

## THE FIRST STEP—TOWARDS DIVINE POWER

*“For everyone who asks receives and he who seeks finds and he who knocks it is opened to him.”—LUKE 11: 10.*

Keep on keeping on, till results begin to come for this is *assured*.

*\*..this is the medulla, that particular portion of the brain through which every nerve must pass. It is like the telephone exchange for every nerve passing into the body must pass through that particular part connected with the spine, down through the spine. Then these nerves go right through the spinal column, and in each section of the spine nerves go out. As they go out, they go into the organs of the body, the blood vessels, and control this portion of the brain here—the cerebrum, where we have our thinking portion of the brain. The motor portion of the brain also goes through this area and is linked up on each side of the spine by what we call motor or sensory nerves.*

*Running down each side of the spine there is a ganglion mass of nerve tissue, as we will learn later, and how to get this relaxed. This ganglion mass of nerve tissue is the link between the cerebro-spinal and the sympathetic. Without this mass of nerve tissue, you would not have no motor activity at all in your system.*

*If, for instance, you think certain things out of fear this fear is transferred to the motor portion of your brain and it is carried to the body and causes the body to shake. When you create what we call a habit-pattern, an emotional habit-pattern, it is this area, the motor area, where it becomes affected. Misbehaviour takes place in this portion of the brain which controls the remainder of your*

\* See page 165

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*body and sets up a reaction, perhaps in; your intestines which creates what we call duodenal ulcer, nerve spasms, pains in the stomach, of all types of skin troubles. All types of things are brought about because of the emotional habit-pattern and the misbehaviour in this motor portion of the brain.*

*Now Life created all these things so Life could express Itself perfectly. But as you see then, clearly, you the conscious you, being not aware of the fact that Life is unconditioned—and you are Life, you allow outside things to condition you. Consequently as you allow outside things to condition you, you condition Life through these particular portions of your brain. Therefore you have externalised on your body the pattern you yourselves create. It is to obviate these things that this course is produced for you.*

*In this series of ten lessons, we will put into operation the ten steps of the scientific application of the natural law that frees us from all inhibiting processes caused by our emotions and habitual reactions, caused mostly unconsciously or through ignorance of what we are doing.*

*The chaos in most people's lives comes from a confused state of mind caused by the influence of things external, material possessions, social and economic struggle, fear of symptoms that are unnatural and emotional reactions to nearly every event that takes place in their lives.*

*Watch carefully as we go along and you will see what takes place and how we can overcome those conditions. When then we find that this condition is brought about unconsciously through a misbehaviour of this particular portion of the brain, it attacks a particular part of the body, in the form of tension.*

*Tension is always the first process that takes place. A particular portion of the body is tense. Some people when anything happens, it goes to their stomach. Sometimes when something happens to others it goes to their eyes, goes to the head, sometimes it goes to their legs, sometimes it goes to their intestines, in fact, various parts of the body are affected according to the individual.*

*Now when we have tension throughout the whole body, what happens? It is this portion of the brain that is causing the trouble*

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*because it is the motor centre. First of all it is here we think, it is transferred then to this portion of the brain for interpretation, then the body is affected. Immediately you relax the body and take the tension off the body, then it takes this tension off this motor section of the brain. When you relax the body, the tension is taken off and consequently the misbehaviour here, begins to slow down. The body talks to this portion of the brain and says; "I'm relaxing, I'm relaxing," and this portion then says; "All right, relax, relax," and the tension is taken off the motor section of the brain, and you find that you get into the brain, into that subconscious process of the mind. That subconscious and sympathetic nature of the body that is controlled automatically through a form of suggestion, that is the best form of suggestion, that is true relaxation and Divine reasoning—there is no better form of suggestion.*

These people are ignorant of the true source of power and by their lack of understanding misuse their creative law and bring upon themselves misery.

With understanding and a properly directed technique, life can continue to grow more abundant. With the increase of mental and bodily health and increased material possessions which are in themselves only the outward expression of a well-ordered mind, Life can become a blessing instead of what it is often, a miserable existence.

It is with this end in view that I write these lessons. I would remind you again that the main factor underlying these lessons is the instruction on how to obtain perfect physical and mental relaxation coupled with Divine reasoning which leads you out of the forest of doubt and confusion into the sunlight of understanding and freedom. It is entirely a natural sequence for Nature does the work when we take off the brakes.

*What does Divine reasoning do?*

*Relaxation by itself often cures certain conditions but without its twin pillar of Divine reasoning, you cannot get that perfect mental state that is required to overcome the things that arrive from the external—things that arrive to you.*

*Sometimes you may be upset by words; what a person has said, what a person may do. But there is a time that arrives in*

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*your life through Divine reasoning, that nothing affects you, You are supreme. You know that Life cannot be injured. I am Life. Just as electricity cannot be injured neither can I be injured. What can be injured is only an idea, an idea of myself. But an idea is just an idea and it is not myself.*

*Remember, no matter what anybody says about you, thinks about you, if you maintain this particular state of consciousness you will find that it will grow more and more. The more people say things about you the more you will be pleased at the fact that they do say those things, for the simple reason, that it gives you a greater and greater strength. Nothing happens by chance.*

*Sometimes people are put into your lives. There is a thorn in the flesh, you try to run away from that but you cannot. If you do you are creating a habit-pattern. You are believing in the power of another individual instead of believing in the power that is yourself. When you have arrived at that state, you can if you wish destroy at once, even with a thought. But you do not do that because of the fact that you have found something that is greater than destruction—it is construction and that is built upon Love.*

*Therefore you see, in your lives you will have these things coming at you from all sides. You will find then that you react to those conditions. You create emotional habit-patterns that cause havoc in your bodies. I can assure you, I will show you a way out of those conditions and you will find freedom, health, strength, and youth. Yes, you will become young again, you will feel the rhythm of life and youth in your veins.*

In the first place, I want to make it clear to you that under no circumstances must you suppress an emotion whether it is a natural one or one caused by reactions to people or things. What you have to do is to understand it, and then it is transformed naturally into creative energy instead of being ignorantly suppressed to cause emotional habit-patterns that inhibit our brain, nerves and bodily organs.

*I think I told you before about how the little girl was entirely innocent of the emotional reaction of the dustman.*

*In Australia, and most other places where people put their dustbins out in the street. The dustman comes along and picks up*

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*the dustbins. So one little girl was outside and she was playing with this dustbin and she toppled it over and all the stuff was on the street.*

*So the Mother watched out of the window all this taking place, she saw the dustman picking it up and doing so and so. When the little girl came back into the house, she said, "You naughty little girl, and what did the dustman say to you?" "Oh Mummy, he never talked to me at all—he was talking to Jesus Christ all the time."*

*So it is the same thing. If we can be immune to these things external to ourselves, we would just be like that little girl, so happy and contented.*

Fear is an emotion of great strength and it is when we reach a certain state of development we feel it most. It is because we have not yet sufficient knowledge of how to deal with it that we suffer. One may have developed through conformity and be intelligent enough to live a communal life but fail miserably as a human being because they lack true understanding.

*Yet this is the state of most people.*

In the understanding of ourselves and in the higher development of our minds we recognise the Creative Principle within us and by doing so many obsessions and fears are banished. Yet under certain conditions we fail badly and suffer the consequences, therefore a special technique is necessary as a means of coping with these disastrous situations.

The exercises I am going to direct you to do have been the means of freeing thousands from the most disturbing conditions. In fact I have not yet seen this method fail when properly applied with intelligence and enthusiasm.

In the first place I want you to ask yourselves what are your natural instincts. It is said that our instincts are in conflict with our conventions. Like a force rising to the surface and are suppressed by our surroundings.

*Naturally we inherit all the instincts of all the animals in Creation. We inherit all these things in our body because our body is built up of these animal influences.*

*We have the peacock, we have the lion, the tiger, the cat, the mouse, and all the other animals in ourselves. The influence of all*

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*creation is working through the physical organism, through millions and millions of years, through what we call, that particular substance which we will call the instinctive nature that flows through the whole of the animal existence. Man is then also growing out of that particular stage into realisation of his glorious self. But these influences remain with us. Now, what do we do? Do we then suppress these things ignorantly? Not knowing them?*

By understanding them we do not attach unnatural and destructive ideas to them and repress the natural instincts and emotions with the evil association we ourselves create. By our understanding we transform the basic energy and it flows into constructive channels in art, music, sport and other congenial occupations.

*A basic energy is existent everywhere. All your emotions rise from one particular basic energy. The movement of the hand, the voice, emotional feeling. Natural instincts rise from one basic energy that flows through the whole of mankind. When you know that this basic energy is energy in itself and you can hold it and direct it into a channel that you want it to go—then you have freed something. You have then transformed that energy into a particular form of constructive channel that will build for you health, strength, happiness, success.*

Ignorant repression utterly fails, and we find this energy producing painful results in an emotional habit-pattern the cause of which we are at a loss to understand. This causes more misery and the vicious circle is then created. It is not the emotion but the suppression with the evil association we attach to it that causes all the trouble.

Do not be alarmed, all this will be eliminated by this properly directed technique of which you will learn in each lesson.

You have to apply the method, and I will show you the way but you are the one who must do the work, I cannot do that for you. I often wish I could, but if I did so you would not learn nor would you free yourselves from your emotional habit-patterns you yourselves have created. I am putting this to you this way because I want to impress upon you the importance of these lessons.

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*It is impossible for me to do the work for you. If I show you the way you will find what I say is true. I don't want you to believe what I say, I want you to prove for yourselves what I say is correct.*

The next important thing I want to tell you of is of repressed painful memories. A repressed painful memory can become so complicated and suppressed that it becomes hidden away in the recesses of the mind. But immediately something that is associated with this memory is registered upon the senses either by hearing or by seeing, the message is carried to this suppressed memory. The emotion attached to it fires up through the body. The emotion has been stimulated and the body suffers but still the memory remains hidden.

*Here we have very often these particular forms of spasms that most people have. They do not know where this spasm has arisen from. They only find it firing through their bodies—a fear, a sensation, a terrific feeling that they want to run away.*

*All these things are nothing more than suppressed memories. As you see through your senses; things may pass through your ears, through your eyes. Yet you are unconscious of the fact that there is an association with a suppressed memory that remains hidden in the recesses of your mind, that you have repressed because you have been afraid of it. You fear it, then it, the emotion rises to the surface but the memory is still hidden.*

*Why? Because you have caused it to be suppressed and hidden. There is a censor in your own mind. A censor that will please you; when you say, "I want to forget that," the censor says, "Alright, I'll make you forget it."*

*It does not take the emotion away from it, it still remains there as a centre of energy. A centre of power which begins to revolve and begins to rise up to the surface and takes hold of you at any moment. Then you find yourself in the grip of this emotion and you know not why? This will also be removed. These causes will also be removed from you. Your mind shall be freed from them*

*"Oh, what is the reason of my trouble! Oh, where can I get relief!" That is what the victim who suffers says in ignorance of the cause. Yes, all this can be eliminated too. I do not ask you to*

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believe anything I say, I only want you to practise what I tell you to do, and watch the results for yourselves.

When a memory is a painful one we generally try to forget it. So we repress it each time it comes up for review, *we repress it again. It will rise to the surface several times and we will repress it, push it behind and eventually, it is forgotten. But not the effect of that memory is forgotten. Oh, no! Something will come along one day and that memory, also hidden, the very sensations, the very feelings, that it gave you in the first place will rise to the surface and grip you. Yet you do not know why? How stupid people are not knowing and understanding their own make-up.* By this means a force is created to ward off the memory of a painful experience. Unfortunately for us this is not the end. For an emotional habit-pattern is created and a physical condition is produced which leads us away from the cause.

*These emotional and painful memories may cause duodenal ulcers, they may cause irritation of the skin, and they may cause heart trouble. They may cause all kinds of things, yet we can get rid of those painful memories. We can bring them to the surface, we will look at them and we will know what they are because we will see they are just a memory.*

*At one time I thought I could be injured but now I know I cannot be injured. No painful memory can injure me—its only a memory, its only a thought. I am invincible. I am Life.*

*God is Infinite in nature. Being Infinite He created everything, there can be nothing outside Him. Everything must be within Him and He must also be within me. He is the Reality, the Invincibility, the Life in me. I am made in His image and likeness. There can not be anything else because nothing else could make me because He is Infinite in nature. There is no other Creator but Him. Therefore I and He are one. I am His creation. I live and because I live, I know its His Life and my life and His Life are one. We are invincible. We go along together. We work hand in hand. Father and I are one. Were you not told; “I am in the Father and the Father is in me.”*

*Then those painful memories will pass away. You arrive in a particular state of Consciousness. That Consciousness is always*



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*revealing Itself, unfolding Itself Eternally. It is an Eternal progress, an Eternal unfoldment in which you become more and more aware. Yet I cannot tell you what awareness is, I only know when I am aware—moments when I am aware. Oh the gloriousness of that Awareness, the Joy, the Life, the wonderfulness. I cannot give you it but you will find it.*

These emotional habit-patterns set up a disturbance in the cerebellum and may attack any part of the body. Not having any knowledge of the cause we become anxious, we try to escape from our painful experiences but do we escape? *There is the cerebellum and it is in this particular portion of the brain these emotional habit-patterns set up a disturbance in the cerebellum, and they attack any particular part of the body. Not having any knowledge of the cause, we become anxious and try to escape from our painful experiences. But do we escape? No. There is no escape from anything. You have to face everything boldly and know it for what it is, that a memory or experience cannot hurt you when you deal with it objectively, and through Divine reasoning and properly directed relaxation all will be well.*<sup>1</sup>

Fear is an auxiliary force which further stimulates into action the emotional habit-pattern, already in operation. It is like adding coals to the fire. But it is a happy relief to know that knowledge will free us from all our troubles. In one of the lessons in this series I will deal with the reviewing of our mental make-up.<sup>2</sup>

*It is a most distressing thing to see that academics go along a particular line of action, paying no attention to the Real side of Life. Therefore they drag up all these particular things, that the person is afraid of and has been afraid all of their lives, many often forgotten yet they are dragged to the surface. But the victim is not ready to deal with them because he lacks that Divine Reasoning Power and the second state is worse than the first.*

*Then we see that the mind is poisoned because of the poisonous ideas that the individual has attached to his own experiences and repressed them in fear. Consequently when they rise to the surface they poison the mind worse than it is ever been before. Although these memories are not always on the surface, they have a continual effect*

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*upon the organism through the cerebellum. Creating these habit-patterns in the form of the troubles that most people suffer from today.*

*Therefore I say, unfortunately and dreadfully, is that academics have followed a line of action where they have disregarded the main theme of Life.*

Many people try to run away from the past, but the past and future is now, and when the Presence is realised there is no past or future. *Some of you will not understand what I have said. I know you do not understand—but you will. There is no past in the Presence. There is no past in the future. The Presence is Life. The Presence is Reality. It always existed, it can not have a past or a future. I am that Presence. The past is only memories. The future is but a hope in my mind—a belief. I am, now. The past and the future are now, in me. Now! Now do you understand it?* Then your experiences become an asset and not a liability. You will look upon your experiences as stepping-stones to greater things. But if you are continually trying to escape, you will never receive the benefit of your experiences. We must see them as stepping-stones and not stumbling-blocks.

In Corinthians 11: verses 10, 11 (Eastern text) we read: “Herein I give you my advice that it may help you to go forward and accomplish what you, of your own accord, began last year. Now therefore perform the doing of that which you wished to do; and as you are eager to promise it, so fulfil from that which you have.”

As I opened the Bible this caught my eye so I knew it was for you also. This will lead us on now to the practical application of the method to be used in eliminating all emotional habit-patterns which you have established unconsciously. You will be able to remove them consciously through understanding and scientific relaxation.

Let us review our problems. We have a vicious circle in operation. Emotional habit-patterns have upset the proper functioning of our organism, our nerves play tricks on us, because the nervous system ceases to function properly. This interferes with our thinking.

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So many are on the “try-once” policy, beset by a swarm of amateur advisers, by indecision, victims of cerebellum misbehaviour. Most people do not know where to start in their search for the way to become a natural human being again.

*How many amateur advisors have you had in your time with your trouble? Some will say, you know, try this Mrs So-and-so it is a wonderful thing you know. You try this. And you sometimes try this and then yet try that and then you try something else. And what was the result?*

*I remember a person who had a chilblain. A person said to this person, “you know, you can cure a chilblain by putting a red herring on it. You know, one of those herrings you take out the salt and you put it on.” So this woman put this salt herring on her foot. She tied it round her foot and she left it on all night. When she awoke in the morning, she had a poisoned foot.*

*She came to me with her poisoned foot and I said, “what did you do woman?” I said, “this is a poisoned foot.”*

*She says, “well you know, I tied a salt herring round my foot because I had a chilblain on it.”*

*“Who told you that?”*

*“Oh,” she said, “a man told me that, you know. He knew what he was talking about, you know.”*

*“I said, “yes, you very nearly lost your foot,” I said, “in another twelve hours you would have lost your foot. You would have been in a hospital, to have this foot off, because you have now poisoned your foot as big as this, and the red streak going up your leg. Your gland all swollen up here.”*

*“What do you think.”*

*I said, “now you have got to get that out of you very quickly. Hot and cold applications must be done at once. You must have an enema. You must get your bowels cleansed, even your whole body cleansed, and you must not have any meat of any kind. You must not eat anything at all for two or three days. Drink water, barley water and lemon juice. You must keep your blood clean and get this thing out of your system, and apply proper applications to draw the poisons out of your foot.”*

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*So I told her what to do. I said, “now, you will go to the chemists and you will buy a big roll, as much as you can, of boracic<sup>3</sup> lint, and a lot of water-proofing. You will put this on your foot, and you will put the waterproofing all over it. You will bandage it up and you will keep that on it and keep refreshing it. Then you will do hot and cold applications.”*

*In twelve hours the inflammation died down, drawn all the poison out of her foot.*

*I said, “now you may thank your lucky stars that your foot is not off! Amateur advisers!*

In adjusting our lives there is always the first step to gain freedom, to live more abundantly, to have greater energy and vigour, to have a clear mind free from conflict.

This first step is relaxation coupled with Divine reasoning and I cannot over-emphasise its importance.

In following my directions carefully you must teach yourself complete relaxation and obtain freedom through Divine reasoning in these ten lessons.

The first step—Have a couch not too soft yet easy to lie upon. Take off all tight clothes, belts, garters, boots, etc. Provide yourself with two pillows one slightly larger than the other and a soft light blanket.

Now lie down, place the larger pillow under your head and the other under your knees. Now pull the ends of the pillow under your head forward till the neck rests snugly. *There must be no bridge between the head and the shoulder and the whole weight must be taken up so that there is no tension anywhere.* It is absolutely necessary that the neck and head must be comfortable. If you cannot get perfect comfort your neck needs adjusting and you should come to me for the necessary adjustment.

Place the pillow under your knees so that the muscles do not strain, the gentle rise underneath the knees will obviate this. *Sometimes when you lie and put your legs down you find your muscles strain. You feel the tension in your muscles. That tension must be taken off because there must be no tension, what you are after, is relaxation.* Spread your legs out to about thirty degrees so that the outside of the calf takes the weight.

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Lay your arms lightly by your side your hands resting upon the groins.

*Some people are made in such way, immediately they lay their arm down, their hand sticks up this way. You cannot expect to have relaxation if your hand is stuck up like that nor can you expect to have relaxation if there is a strain on those muscles underneath, therefore you take the tension off.*

Relax your jaw, drop the lower jaw, then close your lips, you cannot relax if your lower jaw is tight, close your eyes.

*You must learn to lift the jaw forward. That is the secret of relaxation. You can have no relaxation if your jaw is tight.*

Take the tension off your arms and legs, relax, relax. *You must speak to your limbs and your arms. When you do this, what happens is that, as you relax your limbs and your arms a message is sent from your limbs to your arms up to the motor centre of your brain. A message comes back again, and then it will begin relaxation.*

*The synaptic<sup>4</sup> process of the brain begins to slow down. Energy is flowing over us all the time. When we have tension in your muscles you have a continual flow of energy over these synapsis. When you have relaxation you have this synapsis slowing down. It causes then this motor portion of your brain to give up its misbehaviour. It is transformed here and you begin to feel results, and consciously, you become aware of a definite healing process taking place. The mechanism comes into operation and Life is freed. Talk to your arms and legs they will send a message to the cerebellum of what is taking place and the cerebellum will begin to let go of the habit-pattern.*

Each day you will get your arms and legs more and more relaxed. Learn-to relax your arms and legs first, I will tell you why later on.

After you have relaxed for twenty minutes breathe deeply and repeat "Divine Peace fills me" sixty times.

We have a mechanism that will work for us if we know how to use it. It brings results and pays big dividends.

We have inherited erroneous ideas from past generations who, like ourselves, lived in ignorance of the truth of the great inner world.

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Those who go on disregarding the wonderful inner world that is perpetually giving us life and strength can only blame themselves if they are caught up in the net of the illusion of the erroneous self-created emotional habit-patterns that cause disaster in their lives.

We are suffering today both individually and collectively, caused by these emotional habit-patterns ignorantly created. Consequently we produce in the world around us the effects of what we think, our thoughts producing their kind.

Seek ye first the Kingdom and the right use of that Kingdom and all else shall be added unto you. All shall be well with you.

## BENEDICTION

O Divine Peace, I am in tune with Thee. I care not if the screaming shells of painful memories whistle around me.

I take no notice of stray shots fired at my honour.

Machine guns of desire and emotions may fire their salvos for while Thou art with me I am safe behind the ramparts of Thy everlasting peace.

I am safe in the rough and tumble of modern life for I seek not to rouse the wrath of others, neither do I awaken in them resentment or envy. For of myself I am nothing, all my blessings come from Thee.

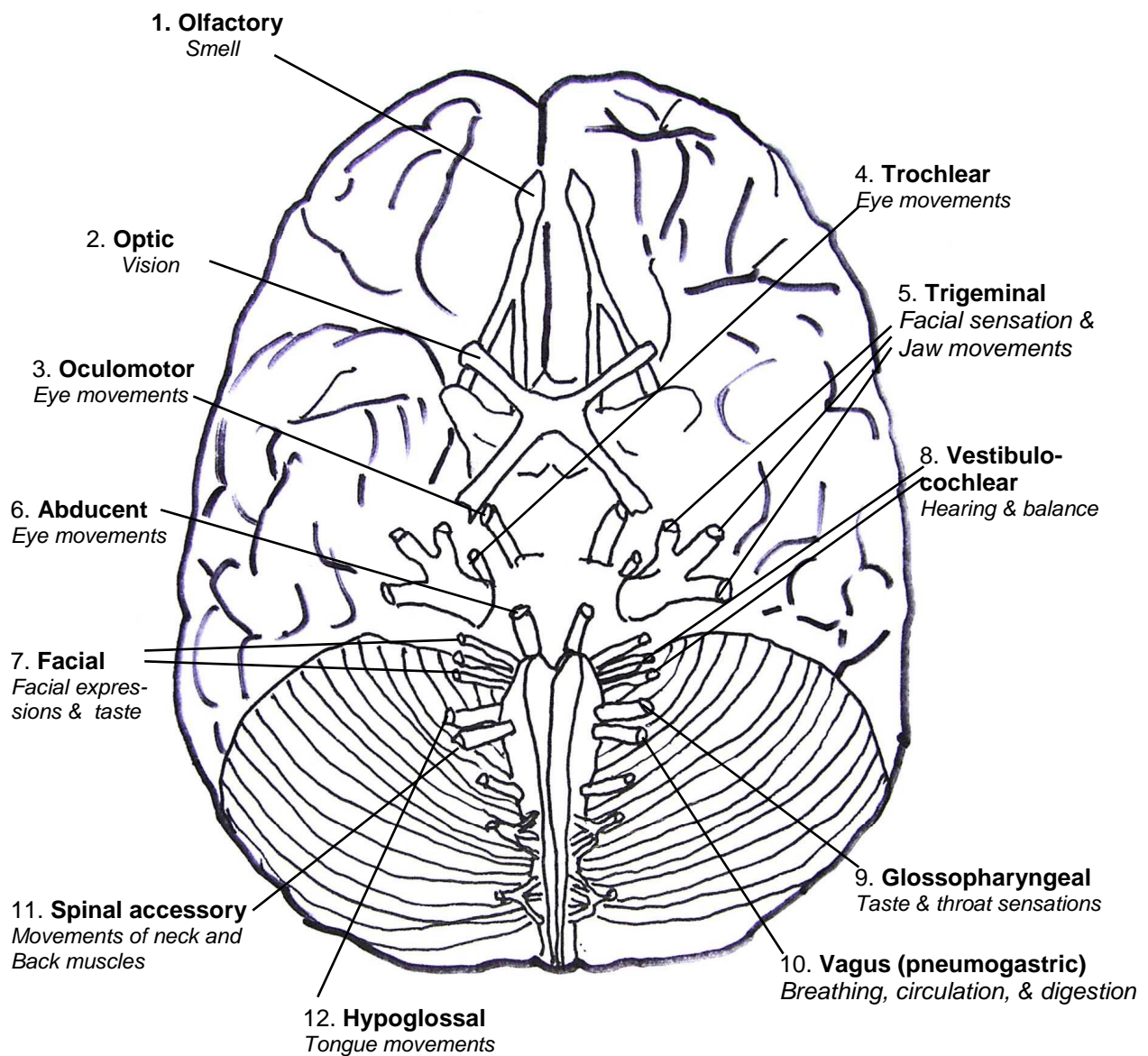
I thank Thee for Thy secret store of everlasting peace hidden in my soul. I find it flowing into my consciousness as I relax and think of Thee, O Divine Peace.

