequently they may only give birth to one original idea but once in a life-time. They merely echo the thoughts of others and those are chiefly conformity, tradition, sickness, lack, disease, old age and death, the same old routine over and over again, until humanity becomes like a prisoner on a treadmill, going round and round until the consciousness begins to create a clearing by understanding and love.

"Love the Lord thy God with all thy strength and all thy heart, with all thy mind and love thy neighbour as thyself."

What a pity! But the world is so stupid and so blind. No wonder the Master wept when he saw the ignorance of the people. He was not weeping because Lazarus was dead, because he knew Lazarus was alive. He knew there was no such thing as death, because he was Life himself. I am life, you are life. Let the dead bury the dead.

"Awake them that sleepeth." For their minds are asleep, crammed with foolishness and stupidity, they are dead. That is why the Master said, "let the dead bury the dead, thou believe in death, let them bury the dead. My Father is the Father of the Living, not of the dead."

You and I are the expression of the Consciousness of the great Supreme. We have passed many stages and will pass many more as we unfold more and more of the glory that is ours from the beginning.

The Universal Mind Itself contains the essence of the great evolutionary process and contains all that which has yet to be unfolded, waiting to spring forth in our consciousness when we are ready, and as humanity as a whole makes progress these faculties will manifest through the race. Yet there are those of the vanguard out in front.

So I say now, it is you who are now learning the deeper truths of this. Not those who are always seeking the truth to obtain something outside themselves; seeking the truth to obtain health, seeking the truth to obtain money, wealth, position. Well, I do not want anybody that is that. Let them go to people who preach that nonsense. I do not want any student of mine to want the truth for anything but the truth itself, because if you do, the truth you have is false.

“Seek ye first the Kingdom of God and the right use of that Kingdom and all shall be added unto you.” First you must find the Kingdom of Heaven. The Kingdom of Heaven is within us.

We as a whole look back in disgust at the injustice done to our brothers and sisters who were accused and persecuted for Spiritual gifts; the Master himself, the greatest example of this suffering. There must nevertheless always be pioneers in the van of progress and you and I are in that line of progress although you may not realise it.

Man's body is built up of minute cells, the Instinctive Mind builds into these cells the necessary mineral, vegetable and protein substance taken from the food we eat and that which we drink. Here we have the mineral, vegetable and animal mental principles working through us all under Consciousness, building and repairing our bodies under the direction of the Instinctive Principle within the one Mind.

The Instinctive Principle controls and directs the functions of our bodies, it has great experience behind it, yes, back through the ages all the natural reproduction of the species, appetites, desires, feelings and emotions belonging to the process of evolution. Hate, anger, envy, jealousy *and all these things* belong to our primitive nature that has not yet been sublimated, *through understanding.*

I am going to draw you a few lines now. We will assume that this is the Universal Mind. A very poor simile because the Universal Mind includes everything and, in fact, it includes all space, even boundless space. It goes beyond, there is nowhere in the Universe where it is not. It includes; planets, stars, everything you can think of. Nothing can exist outside it. It must all exist in the Universal Mind and all these processes of activity in you, also live in the Universal Mind.*

This is a plane, we will call it, a Mineral plane, we will make this no. 1 for instance.

We will say this is the Vegetable plane, we will call that no. 2.

We will say this is the Instinctive plane, we will call it 3, the Instinctive mind, this is the Animal mind. You are all refined animals, every one of you. Yes, you have got animal tissue in you. Your bodies are made up of that tissue.

Then comes the 4 th one, we will call it the Habit mind.

Then we will have another one here and we will call that 5, and we will call it Intellectual.

Then we will have then Intuitional, we will call this 6.

Above that again, there is a greater one of all which is— Spiritual, we will call it 7. The seventh plane of mind in man. The seven planes of mind that are in man.

Man's consciousness is in Spirit all the time manifesting through all these planes of manifestation.

Now we will see what takes place.

The vegetable becomes active, it is planted in the ground, it absorbs all the mineral into it. The various minerals that is required, flows into the vegetable. The vegetable takes on whatever species it takes, whether it is a turnip or a carrot or whatever the case may be, it attracts the various minerals into it so that it grows. These minerals and the vegetable matter is absorbed into the animal tissue.

The animal tissue absorbs the mineral and the vegetable into the animal tissue. It is controlled by the Instinctive principle, that Intelligence that works through the whole of your body that knows where to take it.

