

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.

* See page 311

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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.

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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

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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

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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 day-dreams 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.

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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

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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.

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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

1. See page 311

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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

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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

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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

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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

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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.

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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.

* 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.

* See page 324

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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

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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.

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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

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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.*

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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

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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

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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.

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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 psycho-analysis. 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,

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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

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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.”

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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

* See page 339

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cerebellum and the cerebrum 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

1. See page 339

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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.

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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

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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

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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.

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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,

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“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

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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*

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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

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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.

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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

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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

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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

* See page 355

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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.

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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

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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.

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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

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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.

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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.

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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,

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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*

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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

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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, "

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“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

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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,

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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.

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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.

* See page 372

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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*

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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

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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*

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*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

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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

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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

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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."

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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.

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“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.

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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

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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.

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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.

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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;

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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

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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)

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(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?

* See page 387

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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

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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.

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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.

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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*

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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.

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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.

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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.

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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

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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.

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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

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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.”

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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

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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.

* See page 387

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.

**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.

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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.

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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.

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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

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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

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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.

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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

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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

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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.

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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.

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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.

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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

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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*.

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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

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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

* See page 420

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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.

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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.

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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.

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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

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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.

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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

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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.

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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.

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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

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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.

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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

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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

HOW TO RELAX AND REVITALISE YOURSELF

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.”

“THE INFINITE HAS MADE ME TO BE”

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.

**“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.”

* See page 437

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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.

“AWAKE THEM THAT SLEEPETH, ARISE FROM THE DEAD”

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

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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

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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.

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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

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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

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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."

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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.

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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

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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 4th 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

* See diagram on page 438

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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 chlorine, 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

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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.**

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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.

“AWAKE THEM THAT SLEEPETH, ARISE FROM THE DEAD”

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

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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,

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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.

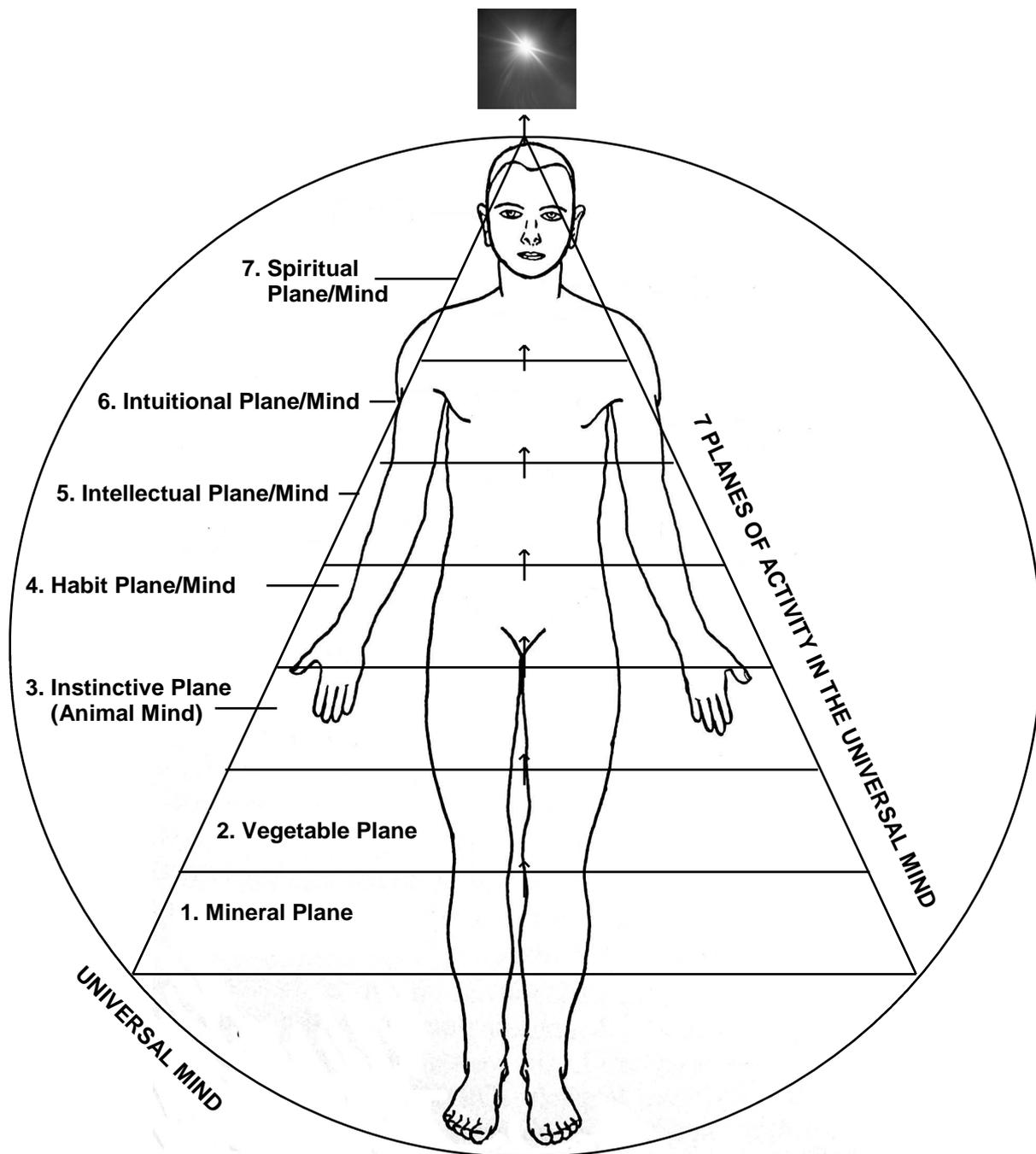


DIAGRAM 7: UNIVERSAL MIND

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.

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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.

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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.

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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

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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

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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.

Glossary of Medical terms

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.

Glossary of Medical terms

Tic Douloureux

Or *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.

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.