## (EPILOGUE)

*We will learn later on how to be completely relaxed. Tonight we will not deal with it, but we will in future lessons. After you begin to have this weeks practice, relaxing your legs and your arms. You should be able to relax your legs and your arms here. So we will deal with that in the next lesson because you have a week to practice it. Because next week we take another part of the body, and so on and so on. Therefore you must continue to do these exercises each week as we come along.*

*Now let us tune into the Sanctuary of the Silent Healing Power.....*

- \* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 1st August 1950, at 7.45 pm. No recording exists of the Johannesburg lecture. Throughout portions of the original wire recording some interference from a radio broadcast was picked up.
1. This sentence in the book and Lecture notes is missing from the recording [*We see that when the cause of the effect we ourselves produce is not recognised, fear arises.*]
  2. This paragraph is in the book and Lecture notes, but as a 'wire' break occurred here which rendered this part of the lecture incomprehensible on the recording, it was removed. [*In this exercise these memories will rise up for review, but not until you are ready for them. The great mistake that is made in psycho-analysis is that these things are dragged up before the victim is ready to deal with them, with the result that the second state is worse than the first.*]
  3. *Boracic*. (Boric Acid. (H<sub>3</sub>BO<sub>3</sub>) Occurring in hot springs in some volcanic areas. A mild antiseptic, widely used in the form of an ointment as a dressing for wounds and sores.
  4. *Synaptic*. (Synapse = to make contact, Synapsis = point of contact, Synaptic = of or relating to synapsis or a synapse: to join together).



The cranial nerves are 12 pairs of nerves that can be seen on the ventral (bottom) surface of the brain, they project directly from the brain. All but one pair relay motor or sensory information (or both). The tenth, the vagus nerve, affects sensory, motor and autonomic functions of viscera (glands, digestion, heart rate).

**DIAGRAM 4: CRANIAL NERVES**



## THE SECOND STEP—TAKING OFF THE BRAKES

*“Act on the word instead of merely listening to it and deluding yourselves . . . Whereas he who gazes into the faultless Law of Freedom and remains in that position proving himself to be no forgetful listener but an active agent, he will be blessed in his activity.”—JAMES 1: 22, 25. (Moffatt Translation)*

I know that all those who have put into operation the first step I told you of in my last lesson will be ready for the second step of which I will tell you now.

Don't tell me that you have no time to relax that you are too busy.

The greatest and busiest people in the world have learned that relaxation is the key to perfect direction, sound nerves and a clear brain. Churchill<sup>1</sup> learned the art of relaxation and practised it every day. He found that thirty minutes relaxation rejuvenated his brain and body enabling him to direct an army, a navy, keeping his finger on the pulse of an empire at war as well as directing a coordinating policy that held ten nations acting together as one.

Frequent and regular practice is essential. Relaxing every day at the same time is very helpful. The idea is to let go of the unnecessary muscle tension created through your emotional habit-patterns.

It is universally known that muscle tension, internal and external, is the symptom of emotional habit-patterns and the treatment of this one symptom cures disease which appears in so many forms throughout the body, brain and nerves.

Not only will these troubles disappear but also will these exaggerated anxieties and occupational anxieties, and lose soul-sickening unreasonable jealousies and hatreds disappear.

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You will see real health take place in those half-dead half-alive people. I say again you do not have to take my word for it, but practise this technique and see for yourselves.

Muscle tensions are the expression of the misbehaviour in the cerebellum established by emotional habits. The causes are various such as emotions, thought-feelings and embarrassments long forgotten, childhood frustration and fears, disappointments and all kinds of emotional upsets and contradictions.

These tensions become habitual long after the emotional pattern was first created which lies buried deep in the mind.

With scientific relaxation properly, regularly and faithfully practised which is the opposite to muscle tension you will break up those habit-patterns and release these forgotten fears and failures, embarrassments and emotional thought-feelings.

When you have learned to relax your arms and legs you have taken the first important step, you have begun to break up these old habit-patterns and as each successive stage is taken you will set in motion forces within yourselves that stabilise both brain and body and give you a clear mind and free consciousness.

I will briefly give you a sketch of what takes place when your muscles, internal as well as external, are tensed or relaxed, they are continually sending messages to the cerebellum, the coordinating centre of body function. When you consciously relax your muscles, messages are sent back through the nerves carried along the spinal cord to the cerebellum where they are relayed again to the cerebrum. Reaction immediately takes place diminishing the inhibiting process established in the nerve centres, eliminating the misbehaviour set up through self-hypnotism. Thus the brain and mind is freed from a chain of negative thought-feelings.

At the same time the cerebellum sends out messages to the blood vessels, the intestines, the stomach, the lungs, kidneys etc., and these organs respond releasing the tension. You find that your indigestion disappears, the pain in the pit of your stomach begins to diminish, that mucous colitis which so many suffer from fades away and many other troubles begin to fade into nothingness.

The speed with which these troubles disappear increases, one by one these subconscious emotional conflicts which had their way

## THE SECOND STEP

out through tension begin to dissipate. Your body not only feels free but your mind also is freed for constructive thinking and acting. Your social and economic life also improves, you feel free to make friends and generally enjoy Life. You feel proud of yourself and well you should be for you are the one who has taken the brakes off and the Father does the remainder of the work. Your troubles are forgotten. Your sleepless nights are now replaced with health-giving sleep.

This is how scientific and progressive relaxation works. It releases the tension, re-educates the nerves and body and rids the brain of these freezing inhibitions that prevent the proper functioning of the organs.

Strong or violent affirmations or suggestions should be avoided for they often produce no results, in fact they hinder the process of recovery. The saying of "I am strong" "I am healthy" always brings up the opposite "I am weak" and "I am sick." Just as when you are told to do a thing at once, in a commanding tone, you resist.

People are led and not driven, so are children. A child that is driven will surely develop emotional habit-patterns.

A strong suggestion such as "Why don't you do this, why don't you do that" tends to make you do the opposite, therefore progressive relaxation with Divine reasoning is the answer to all emotional habit-patterns, whether they are created consciously or unconsciously.

We are continually creating a mechanism of protection which from the moment we are born we accept or reject. An aggressive salesman will often lose sales through our sales resistance and rejection and also often prevents us from buying what we want.

It is the general rule that we beg for sympathy on the grounds of a physical rather than a mental pain, so pains are created to be talked about. A strong emotional desire will often bring about a trouble so that that desire may be fulfilled. Although the fulfilment of that desire may be pleasing at first even at the expense of a physical disorder yet that disorder may remain to the discomfort of the individual, and the cause of the trouble is hidden. It is here where progressive relaxation and Divine reasoning comes to your aid.

## HOW TO RELAX AND REVITALISE YOURSELF

Physical pain is sometimes substituted for indecision, a mechanism is set up within the individual to keep the balance between the two conflicts. Here is an instance, I know of a girl who wanted to marry but did not want to leave her mother, at the same time she did not want to give up her sweetheart and the more he forced upon her the urgency of marriage the deeper became the conflict. So an illness is created to keep the balance between the two conflicts.

When a decision was taken conflict disappeared, the girl got well after proper relaxation treatment.

In this lesson the second step is relaxation of the chest muscles and this is done through breathing. First of all carry out the first step, relaxing both arms and legs. Now place your tongue to the roof of your mouth and turn it back into the throat, you will find that this causes you to breathe through the three channels of the nose, these are situated one behind the opening of the nostrils, the other midway up the nose and the other just behind the bridge of the nose.

When you breathe you will find that your throat is open, your diaphragm lowers and causes your abdomen to protrude slightly. Your chest muscles move naturally, there is no strain of any kind and a pleasant sensation is felt.

***Place your tongue on the floor of your mouth and relax your lower jaw, now breathe without effort.*** Talk to the muscles of your chest, tell them to relax, relax, relax. This verbal expression has a deep effect when done softly as if enticing your muscles to relax. Soon you will find yourself in the most exquisite state of peace.

Breathing has a tremendous health-developing effect upon us and helps to break up our emotional habit-patterns. This I will explain to you together with the reviewing of your mental make-up in our next lesson.

Divine reasoning is one of the main pillars and must be used every time you relax. Repeat “Divine Peace fills me” several times.

Go over in your mind what I told you in our last lesson of the truth about yourselves in God and God in all, “Know ye not that I am in the Father and the Father is in me?”

## THE SECOND STEP

St. Luke 14 verse 26 (Eastern text) says “He who comes to me and does not put aside his father, and his mother, and his brothers, and his sisters, and his wife, and his children, and even his own life, he cannot be a disciple to me.”

This saying of the Master is understood by only a few for he is speaking from the Christ. This is the Reality in everyone where there is no separation, showing that external relationships are relative, even individual life is separation. It is only when we realise the wholeness that we begin to understand the Master’s words, “He who does the will of my Father is my mother, my sister, my brother.” This is truly Divine reasoning.

You exist in the Universal Mind, the vehicle through which God and man is harmonised as one, think and act as one. This Universal Mind will create for the individual just what the individual thinks. Harmony permanently remains ready to function and does when proper relaxation takes place. Thus our troubles begin to disappear when we take off the brakes.

Man creates those temporary conditions from which he suffers. Immediately we become aware of this fact and practise relaxation and Divine reasoning, that which is permanent will assert Itself.

God is the harmony in our lives, in our environment, in our affairs, in our bodies when we co-operate by taking off the brakes we ourselves have applied. “When I said my foot slippeth; thy mercy, O Lord, held me up.” Psalm 94: 18.

## BENEDICTION

O Conscious Divine Peace, Thou dost secretly support my soul and body.

Inharmony is dissolved by Thy spiritualising energy of Love.

O Beautiful One, help me to learn to live more and more in Thee, and less in myself.

I was lost in my own emotional reaction while ignorant of Thy Presence.

But now, O Lovely One, I am learning step by step to get closer to Thee and feel Thy harmonising power removing all my self-created discord.

And while I sleep and while I am awake Thou and I are in lovely silent union, my Beloved.

1. Sir Winston Spenser Churchill (1874-1965), Soldier, British statesman and author. Prime minister of UK (1940-5, 1951-5). Winston was one of Britain's greatest heroes of the 20th-century. He is fondly remembered for his indomitable spirit while leading Great Britain to victory in World War II. Received in 1953 the Nobel Prize for Literature.

**THE THIRD STEP—REVIEWING  
YOUR MENTAL MAKE-UP\***

*“He has no fear of evil tidings, he trusts the Eternal with a steady heart.”—PSALM 112: 7. (Moffatt Translation)*

*It is necessary then to realise the meaning of this saying of the prophet: “With a steady heart,” not with a fluttering heart, remember, with a steady heart he trusts the Eternal.*

*The Eternal is the Ever-present, that which is always present everywhere. And there can be nothing else because if the Eternal is present and He is All there is, how can there be anything else. So he knows therefore, he is not afraid and he does not fear evil tidings because these belong to the mind. It is the mental make-up of the individual, we have got to see.*

This is the state of mind we must have when we begin to review our mental make-up.

*“Bless the Eternal O my Soul, remember His benefits. He pardons all your sins and all your sicknesses He heals. He crowns you with His love. He gives you all your heart’s desire, renewing your youth like an eagle.” Psalm 103: 2-5. (Moffatt)*

*These words convey to the mind something that is deeper, and we have to dwell upon them for a while and that is why the Bible is such a wonderful book. Because although it was written by men like yourselves, like me and you, these prophets knew what they were talking about and through their experience they wrote these things. Inspiration enabled them to write down that which would be beneficial to mankind. So the Bible is a book of inspiration and I find that it is a wonderful book of inspiration.*

\* See page 187

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And this is also true. The Eternal is ever present in us and with us. It is He who heals, forgives all our errors and there is nothing to fear. He also gives us what we desire when we pray believing we have it. He is ever young, He is our life and perfect liberty.

*In the recognition of this Life being Eternal Youth and the Consciousness becomes aware of it. The body reflects what the Consciousness is aware of. Therefore, I will say, that it is so that the body should be kept young, complete until such time as the soul leaves the body. Like Elijah, that time will come when we will begin to learn more about ourselves and the wonderful powers inherent in ourselves, made in the image and likeness of God.*

I have often wondered how it is possible to say to the sufferer when no organic lesion is found, "It is just imagination, go home and forget it." But does the sufferer forget it? No! It only makes the condition worse. To say that it is functional and leave it at that is just pure ignorance of the cause of the trouble.

*The poor person now is suffering continuously with these particular aches and pains and wondering what it may be; it may be skin trouble, it may be a stomach trouble or any other trouble. To say that it is functional and say, "go home and forget it," but can the person forget it? Of course not!*

This is much easier than effecting a cure, but from the patient's viewpoint it is far from satisfactory when he may be unable to swallow, when his legs are wasting because he cannot use them through hysterical paralysis etc.

There is a cause for all this and it is by no means difficult to effect a cure, when this method I am revealing to you is understood and practised. To merely say it is purely functional does not effect a cure it only puts the patient in a greater dilemma than before.

Yes, the body talks back at us when we do not know the cause, and it is very easy to say it is all mind and leave it at that. This may be true, but why? The answer is that those cells in the cerebellum are not working right, there is a misbehaviour there and there is a way out of these inhibitions which we ourselves create unknowingly.

*I have often told you, I have often warned you about becoming aware of your reactions, your thoughts, your emotions, and the*



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*motives behind them because these are the beginnings of your emotional habit-patterns.*

*Continual fear of something will cause a misbehaviour to take place in the cells of the cerebellum which will out-picture itself in the body in some form. It is necessary then to know what you are doing and by knowing what you are doing, you will relieve yourselves of it because it will dissolve away. You will begin to take the brakes off, and when you take the brakes off, God does the work, why? Because Life Itself is unconditioned.*

*You, I and everyone else condition Life. Look at your own bodies, look at your own affairs, look anywhere you wish and you will find that you are conditioning Life every moment. You condition electricity, you condition Life. But if you know that Life is unconditioned, and you are Life itself, then you will know. Also you will be aware of these things that create those conditions, and how you are creating conditions. How then you are creating the particular mischievous affair that is taking place in the cerebellum, setting up all sorts of troubles through the nervous system and eventually out-picturing itself in the body.*

Without these cells in the brain there could be no thought or feeling, and when people are nervous they do not think properly. They think in terms of what is going on in the cerebellum unaware that the cause and cure is within themselves. When this is known it alone relieves the sufferer from the fearful darkness of the unknown.

*Now, we have got to divide the brain into three parts.\* This is the cerebrum, this is the cerebellum and this is the medulla. This is the motor part of your brain, this is the thinking part, and this is, what we call, the exchange where all the nerves pass through. This is where all mechanical activity takes place through your body; such as the beating of your heart, the circulation of your blood, the digestion of your food, the secretion of the glands. Everything is connected up with this portion of the body.*

*There are various centres in this brain which cause all the activities, and these centres can be inhibited to prevent the flow of blood properly, to increase the flow of blood if necessary, also to hold up the flow of the glands and also to create disturbances anywhere by inhibitions.*

\* See diagram on page 16

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*How do these inhibitions take place? Through your emotional habit-patterns. Immediately those tensions take place in the body they are responded back to the brain. Here you have further action in this thinking portion of your brain, being unaware of the fact what is taking place, only you feel these things, then you become afraid. Fear adds coal to the fire, increases the intensity of your trouble, therefore you are in a vicious circle.*

*How are you going to get out of it? Tension always is the cause of all these misbehaviours. There is tenseness in the external and internal parts of your body.*

*You take the tension off and you break down these habit-patterns. You release those inhibitions. These things that are holding back those brain centres, controlling these particular parts of the body. Consequently you free yourselves from these conditions by a scientific way.*

*You work. How do you work? Half the time you work in a tense condition. Your attention is strained. You sit strained. You think strained. You worry, you do all these things which are entirely wrong, therefore you create habit-patterns in your work.*

*Later on we will review all these things and we will show you how easy it is to overcome these through your occupation. Instead of having occupational anxieties, or creating these habit-patterns through occupation, by your occupation you could relieve yourselves of all those habits, through action, through activity.*

*But you must know how to act. The majority of people are acting how? Ignorantly, with no knowledge of what they should do or how they should act.*

*I tell you, this method that I am showing you is far ahead of the old stupid method of psychoanalysis, where the individual tries to catch something in the mind of the individual. Saying that the person does not want to work, he is receding back to his infantile state, and all these sorts of things. These sayings mean nothing to the individual who is sick.*

*But if I show you how to take the tension off your body, off your brain, and release those inhibitions, then you will get better. You will then analyse yourselves properly, better than anyone else*

### THE THIRD STEP

*can. For the simple reason that you will know yourselves better than the other individual. You will know your own thoughts, your emotions, and the motives behind your thoughts and your emotions. Therefore you become aware of yourself, the activities that are taking place, and then you will dissolve them.*

It is now time to learn that the body talks back to the mind. This is reaction, because the nerves and body do not function properly. But to know that knowledge will set us free is part of the cure, in fact we are able to bear these reactions that create negative thinking, in the understanding that all our troubles shall pass.

We do not escape by denying the error and the misbehaviour that is going on, we must discern and know what it is, then the Truth shall set us free. *Continually affirming ignorantly, is what I call, self-hypnosis. You are drugging the mind that is all. You are not curing yourselves but drugging your mind. That is to say, if you have a pain somewhere, you will take a drug to eliminate the pain. The same thing takes place when you create or you say affirmations. Ignorantly you are continually drugging the mind as you would drug your body with a drug to take the pain away. But does it cure you? Of course it does not!* That is why affirmations are of little value unless we acquire a knowledge about ourselves.

Neither can we escape from the error by affirming the opposite for both are in the mind. *Both of them are ideas and they are fighting each other in your mind, and your mind is a battleground for these opposing ideas. Then you think by putting a positive one in place of a negative, you have got rid of it. Don't you see how ignorant that is? How stupid that is? In fact, it is infantile.* The error will still remain unless we know what it is. Life enlightens the heart and mind of man and is waiting to replace all error and misbehaviour which contains no principle of itself, like that of Life.

*Error has no principle of its own. The condition you create in your body has no principle in its own. The only principle exists in Life which is unconditioned. Therefore those conditions which you create, by conditioning Life, in yourselves has no principle whatsoever, because Life alone has principle and nothing else.*

The only power adverse conditions have is the power we give them through not understanding what these are. We believe

## HOW TO RELAX AND REVITALISE YOURSELF

in them and they are to us what we believe. When the sum is corrected the error disappears, where does it disappear to? It does not go anywhere, it just dissolves into nothingness, likewise the misbehaviour in our brain cells. With this understanding it will be easy to remove any manner of discord in the mind, brain, body and circumstances.

The subconscious does not reason, it produces what we think and how we emotionally react and feel towards things, people and circumstances. So we must be prepared to accept the responsibility for the misbehaviour that takes place whether it is caused by conscious or unconscious reaction to people, things and circumstances.

*Therefore it your own responsibility and there is no use trying to blame it on the other person because you react to what that individual says or does. Any individual who says anything to you that causes you to react, remember that individual is saying it to himself. Anyone who desires to injure you, remember that that individual is injuring themselves because there is only one Real Self.*

*The self that seems apparent and separate to you and me, is an illusion. That self must be lost in the Greater Self. It is Truth the Master said, "know ye not, it is the Father who ever remaineth within me, who is performing His own deeds— He who does the work."*

Therefore when we acquire the knowledge of how to review our mental make-up helped through scientific relaxation and out-cropping of the mind, we are well on the way to successful living. I have proven hundreds of times that fear disappears when we understand the mechanism that creates our troubles.

*When we see that these conditions are self-created, we are no longer afraid of them.*

We are not aware that the body is talking back to us until we become aware of the mechanism that performs this feat producing thoughts and feelings which create fear which intensifies our troubles.

*So you are also quite aware of the fact that you in the past have not realised that the body has been talking back. But when we see the mechanism of how the body talks back, then we realise the possibility of the cure.*

## THE THIRD STEP

We must develop an insight into the working of our mind, brain and nerves. This insight will enable us to guard against any difficulties that may lie ahead. The man who knows the facts is superior to one who does not know the facts.

Then let us turn our individual attention in the right direction based upon the Law of mind in action. We shall as a result gain the greatest possible return for our efforts. We will be free to enter any field of action and there develop and achieve beyond our wildest dreams.

*When you know the mechanism that is active. When you know the mechanism that does things, then the mechanism is under your control. You can switch it on and switch it off. You can cause it to run riot or you can cause it to run smoothly, always within your own hands.*

*Relaxed attention are words that I have coined to convey a meaning. When you work relaxed you do better work. There is tension taken off all the muscles. The energy is concentrated through your brain, you are not using up energy by muscles that should not be used at all. All the energy is directed towards one end.*

*Relaxed attention is the same thing. Perhaps I am going too far but nevertheless I would like just to explain to you what it means.*

*Attention that is spread over too many things at one time is strained attention. There is a fog over it. You cannot grasp the details because the attention is strained by too many facts at one time. Relaxed attention is directing the attention towards one particular phase of the question accurately. Then the next phase accurately, and the next phase accurately till such time as the attention to the mind absorbs all those facts into itself. Then the mind becomes a vehicle in itself to analyse, direct and pigeon-hole the various things it has seen, ready for use at any moment. But with strained attention that cannot be done.*

*If you are trying to read too many words at a time your eye will strain. Macular<sup>1</sup> vision means that you take your eye and move your eye around the smallest point. The focus is always moving*

1. See page 187

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*round the smallest point, therefore everything is conveyed through the eye to the brain. Therefore the mind is aware of what is being seen through the eye. Spread your vision and you strain your muscles of your eye as well as you fog your mind. Use macular vision, you will increase the intensity of your sight. You will improve your sight by working that way just as you improve your health by working also in a relaxed state with relaxed attention.*

*How stupid people are. These things are simple to understand but you see, people have forgotten the real art of living. Let us get back on to the road for real living, and see the difference in your lives.*

We have now progressed with the two exercises already given.

1. Relaxing the legs and arms and thereby taking the tension off the muscles.
2. Relaxing the muscles of the chest through natural breathing.

When the external tension is taken off the internal tension also begins to let go, this is performed in the cerebellum by giving up its misbehaviour in the form of inhibitions. These inhibitions are released with the result that the body begins to function normally.

*Is not it a much more easier and smoother way, a more scientific way, to release all these habit-patterns. It is the new and more satisfactory way and I say to you this, that whatever I tell you is true.*

*Men in the bible wrote by inspiration. But inspiration is not yet dead. Inspiration that existed at the time when the prophets wrote the Bible, that same inspiration is waiting now to manifest through you and me.*

We have already learnt that cerebellum misbehaviour can send impulses to the motor centre of your brain causing these motor centres to block or inhibit muscular movement and in fact restrict it very considerably. We have also learnt that conscious scientific relaxation can release these impulses so as to free these inhibitions and if you have properly done these previous exercises you will be ready for the following.

### THE THIRD STEP

*Now do not tell me that you have not done those exercises. Do not say to me that you have been too busy, that you did not have the time. The busiest men in the world have two hours to relax. They want brain power. They want release of these inhibitions that prevent them from doing things, therefore they go about scientifically to relax because they know how to get better results. These people have brains, they have intelligence. I hope you have brains and also intelligence.*

Relax as previously explained, now breathe as already instructed easily and slowly through your nose, at the same time the abdomen will extend naturally then the intercostals extends automatically. Now exhale and you find that your chest muscles are relaxed, this also relaxes the muscles controlling the bronchial tubes and free breathing is the result. *Asthma and all these particular forms of troubles are removed by that particular state.*

*If you want to find out this breath, put your tongue to the roof of your mouth and turn it back into your throat. But you do not keep your tongue in the back of your throat because you will soon find that you are creating tension. But once you have found the way to breathe, you take your tongue and place it on the floor of your mouth and relax it. Then breathe naturally and easily and you will find that these tubes are open. The air flows through these three channels behind the nose, not only through one here as most people breathe (demonstrates), and when they do they kind of lift themselves up. Breathing is a natural thing. Watch the cow, the horse, the cat, or the dog, and you will soon find the way to breathe.*

*Once you have found then that the breath flows through these three channels, and the throat is open, you will find that the abdomen comes out slightly because the diaphragm moves down.*

*The diaphragm is a muscular band that separates your lungs from your intestines, and it is automatic in nature. It is continually working, yet it is controlled by this portion of the brain here, these motor sectors of the brain.*

*When there is a misbehaviour here, sometimes we have what we call a static state of this area here, the diaphragm. Therefore it does not move.*

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*Breathing then is a natural thing when the lower portion here starts to move out when you breathe. So you breathe this way like this.*

*You do not hear me breathing do you? But you see my stomach going out and my chest rising up afterwards. The three channels are open, that is why the breath is going right away down. And it moves this way. Here is your, we will say this is your chest, your stomach, your diaphragm is here. Immediately you breathe, this comes down like this, and this causes this to come out like that. Then these muscles here begin to open out and rise like this. So the movement starts here, and moves up like that. That opens the tubes. Relaxes the muscles of the chest and relaxes the muscles that surround the bronchial tubes, because these tubes are muscular tubes they are controlled by muscles.*

*Asthma, bronchitis and these conditions is where those tubes become held like that in a vice, through tension. From here the misbehaviour in the cerebellum is causing that, through your attention, through your emotions, through your ignorance. Therefore your emotions are created through ignorance because you are afraid.*

*Your greatest fear is the fear of death, but you can never understand Life or know life, if you are afraid of death. The Master said, "let the dead bury the dead." These were the living dead that believed in death.*

Your lungs are of great importance, they eliminate two pounds of waste matter a day which is the equivalent to that thrown off by the bowels and kidneys. Not only does proper breathing eliminate waste but it also has a profound effect upon an emotional nature which I will explain to you later if not in this lesson in the one following.

Only when you breathe properly will you be ready to review your mental make-up including all these emotional reactions and repressed painful memories even as far back as childhood.