If you have a bone structure that requires calcium, it will take the calcium out of your food, it will take it to the bone where it is required. If it is the soft tissue, it will take sodium there. If it is the blood, if it wants iron, it will take the iron there. If it is the nerves, it will take magnesium and also potassium. It will take these minerals into your nerves.

If it is from the bone structure on the outside, calcium chloride, it will take that to the outside and build the hard tissue of your teeth and your bones.

If it is mucous membrane, it will take sodium phosphate and sodium chloride into the tissue and that then helps keep the tissue healthy. All these things are done by this Instinctive principle known as the Instinctive mind.

This is your animal body, it acts automatically. It is an automatic machine. Nature takes care of it.

Now comes the trouble, here is the troublemaker—habit. If you perform a habit once or twice, three or four times, it becomes a habit. If it is a bad habit, then it affects the whole of that structure. Good habits will entice and encourage the Instinctive mind to become active according to Nature. When you learn Nature's Laws, then you abide by Nature's Laws. When you create bad habits and you find that your body then takes on the habit, the habit controls it.

Then comes the Intellectual portion of our mind, what we think. On this side we have the five senses, through the intellect. We take from what we read, what we think, what we feel, what you believe. It goes into this Intellectual mind, underneath what we call the subconscious part, this Intellectual mind, where all your memories are. So it is continually changing, absorbing, and throwing out. Then you have confusion, error and truth side by side. Confusion of the five senses. Confusion of the intellect. If you live in the intellect alone, then you are sure to be confused. That is why nearly all intellectual people who have not a modicum of the truth, are very sick. There is always something wrong with them.

But when you get the Lord of the Truth, then this comes into operation—intuition. Intuitive faculty is something above the personal consciousness of the five senses. You obtain this from above because the Consciousness is flowing all through those particular centres all the time. The Consciousness becomes aware then of things above the senses and by doing so the

Consciousness becomes aware, If it becomes aware it changes all this down below. It says, “you stupid ass, you know perfectly well what you’re thinking is confusion. It’s not true. It’s only temporary. You learnt it from books.”

So then comes the Higher of all things. Here then in Spirit, is the Christ. Here is the Consciousness. In the complete Christ it flows through every human soul, through the whole Universe. The Christ Principle—God, the highest Principle there is, it is where the Consciousness dwells and there are you in the centre. That is the cross, the complete thing where the Consciousness of the Christ comes in through the Intuitional faculty, through the Intellectual faculty, down through the Habit mind, through the Instinctive mind. Everything is clarified, everything is brought into operation. The very Divine Nature then changes, the outer changes, the inner. Jesus knew it when he said, “yes, it will come,” he says, “when the inner becomes the outer, and the outer becomes the inner.”

So we see then the Instinctive Principle instructs the bee to store its honey, the birds to build their nest; the mother to care for her young. It is also the Principle that is influenced by suggestion etc.

*The Habit Principle is that which lies between the Intellectual and the Instinctive. It is that portion of the mind that automatically performs any act which has been repeated so often that the mind knows how to carry it on under consciousness. The playing of an instrument, typewriting etc., etc., there are hundreds of examples you all know of. *The habit mind looks after that.**

The Habit Principle is upset when you do things differently to the habitual way of doing them, how you put on your coat etc. Habit mind also causes trouble when a wrong habit is established, smoking, drinking etc., are just a few of many examples.

It is the most funniest thing in the world, to try and put your coat on, opposite to the way that you regularly do it every morning. Try it out and see. You will find how you fumble and fumble to get your coat on. Why? Because the habit mind is disturbed.

We then have the intellectual or reasoning part of our mind. This part absorbs what we learn about things and stores it away for use until required.

What we read, study etc., whether it be true or not, even beliefs etc., are held in this part of the mind.

The greater part of our reasoning is done underneath the conscious realm. All the facts right or wrong are stored there, that is why opinions are often erroneous because of the material we absorb. Truth and falsehood exist side by side.

I will have more to say about this in the next lecture.

Genius dwells in our Intuitional Power, this function of the mind can be called superconscious or above the consciousness of man's natural life, our intuition comes from this part *above the senses*. It is the wonderful region where genius dwells.

All prophets, writers, poets, have felt that their power comes from some higher Source, where all Truth, all Knowledge is locked up waiting for man to open up to It.