The method I am going to direct you in is called "outcropping by free association." You repeat whatever comes to your mind silently to yourself letting one word or event suggest another, you must not inhibit your thought. You will be prepared for this as you have already been told that painful memories and fears cannot hurt you.



### THE THIRD STEP

*Anything that happened in your life you try to repress, in fact, that you are afraid of. A memory that is hurtful will always hurt you if you do not review it and see that it cannot hurt you. But if you are continually trying to run away from it, it will increase its strength and chase you and catch you up in some way or another through a misbehaviour in the cerebellum. It is very simple is not? That is exactly what happens.*

There must be free association to view your mental make-up as you would impersonally look upon a film on the screen. *You tell on yourself* all the things you did and did not do and should have done, all these must flow freely before you. *You need not be afraid of any of them because you did it or did not do it, it was all round yourself. Therefore there is nothing to be afraid of. There is nothing held against you. You are the only one that holds things against yourself.*

*God being Perfect holds nothing against you—you only hold these things against yourselves. Therefore review them and see what you are doing and they will dissolve away because you will no longer be afraid of them.*

*You know, this forgiveness of sins is a wonderful business. Because you can go to a priest or anywhere and you can go to even the English Church and these places and have your sins forgiven. When you have your sins forgiven you feel light and you go outside and you feel it is grand to be free. Is that not so? Of course it is! Then you are prepared to do the same thing tomorrow. Now this is just the same thing. Through free association you release yourselves of all those things and you will feel free. Perfectly free, that is the great thing you feel free.*

*Freedom comes through proper out-cropping through free association, without in way hindering any word or thought that may rise to the surface In this way you will overcome your own repressions.<sup>2</sup>*

Instead of presenting a flattering figure of yourself, you say the things you honestly think of yourself. You will find that your flattering opinions of yourself will fall away into the background. But never mind this, they will come to the fore again when you have honestly dealt with yourself, if you have the courage to do so.

2. See page 187

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*Now, I challenge you. Have you the courage to do so?*

*Are you afraid to face anything that is in your mind? If you are, then you are a coward. There is nothing to be afraid of. Nothing.*

*You are the only one that will judge yourself. You are the only one that can prosecute yourself. You are the only one that can see into your own mind clearly and freely and liberate yourselves from inhibitions, which these fears have caused in your cerebellum, out-picturing in your body all these particular troubles.*

Some of you perhaps who have repressed your emotions associated with swear words will find them rising to the surface. Don't be afraid to say them, these words won't hurt you or foul your mouth. What it will do, it will release you of the inward pressure that these words have on you. I have discovered that some of the most religious people can swear better than anyone I have ever heard when they "let go."

*Why? Because they have been saying these things under their breath all their lives.*

Many thoughts will rise to the surface in regard to sex. These have mostly been repressed in the past, evil thoughts you attached to sex. In this way you will acquire a healthy and normal feeling about sex. When you understand the function properly you will know that there is nothing evil about it. The evil was created in your mind. *God created you man and woman.*

Remember, philosophy or religion does not come into this, only facts count. And the facts are that neurotic or emotional habit-patterns are brought into being by *any interest that has been conditioned improperly. You have conditioned it improperly. You can condition it properly and relieve yourself of all your trouble.*

Each one of you have your own individual background. **The way the mind works cannot be separated from the way the body works.** *Because the one is interlocked with the other.* This all-important fact must always be kept in view, otherwise you will fall into the error of blaming others for your own emotional habit-patterns. With this understanding you know that the cure is within *you and not outside.*

A change in your mental attitude will cause a definite change in your physical health and posture. I have also told you that proper

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eating and exercise is of great value in maintaining perfect health and this should not be disregarded when pursuing this invaluable method of outcropping by free association while under relaxation scientifically and consciously acquired.

This method will show what you are doing to prevent you from enjoying perfect health and happiness mentally and physically. It will enable you to adjust your activities, relieve you from frustration and bitterness and establish a habit of thinking that will give you a greater joy in living.

*It is a practical application of your daily life.*

Outcropping comes easily through scientific relaxation, it will be a simple matter for you to sit at a table and write out whatever comes into your mind. You must write everything down automatically. Repressing any word or thought will prevent the free flow through association. There must be no comparisons, no idea of right or wrong, there can only be true discernment of what is in the mind, free from introspection.

*Automatic writing is when the mind is flowing through, creating or writing out whatever comes without stopping; without thinking, without introspection, or looking at whether it is right or wrong, without comparisons of any kind. Nothing must interfere with the flow of that expression of your mind through automatic writing.*

*Such a lot of rubbish will come out of your mind and your body. Yet, but that does not matter, you will know that was in your mind. A lot of lies will come out, lots of things you thought were true, but were not true at all. Still you will write them down.*

*Not until you have cleansed your mind completely can you come to that core where you can reach that Intelligence that is pure in Itself, to give you true Knowledge, Inspiration. You will readily see how necessary this is. Further instruction on this subject will be given later on.*

It is the Christ in you that knows error from truth and knows how to separate one from the other. The Christ in you is the wisdom of God that is able to see clearly that error is not of God but the creation of man's own mind, therefore you are able to dispense with it, knowing that it has no power of its own, for we in our ignorance alone created it.

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The great secret of success in all our undertakings is this insight, *this Divine reasoning*, that gives us the torch to light the way.

“I have set the Lord always before me because He is at my right hand, I shall not be moved.” Psalm 16: 8.

*These words are true. You will find that in them will lead you also to further inspiration.*

*These lessons are not just to be dealt with superficially. It is necessary for you to study them carefully and practice. Do what is told here because your abundance, your successful living, your health, your strength and your freedom depends upon it.*

## BENEDICTION

O Dearly Beloved, Thy design is within me waiting to express Itself when I reveal my errors to myself.

O Divine Sculptor, chisel my life according to Thy design, for I have ignorantly followed a pattern of my own.

O Divine Perfect One, I have in the past thought Thy purpose of Life evil and have reached the depths of despair.

Now, Omnipotent Omniscient and Omnipresent One, every thought that I think let it be saturated with the presence of Thy Wisdom.

Let every feeling I have now glow with Love, for I have seen my mind wherein was once hate, bitterness and frustration.

Thou art now the Sculptor in my life, my consciousness the chisel in Thy hands. Henceforth I will watch and pray that Thy beauty may shine in me, O Adorable One.

(EPILOGUE)

*Think of this benediction that I wrote for you, and if you will study this benediction, they are all inspired words which has come through a great deal of work, through inspiration. When I sit down to write these words and when the time for the benediction comes. I write just as you would write with the pen, automatically.*

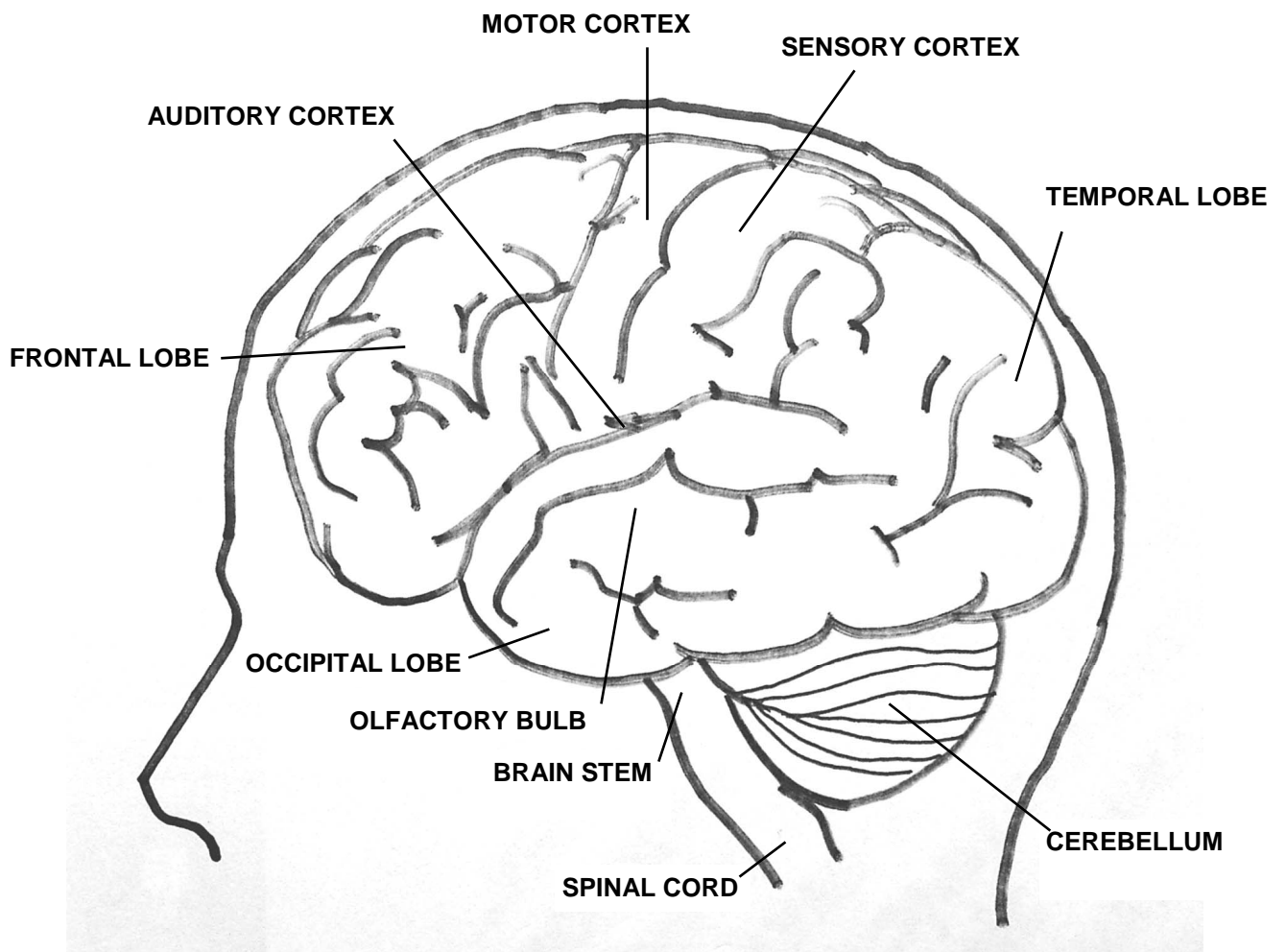
*The mind must be clear and free from all rubbish, all fears, all painful memories. Then the Intelligence Itself will write words for you. So read this carefully again and think of it.*

*In this state then, let us enter into the Sanctuary of the Silent Healing.*

*(One minute silence)*

*This Peace will abide with you now and always.*

- \* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 15th August 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. *Macular*. Region of greatest visual acuity in the retina.
  2. This next sentence found in the book is missing from the Lecture Notes and recording of the actual lecture. [*There must be no analysis or judgment of right or wrong, this only hinders the outcropping. there must be only an impersonal review.*]



**Left Hemisphere**

**DIAGRAM 5: MOTOR AND SENSORY PARTS OF BRAIN**

**THE FOURTH STEP—THE TRANSFORMING  
POWER OF THE BREATH—RELEASING THE  
VITAL FORCE BY TAKING TENSION OFF  
THE BACK MUSCLES\***

*“For I the Eternal your God hold you by the hand whispering, ‘fear not, I will help you.’”—ISAIAH 41: 13. (Moffatt)*

*If we hold on to that saying of the prophet, we find that it helps us while we are doing and freeing ourselves from these conditions, which we ourselves create.*

*Therefore it is true that “I the Eternal your God hold you by the hand whispering, fear not, I will help you.”*

This is the attitude of mind that we must have in all our doings. We will be freed from many fears and inhibitions when we have cleared our minds of separation which has in the past beset us at every turn.

*Separation is always the cause of our troubles. We have not realised Unity because we have not seen ourselves in separation. We do not know in our actions that we have separated ourselves from our fellows. Therefore we can never understand Unity until we realise what separation is.*

When we find ourselves facing what appears to be in-surmountable situations and there are many, when things seem to go against us, and we see nothing but a blank wall, we grope in the dark for ideas that will suggest some means of escape. But that escape does not come because we have to discern the cause. Hence to be conscious of our individual relationship to the Creator of all things becomes the most important thing in Life.

\* See page 204

## HOW TO RELAX AND REVITALISE YOURSELF

*To become aware of our individual relationship to our Creator and our relationship to our brother and sister. Then we find these words of the prophet, “for I the Eternal your God, hold you by the hand whispering, fear not, I will help you.”*

*Then we try to escape from our conditions, but no matter where we turn, we find no escape. Why? Because there is no such thing as escape.*

*You have to face these things clearly with understanding. You have to recognise them for what they are. You can recognise in the cause of them and your reactions to them. Then you will find that they will dissolve away because you will realise your individual relationship to the Creator, which becomes the most important thing in our lives.*

This is the attitude of mind you are now acquiring through scientific relaxation and Divine reasoning. Your mind is being freed from those crippling inhibitions created through emotional reaction to things, people and circumstances. Through your outcropping by free association your consciousness becomes more clear, ready to act with precision and not submerged in a chain of emotional habit-patterns that hinder your true expression.

*When we are caught up in these emotional habit-patterns, no matter whether it is occupational anxiety, no matter whether it is because we tense ourselves at our work, because our minds are not free. We must learn to relax, and then carry that relationship over to our work and play. So that we find our minds, in a state of what we call, relaxed tension, and not tense attention.*

*Therefore we have a relaxed attention that enables us to see clearly what is taking place. The mind is not caught up in fear, the mind is not caught up in anxiety. You are no longer caught up in worry, you have learned to relax, to take the tension off. Consequently you are able to do better work and besides you relieve yourselves of those inhibitions, which cause all the trouble in the physical body.*

*Nine-tenths of the trouble today in every person no matter who they are, I will say without fear of contradiction, has a nervous origin.*



## THE FOURTH STEP

I will have more to say about this great releasing system through free association which frees us from all these dominating influences we have created for ourselves which lurk in the subconscious and prevent us from being true selves.

*But the way to release those conditions is not by searching in the subconscious as it is supposed to be the way that it should be done, but by taking the tension off. By taking the tension off these things disappear of their own free will.*

*The fact is, immediately you take the tension off, you find that your mind begins to work normally. The normal action of your mind enables those inhibitions; even the thoughts attached to them, even the cause of them, fears, anxieties, rise into the consciousness where you yourselves become aware of them. You become conscious of them and they no longer affect you because you are aware of them. It is when you are not aware of them, certain ideas, certain beliefs, certain fears that you have in regard to certain things, and people, these have a definite effect upon you because they are hindering your true expression.*

*Some people go into a place, or before a person or an individual and they think that this individual may be someone so superior to them that they shiver in their shoes, so when they go to speak to them, they are tongued-tied. Here immediately, is an inhibition, by a lack of understanding. A fear like that will take hold of you and will become a form of inhibition that causes, what I would call, hesitation in speech, is brought about by these fears.*

*It is Divine reasoning that relieves us from these troubles. The recognition of ourselves and our relation to our Creator, and our relation to our brothers and sisters.*

It will also be necessary for us to review what we have done. For reviewing is a great aid to our acquiring that confidence so necessary to be a real human being. I have arranged these lessons so that in due course we will do this effectively and efficiently.

*We will consider and we will review what we have gone over. We will take the main points and we will see clearly what has to be done. Now in your progress at the present time, you have had three steps. These three steps are clear and distinct. The first week you did*

## HOW TO RELAX AND REVITALISE YOURSELF

*one thing. The second week you did another. The third week you did another. But if you are doing it properly, you will do all these three steps before you do the fourth one. Therefore you are continuing to get that relaxation that is necessary to release all these inhibitions, to remove those habit patterns, so that you will be able to live in freedom. I am not telling you any fairy story. All I want you to do is to practice, to put into operation what I have told you, and you will prove for yourselves the truth of it.*

I said in a previous lesson that breathing has a deep balancing effect upon our emotions. This is much more true than is first realised. In breathing we breathe in oxygen which is the main balancing element in the body and is obtained through breathing. It helps to reduce the carbon that is caused by all emotional reactions.

Oxygen helps to increase our joy and enthusiasm that we need to overcome all conditions. It combines the main elements of iodine for the glands which are so affected by our emotions. It unites with iron, potassium, calcium and sodium. All these positive elements are active in dissolving the acid in the system caused by emotional habit-patterns.

*That is why, to a great extent, proper breathing is so essential and I have told you in the last class, the type of breathing that I want you to do. So that as you are exhaling you relax your chest muscles. Many pains, aches around the chest area, muscles that have been tied for years through tension, will be released in that way because the muscles let go. When you let go the tension or when the muscle is relaxed, that message is carried back to the cerebellum, where as I showed you the other night, and where the inhibition is, there it is released and freed. Then the message is carried forward to the cerebrum and there is an awareness of the release of this thing and it necessary that you understand the mechanism so that these things are clear and distinct. So you see how all your troubles are eliminated by scientific relaxation with a knowledge of what is taking place.*

We may say that oxygen is the foundation of youth, the light and life of human existence, not only this but by breathing our emotional reactions are kept under control.

## THE FOURTH STEP

*Supposing now that you got very emotional one day, or you got angry for instance, envious or you got jealous, whatever the case may be. Supposing that you lay down and started rhythmic breathing, you would see how quickly this thing passes away.*

*The whole control of this emotion is taken up as controlled, recognised, understood. There is no longer any, what we would call, acid-formation created, because every time you have an emotion like anger, hate, these jealousies and all these things, you have a definite creation of acid-formation which affects and attacks the tissue structure in one way or another. That is why a person who can hold their mind at peace under all circumstances, becomes healthy and strong even in a mature age. It is simple. The whole thing is scientific and to know it, is more than half the battle.*

*Also by breathing the life-giving element of hydrogen is obtained: H<sub>2</sub>O is the equivalent of water. It is needed in every drop of blood, keeps you cool and passive and reduces nerve tension. Hydrogen does that. Hydrogen and oxygen then is absorbed at once through your breathing, it is the basis of all the fluids in your body. Without proper breathing you will know that your blood dries up, your nerves corrode and burn.*

*Breathing through the method of relaxation as I have shown you, consciously using these forces, you actually control these forces as you absorb them into your body. You stimulate the action of your body to absorb more of these elements so that they will dissolve the acid-formations you yourselves have created.*

*Immediately you take off the brakes, God does the work. It was He who created all these minerals that we hold in solution in the atmosphere. Every portion of your body is held in solution in the atmosphere. Every element in your body is held in solution in the atmosphere.*

*Realising this, we know that breath is life. What a wonderful truth it is but few recognize it. Without hydrogen your nerves corrode, burn and decay. Nervous people need an abundance of hydrogen obtained through breathing.*

*I have a method that has been used with great effect to easily transmute these emotional reactions that often become destructive*

## HOW TO RELAX AND REVITALISE YOURSELF

habit-patterns into constructive action. This is why I have stated before that breathing is of *the* greatest importance in the control and elimination of these self-imposed conditions which we ourselves create.

*We often find that we have fear; fear of getting here, fear of getting there, fear of getting into this place and that place or any other place, fear of not being on time, fear of this and fear of that.*

*It is like the story I heard of the man who died, and he went to heaven, of course, So Peter came to the gate and he said, "what do you want?"*

*He says, "I want to get in."*

*So he said. "What qualifications have you?"*

*"Well," he said, "I was married."*

*"Oh, that's good enough, you come in."*

*So the next fellow came along and he heard what the fellow in front of him said, so Peter said to him, "What do you want?"*

*"I want to get in."*

*"What qualifications do you have?"*

*He says, "I was married twice."*

*He says, "No room for fools here, you go downstairs."*

*Like the little boy in Scotland. You know in Scotland they keep the sweeties in bottles, so they do not lose any of them. So after all these sweeties are taken out of the bottle, there are a lot of little bits of sweets there lying in the bottom. They are put into another bottle and they call that "sweetie scrapings."*

*So a wee fellow came in one day and he had a halfpenny or a bawbee<sup>1</sup> as they say in Scotland, and he placed the bawbee on the counter and he said to the woman behind, "can ye farthing worth of sweetie scrapings and a farthing back. I've quarrelled with my mother, and I dinna care what I spend." Poor little fellow, he did not know the habit-pattern he was creating.*

Now I want you to realise that every emotion is charged with energy, call it an emotional current if you like, for that is just what it is.

There is little gained by allowing a negative emotion to flare up in your soul and body. When this occurs your glands and your

1. See page 204

## THE FOURTH STEP

nervous system increase the habit-pattern already created, with the result that your aches and pains are intensified, that is why medical aid is of little value in many of your ailments.

*How is it, that medical aid is so inefficient, so useless in the majority of troubles that people suffer from today. Even if the doctor is aware of the fact and he just says to you it is your nerves. What good is that to you, that does not relieve you of your trouble if he just tells you it is your nerves. But if you follow out my instructions you will see, by taking the tension off, you will release all these conditions and they will disappear. Because you free yourselves from them and naturally you will take off the brakes, and God does the work.*

Now here is the method that I have found invaluable to those who have practised it have told me that they never realised what a boon it could be in their lives.

When you feel an emotional current arising or even a desire that you want to get rid of, you consciously look these straight in the face and recognise the full force of this emotion or desire, feel its full power and look at it as outside yourself.

Take a deep breath, as breathing in the power of this element or desire.<sup>2</sup> *Breathing in intensifies the desire, desire for something, desire to go somewhere. These things then come to you where you feel in your own mind, then want this thing. You find on one side that you want something, on the other side that you do not have it. Therefore you have two ideas which are fighting each other in your mind. All the time you want it, all the time you recognize you have not got it—there is conflict.*

*Now suppose then, that you look at this emotion and feel the full force of this desire. The yogi tells you, which is a secret of the yogi always, that when he really wants to manifest something, breathes through the right nostril because he uses a prana. A pranic force which is positive in its nature. We are told of course, I learnt that from the yogis and shown, that in the right lung there is positive electronic force and in the left lung there is negative electronic force.*

*One day I will try to show you how the whole of your body is placed in the positive and negative. The right hand, the left hand,*

2. See page 204

## HOW TO RELAX AND REVITALISE YOURSELF

*the right eye, the left eye, right lung, left lung. All the right side of the body becomes a positive, the left negative. These work together. The top portion becomes the positive and the bottom the negative. Breathing through the right nostril becomes positive electronic force which the yogi uses mentally to direct his emotion or the desire without any recognition of the fact that he wants anything. Without any recognition of the fact that he is missing that thing, or the recognition of the fact that he does not have it, he is creating. Therefore the yogi says, "breathe through your right nostril,"*

*But I am not going to burden you with all these scientific ways of the yogi to do this and do that, and we all know what the yogis can do. But I am giving you the secret of this wonderful power in your own hands, that by breathing in the power, the full force of this desire. Then transmuting this force into action. The force will be transformed into a magnetic power which will astonish you.*

*It is transformed into a magnetic power. It is not a feeling, desire, which is a wanting of something, which is negative in its nature and is destroyed because of the state of your mind. But here you have a tremendous power that is creating a magnetic force and there we have the secret of the yogi. Simple, clear.*

*The yogis have studied these things for thousands of years, this information is handed down from one to the other. While in the western world we are like babes in arms. We have not yet really grasped the great significance, the wonderful truths and practices that can be done and this simple exercise will give you this magnetic flow of energy that you desire, building up your body, dissolving these emotions that create acid formations, acid conditions in the body.*

Then you exhale and say to yourself, "I now have perfect balance, I can control this magnetic force, it will no longer work against me but for me. I am getting stronger and stronger every day." Repeat this several times if necessary.

By this means you are directing the energy of this emotion or desire into your personality. You are not repressing it back into your system. At the same time you help to break up these old habit-patterns previously created. You cannot imagine what it does till you try it.

## THE FOURTH STEP

By this method you raise the energy up to become a mental force no longer an emotional destructive force but a beneficial force for your mind, brain, nerves and organs. It is in this way directed and transmuted into an energised force which regenerates and enables you to overcome all and, further, it increases your magnetic personality.

When you are magnetic you are strong in mind, *body* and *nerves*. You attract things and people to you instead of driving them from you and this is what you want, is it not?

This is one of the most potent instruments placed in your hands to overcome your emotional reactions, and you reach a position for which you have been struggling all your life. It places you in a position far above temptation.

*There was a chap in Johannesburg the other day, he was standing at the corner of the street. He had a revolver in one hand and a knife in the other. One man came up to him and he said, "what are you doing?" He said. "they will run you in."*

*He said, "I'm just wondering whether I'll shoot across the street, or cut the corner."*

*So the position is this. That if you keep yourselves in a state where you can realize that you can say anything, that your mind is free. That you can think clearly, that you are no longer held in the grip of an emotion—then you are free.*

*When you are held in the grip of emotion, you are not free. But when you are free you can direct your thoughts easily with a mind that is free and natural. Think then, if you can at once release all pressure, and come into a state where there is complete relaxation of your mind and body; you are no longer tensed, you are no longer creating habit-patterns. If you can see what I am driving at, you will feel the freedom of a mind that is ready, pliable, to move one way or another, yet is not affected by things, people, circumstances or events.*

*What I am giving you here is instruction I have received from the Masters when I was with them in the Himalayas. I have found it exactly what they said and so will you.*

Try it out and see for yourselves. I don't ask you to believe what I say, I only ask you to practise, and you will find what I and others have found who tried it.

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You will never again blame others for your lack of attraction, neither will you think it bad taste if you are not taken notice of. You will find out that when you speak, people will sit up and take notice of you, not that you want to be taken notice of for that is a subconscious feeling of inferiority that will be completely eliminated.

Think of the deep emotion some people create in themselves when they are not taken notice of, for weeks on end they are hurt. This is often the beginning of a very bad emotional habit-pattern and will sooner or later out-picture on your organism, brought about by a defensive mechanism which prevents self-analysis.

*If you then are in a state of fear, a state of annoyance, a state of envy. If for instance that your vanity is hurt. It is your personality that is hurt. It is the falseness of yourself that is hurt. The Reality of yourself can never be hurt. I have known people for weeks be in the doldrums because they were slighted or they had the feeling that they were slighted, or they believed they were slighted, when neither was the fact, but yet their in this state of emotion. Think what happens in your system, can't you see it clearly?*

You will soon learn that criticism must first be turned against the self and not against others. You will gain a sense of frankness that will astonish you. You will not tell everything you know, but you will become pleasant, natural, "yourself," your real self, strong, silent, polite, genial, kind and the energy you have stored up will attract more power and abundantly.

As your emotional habit-patterns begin to dissolve away, your face changes, your health is restored, your eyes become bright, your skin clears, your fears disappear and things and people drift towards you for you now know and understand. Your desire for approbation will leave you for you will never speak about the precious power but make it your own secret.

Allow the working of the law to take effect, that is do not be anxious, when your health is returning or when things drift towards you, glory in your sense of freedom and power obtained through the practice of relaxation, Divine reasoning and outcropping and the practice of which I have just told you.

*Therefore, be not anxious when you find that your health is improving. Sometimes you will have a relapse. These relapses are*



## THE FOURTH STEP

*sure to come, you cannot help them. They are the habit-patterns that still grip you, rise to the surface and hold you. You will still know there is a habit-pattern still there, that you must get rid of and it will surely go.*

There are greater things beyond which you will eventually reach and when you reach one summit you will find other peaks beyond.<sup>3</sup>

*I have always found when I have tried to reach one peak, and when I have found it, I look beyond and see greater and greater peaks. They have brought me back to think of the time when I was in the Himalayas, climbing the mountains, climbing the passes and looking over the great range of mountains. Then I would go down the valley and go over another pass and I would see another great range of mountains further and further away, peak after peak. Yes, and it is the same with us. When we reach one peak, there are many farther beyond.*

*But we will stop for a while, and survey what has happened. We will look and see the beautiful scenery and then we will cast our eyes forward. We will go on and on, infinitely, because the growth is Infinite, there is no ending to it, because it is Infinite in nature, you having the seed of Infinity within you.*

Our next step in relaxation is to relax the muscles of the back and this is very important when we realise that down each side of the spine there are two chains of ganglia, a mass of nerve tissue which controls the function of our organs.

*Now let me tell you, the spine is the most important part of the body, because all your nerves pass through the spine. The spinal column is connected with sensory nerves, sympathetic and sensory, which run down the side of the spine. They control all the functions of your organism, they are linked up with what we call the cerebro-spinal, linked up with the sympathetic nerves\* through the sensory nerves. Messages which are sent from the brain are carried through the sympathetic nerves and the two are linked together, making one system.*

*The cerebro-spinal and the sympathetic nervous system are linked together making one complete system which reacts upon one*

3. See page 204

\* See Diagram page 64

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*another. On each side of the spine you have ganglia mass of nerve tissue. These nerve tissue is linked up with nerves coming out from the spine all down from each side, linking up all the way. Muscles cover all these nerves. A tense muscle will press against a portion of that and prevent the proper functions of your organs.*

*A tense muscle in the back can cause pain. Not only pain but it will inhibit the activity of some of your vital organs of the body. It can give you indigestion, it can cause paralysis of the bladder and will cause constipation. It will cause many things, and I tell you this, yes I will say 99 out of every one of you in this hall here, has tense muscles in the back. I do not think there is any one of you in this hall that has not got a tense muscle in your back. I can prove it.*

*If you can relax the back muscles, you will release all this energy right into your organs and you will find not only will you be releasing the habit-patterns, those tensions, but you will be increasing the vital force that passes into your organs. I know this is true.*

*Any patient that comes to me, what do I do? The first thing I do is to relax the muscles of the back. I take the tension off all the muscles of the back because I know perfectly well and I stimulate this ganglion mass of nerve tissue on each side of the spine because I know how important it is.*

We have also connections with this ganglionic mass in the neck, chest and abdomen, while the pneumogastric nerve\* has ramifications throughout the whole of the thoracic and abdominal cavity and controls the whole of the viscera.

*The pneumogastric nerve which comes direct from the brain, passes down below these muscles. Tense muscles will inhibit the activity of that particular nerve which controls all directly through the abdomen and the organs of the body, the bowels and so on.*

The ganglia on each side of the spine is connected to the cerebro-spinal system by what is known as the motor or sensory nerves. From these little brains or substations of ganglia, numerous fibres branch out to the organs of the body and blood vessels.

*All nerves then pass out to all the various parts of the body, because they are linked up with the cerebro-spinal and the*

\* See diagram page 236

## THE FOURTH STEP

*sympathetic nervous system. The two systems become one through the linking up of these nerves. These little motor centres, keep all your functions going, a wonderful machine. Yet how little the ordinary person knows about it.*

When the muscles of the back are tensed by emotional habit-patterns, they press on these nerves and inhibit the flow of Life Force, preventing the proper function of the organs. In many cases these muscles become so tense as to contract the tissue creating nodules, these create severe pain in the lumbar region and in other regions as well. Therefore you will see how essential it is to take the tension of the muscles of the back. This is one of the first things I do when a patient comes to me. Even if the pain is in the foot I never fail to relax the muscles for I know how important they are for bodily and mental health.

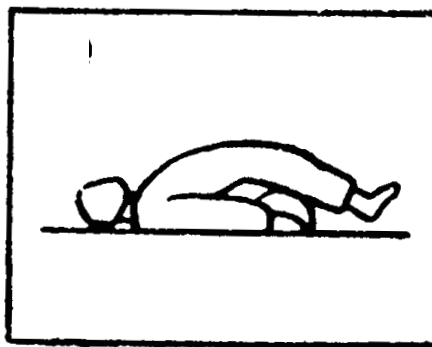
Now there are some of you who have what is known as a sway back, that is the buttocks protrude out beyond the spine and leave a hollow in the back. *How are you to get that tension off? Because subconsciously there is a bridge, and to hold that bridge, these muscles are held tense. Therefore you can never get relaxation of those muscles unless you know how to relax the back.*

Sometimes this can be got out by proper posture but in some cases it is the make of the individual. *I advise some people to get that out, is to put their back to the wall, and then get this back right into the wall and lift themselves straight up so this portion from the centre comes out. The exercise is quite easily done. That is to say, if you went to the wall you would place yourself to the wall. You bend your knees down until this portion of the back comes out. Then you gradually rise up like that, keeping that portion of the back, until you straighten yourself up and you will find that this portion will eventually come out, so this sway in the back is taken away. But in many cases, it is the natural state of the individual, especially in women, and this portion of the back must be held up so that you get proper relaxation.* It is very difficult for one with a deep hollow to get perfect relaxation, and it will be necessary to take some cotton-wool or a soft small pillow and place it into the lumbar region to take up the weight, otherwise a bridge is left and

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there is then subconscious muscular tension to hold that bridge. When there is gentle pressure filling up the hollow you will find that the muscles relax easily.

*Now I told you how to relax your legs before, by putting a pillow underneath your knees. When you put a pillow underneath your knees, you take the tension off the muscles of your legs. Now the same thing takes place here, you put a small pillow under there which takes up the tension of this, and that then drops down. Easily drops down. It comes down quite easily because the tension is taken off and then you feel comfortable. Without complete comfort you cannot have proper relaxation. You cannot take the tension off the muscles of your back while the tension is there. Now pay attention because these things are most important. Very important.*



*Scientific relaxation is the most perfect thing you have ever known. If I try to explain real relaxation, I could not tell you. It would be like trying to describe colours to a man born blind. You have to find out for yourselves through the instruction.*

*Begin in the usual way, relax your legs, arms, chest, now back.*

Relaxing the back is not so easy as it looks, and it needs practice. You must talk to your back muscles as you do to your arms and legs “let go, let go, let go,” feel the tension leaving. Conscious relaxation of these muscles takes the pressure off the nerves and allows the Life to flow freely as well as breaking up these habit-patterns established in the cerebellum that causes this tension.

*Tension in the first place, causes habit-patterns. It causes misbehaviour and tensions in this particular portion of the brain, that hold that tension and the pressure of your muscles on these nerves inhibit the proper flow of your nerve energy, your blood circulation and interfere with the whole of your organs. I tell you this, if you can thoroughly relax yourselves, if you can understand the importance of what I am saying, you will never give up until you find this perfect state of relaxation. When you have found it,*

## THE FOURTH STEP

*you have found perfect health and you have got rid of all your inhibitions and habit-patterns.*

The muscles are more easily taught through verbalisation therefore talk to them quietly, enticing them to relax. Some of you think that you have relaxed, but if your eyelid twitches you have not relaxed. When properly relaxed you will have an experience that you have never had before, you will find that out for yourselves. If I tried to describe it to you it would be like describing colours to a man born blind. You will realise what you have missed all these years when you have perfect conscious relaxation of all your muscles.

*When the tension is taken off the whole body, the tension also goes off the mind. The cerebellum gives up its misbehaviour. The cerebrum accepts this state of consciousness, and through Divine reasoning there is a peace that nothing can change.*

*Peace, as Jesus says "My peace I give to you, not as the world gives it peace" Think of the peace that he had in his mind, you can have the same. I say to you, bless this peace I give to you, not the peace that the world gave you.*

I will end this lesson by telling you to forgive yourself and your brother and your sister everything for God holds nothing against you. We eventually find that we ourselves are the cause of all the effects we produce, hence the necessity of understanding deeply.

God is perfect Love therefore Love is the foundation of our life, yours and mine. A forgiving heart begets forgiveness. Then open your soul to God so that His love will always reign in your life. "Fear not for I am always with you even unto the end of the world."

*What a promise! Think of it, what a promise. "Fear not for I am always with you, even unto the end of the world." I think of that sometimes and I know it is true because the feeling of it gives me the courage and strength. No matter what people do, or say, or think, I know that I have that promise and it is a wonderful thing. I want you to think of it too. When anything comes in before you, say this to yourself, think of the promise, "fear not for I am always with you, even unto the end of the world."*

## BENEDICTION

O Loving Heart, that lives in all hearts, teach me to love and serve others for I have found that Thy love heals all.

Let my word be true, designed in the pattern of Thy Loving Kindness.

Thou hast shown me through Thy Son Jesus that Love is above all things in heaven and on earth. “Forgive them for they know not what they do,” kills resentment and strife in the heart and sets us free.

O Divine Mother of Life, teach me to find my happiness in the joy of others, then I will prove that I am Thy child, Beloved Mother of Mine.

## (EPILOGUE)

*Let us enter into the Sanctuary of the Silent Healing Power. To give out this wonderful saying. The will of God being expressed through us in the form of Love—the healing balm for the world. So that this strife that is passing through the world today will cease and Love will enter the hearts of all men throughout the whole world. Then the Peace that was offered 2000 years ago, will be established now.*

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 22nd August 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Bawbee*. An old Scottish coin of little value. A halfpenny. Named after Alexander Orok, 16th century mint master, laird of Sillebawby.
2. The next two sentences found in the book is missing from the Lecture Notes and sound recording. [*Then hold your breath and say to yourself, “I am now transforming this force which is added power.” This force will be transformed into a magnetic power which will astonish you.*]
3. This sentence found in the book is missing from the Lecture Notes and sound recording. [*You will be happy for you will be in tune with Infinity which you have entered never to turn back but will go from one glory to another.*]

**THE FIFTH STEP—THE REJUVENATING POWER  
OF RELAXATION WHILE YOU SLEEP—TAKE  
THE TENSION OFF THE NECK MUSCLES\***

*“Perfume and scent are a delight, sweet counsel is a strength.”—  
PROVERBS 27: 9. (Moffatt)*

Although we have not yet relaxed all our muscles we must now begin to know how to relax during sleep and this is of great importance.

Most people sleep all night through with tense muscles with the result that they awake in the morning more tired than when they went to bed.

*How many people do that?*

*You go to bed at night. You wrestle all night with various problems, your muscles are tense. You wake in the morning more tired than when you went to bed.*

*Properly directed “let go” exercises before sleep, is one of Nature’s best remedies for all nervous troubles. Our last thoughts are our ruling thoughts. What a wonderful truth that is. As you pass off to sleep at night, the thoughts that are dominant in your mind, will be the thoughts that will manifest first thing in the morning. Therefore it is so wonderful to be able to understand Creation, and practice Divine reasoning before we go to sleep and when you wake in the morning, you find you are greatly refreshed in your mind.*

Properly directed let-go exercise before sleep is one of Nature’s best remedies for all nervous troubles. Our last thoughts are our ruling thoughts. Many do not get the best out of their night’s sleep

\* See page 220

## HOW TO RELAX AND REVITALISE YOURSELF

and some do not sleep at all because they take their troubles to bed with them.

*Now, how many people do that now? Nevertheless, you realise the truth that what I mean is most important. When you see yourselves and you see what you do, then you are able to remedy the condition.*

With a properly relaxed body during sleep Nature repairs the body. When tension is taken off before sleep you will be surprised at the result. A few hours of perfect sleep will do more than months of effort while awake.

*The wonderful thing of rejuvenating power during sleep at night, a beautiful soothing thing. You know, when my head it strikes the pillow, I'm off. I have got nothing on my mind, nothing to trouble me, therefore I'm off. You say, what a wonderful thing. Nevertheless, it is true, and each and every one of you can find the same, it is not difficult by any means at all. If I have got anything to worry me, I look at it quite plainly, examine it, every side of it, take it all in and see exactly what it means and then I do away with it. It is gone, therefore I pass off to sleep.*

Sleep always in a well ventilated room, with just sufficient bedclothes to keep you comfortable. Do not burden yourself or suffocate yourself with too many bedclothes. When you are properly relaxed you will be amazed how few bedclothes you require.

*You know, some people, when they go to bed in the wintertime, feel so cold that they cover themselves with one blanket, then they cover themselves up with another, then another. Then they go and find their overcoats and put that over top of them too. Therefore you try to get to sleep with about a ton weight on top of you.*

After four weeks of the practice of the technique of relaxation you will have become sensitive to muscle tension, you will realise how tense muscles were repressing you, preventing you from being an intelligent human being.

Acquiring a sense of muscle tension is one of the important factors in learning how to relax, so after four weeks of diligent intelligent practice you will be able to discern muscle tension, thereby hastening the elimination of any residue tension that may remain.



## THE FIFTH STEP

*When most people lie down and they say they are going to have a rest, they are all tensed up. When you begin to relax, take the tension off, then you begin to find out where you are tensed. You become conscious of tense muscles, tense nerves that prevent you from having that perfect equilibrium that brings about perfect health.*

*So, acquiring a sense of muscle tension is one of the important factors in learning how to relax. It takes quite a time to be able to relax properly, do not think that you can be able to relax properly just after you have finished this course, by no means. Proper relaxation takes several months and you have to persevere.*

When the legs, arms, chest and back muscles are relaxed the remainder of the body tends to follow suit. This gives you the application to relax during sleep.

When you learn to relax during sleep it will culminate in a continuous release of all your emotional habit-patterns. You will be glad to learn that although you have spent many of your waking hours seeking for relief, the greatest factor in obtaining health and happiness is acquired during peaceful sleep.

*How wonderfully true that is!*

*The child goes to sleep, it grows while it sleeps. The invalid must sleep, becomes healthy during sleep. Sleep is Nature's gift, rejuvenating power. When you pass off to sleep, the body becomes filled with Life energy because there is an Intelligence working for you in and through the body. That Intelligence is Nature Itself, rejuvenating your consciousness. That consciousness of the self that is always worried about things external to the self, that self-consciousness of the individual, it was always taken up with things external to the self, consequently there is a feeling of what we call fear, apprehension. That consciousness is always interfering with the body. That consciousness is the cause of most of your habit-patterns. That consciousness is the cause of your tensions.*

*Now, you have got to become aware of that consciousness and see to what it is doing, and when you see what it is doing and not caught up in it, then you can eliminate it. After you begin to discern that which is causing most of your troubles, then you realise*

## HOW TO RELAX AND REVITALISE YOURSELF

*that there is something behind that is great and peaceful and harmonious. That it is the basis of all things, it is Harmony of the Universe. That belongs to the Great Self, the Over Self. That Self that is in every other self, therefore we have to lose this self by recognising it and discerning it. Not by as it were, as most people try to do, is to make it more pronounced. One has to know it for what it is.*

By directing yourself in your let-go period just before you sleep, you can permanently eliminate emotional conflict and de-hypnotise yourself from paralysing inhibitions and improve your general health far beyond your expectation.

*So what would you do before you go to sleep? You would practice what you have been told, you take the tension off your limbs and arms, and immediately you do that, the remainder of your body tends to relax also. Why? Because the nerves of your brain are linked up with a small space in between, what we call the synapses. When you want to move your arm, a thought passes from your cerebrum to the cerebellum, and there the mechanism is set into motion where you can lift your arm.*

*Therefore to do so there must be a flow of energy crossing over these synapses. When you have tense muscles there is a continual flow, not so fast as it were, but there is a continual flow over these synapses which keeps your muscles tense.*

*When you take the tenseness off your muscles at night and let go, you slow down these synapses and there is no more any movement takes place in the brain. When you slow down your arms and legs, you slow down the synaptic process of your brain and this continues on, through the larger membranes of your arms and your legs It will continue throughout the whole of the body. It tends to do so when you begin to relax before sleep.*

You are never completely unconscious during sleep, for the cerebellum, the feeling part of the brain, is sending messages to the cerebrum about what the body feels. If you are cold you pull the bedclothes over you, if you are warm you throw them off. *If your eliminating organs are active these impulses wake you up. Of course, in some children they do not and that is because the child*

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*has not yet grown up strong enough, these impulses have not come from the cerebellum to the cerebrum.*

*Now we will see here, this is the motor part of the brain.\* This is the thinking part of the brain, where you become aware of what is taking place in the body. When your impulses come from your functional organs, they cause the centre here, this motor part to become active. It begins to become active because it has the reflex action to open the various muscles, what we will call, the sphincter muscle of the bladder, and allows the flow of water to pass. Supposing now if that is not communicated to here, then you are not aware of it. Therefore what the children do, they are not yet aware of what is happening. There is a way whereby you can make children aware of what is taking place. That is an easy method of intensifying the activities of the movement of this towards this particular portion of the brain during sleep.*

*Therefore you see this is what you might call awareness of what is taking place in the body. This is the mechanical side of it that acts automatically, and messages from the body are continually coming to this portion here.*

*If you are tense then, here in your body, you are causing a tenseness in this area. But your tenseness in the first place comes from this portion because it gives away what you think. Therefore messages from this or feelings you have of fear, sent through here to the body, the muscles become tense. It flows back again to here, and this portion creates what we call a habit pattern.*

*When you take the tension off this portion again, you relax this. This sends a message back to here and this then relaxes and then sends a message across here and you find then that you are relaxed. So you find here the mechanism is clear.*

*This motor portion of your brain is entirely automatic and that is how, through relaxation, you get the slowing down of the synapses of the brain, and the sleep centres come into operation. We see then the organs that are eliminating these impulses will wake you up. Those are natural impulses. But there are many impulses that are causing you to twist and turn over a hundred times in your sleep. If someone tells you of these jerks etc., you will not believe them. This proves that your sleep is affected beyond waking life.*

\* See diagram page 188

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*Waking life causes sleeplessness.*

A mother will awake at the least cry of her babe, although she will sleep through a thunderstorm. It has been known for a mother to change her babies napkin and go back to bed without waking up at all.

A boy who will not awake on school morning, will be up at five o'clock to go to a picnic. These facts are common, but as far as we are concerned in regard to our technique they are of great importance. *Because of the fact that I want to show you that relaxation before sleep is essential for you to have perfect sleep.*

*If you are worrying about anything, this portion of the brain is worrying. There are messages sent to your body and part of your body becomes tense. The feelings are here, your thoughts are here, what you think. If you worry all night then you will create a disturbance in your organism, which will come back to this particular portion here and create a habit pattern. A misbehaviour sets up here and keeps the whole thing working back again and keeps the whole thing going continuously, until you begin to become aware of how to eliminate it.*

*Therefore you eliminate it through this area, because you become conscious of the fact of what you are doing, therefore you take the tension off. Immediately the tension is taken off, then this particular portion of the body knows that it is, and it takes its tension off too, relief is given and you become aware of the relief.*

*Now, when you create tension, this tension talks back, it creates a habit pattern here. This habit-pattern continually works through the body and causes all sorts of things. It may go to your stomach, it may go to your nerves, may go to anything.*

*When you become aware of this trouble here, you become anxious about it, but that does not cure it for the simple reason you become anxious about it, it only intensifies it. Then if you begin to affirm a cure, you say, "I'm better, I'm better, I'm better." That does not do it either, for the simple reason that it only intensifies the idea, because in your mind you have one idea, we will say this is plus (+), this other idea is minus (-), so these two are battling together in your mind.*

## THE FIFTH STEP

*Which idea is dominant? The one you fear most is dominant therefore that is the one that will manifest. So if you affirm something, this (+)—you will immediately bring up that (-). So affirmations are of no value to you, they only hinder your progress. Then if I am continually thinking of this (+), I am creating this (-). How am I going to get rid of that (-)? I can not get rid of that (-) by thinking of this (+) all the time because I will always create that (-) when I think of this (+). It only brings up the opposite—that is the natural thing.*

*What do I do? I will look at this completely (+/-) and begin to know it and understand it and then when I understand it, it will dissolve away of its own free will because I created it.*

*The simplicity of the whole thing is so simple. There is really nothing to it when you understand it.*

The mental attitude you have while falling to sleep will decide the quality of the sleep you will enjoy. If you get up more tired than when you went to bed it is because these muscles have been working all night. One muscle group works against another muscle group. The muscles that stretch the legs may be working against those which bend the legs, no wonder you are tired when you awake.

*When all the time there is muscles trying to stretch out your leg and all the time there is muscles trying to bend your leg. There is a fight going on all the time during night and you are wasting all your energy because you have this tension going on.*

You can eliminate this habitual muscle tension while you sleep. First of all see that your arms and legs, chest and back muscles are relaxed. This tends to reduce the synapses in the brain with the result that the energy habitually flowing over these synapses is reduced to nil.

*As I showed you. When there is tension in your body, there is a continual flow of this energy over the synaptic process of your brain, which carries the message to your body and holds that tension. If this then slows down and there is no such flow of energy except when you voluntarily want it, you are free.*

*Whenever you voluntarily want to move or move a muscle, you have immediately a flow of energy over the synapses. But if then*

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*this movement becomes habitual, a habit-pattern, you have that energy flowing there all the time and that should not be.*

*So you see that you can eliminate this habitual muscle tension while you sleep. First of all, see that your arms, legs, chest and back muscles are relaxed. This tends to reduce the synapses in the brain, with the result that the energy habitually flowing over these synapses is reduced to nil.*

With this reaction you will feel drowsy, in this drowsy feeling you can say to yourself quietly so that you can just hear your words, "I am going to sleep relaxed, relaxed the whole night through." Remember that your last thoughts are the ruling thoughts. When you awake you will really feel that you have slept, it is better than all the medicine in the world.

*Do not say strongly, "I will sleep tonight." If you try to sleep, you will only create wakefulness. I told you before that if you try to go to sleep, you will create the opposite. Therefore if you think of sleep you create wakefulness.*

*Sleep is a natural thing—take the tension of the body, and you pass off to sleep. Slow the synaptic forces of the brain, and you go off to sleep.*

*No strong stimulant of any suggestion should be given at all, because it always creates the opposite and the stronger the suggestion, the stronger the opposite idea rises to the surface.*

*Quietly, as you are feeling yourself going off to sleep in that drowsy feeling, "I am going to sleep, relax, relax, I could go off to sleep standing up.*

*Remember that your last thoughts are the ruling thoughts. When you wake you will really feel you have slept better than all the medicine in the world.*

You can practise the means you find best suited to yourself. For instance you can cultivate the feeling that the bed is carrying the whole full weight of your body. Relax every muscle and the nerves will relax also. Start at your feet and work up to your arms, body etc.

Have trust in that overruling Power that is always helping you consciously or unconsciously.

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Like a child that relaxes in the arms of its mother relax in the bosom of the Infinite Who created you in His own likeness.

*What a wonderful truth!*

*A child relaxes in the arms of its mother, swaying in the mother's arms and the child passes off to sleep because it has faith. The same is with us, if we realise that we also are in the bosom of the Infinite Who created us in His own image and likeness.*

This takes the tension off the mind, also this attitude builds new cells and rejuvenates the body. Remember again that your last thoughts tend to out-picture in your life and circumstances.

*If you worry about certain things when you sleep at night, you will worry about them next day.*

Once you get the habit of going to sleep relaxed the whole night through, the therapeutic effects in all directions cannot be imagined, they are so far reaching.

*If I had anything to do with hospitals, I would bring a system into being what would revolutionise the medical treatment on the results I would obtain through these methods. The patients in the morning would awake refreshed and strengthened, they would pass off to sleep. I would go through the wards. I would take patient by patient, I would explain what to do. I would come and help them pass into that lovely state of relaxation, so that sleep would come naturally, instead of a hypodermic syringe pumping yourself with drugs.*

Simply lying in bed is not rest. But relaxed sleep is good for all patients. Those suffering from troubles like tuberculosis, from ulcerated stomach, heart disease and all patients suffering from any kind of nervous troubles, and these are in the majority, will be transformed beyond their wildest dreams.

*I am not telling you something of my own imagination. I am telling you from practical experience and I have had forty years experience too, behind it. I know what is right. I know what I am saying is true.*

I cannot say too much on this wonderful technique, it only requires to be practised to find how beneficial it is.