It is the Voice of the Divine Spirit piercing the sheaths down into man's consciousness, and as man looks up he begins to hear the Voice of the Spirit and It gets stronger and stronger as we begin to understand the Master's words, "the Kingdom of Heaven is within you."

Jesus opened a new world to his disciples, Peter, James and John when he took them up the mountain to pray. They all sat together for a while listening in earnest to the Master explaining that the veil that separates the visible from the invisible is but an ether veil and for those who will purify their hearts through faith the veil is rent and then it is seen that death is but an illusion, and you will see the Life that never passes away.

How wonderful this great truth is. How few of us realise it.

Jesus prayed, and as he did his form became radiant, his face shone like the sun and his garments whiter than the driven snow, the son of man became the Son of God. This was the transfiguration so that his disciples could see the possibilities of all mankind.

Here was the great Mind. The great Consciousness of Peace, waiting to come into the lives of everyone in the Universe in this world today. Waiting to come into the lives of every person living today. But the door is closed fast against it. Why? Because of people's senselessness, because of their stupidity. Because they will not discern where they are going or what they

are doing, and will leave the reformation of the world to some other individuals who know less than ourselves so that we carry on doing the same old stupid things.

Yes, we are making progress all right, but what a price we are paying for it. Why? Because we are progressing on the outside without the Spiritual progression that is necessary as the only power to harmonise man's actions, to bring peace to the external.

Yes, see the masses. Look at them and you will see how stupid they are. Look into your own minds and you will see how stupid you are too. To see that we ourselves will condone all these things that are taking place.

At first the Power put the disciples to sleep so that the Master touched their eyes and said, "Awake and see the glory of the Lord." They also saw the glory of the heavenly world for they beheld two men shining forth beside the Master. Peter asked, "Master, who are these two men who stand in our midst?" And the Master answered, "These are Moses and Elijah who come that you may know that heaven and earth are one." And Peter said, "Praise God, this is the gate of heaven."

Yet the disciples did not know, yet they had not seen, nor heard the great things that the Christ knew.

But Jesus knew and must have known Moses and Elijah. This was 2000 years after Moses and Elijah had departed from the earth. But they still existed there.

The disciples yet did not fully comprehend for Peter said, "May we go down and bring three tents, one for you, one for Moses and one for Elijah?" The Master answered, "No." Then Moses and Elijah talked with the Master about his forthcoming trial, about the wonders of the resurrection morn, the transmutation of his flesh and his ascension in the clouds.

These were Spiritual things that come from the Spiritual World, which we all live in now, this very moment. Don't you see then that the very Christ, that is the Christ of God existing in you, is the Consciousness that is functioning, is blinded, and hindered by all this. Nevertheless, when we recognise this and this was the thing that Jesus saw, the self, that was Satan.

He said, "Get ye behind me Satan." "I am not of this world. I am of a greater World." There his Consciousness was and so are yours and mine. It

is the individualisation of the Consciousness of God—the Christ, the only begotten Son of God, in the world.

All this was symbolic of the way everyone must tread, symbolic of the way the sons and daughters of man become sons and daughters of God. And out of the ether a Voice spoke, “Let all the earth hear so that the Christ shall be revealed to all souls on earth.” When the disciples heard the voice they were afraid. Jesus then spoke to them, “Fear not for I am here.” When they looked again Moses and Elijah had gone. When they came down they talked about the scene. *But Jesus forbids them to tell anyone until he had ascended.*

Here is a wonderful story. It leads us into a greater understanding that what existed on Mt. Sinai, exists at this very moment. There is no change in the Timeless. Timeless does not change. We can change our character, we can modify it, we can mould it. But that does not change the inner which we have to change ourselves. Although we can modify our character, change our character, we can discern that which is good or which is not good, whatever the case may be. But unless we discern what we are thinking and unless we know what we are doing, we will never change the inner and we will never change the outer.

So it is not character that is going to give us freedom and peace, but understanding and Love, because these two are the two pillars upon which man is built, the Love of God and the understanding of man. These two pillars and unless we understand them, unite them in ourselves as one, we will still go on adding to the misery of the world. It is miserable enough all ready, without us adding any more to it.

Can this catastrophe be averted and be turned aside? Yes, only if man's mind will change. Only through man himself.

I am not afraid. A lot of people are afraid. They fear this and they fear that. They think about what might happen.