You can learn to sleep well and regain your health if you will just follow the instructions I have given you, not only this but

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under any condition you can sleep when properly directed. When someone tells you that others can sleep through a thunderstorm or when an overhead railway passes the window that does not help you.

If you worry because the dog barks or the rooster crows you may say that you would like to shoot the dog and chop the rooster's head off. Remember it is your head that wants attention. The formula is, relax immediately you go to bed following the technique, and as you feel yourself dozing off say over and over, "Going to sleep, relaxed. Going to sleep, relaxed—relaxed all night through—all night through."

*No effort at all. The silent easy smooth thought-words that move out because you speak those words. They become part and parcel of you. No violent suggestions must be given. No trying to sleep. Allowing Nature to take you over. "Relaxed all night through, relaxed all night through."*

*In my instructions from the Masters regarding astral projections during sleep, the body must be put to rest. Then as the period follows, going from the physical consciousness to the soul consciousness, you direct where you wish to go, what you will do. But before this is possible, properly relaxed sleep must first be obtained. That is one of the great things that one must be able to go off to sleep like that. Immediately you place your head on the pillow, you must be off like that. The practice brings it—then you can move in space.*

I am not going into the ways and means of the psychic side of this practice, but many of you have seen me at your bedside when you have asked for help. To delve into this most intriguing practice at present would lead us away from our present work. Besides to direct you in the psychic exercises would not be advisable at present.

*A gentleman came in to see me today, I recognised his face and I said to myself, "I know your face, I've seen you before somewhere." And I said to him.*

*He said, "Yes. I came to your lectures in Capetown, fourteen years ago." He said, "you don't look any older now than you were 14 years ago—I think you look younger."*



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*I said, "that's pretty good."*

*He told me of the incident, he told me.*

*I said, "What do you remember?"*

*"Well," he said, "two things greatly, I was at the lecture in the 'Kaafa House,' when the wind was blowing so hard that the windows in the whole place was rattling and I couldn't hear your voice. All of a sudden you turned round and you said, 'be still!' Immediately every window and every door stopped and there was perfect silence." "Still," he said, "you could hear the wind outside, but not a single sound was heard inside. That's an absolute truth, and," he said, "the other incident greatly impressed me was this: There was a policeman there in the hall, with an abscess on his hand, and you spoke to him about his abscess. He showed me the abscess and I said, 'bandage it up, go and sit down.' I lectured for a while, and then said to the man, 'Now come up here and take the bandage off your hand.' So he took the bandage off his hand and there was no abscess, it was perfectly clear. Not a single mark was on his hand. That probably was the greatest thing," he said, "that I have ever experienced in my life."*

*It has been done over and over again. There are people who have been brought back from the grave almost, why? I can tell you why. Because the Consciousness of God is my consciousness. There can be no other consciousness except His Consciousness. My consciousness and His Consciousness are One.*

*When you are in that elevated state of consciousness, you can say, "such and such a thing shall be, and it will be." But you must be in that elevated State of Consciousness.*

*If in your mind you say, "such and such a thing is," yet the image in your mind is that it is so, the other image in your mind is that it is not. It cannot be because you are living in your mind. You must not live in your mind when you work with these things. You must live in the Consciousness of God, where that is supreme.*

*These rare moments come in your life. They have come many times in my life. But there are times, sometimes, when the consciousness seems to be caught up by the images in the mind. You must not live in your mind, if you want to do these things,*

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*you have got to become aware. Awareness, oh, if I could only tell you what it is, but I can not. I can't explain it to you, it is beyond explanation.*

During sleep many have solved difficult problems. While asleep, your nerve impulses that have been inhibiting during the waking state are released during sleep, and all the experiences of the past are gathered together to allow a proper analysis so that the accurate answer is available. This has, I am sure, been experienced by many of you. Remember again your last thoughts are your ruling thoughts, they bring about the state your thoughts direct.

In many cases undesirable habits have been broken up through relaxed sleep. It helps to free the brain from habits self-imposed through habit. In other words it de-hypnotised your habit-pattern. Not only this but the new freedom you will experience will enable you to find joy in the fulfilment of your daily tasks, and besides, you can easily adjust yourself to all situations.

By using controlled sleep you will be able to do things you thought impossible. It will knock out your fear before it grips you. It knocks out your nervousness before it gets a chance to affect you.

You will be benefited in many other ways by a return to creative living. You will dissolve those self-destructive emotional behaviours such as fear, jealousy etc., your vicious circles are broken, and you get out of the rough sea into smooth waters. There are many other ways in which you can learn to relax such as sitting in a chair, riding in a car, in a theatre etc.

Now we begin to see the importance of relaxation. If it is just beginning to dawn upon you I would ask you to persevere for there is no better medium in the world than that which nature has provided for your recovery from all difficulties, mental and physical.

*Relaxation is the key. The first four lessons will enable you to grasp what relaxation means, as you have practiced it. Do not come and tell me now that you are too busy, because the fact is, there is no one too busy to relax so that you will get perfect health and happiness. What you are seeking, you must seek it the right way.*

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Now let us deal with the neck muscles. From the back of the head to the nape of the neck our muscles cover the most vital nerves in the whole body. These are the eight cranial nerves which come out from the cervical vertebrae, they reach to the eyes, the ears, the nose, the tongue, the thyroid gland etc., all the organs of the senses are connected here.

*These muscles are most essential. I showed you what the back muscles were the other night. Now I want to show you what these muscles do on the neck.*

*The vertebrae comes down from the brain, through here. All the layers come down from the trunk. The nerves go up through there and they link up with all your senses. These are most important, one deals with the eye, the other deals with the ear and the nose, hearing and so forth, all the way down. You have lines leading to the thyroid gland which is here.*

*Muscles cover these nerves and when these muscles are tense, these nerves are compressed and impair the flow of energy and also create many, many headaches. I will guarantee you this, there is not a headache I will not take away, for the simple reason, that most of the headaches are caused by the pressure on these nerves.*

*I want to show you how important it is to take the tension off the neck muscles. These are the eight cranial nerves, which come out from the cervical vertebrae. They reach the eyes, the ears, the nose, the tongue, the thyroid gland etc., all the organs of the senses are connected there.*

When these muscles are tense these nerves are impaired with the result that the senses are dulled.

The vagus nerve, or the pneumogastric nerves and the phrenic nerves\* which leads into the thoracic and abdominal area passes under these muscles. Therefore you can see how important it is to relax these muscles for your bodily health, as well as your mental well-being.

*The thyroid gland. It is the major gland in your body. It is the key gland for all the glands that secrete their hormones into the bloodstream, it controls them all. It is the key gland. If this*

\* See diagram on page 236

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*gland then is affected through your muscle tension, you find that you have an impaired glandular effect throughout the whole of your system.*

While lying on your back with your neck snug as I have previously instructed, move your head from side to side gently, *until you feel the muscles of your neck giving way. Slowly, slowly, you move your head from side to side until you feel the muscles giving way, at the same time saying to your muscles, "Relax, let go, let go" and feel these muscles relaxing. They will relax.*

*Once you have been able to relax the muscles of your legs and arms by telling them to let go, you will find that every other muscle in your body will obey you.*

*You get control gradually. You do not get control all at once, gradually. Do not bite off more than you can chew.*

When you are proficient in this you will feel a decided effect on your eyes, ears, taste, smell and the thyroid gland will function normally. I can only direct you to do this exercise, I cannot do it for you, but I know what it can and will do for you when you practise it.

I will conclude this lesson by saying that through our interior process of thought, regardless of the thoughts of others or of exterior conditions, we become consciously aware of our own creative power. In conjunction with the Universal Creative Power we can exercise a power that, by creating in our inner world, we will externalise the exact correspondence. We see this not only applied to the individual life but also to the whole world.

*We must begin with ourselves, if we want a better world. If we want a better health, begin with ourselves. Because the world is you. Do not wait for the other fellow to do it, you must do it, it is your turn now. A better world begins with you because you are the world.*

We can renew the body from its very foundation and build a mind and soul capable of creating a world of which we can be proud. We shall transform our living experiences and make constructive links in a chain of events that will transform our social systems and institutions, as well as our own lives.

## THE FIFTH STEP

If you can see a glimmer of the creative power that exists within you, you will realise the great possibilities of your own responsibilities.

The quality of the mind depends upon the material of which it is composed. The difference between the thoughts of an enlightened consciousness and one that is steeped in ignorance is as far apart as the two poles.

Then let us be submerged in the great Universal All so that the Supreme Power of the Eternal will manifest. "I saw in the night visions and behold one like the Son of Man came on the clouds of heaven . . . and there was given him dominion and glory and a kingdom . . . which shall not be destroyed." Daniel 7: 13-14.

"He who has ears let him hear."

## BENEDICTION

O Son of Man, awaken to realise you are a Son of God.

However wrong you may appear the Spirit waiteth patiently to flood your mind and body.

The greatest sinner is but a sleeping Son of God.

"But as many as received Him to them gave He power to become the Sons of God."

"'I am' the Voice who cries in the desert, level the way for the Lord."

"He who receives me receives the Father who sent me."

Thus I have accepted Him and now I am free.

Thank you, Father, my cup is full and running over.

Amen.

(EPILOGUE)

*Let us tune into the Sanctuary of the Silent Healing Power. Next evening, before we begin, I will explain to some of you, how the Sanctuary works. Some of you do not yet understand. So I will take two or three minutes before we begin the lecture to explain to you how the sanctuary works. Now let us, in the meantime enter in to the Sanctuary. So that we will give forth the wonderful power we have inherited from our Creator, made in his image and likeness. Your consciousness becomes the consciousness of God.*

*(2 minute pause). . .*

*This peace, my peace shall remain with you always. Love ye one another, as I love you, then my love will strengthen you. Be at peace.*

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 29nd August 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

**THE SIXTH STEP—THE PART THE MIND PLAYS IN  
RELAXATION—RELAXING THE EYE MUSCLES**

*“With Thee is the Fountain of Life. In Thy light shall we see light.”—  
PSALM 36: 9.*

*(PROLOGUE)*

*\*I said last evening that I was going to explain something about the “Sanctuary.” The Sanctuary has been brought into operation by Spiritual guidance.*

*It has the foundation of true healing. Now, we know that there are thousands of healers in the world that have passed beyond this physical world but are still in the world, and are aiding and helping every one who wants help. These healers have a Spiritual organisation through which the work is done. Long ago I was told to organise this throughout the world, but I took my time, you know what I do. One feels that the time is not ready and so forth and you have got so much to do. But then I began to feel the influence behind this great Spiritual effort, and it was begun.*

*Now when a person wants aid and help, their name is put on a register. Immediately its put on that register, it is taken into a “Spiritual Register,” and there Spiritual Forces are working entirely in unison with the Sanctuary here. When a person asks me for help, I directly work towards that end, to give that help. But I also call into operation those Spiritual Forces that are working entirely in the Spiritual World for the purpose of helping people.*

*Therefore this is not an entirely a physical organisation but a spiritual organisation and that is why so many miraculous things have taken place.*

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*I could go on all night trying to explain it. But if you will see the fundamentals that I want to show you, is that when a name is placed upon the register for healing, it is immediately transferred to a Spiritual Register. It is taken by those Spiritual Forces who are working in harmony and in unison with us, then Forces are detailed to assist that individual no matter in what part of the world they may be.*

*I have been trained in this work to move also in the astral so that I can help when necessary, but if you knew the many thousands of Spiritual helpers, you would be amazed. Thousands of them are working for the benefit of people all over the world. Now I hope that will give you some idea of what it is.*

### **LECTURE SIX:**

#### ***THE SIXTH STEP—THE PART THE MIND PLAYS IN RELAXATION—RELAXING THE EYE MUSCLES.***

*“With Thee is the Fountain of Life, In Thy light shall we see light.”—Psalm. 36: 9.*

There is no doubt that the mind plays a major part in Relaxation and it is necessary to understand what takes place.

What we think is transferred to the cerebrum and then transferred to the nerves and muscles of the body. This is an all-important fact we have to remember when relaxing, and to know this prevents what is known as the reverse effort.

*When we think, when we have an emotion, immediately we have an emotion, the cerebrum becomes operative at once. It carries those messages back into the body and the muscles become tense. That is the cause of most of our trouble.*

*When those muscles become tense, they set up a reaction in the cerebellum at the back here, which causes a misbehaviour. A misbehaviour continues until you begin to release the tension in the various muscles of the body.*



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Some people when trying to relax find that their muscles become more tense. This is because they have not understood how the mechanism works. That is why I have laid emphasis on Divine reasoning as a very necessary factor in relaxation. For if the mind is caught up in the strain of modern life this strain is conveyed to the nerves and muscles and this is the cause of tension which is the seed of emotional habit-patterns.

*Now you will easily see what happens, when the mind is caught up in the strain of modern life. Fear, emotion, anxiety, envy, anger, all these emotions become part and parcel of you and are transferred immediately to the body.*

When the mind is in a state of harmony this harmony is conveyed to the brain and body. There is a super-physical structure which interpenetrates the brain and body and this structure is affected before the physical structure. The change begins within and moves outwardly.

*Interpenetrating every physical thing, there is an astral form. Science has proved that matter itself is but energy. Energy is nothing more but Intelligence in action. Intelligence in action is the Mother, which is manifesting through the whole of all things, the womb in which things takes place. The consciousness is the directing factor in this. What your consciousness thinks, causes the effect to take place in this inner structure that interpenetrates the brain and body, and there you have movement in the inner realms before you have movement in the outer. The change begins within and moves outwardly.*

When the consciousness is free from strain through Divine reasoning then the body is ready to obey the dictates of the mind. You must remember that the perfect state always exists. It is only when we upset this harmonious expression that we feel the result of our own reactions to the external world.

*How are you free from strain? By Divine reasoning. You begin to get a glimpse of something that is beyond. Something that you do not know what it is, but you know that It Is. Something that is behind all Creation and is the only Reality. That very Reality is in yourselves and is your own Reality. When Divine reasoning comes to the fore, we find that there is a calmness comes over the mind, and strain disappears.*

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Your mind and brain interpenetrate each other and act together. Their nature is to receive and record the effect any idea or object has upon them. *Therefore we have to be alert, so as to discern clearly and wisely. So that effects are modified in accordance with our state of mind.*

*Their nature is to receive and record the effect any idea or object has upon them. Your previous experience has a lot to do with it. A child, when he is growing up, is not afraid of the fire, because he has not experienced the burn. But as you grow up you find through experiences the various things in life, the things that hurt you, then the effect of these things and the idea of these things are registered in your mind.*

*But if this fear becomes a dominant thing in your life, it will become the basic fear of everything. What happens is this, that everything you touch and feel and look at, there is a fear. Divine reasoning releases that fear, and is the only thing that can do it. That is why relaxation alone is not sufficient. You must have Divine reasoning as the pillar to help you over the fear experiences of life. Therefore we have to be always consciously alert. Discern clearly and wisely, so that these effects are modified in accordance with our state of mind.*

The vibrations that you have fixed on your mind continue to express themselves outwardly. If we fear anything or if we enjoy anything, these are reflected on our outer structure. This is a well-known fact which each and everyone has experienced. And it is for this reason that these lessons on scientifically controlled conscious relaxation is being given. This technique has been the means of freeing thousands of tensions and effects created by themselves.

*If there was ever in this world, a technique that could be given to the ordinary individual, to relieve himself of his troubles, this is it. I have not yet found any technique that could match it. Relaxation and Divine reasoning.*

*It is nearly forty years ago since I started relaxation. I knew the great worth of relaxation. I remember in the First World War. I was on the medical staff of the Milenni Camp in Edinburgh. There were quite a number of shell-shock cases and I had great success*

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*with them. I put them in different huts and I treated them with relaxation. But I also gave them the key to their own existence and to my amazement, these fellows got well.*

*I will always remember one fellow. He was having fits every day, and nothing could be done for him. I took him in hand, and with the first fit he had, I pressed the back of his neck. Put his head back so that it would break the spell, because we know this is one of the main nerve centres of the body. The next day I treated him, the following day I treated him, and each day I treated him. Do you know that that fellow never had another fit.*

*I knew then that relaxation was a key to something and since then I have improved through experience in treating people all over the world.*

*When the consciousness is free from strain, through Divine reasoning, then the body is ready to obey.*

The one great truth we must remember is that the perfect mind cannot hold any imperfection otherwise it could not be perfect, and knowing this has helped us to overcome all our imperfections.

We are reproducing through our mind and brain pictures which we hold in regard to conditions, events, people etc., and according to the intensity of the emotion attached to these pictures we create, so does it cause tensions in the nerves and muscles of the body.

*I want you to see the connection between your thinking and your body. The thinking and the tensions you create. Once you see the mechanism, the action that is taking place, you will be able to remove them. You will understand what is taking place.*

The method of how we can release these tensions that cause all sorts of effects upon our organism is of the greatest importance to all. Therefore a knowledge of the cause is most necessary and that is why I have chosen this sixth step to enlighten you on this very consequential subject.

Most people are visualising the things they do not want through fear of them, *can you understand what that means*, with the result that they are manifesting them. The things most feared are social and economic and not physical pain, and it is here that suggestions takes a hand in creating conditions, even in our physical bodies, which we deplore

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*The fact is you do not fear so much physical pain. But you fear those things that are social and economic, but these things bring about physical pain, bring about tensions which bring about ulcers, heart troubles, and a number of other complaints.*

We suggest to ourselves everyday. Day after day, the same routine goes on in the mind, the same mental grind, no wonder that the body is tensed by emotional habit-patterns

*If you can see what you are doing, I have always told you to discern what you are doing, and you can remove and dissolve it.*

That is why relaxation is the antidote to tension because relaxation is suggestion in its best form. It does not create the reverse effort that is often encountered when strong suggestions are made directly to remove a symptom.

*That is very important. I have told you that strong suggestions do not bring about the thing that you want, but quiet suggestions do. If you tell a person, "do this, do that," he turns his back and goes the opposite direction, or you can almost feel the hair rising on his back, telling you that he will not do it.*

I remember well when Coué<sup>1</sup> expounded his theory of suggestion and by his method he cured all manner of people of their troubles. His method was not by strong suggestion but by quiet smooth unobtrusive suggestions.

*It is these small unobtrusive suggestions that bring the patient out of their difficulties.*

*Now here is Coué's method in a nutshell.*

The patient was instructed to lie *quietly, as relaxed as possible*, until a dreamy state was attained. In this dreamy state the patient had to repeat twenty times, "Day by day in every way I am getting better and better." *Now I see to a great extent what was happening.* Coué had already found that by using direct suggestions of the opposite of the trouble, the trouble invariably got worse, but by this relaxed method he scored great success.

*But it was not relaxation at that time. He was aware of what we call "strong suggestions" bringing up the trouble more and more.*

*If you said then, "my foot is getting better and better, my foot is getting better and better," it not only brought up the idea of*

1. See page 235

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*the sore foot, but in this state of quiet peaceful relaxation, and the slow easy method of the words, "day by day I'm getting better and better," thousands of people all over the world were cured at that time. The newspapers were full of it. But I know that Coué did not know the real cause of the cure.*

Now we can realise what happened—this quiet unobtrusive suggestion became auto-suggestion and unless suggestion becomes auto-suggestion there is nothing done, that is why with relaxation so many wonderful results are obtained. This simple method induces auto-suggestion and the trouble begins to disappear, the brakes are taken off and Nature takes a hand.

I am not making the wild statement that relaxation or auto-suggestion alone is the cure. Nature does the work when we take off the brakes. But what I do affirm is that relaxation and auto-suggestion is the best means whereby Nature is enabled to do the work. **The Father does the Work when we take off the brakes.**

*I have not seen anything simpler, yet Nature is simple in her actions. If we help her, she will do her work.*

When the mind discerns the false and the cause of its manifestation then 50 percent of the trouble is conquered because 75 percent of our troubles are increased by the fear of them. *Now read that carefully and put it in your pipe and smoke it for a little while and see what it will bring out.* Therefore the mind has a tremendous influence upon our health or ill-health.

In the mind also there are many opposing forces that prevent the idea of health being transferred into action and these opposing forces are released through outcropping through free association, *which we talked of the other evening.*

*In the mind there are fears, through experience. If you are caught in a motor accident or you are caught in a street, a motor knocked you down, you would be afraid to cross the street. You would always look up and down even when you are in a street you would be afraid lest a motor was coming along.*

*If you are caught in a house that was on fire, you would always want the doors to be open because you would want an escape. All these experiences are in your mind, they are the opposing forces to*

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*your health. If you do not know them, if you do not bring them to the consciousness and deal with them, they will still be a fear that prevents your health from being 100 per cent.*

Now this is not completely understood. This state is a state of mind that is alertly passive. The pleasant and the unpleasant must be viewed with impartiality until the whole contents of the mind is known, the private thoughts, secret motives, intentions, bondages and desires.

*All of these must be known, must be seen. As you see them as relative things, you will see them as thoughts, emotions, conditions, that can in no way interfere with the Spirit when it knows its own power.*

*When the Spirit knows its own power, it recognises all things relative to it. That power then is adamant.*

This will reveal a knowledge of the self, and without self-knowledge there can be no understanding. Perception must be free from comparisons and judgment, neither must you seek comfort or security. *Neither must you seek to conform to any idea. If you do, then your free association begins to stop. Perception must be free from comparison and judgment. Neither must you seek comfort or security.* True discernment of what is in the mind can only be acquired by free association, *through impartiality.*

*If you can then see everything and look upon everything in your life, whether it is private or not, you can discern it, you can dispose of it. It shall no longer have any effect upon your health. That is the freedom of the mind.*

*My God, if you could only see a free mind.*

*As a matter of fact, I always see a free mind in children. That reminds me, I heard a story the other day, of boys at school. The teacher was giving them a lesson in Scriptures and as you know, Timotheus and Titus, were contemporaries of Paul. The teacher asked the boys, "what did Timotheus say to Paul when he appeared at the door?"*

*One boy said in a loud voice, "If I'd known you were coming I'd have baked a cake."*

*So in the continuing of the conversation, the teacher was flabbergasted. But he asked another question, he said, "what did Paul write to Titus when he told him he was coming?"*

## THE SIXTH STEP

*He says, "California, here I come."*

*So the teacher packed up and finished. That was sufficient for the teacher for the day. It was a good Bible lesson I can assure you, the best Bible lesson I have ever heard.*

Automatic writing is a means of revealing what is the content of the mind. When automatic writing first begins there is much drivel and confused thought expressed, but this should not stop you, as each layer of consciousness is revealed we reach a state when true thought begins to express itself.

There are many people who have tried automatic writing and attribute it to the unseen, but more often it is the content of the subconscious that are being expressed. *Not until the whole of the contents of the subconscious is expressed, can you have true Spiritual writing. It sometimes takes five and six years for a person to be a real automatic writer. For instance Mable Cummins<sup>2</sup> who wrote, "Paul in Athens," through automatic writing. That book was criticised everywhere but no flaw could be found. Historians took it and pierced into it, but they found that every fact was true. This woman knew nothing at all about Paul, where he was. She was just a person who had practiced automatic writing for about seven or eight years.*

*When the mind is cleared of all the rubbish, and there is a lot of rubbish in it, then you will find real thoughts. Thoughts of the Spirit manifesting through you. Knowing of all things can come through the mind of the individual because it is linked with the Universal.*

In this revealing there must be no conflict with opposites for these are but images in the mind which must be discerned. Freedom comes only through discernment of what is in the mind.

*You have to discern what is in the mind. The emotions, the motives, the cause of all these things. **Freedom comes through discernment of what is in the mind.** What a wonderful statement that is, but nevertheless a Truth.*

Emotion is often the main cause of spontaneous suggestion that takes root in the mind. The emotion of fear always surrounds the idea of trouble, disease or accident as well as economic and social problems.

2. See page 235

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The mind that is free is pliable, but a rigid mind full of fixed ideas is truly ignorance. When an idea is accepted by the mind it causes certain cells of the brain to become active. The brain is the instrument through which physical contact is made and through the cells of the brain a definite effect is created upon the corresponding parts of the body, creating action there according to the intensity of the idea held *or the emotion*.

*Therefore we see how these conditions come about in the body.*

Impulses are thus created, carried along the nerves to any part of the body. The cell structure is mind substance in a negative phase of action interpenetrated by a mental activity which is mind in a positive phase of action. *The one interpenetrating the other*. Thus a change in the tissue structure takes place.

*What a simple explanation!*

*I want you to read this lesson. Read it over and over again until such time as you become aware of the facts here. Because if you do not become aware of those facts, you will never rid yourself of your troubles. You must know the mechanism that causes all your troubles. The mechanism through which it flows.*

Can you now visualise what a free mind is? This is a mind in which there are no opposites, no division, no separation, no bias, no prejudices, no antagonisms, *no fears*.

*Let us see then what a free mind is. It is a mind in which there is no opposites, no opposing forces, there is no two ideas battling one another, making a battleground of your mind, such as fear and faith or any other thing. No division. That there can be no division whatsoever in any part of the Universe. There can be no division upset in the mind. There can be no sense of separation. There can be no bias, no prejudices, no antagonisms, no fears.*

*A free mind is not an easy thing to get, but it can be got, when you know the mechanism and the way to get it. Discerning continuously; every movement of the mind, every antagonistic thought, every sense of separation, every fear. Not to banish these things or try and push them out of your mind because that pushes them further into your mind. You have got to understand the cause of these things. I wish I had time to go further into this great subject*



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but as I have to give you instruction on how to relax your eye muscles this must be left for some future lesson.

The eye is the window of the soul. Tense eye muscles reveal a tense body. To relax the eye muscles also tends to relax the body muscles.

*I know from experience what eyes are. During First World War, I lost this eye. But this eye was also blind, and for a considerable time I did not get my sight back. But I worked diligently through exercise. I still have to be careful because of the muscles of this eye. Unless I understand macular vision, I would not be able to read to you.*

*Little do you know the difficulties and the trouble I have had to make my sight come as good as I can read any word you wish. For at one time I could not see a single thing. But I am telling you this that once you are able to use macular vision and relaxation, you can bring your eyes back to normal. When you find that your eyes are strained, you close them for a little while. You allow them to close naturally and easily, in a lazy fashion so that the muscles become relaxed. But if you spread your vision then there is trouble.*

*I look at one person after another, but to look at the whole of you at once, I would immediately destroy this eye. When I look, when I am reading, I look at the word, one word after another. Therefore I am able to bring the muscles of the eye back to normal. Therefore I read easily, with out effort, through macular vision.*

There are six muscles attached to each eye, to turn the eye from side to side and up and down. There are other finer muscles that expand and contract the iris and the eyeball to obtain the proper vision.

Most people seldom use the eye muscles to any extent, thereby making them rigid. When they want to look at the sides or up and down they turn their heads. When reading they try to read a whole line at a time resulting in a strain of the finer muscles of the iris and those which control the focusing apparatus.

*I could not read. If I looked at more than a few words at once, I would immediately destroy the sight of this eye. Little do you know how difficult it is sometimes for me to read and write as I do,*

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*book after book, lecture after lecture. But by practice I know what can be done. Therefore, I am not speaking from out of books. I am speaking from practical experience that you can also acquire the same wisdom and knowledge to bring your sight back again.*

Exercises have been given for the working of these muscles such as moving the eyes round a square then across the square diagonally in each direction. This undoubtedly helps to exercise the muscles. But if these muscles are still rigid, more harm than good is done.

*So before you exercise at all you must relax your muscles of your eyes. The best way to relax them is to bring your hand upon your eye and feel that the eye is falling out into your hand.*

*Put your finger across your eye here and try and bring about the peripheral small muscles here, you will feel them relaxing. Then as you get them relaxed, then the inner muscles begin to relax also.*

Now here is the exercise that relaxes the eye muscles. Sit at a table with a cushion under your elbows. Place your hands cupped over your eyes and feel as if your eyes are falling into your hands. If you have any kind of eye trouble no matter what it is this exercise will help you greatly.

*You just do like this, for instance, we will say that this is a chair and here is a table. You have a cushion here which your elbows are on so that it does not hurt you.*

*Now you do this (Demonstrates) close your hand so that no light of any kind will come in. You can sometimes open your eyes and look into the darkness in your hand. That helps a great deal to relax the eye, looking into the darkness in your hand with your eye opened. Then close your eyes and say to your muscles of your eyes, "relax, relax, relax."*

After your eye muscles are relaxed practise moving your eyes from side to side gently at first because the eye muscles will contract again when moved strenuously. Do not tire the muscles, go slowly at first.

*Again, a strong suggestion gives you the opposite to what you want. Strenuous exercises interfere and make your eyes more rigid.*

The next most important exercise is to use macula vision, that is to keep the focus moving round the smallest part never

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staring. Take a word and move your focus around each letter, then practise reading word after word. When you do this you will find how easy it is to read without glasses. This exercise relaxes the eyes finer muscles. Staring strains them and causes tension.

*I am using macular vision all the time, when I look at a letter here now. The “T” for instance, I go round the “T” up and down the bottom. I look away in the distance also in macular vision, at a “T” in the distance, a sign somewhere on a building, a “T” out there. I follow the outside of the “T.” Then I come back and look at “T” again here, and I do the same over there again. That is short and long focus—macular vision.*

*When I look at “THE.” I think the “T”, “H”, “E.” Then I can look at you, quite easily, the eye is not strained. It brings the muscles back into operation. But if I immediately try to see the whole of you, at once, I would go completely blind. That is how I have to be careful with this eye. It has to do a lot of work yet, because I am going to live another 20 years yet. I am going to write a good many more books yet. I am going to write a good many more lectures yet. I am going to heal a lot more people yet, lots of other things I might do; having a glass of whisky at a time and doing all those things that makes life worth living.*

*You have got to be happy in this world, unless you are not happy in it, what is the use of being in it at all.*

*I saw the other day, people come from the church, with their heads looking down. They were walking slowly, and slowly, never looking side to side, very slow and strained. I said, “if that’s religion, God forbid.”*

*Get out into the fields and the flowers and the trees and see God there, everywhere! Why were they like that? Because of the fact that all they heard that day was sin, damnation and hell. I say if there is a hell, well it must be in heaven because there is no other place. If God is Infinite in nature, there can be nowhere where he is not, otherwise he could not be Infinite. Therefore if there is a hell, God is there in hell Himself. Hell and heaven are states of consciousness. There is no such place and children are taught, even today, that they will be burnt in hell, they will be stuck with forks, all this sort of rubbish.*

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*I saw a book the other day about Adam and Eve and all the various stories children were taught. Here was Adam and Eve underneath a tree and apples were falling down. Then Eve grabbed the apple and she handed it over to Adam. Here you see the pictures of all this thing going on. How awfully stupid!*

*Then a little further on you can see a big furnace and the Devil there with a long tail and fork. So he is waiting for people to come down.*

*It is as bad as the story of Sandy. He went up to heaven and he could not get any further, but he got to the gate and Peter met him and he said, "what do you want here, Sandy?"*

*He says, "I want to get in."*

*"Why," he says, "you never did a good turn in your life."*

*"Oh yes," said Sandy. "I put sixpence in the poor box once" \*\*\* (.....So the Devil came along playing a pipe, and he 'Sandy' says, "give me my sixpence back, Peter, I'll follow the music.")*

*(\*\*\*Recording stops here.)*

When you are really interested in anything your eyes flow over each detail. This is Nature working for you. See with your mind and not with your eyes. Your eyes are the instruments of the mind, always remember this.

I will close this lesson by saying that, by constant knowing, we are freeing ourselves from all our burdens. This constant knowing is experience plus understanding plus wisdom plus the realisation of what we are in Reality. Just as every light has electricity behind it so everyone of us has Life. The physical brain and body are created by God as an expression of His Divine Nature. Then let us be true to this Nature which is the only Reality within us. We must employ our minds until we reach this sublime state of being, thus we will be free. The Truth sets us free.

## BENEDICTION

O Divine One, Thou art just behind my thoughts, yet at times Thou seem so far away.

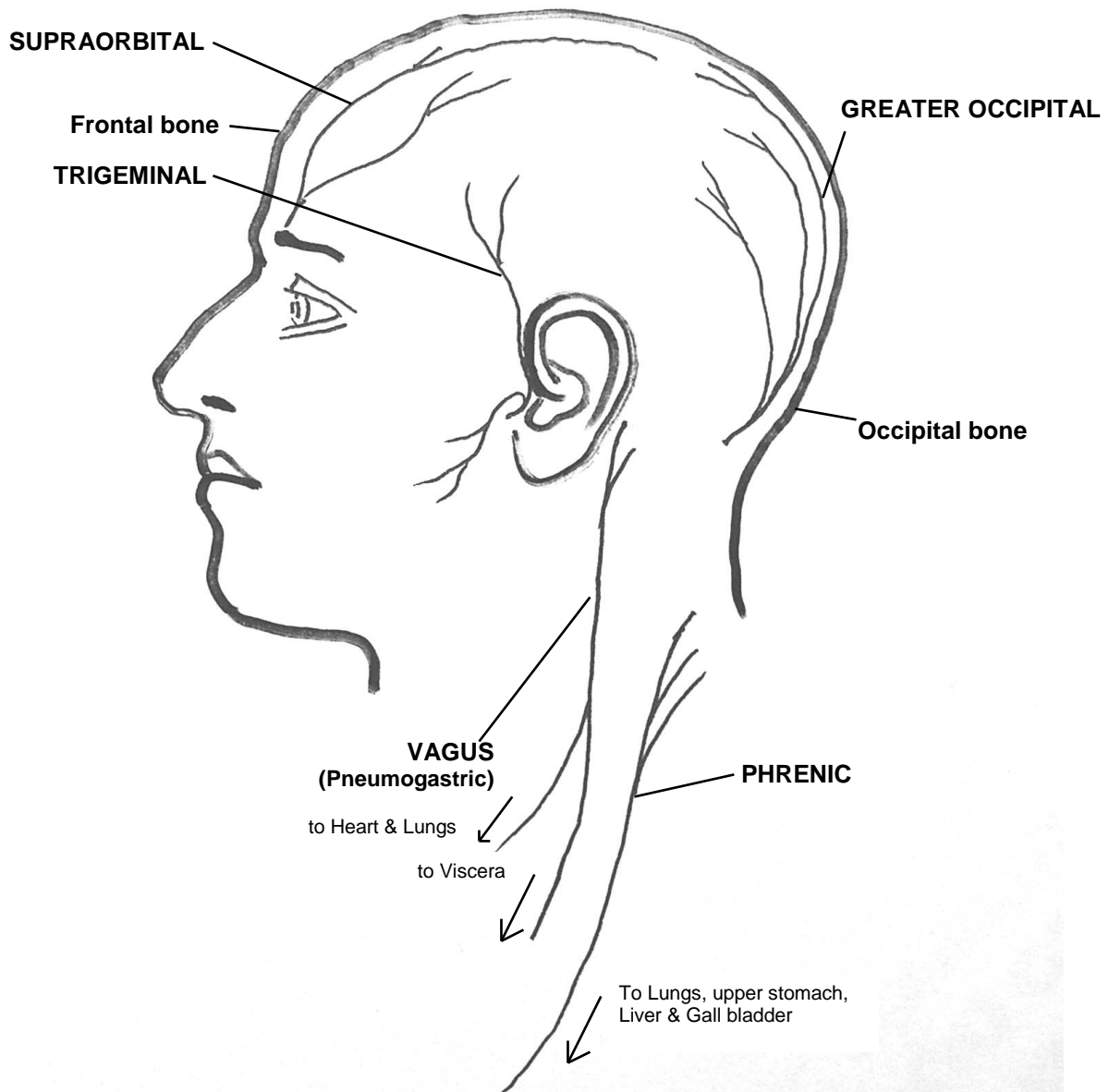
Was it that I myself was the cause, engulfed in the stream of reaction to the outside world?

Loving One, now may Thy Presence be revealed in my thoughts and the veil that separated us be dissolved away.

Talk with me, walk with me. I want to hear Thee speak to me. For Thou hast shown me the way that leads to Thee, O Precious One.

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 5th September 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Émile Coué (1857-1926), French psychologist and pharmacist who introduced a method of psychotherapy, healing, and self-improvement. The originator of 'auto-suggestion'.
2. Geraldine Dorothy Cummins (1890-1969). Born in Ireland. Medium, channel, and spiritualist author. *Paul of Athens (The scripts of Cleophas)* published in 1930 was her second book.



The *Greater Occipital Nerve* rises from the neck, it innervates the scalp at the top of the head, over the ear. The *Phrenic nerve* commences in the neck, arising mainly from the 4th cervical nerve, and descends through the whole length of the thorax to supply the corresponding half of the diaphragm. The *Supraorbital nerve* a branch of the frontal nerve, that itself branches to the forehead, scalp, upper eyelid, and frontal sinus. The *Trigeminal nerve* is responsible for sensation in the face. It is primarily a sensory nerve, but it also has certain motor functions (biting, chewing, and swallowing). The *Vagus nerve* is the only nerve that starts in the brainstem (with the Medulla) descends through the neck, chest to end in the abdomen. Both its motor and sensory fibres have an extensive distribution to viscera—the heart (heart rate), the respiratory system, and a large part of the alimentary system (glands & digestion).

**DIAGRAM 6: MAJOR HEAD NERVES**

**THE SEVENTH STEP—THE PRACTICE OF  
RELAXATION IN OCCUPATION BREAKS UP  
OCCUPATIONAL TENSIONS—THE MUSCLES  
OF THE SCALP AND FACE\***

*“Behold I stand at the door and knock. If any man hear My Voice and open the door I will come in to him and will sup with him and he with Me.”—REVELATIONS 3: 20.*

*This is a wonderful saying, because it enables us to realise the great importance of the oneness of life. It means that the Christ, God, is knocking at the door of man’s heart, men’s minds. If anyone opens their ear to hear, and hear the voice, and open the door, then the Christ ‘will come in to him and will sup with him, and he with Me.’ Showing there can be no separation, none whatsoever.*

*What a beautiful story it is to realise the importance of the fact that there is no separation anywhere. That those who have passed on are still with us. I know this so very, very well because I am mostly in contact with those who have passed. A few days ago I was told by one who talks to me very quietly. He said that our great brother Smuts<sup>1</sup> will pass during this week. I told Mary, I told others about it. I said, “watch and see how true this is,” and it has come to pass.*

*A great man. One of Africa’s greatest men. Not only is he a son of Africa, but he is a son of the world. South Africa is proud today to see so many thousands of people, in all grades of life, sending their tokens of sympathy and realising that the world has lost a great man.*

\* / 1. See page 248

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*But I say this to you, the world has not lost a great man but has gained a greater, because those who have passed on are with us. I say this to you without doubt, without fear of contradiction that the spirit of General Smuts will guide South Africa into that glorious state of which it can be. I am convinced of that fact.*

*I knew some of the great statesmen at home, I was aware of their activities. I remember Balfour<sup>2</sup> very well. Balfour attended a meeting that I was at, a very small meeting, but a meeting where we made contact with Higher Spiritual forces. Balfour was a great man and a guide to the State. I know this to be true, that those who have passed on have not left us, but their spirit shall guide us, truly guide us.*

*I feel deeply the loss of this great and wonderful soul, to the earth, but I know that he will help us on our journey.*

*(short pause)....*

*O Great and Mighty Father God.*

*That Thou hast chosen to express Thyself through one who has given great spirit, heart, to many souls and guided the destiny of a land that is dear to all of us.*

*Great and Mighty Father, thou art the Father of Love and now hast deemed it necessary to take him away into the higher plane of action.*

*There to guide the Spiritual forces, the destiny of the world.*

*We thank Thee, Father; that Thou hast chosen him, that Thou hast made him what he is, that we can follow to the glory of many others who are coming to follow him.*

*Just as Jesus passed, so we feel saved.  
So mote it be.*



## THE SEVENTH STEP

The Spirit is always ready to act for us and in us when we understand ourselves and free ourselves from our own self-imposed habits that limit and inhibit our true activity.

In our daily living we create tensions where we should have perfect relaxation. When we are tensed we are easily made to fear. But when we are relaxed we use our head instead of our viscera, lungs and heart to cope with any situation.

*The majority of people are tensed in their daily life. They are anxious about this and anxious about that. Even today all the trouble is about things, things, things. We are anxious about things, too anxious about things. It is necessary for us to think deeply so that we can get out of this limitation into a greater understanding, so that our tensions will leave us and we shall be free.*

We should practise relaxation wherever we are and whenever we can, and when we do this consciously we will get results. Thus we enter into the wider aspect of this all-important scientific practice of relaxation, thereby eliminating cerebellum misbehaviour.

*Think of what takes place now, cerebellum misbehaviour. When you are anxious, your body becomes tensed. That tension is telegraphed back to the cerebellum. The cerebellum takes on that tension and reacts in such a way as to create misbehaviour because you are tensed.*

*The very opposite of tension is relaxation. When you relax your muscles and your body, that message is telegraphed again back to the cerebellum and then it gives up its misbehaviour. When that misbehaviour ceases, there is a feeling of ease and comfort in the body. The cerebellum then, this thinking part of your brain, realising what is taking place, becomes freed.*

*Think of the vicious circle.*

*We are all prone to it, even myself. I know, because when I recognise what I am doing, I know what it means. I know perfectly well that I work too hard every day, and many of you do the same thing. When anything happens to me, for instance, my vanity is pricked because I think that I should go on forever and ever without anything interfering at all. So my vanity is pricked. So I say that I am vain too, do not think that I am just one of those people who*

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*is above a certain amount of vanity, by no means. But when we recognise what we are doing, we are able to set about the elimination of it, and that is what we have got to do. When we find ourselves tensed, we have got to see that we can get relaxation.*

Most people sit or stand most of the day, and most people who sit or stand most of the day sit or stand in a tensed condition, when they could easily sit or stand in a relaxed condition thereby improving their health, their wealth and happiness. Remember when you relax you break up these emotional habit-patterns that are retarding your health, your thinking and your working.

How many hours do you sit in a day? Some sit eight hours a day at work and then sit another four hours when they get home. How important it is then for us to learn how to sit in a relaxed condition, for this is truly our finest medicine.

*There are compensations. If we are sitting all day, we should compensate by doing something else. If you are sitting over your books all day and you go home to read a book all night, then you are causing cerebellum misbehaviour. But if you go out in the garden and dig for a while, look at your flowers or whatever the case may be or have a hobby, then you are compensating. That is relaxation.*

You cannot sit in a relaxed condition if your muscles are out of place. That is when they are pulling to keep your head from falling off, or your shoulders from touching your stomach. To sit in a hunched up position is not relaxation.

*Now, the way to get the proper relaxation is to put your hands above your head, (Demonstrates). Bring your hands down to your side. Then all your muscles are in place. Do not drop your shoulders but feel that everything is in place. Then sit down and you will find that you sit down like this. Now the centre of gravity is passing through my head to my feet. These are most important things, they mean a lot for your health.*

Before sitting down you should stand up straight, put your arms above your head, thumbs touching and stretch up, then look forward, feel that your head and neck are free. The centre of gravity should flow from the top of your head straight through to your feet.

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Now bring your hands down to your side and without dropping your shoulders and you will feel a perfectly relaxed feeling. This is because there is no pull in any direction and all muscles have gone into place.

The force of gravity is always in operation and any part of the body that is out of alignment is pulled towards the floor with the result that there is a muscle tension required to keep it in place.

*Learn to relax in your armchair so that you get the best relaxation possible. If you have a relaxed chair, lean back on it so that the weight is taken on your shoulders, that the head is also supported.*

If your chair is a straight-backed chair sit as far back as possible so that the lumbar curve fits into the back of the chair.

*I showed you then when sitting down, to get proper relaxation you must see that your back is like this, (Demonstrates), this is scientific relaxation. Sit back as far as possible so that you feel the back getting into your chair. Now you can feel your position where your head is. Suppose I put my head forward like this. Now immediately I feel it drag on my shoulders, my head has fallen toward the shoulders. But if I put my head back like that, it is going towards the back. What do I do? I move myself perfectly easily till I find the perfect balance.*

*I relax now and place my hands on my lap just like this so that the weight is taken off the arms and therefore I can sit like this all night. That is a yogi posture.*

Now remember the position you held when standing, find the centre of gravity by moving your body backwards and forwards till you feel that comfortable position where there is no pull. Place your hands on your lap, this will take the drag off your shoulders.

In this position you are ready to practise relaxation while sitting. Feet should be about twelve inches apart and flat on the floor. Now talk to your neck muscles, back, arms, legs, as already instructed, and do not forget to drop your jaw.

In this position your body will fall into its right position. You will find that the curve you had in your back will leave you. Your tired neck and shoulder muscles which you have tensed during

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the day will be released. Turn your head slowly from side to side, this will release the tension off the vagus nerves and free the thyroid gland which is most important.

*As you turn your head to the side. Turn it quite easily and you will find it will release these nerves coming down here, and also help to eliminate trouble in your thyroid gland.*

Allow the chair to take the whole weight of the body. If the head is not in line with the force of gravity it tends to fall onto the chest, as it does when falling asleep in a sitting position, or falls to the side. When this happens you have occasionally experienced a stiff neck, this is muscle strain *and sometimes displacement of a vertebrae*. Therefore it is not advisable to let the head flop about or hang on the chest.

*In some people, in relaxation, they say, "let your head hang down on your chest like this and flop around." You will see it is entirely wrong.*

Sometimes when the muscles have stiffened around the ribs this is indicated by a stitch. The following relaxing exercise will relieve this entirely.

The intercostal muscles are tensed very easily and cause severe tired pain in many cases. The cure is to relax the chest muscles.

*We saw how to relax the chest muscles. When you breathe out, you are lying down on your back, or you can sit. If you have a "stitch" here round your waist, it is generally a tensed muscle.*

*Supposing now you take a breath in like this, (Demonstrates). As you take your breath in, you let it out, relax, relax, relax. Take another one, relax, relax, relax. You will find that the muscles of your chest will relax and "the stitch" will disappear.*

If this sitting exercise does not ease the stitch, lean forward on a table with your forehead on a pillow and breathe easily and when exhaling say "Let go, let go." The tension is then relieved and the pain will immediately disappear.

*How many people I have told that to and how easy it is to get it going. The same thing again is to lean on the table, (Demonstrates) quite easily. You lean forward as much as you can. Let the table take the whole of your weight. As you are exhaling "let go." I will guarantee that you will lose the stitch from your waist.*

## THE SEVENTH STEP

If you have an office job relax in your chair, as I have explained, for a few minutes, two or three times a day. Find your easiest position when writing and do not twist your legs around the leg of the chair. Learn to relax your legs at all times. You will think better and work better when your body is relaxed. Writer's cramp and all these complaints can be permanently cured in this way.

*I have had recently at least a dozen cases of writers' cramp and I have cured every one of them by simple relaxing exercises.*

*A fellow in Johannesburg could not write his own name with writer's cramp, and now he is completely well. Another fellow in the tax department, in charge of a department, he got so bad that he could not write his own name without scribbling, with his hand going away all over the place, again tension.*

Sit relaxed at mealtimes and see the difference in your digestion.

Relax at the cinema, the ball game, etc., learn to sit relaxed, take the tension off. Learn to see with your mind and not with your neck muscles, your back muscles, your leg muscles, your chest muscles, you are wasting your energy in creating tensions. Remember again that when you can relax during tense scenes you can relax when you have difficulties in your work and play.

*Learn to relax when there is something difficult before you; a tense scene, a difficult problem, a condition.*

When you feel self-conscious try relaxing and see how soon you lose your tension. *I am taking that advice to myself.* The time will come that you will relax unconsciously and then your self-consciousness will be gone. *Your vanity will be gone. Why are you all in a dither? Because of vanity? Of course it is always all the same. You are wondering what the other people are thinking about you. How you are looking and what they will say to you and all the rest of it. But it is all nice and fine but nevertheless it is tension.* In a hundred and one ways you will benefit. When you are relaxed at any social function you are the centre of attraction. It is the law of social economics.

In public speaking, in business, in conversation learn to be relaxed and use your body properly as I have already told you.

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*Stand with your feet easily on the floor. Be able to grip up on your toes so that you feel nicely balanced. Stand as erect as possible so that the force of gravity is passing down from your head to your feet.*

A nervous person alarms others and makes them uncomfortable. Relaxation is the finest form of all educational virtues and precepts. It helps others to enjoy themselves and makes you master of every situation. Learning to stand relaxed on your feet is one of the first rules in public speaking and in ordinary conversation the same rule applies.

*Learn to stand on your feet. Learn to talk on your feet.*

*I have seen people who at dinners when they are asked to speak, they are alright when they are sitting down talking quietly. Immediately they get on to their feet. Can they talk? No, not a word. "I am sorry, gentlemen, that is all I have got to say," and sit down.*

Practise relaxation while you are driving your car, you will be a more alert driver, a better driver, and you will avoid accidents. Your muscles should be in a state of alert obedience. Remember again relaxation is the safety valve for all such things as excitement, anger, etc.

If you think your wife is extravagant you may put your foot on the accelerator. There are many hazards created in driving, the man who cuts in on you, the old people who do not look where they are going, the pedestrians who will invariably get in your way, the nervous driver who does not know what he is doing. There are hundreds of these hazards at every turn. You can make your driving more pleasant for yourself and others if you will learn to relax while driving.

*If then somebody "cuts in" on you and passes you. Do not rush up behind him and push him into the kerb and start a fight. You can say to yourself, "if feeble-minded people drive cars and get licences why should I be affected?"*

*You are creating misbehaviour in your cerebellum. You are causing this ulcer to become active.*

Sit well back in your seat which should be in such a position that you can handle your clutch, brake and accelerator with ease.

## THE SEVENTH STEP

Hold the wheel easily and do not grip the wheel like a vice. When your muscles are tight you make your arms ache. Many drivers create fibrositis<sup>3</sup> in the neck, shoulders and back with these muscles when driving. *Fibrositis is brought about by tight muscles.*

Let your eyes relax and do not stare, thereby keeping your eye muscles fixed and strained. Think of what I told you *last week* about eyes. You will have a wider vision and be more alert, and it will be a pleasure to drive. You will make it fun instead of hard work.

When you come to the robot<sup>4</sup> relax, relax, do not rebel if the other fellow is not off the mark at once, he is probably relaxing while you are tensing. I could go on and on telling you how you should relax through life. It is the cure for all your nervous troubles. *Relaxation, relaxation, relaxation.*

*The greatest form of relaxation is through music, but I have to go into this later on, there is no room for it in this lecture, as I want to instruct you in the relaxation of the muscles of the scalp and your face.*

The cause of many headaches is a tight scalp pressing on nerves which cover the cranium. There is a superficial distribution of nerves that cover the skull especially those from the **great occipital**,\* *at the back here, these two nerves at the back here, at the back, that come out from a little socket in the skull. One goes down here and across on your shoulder, the other goes up your skull and spreads over like that. One does it on the other side.*

*The **trigeminal**\* nerve is also one that comes out from here, and it spreads itself up and down over the face. It is from this nerve that you generally get "Tic Douloureux."<sup>5</sup> Now Tic Douloureux is a very very painful trouble and the cause of it is pressure on that nerve. I have cured many people of Tic Douloureux by opening these bones, separating them by my hands, taking the pressure off.*

*Then there is the **supra orbital**\* which comes out from here. This nerve comes out from here, comes across here and goes up over your head.*

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\* see diagram on page 236

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These nerves come up over the occipital bone, the frontal bone on the side of the head. A tight scalp presses on these nerves and causes many types of headaches. This is caused by tension, a tight scalp is a sign of a nervous person, and of nervous headaches.