Yes, we have dominated the world too long. We have created an opposition that is destroying ourselves. Immediately we create anything that dominates, we create an opposition that is sure going to destroy that domination we have created, and with it we are destroyed.

I say definitely that the white races have dominated the world too long. They have created an opposition that is ready to destroy the white people and I say, “yet the white people have a power that can direct and raise the standard, that their minds can lift into a Higher source—Truth, and lead the world to peace and harmony.” Will you do it? Is the white races capable of doing it? I say, yes.

BENEDICTION

O Cosmic Life, Thou art one only. Thou hast expressed Thyself through Moses and the prophets, through Jesus and through us all. We are all one.

Thou art the Ocean of Life, we are the drops, one and the same. Thou art the Father-Mother, we are Thy children, we exist in Thee forever.

Thou art the Lover we are the Loved for we are one.

Thou art the music, we are the rhythm, we can never be separated.

Thou art the Eternal, we are in Eternity, O Beloved Cosmic Life.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 12th December 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

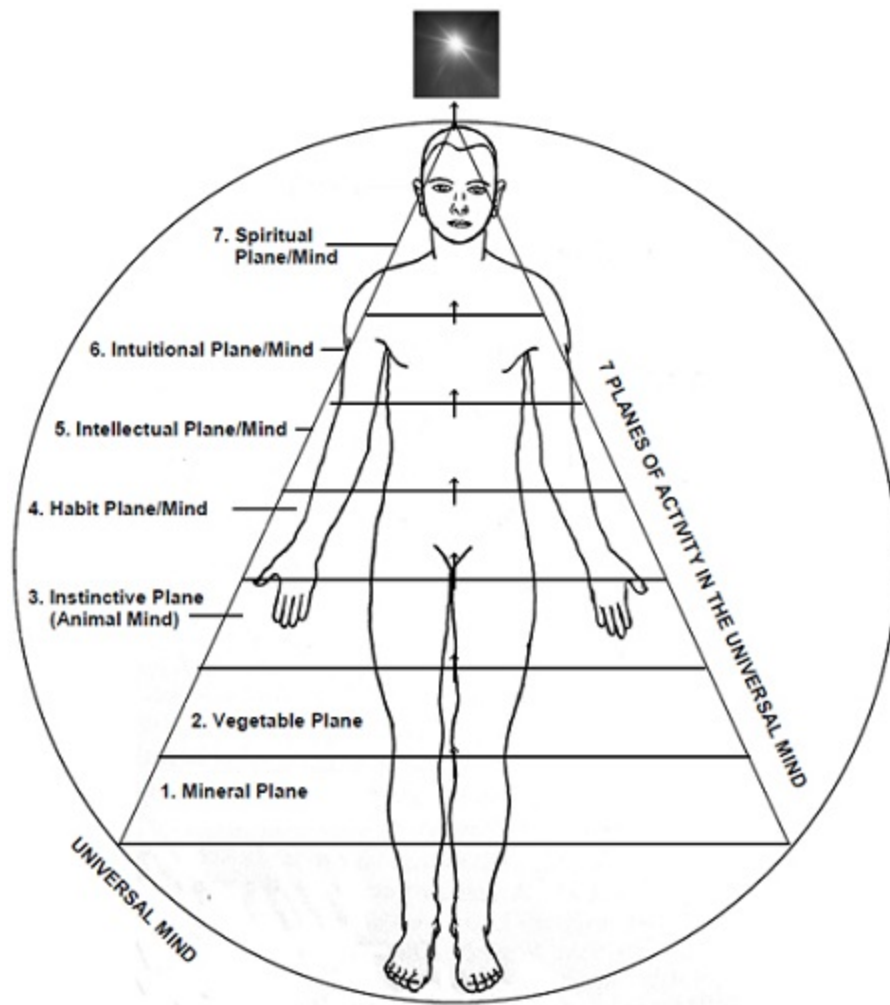


DIAGRAM 7: UNIVERSAL MIND

Lecture 10 (19th December 1950)

THE KEY—HOW TO USE YOUR MIND TO SOLVE YOUR PROBLEMS

“So take care how you listen for he who has to him shall more be given.”—LUKE 8: 18.
(Moffatt)

The question was asked me the other day who created the brain of man and the nervous system. I replied, “An Intelligence that is beyond our finite conception.” All I know is that *It is* and must be. If we knew what It was It would become relative like the brain, but It is the Creator of the brain. What you are trying to conceive in your mind is but an image of this Intelligence, not the Intelligence Itself, because It is beyond your mind.