Here is the exercise: Place the tips of your fingers on the top of your head with the thumbs at the side, now work on the scalp by bringing the fingers and thumb together at the same time. Say, "Relax," and feel the scalp relaxing, you will be surprised how very few days are required to relax the scalp.<sup>4</sup>

With the face muscles a gentle treatment is essential. Gently pinch the face muscles in the cheeks, under the eyes and around the mouth and chin. Now place your finger on each side of the face above the cheek bone and raise the muscles up, then let them drop, saying "Relax, relax." *That is the way it is done, quite simply, by going "relax, relax,"*

*Now if you want to keep your muscles fresh or if you want to be young again, here is the position that you hold the pressure gently here. Now you watch my chin, will you, becoming young. All you want to do is to press here, with your muscles on this nerve, after you have risen them up, press like this, now you feel the muscles of your chin and cheeks coming together.* Then press the fingers on the trigeminal nerves, this makes the muscles firm yet relaxed.

*The great beauty treatment is to bring the fingers up round the face and press on these nerves.*

Say the word "cabbage" and your face will take on the true expression of relaxation.

Remember your face muscles reveal your state of mind. Relaxation of the face muscles helps to release the tension in the brain and mind. You look what you are, you are what you look. Feel that facial repose, it works wonders.

Give your time to what is in this seventh-step lesson. You are gradually releasing all the tensions one by one and you are becoming better and better each day.

I will close this lesson by saying to you, remember that no limitation can be placed upon you by anyone but yourself. Draw on the Infinite Life for your supply and construct in your Divine

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imagination. It will have to be there before it expresses itself outwardly.

*No one can limit you but yourself. No limitation can be placed upon you, except by yourself. To draw on the Infinite Life for your supply and construct in your Divine imagination. Recognising your Oneness with Life, knowing that the Spiritual Body is Perfect in Itself. The physical is but the outer, it is affected by the mind, our thoughts, our emotions, what we feel, what we think. The Spiritual Body is Eternal and Perfect.*

The Universal Mind will not force things upon you that you do not expect. There is no chance, everything moves according to the Law.

We see that faith and courage, these two work hand in hand. The great Universe took shape in the same way, that same Power is expressing Itself through you now and there is nothing to fear.

The Universal Mind is the only Mind and gives rise to the individual mind and the individual mind gives expression to the Universal. Remember this and you will find greater freedom in this great Truth.

“The Eternal intervenes on my behalf. Eternal One, Thy kindness never fails. Thou wilt not drop the work that Thou hast begun.” Psalm 138: 8.

## BENEDICTION

Dearest Beloved, no matter where I go I will find Thee there.  
In the noise and din of my earthly life Thou art there with me when storms blow and breakers roar.

Thy sweet silence shall ever be with me.

When in my dreams, memories cast their shadows, Thy magic word “I am” shall prevail and as I ascend to my full wakefulness I will cry for joy, I am at home with Thee, Dearest Beloved.

*So Mote it Be.*

(EPILOGUE)

*Let us enter into the Sanctuary  
of the Silent Healing Power*

*(short 1¼ minute pause). . . .*

*Great and Mighty Eternal Healing Power, Thou art everywhere because God is everywhere.*

*The font of healing is within the soul and when we open the gate through faith, we can plunge into the font of healing and there be renewed.*

*For we know that this Power is going out everywhere and those who can at this time reach for it, will receive it.*

*We will feel this healing Power now in ourselves, in ourselves.....*

*(short minute pause). . . .*

*Thank you.*

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 12th September 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Jan Christian Smuts (1870-1950). South African general, philosopher, and statesman; prime minister of the Union of South Africa 1918-24, 1939-48.
2. Arthur James, 1st Earl of Balfour (1848-1930). British Conservative statesman and philosopher; prime minister 1902-5; author of *A Defence of Philosophic Doubt* (1879).
3. *Fibrositis*. Rheumatic pain in any tissue other than bones and joints.
4. Automatic Traffic Signal (Traffic Lights).
5. *Tic Douloureux*. Also called *Trigeminal neuralgia* is a severe stabbing pain to one side of the face. It is considered one of the most painful conditions to affect people.
6. The next sentence contained in the lecture notes and book is missing from the recording: [*Do this daily and you will find great relief from your headaches and tight scalp.*]

Lecture 8 (19th September 1950)

**THE EIGHTH STEP—CONFLICT THE CAUSE  
OF ORGAN MISBEHAVIOUR—CONSCIOUS  
RELAXED TENSION EXERCISE COUNTERACTS  
FATIGUE ACID\***

*“I will heal their backsliding, I will love them freely.”—HOSEA 14: 4.*

Nature teaches us how to rest perfectly. When we look upon the little child asleep we see Nature in perfection. Animals and children relax naturally. It is only when we enter into a confused world that we find social situations confusing. We also become confused when two situations conflict making opposite demands. If one tugs at the heart and the other at the pocket, when these conflicts are too strong for the individual, nervous tension is the result.

*We enter into a world confused, yes the world is confused. So much so that we find ourselves caught up in this confusion and it is only when we begin to realise the truth of things, that we can dispose of it.*

We see then that nervous tension exists within the nervous system and within the organism of the body caused by uncontrolled mental excitement or anxiety. In the first place our reactions are mental but the result is physical, for when there is a mental tug of war there is a pull of one organ against the other. Therefore nervous tension is physical, that is the reason that so many sicknesses are caused by emotional conflict.

*It is very difficult sometimes to understand a nervous trouble. Because there does not seem to be any cause for it, but yet it lies there latent in the individual. The individual has to find that out for*

\* See page 261

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*himself or herself or through the medium of some person who understands, to lead them out of the morass into plain water, where the person can sail through life with understanding.*

The many ways that conflict can take place within the individual are too numerous to mention. If I may mention one or two it will lead you to investigate your own mind to see what conflicts remain there.

A person is brought up in poor circumstances, his early life is punctuated with poor food, insufficient clothing and comparison with others at the same school. In after life he may progress, *be a gigantic success*, yet always has a feeling of inferiority because he has not outlived comparisons and this is a hindrance to all that is possible for him.

*I knew a case of two men, both of these men were brought up in poor circumstances, they were both gigantic successes; one was a surgeon and the other was a businessman. The surgeon had found his way out of the difficulty, but the business man did not, he always felt a sense of inferiority when he was in company with this person. So he said to him one day, "I envy you."*

*He said, "why?"*

*He said. "you seem to be so free and in myself I'm caught up like a vice." "I have a feeling of inferiority although I am successful in life," he says, "there's something always tugging, tugging, within me." He said to this surgeon, "but you were brought up in good circumstances. But me I was brought up as a poor boy, I can remember going to school with tatters."*

*So the surgeon said to him, "but I was brought up as a poor boy too. I was the same." He said, "it took me a long time to get out of it, but do you know how I got out of it? By doing things for others. I lost myself in doing things for others and I found my real self. Not the self that is hidden in your mind, of the past, but your own real self."*

If comparison becomes too strong then there is conflict which affects the nervous system and the organs of the body. Internal conflict continues in the form of habits of organ behaviour in correspondence with the emotional conflict in the mind.

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*Here lies the tremendous thing that I want you to see, comparisons are the cause of a great many organ misbehaviours. So that is why the truth comes into the life of the individual when he sees.*

*When the yogi understands, he says, "all is God, I am one with the Father." He gives away everything he has for the time being, and becomes a poor, poor man. He may be a prince, yet he gives everything away and becomes a poor man. He goes into the mountains and there he resides until he gets greater wisdom, and knowledge. He may reside there for years.*

*To me, that is a waste of time. Because I know that unless you have action, unless you come out into the world and work, unless you become free through action, you will never know the greatness that is within you.*

*God has created you and made you to be. He must be the only One who is functioning in each and every one of us.*

*If we become ourselves, ourselves mind you, not the pattern or the image of someone else, but ourselves as God has made us with all the various faults, with all the various mannerisms, with all those things, then you are a success. But when you try to imitate and follow a pattern, you are lost.*

Tensions have a way of accumulating over the years resulting in disorders in the organs of the body and affecting one's thoughts. The body tells the mind what to think instead of the mind telling the body what to do. *The body talks back and the majority of us know it. It is when we begin to know those things, we can understand them. But if we do not know these things, we are caught up in them, with the result that we live a miserable life.* It is here that conscious directive relaxation comes to our aid as the means of breaking up these habit-patterns that cause so much misery in one's life.

The subconscious consists of man's habits of organ behaviour and as this function of the mind is always active we can understand the cause and how the cure can be effected.

Conflict can be caused where we live in a perpetual desire to get away from a situation while dreaming of the state desired. *We live in a world of reality, yet our mind is caught up in a world of fantasy. Here is a struggle and this goes on continuously, with*

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*the result that you are struggling in this world in which you live, because of your world of fantasy. If you will understand what you are doing, then the conflict will cease. In this state of unreality one cannot adjust oneself to the real situation in which one is actually engaged in, with the result that a conflict is created.*

*You see then, that conflict is created by opposites. The opposite is here, while you are living in the world of Reality, and the other is a world of fantasy. These are opposites. If you are engaged in a task, you will realise that all your energies, everything you have got should be put into that. Because it is expression that counts, and not living in a world of fantasy,*

But when one realises what is taking place and a careful view of the whole situation is understood, ways and means are found so as to get out of the situation not desired, but action must be taken, not merely dreaming of the state desired. When action is taken then the conflict begins to dissolve away.

*If a person is continually living in a fantasy, or something where they can escape, the only way they can escape from it is to make the move out and take up that which is more desirable.*

In childhood, compromises are invented to release nervous tensions, yet these compromises do not end when the situation ceases to exist. They are carried forward preventing adjustments in adult life. Consequently the nervous system is overtaxed by our reaction to conditions around us.

*We can, to a great extent, overcome most of these perplexities, or these habit-patterns established in our infancy. We are able to a great extent to hold them in abeyance, but they are always struggling for an exit because you have not dealt with them. When you live in difficult surroundings, and difficult conditions, we find that these habit-patterns created in infancy, begin to express themselves in the form of neuroses.*

*We are in the ordinary way able to control them and suppress them. But when conditions around us become too strained, then we find ourselves in difficulties. I want you to watch carefully how this can be eliminated.*

*The elimination comes from the realisation of what you are doing; to understand your motives, to discern your emotions, your*

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*thoughts, and by doing so, these things will naturally rise to the surface and you can deal with them.*

In this fast-moving world of ours we are caught up in our emotional reaction. Science is now speaking of “atomic neuroses” caused by fear of the atom bomb. Here we see conflict between Life and death, *between having and not having*. When we understand that there is only Life, that death does not really exist, much of the conflict begins to disappear.

*In fact, there is no death. It is in mans mind that it exists.*

*How clearly the picture of the Master comes to my mind when he said these words. “My Father is the Father of the Living not the dead. Let the dead bury the dead.” That is those who believed in death. “It is the Father who ever remaineth within me forever performing His own deeds.” How wonderful the truth is.*

*When I read about the Master, I take up the Bible sometimes and I sit down and I read about him. I think in my own mind and I bring him down to the twentieth century, I can see that he is not two thousand years old at all, he is now twentieth century language. The fact that he tells you; to fear not, be not afraid, to love one another, love your enemies, do good unto those who injure you. He is preventing you from having stomach ulcers, skin troubles, neuroses of all kinds. He is talking twentieth century language. I can weave the stories around him and I can see the whole wonderful truth come down to us this very moment. How wonderful it is.*

*Then we know what he told when the thief was on the cross and he said, “this very day you shall be with me in paradise.” To show that there is no death. A proof of the fact that these people are still alive. If you believe that Jesus is alive today, which you must, then everyone else who has passed, is also alive, because we live in Christ and Christ lives in us.*

If one allows the mind to dwell upon the supposed effects of the atom bomb fear is created, on the other hand one may reason them away. Well, we are all in it, those who have everything will be in just the same boat as those who have nothing, and those who have nothing will not have to worry about what they have to lose.

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*Every person is always worrying about the things they have not got and that is causing more misery in the mind, in the individual, than anything else. It causes more troubles in the body than all the diseases in the world.*

*If we would count our blessings one by one, it would help us a great deal better. Would you take ten thousand pounds for your two eyes? Would you take twenty thousand for both your arms and your legs and those you love and those that love you? You find that you are richer, by far richer, than if your coffers were filled with gold and diamonds.*

It is when we are caught up in the emotion that is created through fears that we suffer, when we reason with it the conflict disappears.

When doctors are unable to understand these nervous disorders, they are unable to set a programme for the patient's cure, this constitutes an attack upon their ability, so in self-defence they criticise the patients, belittle their troubles and sneer at those who are able to help, which proves that doctors are not supermen after all but very much human beings.

Some doctors have a deep conflicting emotion regarding this all too evident situation which makes many hide behind a self-imposed screen of mystery and superiority which they know is entirely false but will refuse to admit it.

*Robbie Burns<sup>1</sup> said, "oh with the power the gift of years, see ourselves as other see us."*

When a doctor tries to understand the patient there is no such hostility and confidence is created. *A doctor who understands and many of them are coming into that light of understanding, are beginning to see that behind it all is this continual mental conflict. With their knowledge of the body, their education and experience, they are able to help the individual out of those conditions.* This confidence is half the battle in removing those self-imposed conflicts which create habit-patterns, which are reflected upon the body.

Here is a typical cause of chronic indigestion. The function of the body adjusts to a critical situation. When one is in a peaceful state of mind with congenial company one's stomach moves normally

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in its slow wormlike action while the gastric juices flow freely to digest the food.

*When you sit at the table, and your heart is joyful, your stomach works normally.*

When anger, fear or jealousy or any other emotion is engaged in, movement of the stomach stops, the gastric juices dry up, and the whole body is reacting.

*You know all that.*

*Here is<sup>2</sup> a typical case where a boy lived with parents who always fought at the dinner table. His stomach would go into spasms and his intestines into knots. It was the custom to ring a gong for meals and as soon the very noise of the gong would sound his stomach would go into a spasm.*

As time passed he grew up and although married happily, the very sight of food would cause his stomach to rebel and the sound of a gong at any time would cause a similar effect. Although he had forgotten the past the habit-pattern prevailed with the result that a stomach ulcer was created and an operation was advised. But by relaxation, treatment with Divine reasoning and suitable treatment he became completely well.

*Here is a typical case of a young lad, a boy, where the habit-pattern was carried over into his adult life, and yet although he could not remember the cause of these spasms, immediately he got into that state of relaxation, as I directed the outcropping of his mind, his thoughts wandered out and all of a sudden he remembered these things. As they rose to the surface, he was freed. How simple the whole story is.*

So we see that beneath every neurosis there is a conditioning of some automatic function of the body. Therefore an understanding of the cause of the conflict is all-important and these lessons will enable you to find the cause of the conflict in yourselves.

The ordinary man is governed by his feelings and emotions and has no definite knowledge of the Law of Cause and Effect. It is just another theory to him, a theory that he never really understands. So he tries to justify his action, done under a feeling of emotion of fear, anger or jealousy failing to note that the Law of Cause and

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Effect does not justify such action. It only produces the effect, so he seeks to console himself with explanations and excuses.

*There is no excuse. But to say that we should have no feelings is entirely wrong. When our feelings are in the right direction, then they are producing harmony, joy, and health.*

*Some will say that it is unspiritual to have feelings. But feelings, when you know that they are pure, full of love, compassion. When you find that underneath there is the Divine Nature there, then you get freedom. All the energies of your body turn towards creative work, understanding, love, freedom.*

*It is the most glorious thing in the world for a person to have their heart full of love. Some people are afraid to express it. They damp it down—here is a conflict. Conflict because their heart is so full of love yet they can not express it, they are afraid.*

*They are afraid because they think that the other person will think them soft, will think them foolish. But I tell you this, when you feel that bubbling over, that lovely feeling of love that is God, that is in your heart. It is He who is working in you and through you. It is He who wants to give expression to Himself through your soul. Do not hold it back—give it. God is Love. God is working in you, that is the truth that sets you free.*

We must build up and maintain in the mind the true state of being, which when understood will produce experiences for us that will produce health, success and happiness, therefore we must include the Divine Mind in our everyday working scheme. This will increase our ability to use every opportunity to succeed a hundredfold. “Acquaint now thyself with Him, and be at peace, therefore good shall come unto thee.”

*What the prophets knew!*

*Yes, that old book is a wonderful book, although it was written by men, it is inspired. We can take a lot out of it. One of these days, I will begin to write stories as I see them in my own mind about the Master. From the time he was a boy, the time he was born, right through his whole life, until we find him passing into the inner world. Not away from us, but with us.*

*I think I will be able to turn these stories and make them fit into our everyday life, our twentieth century life. I intend to make*

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*him an ordinary individual. A man, born of woman. For there in every child born, the Christ is born.*

*I want to show you in him, the Christ Spirit, the all-powerful Word that was in the beginning. The Word that was with God, and the very Word that was God, and the Word that was made flesh. I want to show you this story and I want to feel that I am being helped to do it.*

*One person asked me to do this and I have felt that the urge has come. I think when it is written, it will probably be one of the nicest books that one could read. But remember, I always know that I of myself am nothing, it is the Spirit of the Father within me that doeth these things.*

We must not spend our time on mere affirmations, we must establish the Divine Presence by our actions, by our thoughts.

Thought is the connecting link between the Universal and the individual. We find that conditions and environment are affected by our thoughts and emotions. "God Himself has made it plain for ever since the world was created His invisible nature, His everlasting power and Divine being have been quite perceptible in what He has made." Romans 1: 20. (Moffatt)

*When we begin to see the truth, we release many of these tensions that inhibit our true expression. Do not be afraid to express your love for one another, it is God that is Living in you. The lack of giving expression to love, is the cause of many or much of neurosis existing today. If you feel that you want to put your arms round your loved one, go forward and do it. That loved one will respond their hard love in their heart. Sometimes there is suppression because that suppression in themselves has prevented them from showing their love. But that will break down and by the release of the love within themselves, the union of God to one another is complete.*

We give illness a name, then we become afraid of it. These are things that corrupt man's mind. Therefore knowledge must be applied, it does not apply itself. No matter what sort of work we are employed in, channels will increase and develop, possibly new channels and unusual channels will open when the Law becomes fully operative in us through application.

## HOW TO RELAX AND REVITALISE YOURSELF

Now we come to the part of the course of how to use the lactic acid<sup>3</sup> in the body to counteract acids caused by emotional tensions.

Everyone creates acid in the body by various means, by anxiety, excitement, fear, anger, jealousy, hate etc. Neuritis<sup>4</sup> is an example of this.

The majority lack the knowledge of how to take care of themselves, they are engaged all day rushing here and there and after the day's work they try to find the best means of amusing themselves. They do not know how to relax with the result that more and more acid is created.

We must use up the lactic acid to counteract the acid which does us harm and there is an exercise I will describe to you which will relieve you of untold suffering in this respect by helping to balance the body function.

*We all know, especially doctors know, that lactic acid is the thing that neutralises the acid in the body. Unless we have lactic acid in the body then, our nerves corrode, they tighten up, they burn. Tension creates acid, fear creates acid, anxiety creates acid.*

The mentally overstrained will regain control when sufficient lactic acid is supplied to the nervous system.

Relaxation makes us alert and relieves the tension from the brain and nervous system. Lactic acid is produced as an end product of muscular metabolism, but the fact is that most of the lactic acid is used up in muscular action and none is left for the nervous system.

*How are we to create it?*

Lactic acid may be compared to the calcium in our food. It gives us energy to accomplish physical expression. With physical action we produce a certain amount of fatigue poisons. By this exercise which follows you produce the smallest amount of fatigue poison and the greatest amount of lactic acid in the system, you become 100 per cent stronger in one year.

You can remove pain from any part of the body by learning to consciously contract the muscles around the affected area. To do this is called conscious relaxed tension.

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Here is this relaxed tension exercise: Relax the whole mind and body, then lie in this state for sixty seconds, then stick out your arms, raise the body and make an effort to touch the toes at the same time consciously tensing every muscle in the body for a few moments only. Then relax again for sixty seconds. Do this five times.



*So you are lying completely relaxed on your back. Then you completely begin to raise your body and tense yourself towards your toes, your whole body tensed like that for a few moments, then you relax completely again for sixty seconds. Do that five times. It is simple, but wonderfully effective.*

This simple exercise has a tremendous effect, you will be charged with vitality, mentally and physically. Your brain will be clear and many of your pains will disappear. You virtually squeeze the poison out of the tissue, at the same time lactic acid is absorbed by the nervous system thereby rejuvenating it.

*This simple exercise is absolutely essential.*

*In this series, I am giving you all the details to enable you to overcome all these conflicts. I am also giving you knowledge acquired from forty years experience among people. I may say all over the world I have seen the most difficult cases, I have had the most difficult cases, I have seen them all. Every incurable case in every country I go to, comes to me. I know how many I have relieved, how many I have cured—not I, but Life Itself has cured, when tension has been taken off.*

*I went to the oculist<sup>5</sup> the other day, just to satisfy myself that my eye was all right. In the First World War, of course, I told you that I had shrapnel in both eyes. This eye is peppered with it and this other eye is injured. But the oculist told me that my eye had made a most wonderful recovery, and there is nothing organically*

5. See page 261

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*wrong with it now, it was only functional. He said, "you read this." So I read it.*

*He said. "do you know, it is your will that is making you read?"*

*I said, "no, it's my vanity that's making me read."*

*So he said to me, "well, you've got to wear glasses."*

*I said, "I don't want to wear glasses."*

*He said, "but you have got to wear glasses because," he said. "the muscle pull, you're irritating the muscle of your eye because you're using your will to read."*

*And I said, "again I say it's my vanity."*

*So you see, I am not without vanity that is why I am vain enough to read to you without glasses. But one of these days, I suppose, I will have to wear them. So when you see me with glasses, you will know I have lost my vanity.*

*Now this simple exercise has tremendous effect, you will be charged with vitality, mentally and physically. It is wonderful exercise. In fact it is in my book, "Heal Yourself." But I am giving it here for you, so you can practice it.*

For cases of infantile paralysis, muscular atrophy, spasms, insomnia, etc., there is no finer exercise. The glands of the body are dependent upon a squeezing action to create circulation and for release of the hormones from within. Thus the hormones are taken up by the blood stream and are carried to other parts of the body.

The lymph glands are also dependent upon squeezing for the release of the lymphatic fluid.

This exercise should be done before you relax at night and the first thing in the morning. Try it out and see the results for yourselves.

*It will only take you a matter of 5 or 7 minutes for this exercise and you can do it lying in bed.*

If you want to reduce your abdomen this is the exercise; if you want a streamlined figure this is the exercise. The Divine mechanism of the body is set in motion to work intelligently.

We cannot separate the Spiritual from the material or the inner from the outer. What we create within we establish in the outer. Therefore the commandment, "Thou shalt love the Lord

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thy God with all thy heart with all thy soul and with all thy mind and love thy neighbour as thyself” will give us the technique to use constructively the Law of Creation. The Father loves us all with a deathless love, so must we love one another. The Divine Law will fulfil our greatest desire and give us the happiness we so fervently seek.

## BENEDICTION

Beloved, if I go to the farthest Star there I shall be with Thee.  
Worlds may come and worlds may go but I will be with Thee  
always.

The things Thou gavest me will never blind me to the Giver.  
For Thou, the Giver of all things, will always be greater than  
the gift.

When trials come I shall look into Thine eyes and will say  
“I will be with Thee always” and I shall be free.

When my earthly breath fades into Eternal Life, I will whisper  
to Thee, “I am Thine always, Beloved.”

\* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 19th September 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Robert Burns (1759-96). Scotland’s most famous poet. Despite his early death at the age of 37, Burns produced a large body of work, including the popular Scot anthem “Scots Wha Hae”, the poem “A Red, Red Rose,” he is also the author of “Auld Lang Syne.” *Burns Night*, evening of 25th Jan. (his birthday), celebrated the world over by many Scots with feasting and drinking.

... *O would some Power the gift give us  
To see ourselves as others see us!  
It would from many a blunder free us  
And foolish notion ...*

“To a Louse,” by Robbie Burns, 1786

2. [Dr. Fink in his book relates] This acknowledgement appears in the original “*How to Relax and Revitalise Yourself*,” but is missing from the actual lecture notes and the wire recording. Murdo had made this case of Dr. Fink’s his own. The case was related on pages 7-8 of Dr. David Harold Fink’s book “*Release from Nervous tension*” (1943).
3. *Lactic Acid*. A clear odourless syrupy, water-soluble liquid,  $C_3H_6O_3$ , produced during muscle contraction as a result of anaerobic glucose metabolism. Present in sour milk, molasses, various fruits, and wines.
4. *Neuritis*. Inflammation of a nerve or group of nerves accompanied by pain, loss of reflexes, associated with paralysis and sensory disturbances.
5. *Oculist*. A physician who treats diseases of the eyes: an ophthalmologist. An optometrist. Origin: 1605-15. From the French *oculiste*.