You may have an idea, an image of a relative thing but you cannot make an image of the Abstract, the Reality. Yet you are both the Abstract and relative combined. We have the power to reason about the Intelligence, but the Intelligence goes beyond our reason, yet does not run contrary to our reason.

Truth has no limits, therefore you cannot limit Truth by reasoning about it because it goes beyond reason. Truth is the Real Self, yet you cannot find that Self outside yourself.

Few people understand the Master’s words, “Can a blind man lead another?” You cannot define Reality for there is nothing to compare It with, because It is beyond all things.

You cannot comprehend Reality—Truth—the Infinite—God—the Abstract, or whatever name we give It, with a background of ideas caught up in Christianity with its changing interpretations, when one idea is worn out a new one is created. One time it is hell, brimstone and the devil, later it is modified and something else may take its place. Or a background of Buddhism with its many gods and demi-gods and incantations, or

theosophy where the mind is filled with so many ideas that it becomes confused.

Yet most people try to make Truth—Life—the great Unknown conform to these ideas. So they judge everything on what they believe to be true, while these beliefs are only ideas, images in the mind, yet Truth is none of these. Truth—Life—God—Infinite, whatever name we use is beyond mind, greater than all creation yet we are one with It.

To know our oneness with the Whole we must be free in mind and heart from all authority, limitations, imitation, from craving, both Spiritual and material, free from inherited theories of right and wrong, where the heart is empty of Love. What is necessary is to keep our minds and hearts free from all these things so that Love can manifest.

I have begun this lesson in this way so that your minds will not be confused with the relative, the things that we see and comprehend and that which is beyond our comprehension.

Jesus said, “For John the Prophet has come eating no bread and drinking no wine and you say he has a devil. The son of man has come eating and drinking, you say here is a glutton a drunkard a friend of tax gatherers and sinners.” Luke 7: 33-34. (Moffatt)

“For all their seeing they may not see and for all their hearing they may not understand.”

While studying the relative we must not fail to realise that which is behind the relative that which uses the relative as a means of expression. “When you have seen me you have seen the Father.” When we study the mind we are studying the relative and we can become so engrossed that we lose sight of the Real.

In our last lesson we dealt with the various phases of the mental action that is working in and through us. In this lesson I want to deal with mind as the wonderful servant waiting to serve us when we know how to use it.

I told you that 90 percent of the work of the mind is done in the inner realm of the mind, some call it subconscious. I prefer to use the term “inner” because it does not create the idea of division.

The inner realm does the work of analysing, reasoning and dissecting information so that it can become of immediate use to us in our daily living.

In a previous lesson I spoke about attention and the processes of attention, and now I will take you a little further into the process of attention when it becomes contention, that is when the mind applies itself earnestly to a subject or object. The inner realm is therefore not subject to interruption by the external. When you direct this wonderful servant properly you will be astonished at what it can do and will do for you.

The method used is quite simple. You direct your attention firmly towards the object or subject about which you want to know more. The attention must be held with the understanding that the inner realm is taking up the work, so that attention is held until it acts automatically in the inner realm.

Your attention then becomes contention which is the inner realm in attention. It is an inner phase of mental action, the inner mind is held firmly to the task until it is completed, leaving the external mental action free to employ itself with other things.

This inner attention is more intense and powerful than the external, because it cannot be disturbed or distracted from its work and will work away for days sometimes for years according to the magnitude of the subject or object which is the subject of attention.

It will work till the problem is solved unless you recall it by the will. Great discoveries are made in this way. That which is locked up in the Universal Mind becomes known to the individual mind.

When you consciously know that you can perform this great feat by your mind, it makes you feel more secure, gives you more confidence in yourself. It may take a little practice to acquire the mastery of this art of contention. But it is well worth while the time and the effort, for it will give you a great unerring efficiency. All great minds have either consciously or unconsciously fallen into the way of using the mind this way.

You can use your inner mind to advise you of engagements. When there is a strong suggestion for an event in the tomorrow you awake on time, when the schoolboy does not want to go to school he will sleep on. But when there is a fishing trip or a picnic on he awakes bright and early. When you hold your attention on a time to rise in the morning your inner mind will wake you up. It never sleeps.

If your appointment is an important one you bestow attention upon it, and you will find that your inner mind will telegraph to your consciousness when the time is due. When in love you automatically remember your appointment. If you do not remember, then you are not in love. Perhaps I am giving you away now.

You should use this faculty of the mind scientifically, not haphazardly as most generally do. The mind is an instrument of great delicacy and can be trained by patience and practice with understanding. The more you learn about the working of the mind the quicker you will use it effectively and efficiently.

It is possible for all to use their minds effectively in their daily lives. You can concentrate on an appointment or anything you wish to remember for a few seconds, drop it down into the inner realm and know that it will advise and it will. If you imagine that the inner mind will not advise you, it will not do so because in fact you have told it not to. The inner mind acts on your complete faith in it with understanding.

Therefore you must see the great importance of complete confidence in your inner mental action and with daily practice it will work wonders. It is as easy to use your mind scientifically as it is haphazardly. You can make your inner realm work for you in every direction. It is only too willing and only requires your confidence and mastery.

You can solve your problems by directing your inner mind to work on them and it will give excellent results, relieving you of the unnecessary drudgery of worrying about them thus allowing your external faculties to work freely on other necessary work.

The minds of most people are filled with an unending number of things ahead that must be done. This causes conflict and anxiety and neuroses. Do things methodically and complete each one as it comes along, doing things in order of their importance.

The first thing that you have to do is to bestow your attention upon each one in turn, in other words, able to think intelligently about things. You will be surprised what your inner mind will do for you.

You have all no doubt had the experience of having a difficult problem, and during the day you have tried your hardest to solve it but without result.

You still keep it in your external mental faculty, turning it over and over, until you fall off to sleep in exhaustion. But, lo and behold, in the morning when you awake the answer is there waiting for you.

Now this is what happened. You were trying to perform the work of the inner realm with the outer. You have already been told that the inner knows all the facts about things seen, heard and studied, and when a problem requires solving it knows the way to go about it. All you have to do is to get all the facts arranged so that the inner can use them to solve the problems.

When you are continually interfering with the work of the inner realm it cannot go on. So when you fall asleep and the interference stops, the inner realm takes the opportunity to set about the task and the answer is there when you awake. Is it not worth while working in harmony with this wonderful servant instead of working contrary to it?

If you have a difficult problem to solve assume a philosophical attitude towards it. Take each section at a time and thoroughly saturate it with thought. Do not try to come to a decision but let it settle in the inner realms. Take the next section and do the same and follow the same procedure.

After you have completed all sections, saturate the whole in the same way. Then direct the inner realm of the mind to analyse, dissect and give you the answer. If you have followed out these instructions properly you will find the solution forming in your consciousness.

Ordinary everyday problems can be solved in a few minutes. Those of a deep scientific nature may take longer according to the size of the problem.

Remember your views change according to the information your inner realm absorbs. In passing your problem on to the inner realm you must have confidence in the inner realm because it is in touch with the Universal. Great and wonderful things have been done in this way.

With some board of directors their meetings are long drawn out affairs when no decisions are made. This waste of time and energy is very galling to one who knows. If the chairman has all the facts and presents them properly a decision can be reached on each problem before passing on to the next. There will no longer be that worried sense of unsolved problems hanging fire. This is also good advice for you in your daily living.

Learn to delegate responsibility to others. Some people insist on doing everything themselves with the result that they hurry, worry, and usually end up with anxiety neuroses. Remember always that the Greater within is the Master of ceremonies. Out of the Greater within rises the individual “I am.” This is the master and this mastery must be maintained. Do not become a slave to your mind but be its master and it will become a wonderful servant to you.

Relax your body and mind and allow the calm and peace within to come forth, and in the midst of this calm realise your Being, the Divine Life in which you exist. *Be Still and Know*, “I and the Father are one.” Do not allow anything to interrupt this realisation. Then the soul unites with the Divine Over-Soul, the two are now one in action.

BENEDICTION

O Powerful and Quiet and Holy Calm, now and ever abide with me,
As Love draws me close to the mighty word of the Stranger of Galilee.
As this Truth abides with us forever we can tender and gracious be.
In spite of the Cross we can journey on like the Stranger of Galilee.

THE END

GLOSSARY OF MEDICAL TERMS

(Used by Murdo in this book)

Cerebro-spinal nervous system	<i>Central nervous system.</i> The portion of the vertebrae nervous system consisting of the brain and spinal cord.
Cerebellum	The part of the vertebrae brain that is located below the cerebrum at the rear of the skull, serving to coordinate voluntary movements, posture, and balance in humans. Consisting of two lateral lobes and a central lobe.
Cerebrum	The largest part of the vertebrae brain, filling most of the skull. Consisting of two halves or hemispheres and serving to control voluntary movements and coordinate mental actions.
Cervical Vertabrae	Spinal bones of the neck.
Corpus Callosum	A great band of deeply situated transverse white nerve fibres that connects the two cerebral hemispheres, allowing communication between the right and left sides of the brain.
Fibrositis	Rheumatic pain in any tissue other than bones and joints.
Frontal Bone	A large cranial bone forming the front part of the cranium; includes the upper part of the orbits.
Ganglion	(A) A mass of nerve tissue existing outside the central nervous system. (B) Any of certain masses of gray matter in the brain, as the basal ganglia. (Ganglionic mass)
Great Occipital Nerve	Is a spinal nerve that arises out of the neck. It supplies nerve fibre to the scalp at the top of the head, over the ear and over the parotid glands (the largest of three salivary glands situated in front of ear).
Intercostal Muscles	Between the ribs.
Intercostal Nerves	Are distributed chiefly to the thorax, rib cage, and abdominal muscles.
Macular	Region of greatest visual acuity in the retina
Medulla	<i>Medulla oblongata.</i> Lower or hindmost part of the brain; continuous with spinal cord and is the most vital part of the brain because it contains centres controlling breathing and heart functioning.

Motor and Sensory nerves	Also known as <i>Efferent Nerves</i> . Conveying impulses from central nervous system to muscles and glands: <i>Motor nerves</i> : any nerve consisting of fibres which carry from spinal cord or brain to induce contractions of muscle. <i>Sensory Nerves</i> : consisting of fibres conducting impulses from peripheral sense-organs to the central nervous system.
Mucus Colitis	Recurrent abdominal pain and diarrhoea or constipation, often associated with emotional stress. Also called irritable bowel syndrome.
Neuritis	Inflammation of nerve(s).
Occipital Bone	A saucer-shaped compound bone forming the back and part of the base of the skull
Pneumogastric nerve	<i>See Vagus Nerve.</i>
Phrenic Nerve	Starts at the neck and descends through the whole length of the thorax to supply the diaphragm.
St. Vitus Dance	Disease characterized by involuntary movements of muscles. Chorea occurring chiefly in children and associated with rheumatic fever. Names after <i>St. Vitus</i> (3rd century), patron saint of those afflicted with chorea.
Sympathetic nervous system	The part of the autonomic nervous system originating in the thoracic and lumbar regions of the spinal cord that tends to act in opposition to the parasympathetic nervous system, as in speeding up the heart, contracting blood vessels and reduces digestive secretions. Stimulate the sweat glands. The sympathetic nervous system is activated especially under conditions of stress.
Synapse	The junctional area between one neurone and the next is called a <i>synapse</i> , and here the nerve impulse is relayed from one neurone to the other.
Supraorbital Nerve	A branch of the frontal nerve from which it branches to the forehead, scalp, upper eyelid, and frontal sinus.
Thyroid	Large ductless gland lying near larynx and upper trachea. Influences growth and development, so called because of its proximity to the thyroid cartilage.
Tic Douloureux	Or <i>Trigeminal neuralgia</i> is a severe stabbing pain to one side of the face. It is considered one of the most painful conditions to affect people.
Trigeminal Nerve	Is responsible for sensation in the face and certain motor functions (biting, chewing, and swallowing).
Vagus nerve	The tenth and longest of the cranial nerves that carries motor impulses from the brain to many major organs. The vagus nerve controls the muscles of the vocal cords, stimulates digestion, and regulates the heartbeat.



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.

HOW TO RELAX AND REVITALISE YOURSELF: Expanded Definitive Edition

The following lectures were given in Pretoria, South Africa, between 11th April and 19th December 1950. The Lecture Notes which were given out prior to the nightly lectures were later subsequently released in full with some minor changes as the book known today as "*How to Relax and Revitalise Yourself.*" A full account of these lectures combining the Lecture Notes and a transcription into text of the 26 known sound recordings have never been made public until now. This edition is now the definitive version of the full inner course as given by Murdo to his South Africa students.



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