Lecture 9 (26th September 1950)

**THE NINTH STEP—CHANGING THE  
“DON’T DO” CELLS INTO “YES DO”  
CELLS IN THE BRAIN—RELAXING  
THE VOCAL ORGANS\***

*“Remain in me as I remain in you. Just as a branch cannot bear fruit by itself without remaining on the vine neither can you unless you remain in Me.”—JOHN 15: 4 (Moffatt translation).*

(PROLOGUE)

*This course of lectures as you know, will be completed on Tuesday the 3<sup>rd</sup> of October. Then we are going to have a series of individual lectures for students who could bring their friends. But no public will be allowed to these lectures for the simple reason that the majority of the public will not understand them.*

*The next series is dealing with a Higher nature, more of the Spiritual and mental side of our work. Therefore we want to keep the students that we have and build up from that. There are plenty of places where the public can go and get a certain amount of understanding and knowledge but we want to go into the deeper side of it and it takes students some time before they can grasp the very deep significance of what we are teaching.*

**THE NINTH STEP—CHANGING THE “DON’T DO” CELLS  
INTO “YES DO” CELLS IN THE BRAIN, RELAXING THE  
VOCAL ORGANS.**

*“Remain in me and I remain in you. Just as a branch cannot bear fruit by itself without remaining on the vine, neither can you unless you remain in Me.”—John 15: 4  
That speaks for itself.*

\* See page 277



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*How true it is that we live in the relative mostly all the time and because, we live in the relative, we fear the relative. When we get out of the relative, into Reality. That is to say we can discern what the relative is, we are no longer afraid of it. But when we are caught up in the relative, really we are afraid of it because the fact is that we react to people and things.*

Jesus saw clearly as modern physics has proved that there is only one substance underlying all form. In other words mind and matter, or mental and physical, are ingredients of one single system. *One is the inner the other is the outer.* This is not the product of my imagination but is the result of scientific investigation along well-known and proved lines.

*Jesus himself, that time, when he took Peter, James and John up to the mountain. He was explaining to them that the veil that separated the inner from the outer, was an ethereal veil that could be rent by purity and faith. We read that Jesus reached that particular state of his consciousness, when he became aware of himself as one with God. Recognising the relative for what it was, he was transfigured. He prayed, but in that prayer he was transfigured because it was a realisation and recognition of his Oneness. He recognised the relative for what it was. He was transfigured. His face shone like the sun, his garments became clear and bright. The son of man became the Son of God.*

*In that moment, his disciples were absolutely passed into a state of sleep. They were unable to understand the completeness of that Reality that he saw; they still lived in the relative. They were asleep in the relative, caught up in it. They could not understand this Reality that the Master was trying to show them.*

*So he touched their eyes and opened them so that they could see the glory of the Lord. When they opened their eyes, they saw Moses and Elijah, there in brilliant raiment. Just as brilliant as the Master was, free in that brilliant raiment of Reality. When Peter asked the Master, "who are these two men that are with us?" Jesus answered; "this is Moses, and this is Elijah, they have come to show you that death is but an illusion. To show you the Life that is Eternal."*

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*They could not yet understand it. Peter said, "truly this is the gate of Heaven."*

*Then he said to the Master, "shall I go down and bring one tent for you, one tent for Moses and one tent for Elijah?" The Master said, "No." Because he could see clearly they did not realise yet, the wholeness, the completeness of that wonderful Life. That Life that was Eternal, the Reality that exists in every human soul. They were still caught up in the relative.*

*Then when the voice cried out from the ether, "this is the Christ that the world shall know from henceforth. The Christ that lives in every human soul will come into action, shall breathe forth it's glory." They were afraid. They did not understand the words because they feared. They still were in the relative and when they were afraid, the Master said, "fear not, here am I, I am here." When they came down from the mountain, they began to talk about the scene. Jesus said, "do not mention what you have seen or heard, until I have returned to you, till I have risen and returned to you. Then you can talk about it, but not till then."*

*Yet even his disciples did not know then the completeness of the Reality that exists. If we can discern that which is relative, we will know the relative and when we know it we shall not fear it. The more we understand the relative, the more we will know what Reality is. Not that you will ever know what It is, but you will know that It Is.*

*I am Real. The inner and the outer are one. I must exist in the Infinite and not outside Him.*

*I must exist in Him, neither am I created in time or out of time, because time does not exist in Eternity. Therefore I am created in Him. The Everlasting Life must be known in your selves. I cannot show it to you, but you can find it.*

*So Jesus clearly saw, as modern physics has proved, that there is but one, only one substance underlying all forms. In other words, mind and matter are mental and physical and the ingredients of one single system.*

*This is not the product of my imagination, but the result of scientific investigation along well-known and proved lines.*

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The idea that mental and physical or mind and matter are different fundamentally is no longer accepted by those who understand the materialising power of thought. Certain types of metaphysics try to deny matter in an effort to eliminate disease, but this has failed miserably. We must realise that it is not denial nor affirmations that heal but the understanding that our thoughts and emotions out-picture themselves in form.

*Why? Because we are the creators of these things. Once we recognise the relative, we will see that which is Real, which is behind it.*

This knowledge gives us the power to use external things without fear of destructive reactions.

*But all the time you live in the relative and you do not know what it is, you are in fear of what may happen. Therefore you have destructive reactions that enter the mind and by doing so, enter the body.*

*The next series of lectures, I want to go into occupational therapy in its deepest spiritual and mental side as well as physical, so as to help you to make a real success of your life in your work and play, so that you will no longer be confused in your mind regarding your daily activities.*

Those who have even a limited intelligence can comprehend and can easily pursue this wonderful and extraordinary science. We will become acquainted with those scientific minds who are leaders in thought not only in our world today but those great minds of the past who gave to the world knowledge that could not be accepted because the world was not ready for it.

*Because the world was living in its own illusion of the reality that existed around them, but was an illusion of their reality.*

*Still it is today, that people will say, "what you see and feel, is real." But you will know that what I am telling you is a truth that what you see is not the Real. The Real is the abstract out of which these things you see before you. As Paul says, "things are not made out of things that are seen, but out of that which is unseen."*

Sir James Jeans<sup>1</sup> says, "To say that mind cannot influence matter, now becomes as absurd as to say that the mind cannot

1. See page 277

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influence ideas. Matter must have the same general nature as an idea. *Because matter must be an idea. What can it be but an idea? It is the relative.* Matter outside our minds produces ideas inside our minds. Causes must be of like nature to their effects.”

*Therefore, if we live in the relative, the relative will cause these ideas to be created in your own mind and set up a train of thought that will out-picture itself in you or your circumstances or in your bodies. What I am trying to show you now, is something greater than you have ever seen before, something so magnificent that when you realise the truth of it, it will lift you out of the relative into something that is beyond. Yet you will know the relative for what it is.*

*You students are now coming forward, beginning to understand my words. As you go on, deeper and deeper, into this study, so you will know more and more and understand then, what fear means and how it comes about.*

We have seen this plainly enough through emotional habit-patterns, how they talk back to our minds, showing that the causes must be of like nature to the effect.

I will now go to the Bible and read from Romans 12: 2 (Moffatt translation). “Instead of being moulded to this world, *the relative*, have your mind renewed, and so transformed in nature, able to make out what the will of God is, namely, what is good and acceptable to Him and perfect.” Here we are told not to allow ourselves to be affected by the external *world through ideas created in reaction to the external world*, but to transform the nature of our external circumstances in accordance with our understanding of the power of our thought. *That is generated from the power of the Consciousness that is alone the Consciousness of God established in man, as the Creative Power in God. So it is the creative power in man, that is Reality.*

*Anything you can discern external to yourself, is the relative. But you will find there is something that is not relative, although you do not know what It is, you will know that It Is. You will know it is the creator of the relative, but the one and the other are not separated. There can be no separation in the Infinite Mind.*

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It has been your experience and mine that we create ideas in response to outside conditions with the result that we create fear and limitation which out-picture in accordance with the effects we see, not realising that these effects have like causes. We see then how important it is for us to discern what our ideas really are. The objective world is directed by the unseen power of our own consciousness.

*What a truth this is. This last sentence covers the great and mighty truth that Jesus saw when he said, "I of myself am nothing, it is the Spirit of the Father within me that doeth these things."*

*The objective world is directed by the unseen power of our own consciousness, which is the Consciousness of God, established in man. It is the Spirit of the Father within me.*

The thought produced in the Universal Mind and the thought produced in man's mind only differ in the degree as a drop is to the ocean, the action is the same. While the Universal Mind produces a world or a man in material form so does man produce his own conditions in the same substance. By our experience day by day we find the truth of this law which is inherent within us all.

*We ourselves, are sometimes caught up in our own creation and our fears, and our ideas. Like a dream. Like a nightmare. Yes, you are caught up in your own nightmares as a person is caught up in a nightmare as they sleep. It is very often brought about by a condition of the stomach, or a fear of any kind. The mind creates thoughts and runs along creating one thing after another, building up more and more until you will find that this is all an illusion.*

*You lie on the pillow at night, it may be a little feather that is pressing through the pillow. The stalk of the feather begins to prick your cheek. You pass into a dream and you feel that the devil is down on top of you pressing a fork through your cheek. You see his tail and his mouth and everything and you see the spear and all. Your mind has created it, but the whole thing is but an illusion Nevertheless you wake up, you are dripping with sweat because really you saw the devil. You are living in your own nightmares while you are awake, if you only know it, because you have not discerned the relative or understand it.*

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This proves that pleasant external action has the effect of stimulating the mind. We have in our brain, cells that have been so affected by habit, that they create inhibitions. I will call them the “don’t do” cells, they belong to the habit we have ourselves created by our reaction to the external world, *to the relative*.

*If we could only pray, like Jesus prayed then, on that mountain, we could be transformed now. Because we would realise Reality, as he realised it. The relative did not exist to him, time did not exist to him, space did not exist to him. He only knew that God and he were One.*

We also have these “yes do” cells which are responding to the *understanding of the Life* within and it is these cells we have to encourage so that they can manifest and produce for ourselves health and mental vigour. *Because our health and mental vigour comes from within.* Anything that is soothing will help these “don’t do” cells to work until the “don’t do” cells change to “yes do” cells then we are free.

*We will see this, that the more we understand the relative, the more we realise the Life that is within, we encourage those “don’t do” cells to become “yes do” cells. Inhibitions, then, are created by habit.*

I said anything that is soothing and I mean soothing. When a person is jittery, jittery music will help to keep them jittery, that is why many people are living on their nerves. *Why are they doing it? So they turn on the radio, and this jazz is going on all the time. They are tapping their feet, they are jumping like this, shaking themselves about like this, jittery. What is happening? The whole body is becoming useless because of the fact that energy is being used up in a lot of stupid nonsense.*

*But the night time comes, however, when the strain of this sort of business is too great, and the nerves snap and a breakdown is evident. The very thing that caused this snap will then irritate. This is the general experience. The opposite to irritation is soothing and this is the aid I recommend which works wonders.*

*Nevertheless it is a relative thing. If that soothing of the nerves on the outside can break down those irritations that are taking*

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*place inside, you have begun to get the relief you require, because the soothing talks back. If you have an irritation on the outside, it will talk back to the mind and increase that irritation. If you have soothing done on the outside, it will talk back to the mind, it will help to soothe that irritation.*

The question is how can one be soothed, *externally*. There are many ways, such as lying on the beach listening to the waves, by gentle sunbathing, by massage—gentle stroking. Your cat purrs when it is stroked, your dog lies at your feet and will come up for more and more stroking and further patting.

What I am saying now may seem childish but nevertheless it is very satisfactory in cases of nerve strain through emotional habit-patterns. *Because these habit-patterns are talking back.*

*If then, we can realise that habit-patterns are talking back, the soothing will talk back also.*

Stroking of the spine is one of the finest things for soothing the nerves. It brings into operation the “yes do” cells. *The old story says, “you scratch my back and I’ll scratch yours.” Try stroking tonight and see what happens. See how it soothes.*

On either side of the spine as I have explained in a previous lesson there is a ganglionic mass of sympathetic nerves that is connected to the cerebro-spinal nerves and stroking sets up a reaction in the brain and sympathetic nerves at one and the same time. *That is to say, that the sympathetic nerves go right through the body. Where the trouble is or the irritation is, stroking soothes that irritation. At the same time, there is a reaction back to the brain, because every touch of the skin, touch of the flesh, will send a reaction back to the skin by a reflex. These reflexes then are brought back again to the body in the form of the same kind as you sent back to the brain, soothing. It may seem simple and childish, but I say to you it is the most scientific thing you have ever heard of in your life. It is like homoeopathy,<sup>2</sup> it assists nature instead of interfering with nature.*

So we set up the connection between the cerebro-spinal nerves and the stroking sets up a reaction in the brain and sympathetic nerves at one and the same time. This has the effect of unifying these two systems so that they will create the desired effect in mind, brain and body.

2. See page 277

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*When you are stroked gently on your back, on your spine, you have forgotten about your troubles, it no longer worries you. You feel the sensation of that soothing effect passes into your nervous system, to your brain. The longer you lie there, the more will you have changed those “don’t do” cells into “yes do” cells.*

*Do you think that when you come to me, that I work on your spine and then stroke your back gently, that I am just stroking it for fun. I would not waste my time stroking it for fun, but I know what it does for you and when you lie then down again on your back. What happens to you? You pass off into a beautiful state of semi-sleep, is that not so? Where every portion of your whole body is relaxed.*

*Why I could write a medical course right from the very beginning; of the anatomy, the nervous system, and the functions of the organs of the body from an entirely new light altogether as you read in the ordinary books of today.*

*I have had forty years experience, mind you There is very little that I have not seen. I have seen most of all the troubles in the world. And the most of the troubles that I get are those who are incurable, but ninety percent of them become cured.*

*I was talking to a man today who came to see me. He is in charge of a department, which is got to do with people who are sick and so forth. He has several doctors to deal with them. Quite a number of these people have come to me and I have put them right. They had no success at all under medical treatment. Some of the doctors were saying, “oh well,” so forth, trying to make excuses. But there was one doctor, this man said, was a great advocate for me.*

*He said, “listen, you must take off your hat to that man, when he can do things in five minutes, that has taken you twenty years to do and you haven’t completed them yet.”*

*I said to myself, “I of myself am nothing. It is the Spirit, the Intelligence that guides me what to do.” Surely then, you see what I am telling you is reasonable and true.*

*This exercise could be done by anyone with common sense. It tones up the blood vessels and improves the circulation of blood*



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and nerve energy, relaxes the tense muscles, stimulates the glands and skin and helps to rid the body of waste products. It has the added effect of bringing into play the “yes do” cells to encourage the “don’t do” cells.

Music is also a great source of regaining health and nerve regeneration. Music should be of the soothing type with a tang of inspiration here and there. The method to be adopted should be that the body should first be relaxed as previously explained, sit back in your lounge chair, take all the strain off your mind and body and let the music flow over you and through you. Feel the rhythm in your mind and body not in a tense way but with that same feeling that the waves of the sea give you as you listen to them breaking on the shore.

It has been definitely found that people work better when music is playing. Production has been increased by leaps and bounds by this method and workers are not tired at the end of the day.

I remember during the first world war when we had to do a forced march of twenty miles. *We were relieved, left the trenches and we went back into our rest place. No sooner we got there, we got word that we had to go back again, because the trenches had been retaken. An Irish regiment went in there. I remember as we were going up, they said “Jock, Jock,” he says, “don’t go up, they’re killing each other up there,” and they were on their way down. We had to go up and take the trenches back.* Men were dog-tired and lagged behind when the pipes did not play. *When the bagpipes did not play, they lagged behind.* So we divided the band into two and the pipes played all the time. Every man reached the destination comparatively fresh and went into action straight away.

A song with a swing will carry you along the road. There are hundreds of ways that music and singing will change these “don’t do” cells into “yes do” cells. *All these things I am telling you are simple, but they are real.* Play your favourite records or play a musical instrument. The bagpipes afford a Scot great pleasure when they are played well. How you will strain your ear to hear the skirl of the pipes in the distance, how it makes your blood circulate and stimulates your nerves.

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Those of you who have been to Scotland, among the Highland hills and heard the skirl of the pipes, *in the evening*, as the sun goes down and seen the purple *view of the* heather mirrored in the sky, the sound of the pibroch<sup>3</sup> wafting on the gentle breeze, even if you have not got a drop of Scottish blood in your veins it will enrapture you beyond description. And a wee drop of the “Highland dew”<sup>4</sup> will add fire to your soul.<sup>5</sup>

*My mother was a teetotaller. She would not even put one drop of brandy in her mouth, from her youth until she was dead. I tell you, when I remember her, when she was very sick, I said to her, “mother, have a wee drop of this Scotch, have a wee drop of whisky, it will do you a lot of good.”*

*“No, no my boy, I’ll never put that near my mouth, never in your life.”*

*I said, “mother, if you only take a wee drappie<sup>6</sup> of it, it will make you better.”*

*But she would not even budge and I knew this that she could have lived longer if she had taken a wee drappie occasionally. You may laugh, but it is true.*

*I can remember when my brother had been in Glasgow. At that time there was a smallpox going about in Glasgow and he caught it and he came home. We did not know what it was, he became sick at home. We sent for the doctor twenty-seven miles away. He came twenty-seven miles in a trap.<sup>7</sup> He looked at him, he looked at one or two spots and he said, “I think you will be all right there is nothing wrong with him,” and he went away back.*

*But in two or three days he was covered and raving. I was sleeping in the same room with him. So we sent for the doctor again and when the doctor saw him, “by God,” he said, “smallpox.” So we had to get him away into the sanatorium about thirty or forty miles away. My father said to me, “look here, my boy, we will not get that smallpox, we will drink whisky.” Yes, and we drank whisky, morning, noon and night and we never got even a touch of the smallpox. In fact, the doctor was coming around looking at us to see if there were any spots around us. There were only whisky spots there was no other. Yes, it is good medicine—taken reasonably.*

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*When we recognise it and know what it can do. You notice how Scots I am when I talk about the whisky. It is in my 'Highland' blood, you see. Oh well. We have got to have a little laugh occasionally, otherwise it is too tense.*

*The reason? You often wonder why I make you smile and laugh, well it is good for you. You are all tensed up for the moment listening in tenseness. Then I break the tenseness and you feel fresh and you are now ready to go on for some more. You could go on all night doing it, that is the art of keeping people happy while talking.*

Now we come to the relaxation of the vocal organs. This exercise is of great value in producing a pleasant sounding voice. Relax the body as previously explained.

A high pitched voice is a sign of nervous tension, when the voice is shrill it should be lowered a pitch or two. Practice will soon bring it down to a pleasant tone.

To open the throat sound the word "Ha" "H", "a"—"Ha." You will notice how to open the throat—"Ha," "Ha . . a . . a." Slowly and easily, then speak as softly as possible listening to the voice, at the same time relax the lower jaw.

*If your lower jaw is tight, then it will not move. You speak when your lower jaw is slack and relaxed.*

*"Ha . . a . . a." Speak nicely and smoothly, listen to your voice. Listen to the tone and the timbre in it, hear the various tones in it. All the tone should be in the voice. It should rise and fall according to the emotion, according to the emphasis you want to put on a particular word or sentence, you use the cadences, which there are eleven or twelve. That is, various grades or tones in the voice. You learn then to modulate, to raise your voice, to lower your voice. But you always have a timbre in it, that sort of tone.*

The word "TONE" is a thing that give you tone, "T . O . N . E" You will notice when you say "TONE," you close the mouth and the sound is still in the head, "T . O . N . E."

Voice personality is of great importance to everyone. You know the story or the saying, "Whenever she opened her mouth she put her foot in it." A nice face, beautiful clothes, wonderful figure, but the voice! The voice puts them all together as one beautiful thing. If the voice is missing then it is not so good.

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<sup>8</sup>*So as you open and shut the mouth by letting the lower jaw drop each time you open your mouth. This relaxes the tongue at the root, down here. If you do that you can feel your tongue relaxing at the root.*

Purse up your lips and then let them go back to the original position, this has the effect of bringing the muscles of the mouth into play, so that when you speak you move your lips easily. Words are formed by the tongue and lips, remember.

Keep repeating the sound “Ah—A—E,” *now watch what I am doing*, while keeping the mouth and throat easy. You will notice when you say “E” *most people say “e,” the mouth and throat closes up. How should you say “E . . .,” “E . E . . E . . .” just as easily as you say “AH . . .,” “Ah-A-E . . . Ah-A-E . . .” then you have “EASE” in your voice. You do not hold and constrict your muscles of your throat and your tongue, when you say “E . . .”*

*These things may be simple. But I am telling you this, for the benefit of your health and your well being, it is just as well. You should know them because they are scientific in nature. So keep the “Ah-A-E . . .,” while keeping the mouth and throat easy. You will notice that when you say “E” that the mouth and throat closes up. Try and say “E” with the mouth and tongue in the same position as when you say “AH.”*

Repeat the words peace, pleasant, calm, ease, feel what effect these words have on you.

Teachers especially should have a pleasant voice. A shrill voice will tire children quicker than anything else. A rasping voice in a classroom is nerve-racking to the students, while a pleasant voice makes them happy. The students may not know why one teacher makes them irritable and another makes them happy, but it is the voice that does it. A rasping file will send shivers down your back and put your teeth on edge, the same happens when the voice is rasping. Anyone who wishes can improve the voice by these simple methods.

The tenth lesson will be a summary of the whole course so that at a glance you will see what is required. Do not be in too great a hurry, take your exercises easy and do them well.

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It takes some time before you can get complete and perfect relaxation. When you have acquired this then you will find that you are in perfect health. The one who can relax perfectly anywhere at anytime, relaxed both mentally and physically, has gained the hallmark of perfect happiness. *And that is true.*

*Relaxed at your work, relaxed at your play.*

*When I am standing here, my legs are relaxed, my body is relaxed. I feel easy. I feel comfortable. My hands move quietly. It is just a simple thing—relax, relax.*

In I Corinthians 2: 12, we read, “Now we have received the Spirit—not the spirit of the world but the Spirit that comes from God, that we may understand what God bestows upon us.”

*The Power, the Way, the means to relax your whole body and mind. In that way, Nature comes forward and makes you perfect. It is in relaxed state that Life functions perfectly through the body. When you are tensed, then Life does not function perfectly. It waits until you give it an opportunity to relax, relax, relax.*

If we allow fear, anxiety, failure and limitation to enter into our consciousness from outside we will lose that true understanding of what God has bestowed upon us. *We will become tensed, irritated, fearful.*

Our existence in the material world is the out-springing of the Spirit—the inner into the outer. Spirit, soul and body, they are really one. Just as steam, water and ice are related to each other so is Spirit, soul and body. Therefore in thinking of ourselves we must not separate Spirit, soul and body, but rather hold them as one if we would be strong. So shall we produce that which the multitude call miracles.

*This is the Temple of the Living God. Oh that I could completely and absolutely, consciously fulfil, that which is now a Reality. I should be free of everything. I know the difficulties that you know also, I have passed through them all. I have passed through most difficulties in this world and I know what the mind does and know where the comfort lies.*

## BENEDICTION

O Infinite Splendour, Thy call has come to me to awaken myself.

In my sleeping mind I heard Thee whisper to me, where I am behold Thou art there also.

Since then Thy whisper has been constantly working through my soul and body.

And now I am working with Thee through living Eternity.

O Mighty One, I am Thy trumpet so all may hear Thy voice and awaken into their true inheritance.

When my earthly voice can whisper no more I will still whisper through Thee so that Thy voice will be heard in every soul, O Infinite Splendour.

*Let us tune into the Sanctuary  
of the Silent Healing Power...*

- \* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 26th September 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.
- 1 Sir James Jeans (1877-1946) British mathematician, physicist, and astronomer.
  - 2 *Homeopathy*. System (founded c.1796 by Hahnemann of Leipzig) of treatment of disease by drugs (usually in minute doses) that in a healthy person would produce symptoms like those of the disease.
  - 3 *Pibroch*. Series of variations for bagpipes, chiefly martial.
  - 4 *Highland dew*. Pure Scotch Malt Whiskey.
  - 5 The next sentence contained in the original book and lecture notes is missing from recording. [*It will do you more good than all the medicine in the world.*]
  - 6 *Drappie*. [draps] small drop.
  - 7 *Trap*. Light, two-wheeled (horse-)carriage on springs.
  - 8 The preceding sentence contained in the original book and lecture notes is missing from the recording. [*The lower jaw should feel loose and easy.*]

**THE TENTH STEP—APPLYING THE  
COMPLETE TECHNIQUE OF SCIENTIFIC  
RELAXATION**

*\*“If any man do His will he shall know the doctrine whether it be of God or whether I speak of myself.”—JOHN 7: 17.*

I have said many times in these lessons, take off the brakes and God will do the work. By following out the technique explained in this lesson you will take off the brakes and you will see for yourselves what can be done, for you will see the Will of God being done in you. *That is when we take off the brakes.*

*The reason is this: life is always endeavouring to express itself in its own perfection.*

*It is we ourselves that put on the brakes, preventing Life from doing her very best for us; by our anxieties, by our reactions to things external to ourselves, consequently we put on the brakes. When we take off the brakes, we find that the whole organism responds to Nature and returns to normality.*

It is man himself who puts on the brakes and it is man himself who must take them off. God does not do that for you, but when you do take off the brakes then you will see what God will do for you. This is the attitude of mind you must have when doing these relaxation exercises and you will prove to yourselves that my words are true.

*Just going to those relaxation exercises and just relaxing you do not get the best. What you have to do is the attitude of mind you take while doing them. If you can see clearly and distinctly that*

\* See page 295

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*Life Itself is Perfect in Itself, it is free and natural and there is no conditions attached to It whatsoever. It built the body for its own self-expression and that Life is you.*

*In Life, there is Consciousness and Intelligence. Consciousness the directing power, Intelligence that which fulfils the direction of the Consciousness.*

*If you are continuously consciously aware of fear, of conditions that is preventing your perfect health; anxiety brought about by reactions to things external to the self then you will see that you put on the brakes. But immediately you take the attitude of mind that you are taking off the brakes and you realise what life can do for you, you will find the organism will respond. It is perfectly true.*

*Often it has been found that when a person is told that they have only a certain time to live they wake up to the fact that they have never seen anything in their life. “Well, if I’ve got only six months to live, I’m going to live that six months.”*

*So they begin to book a trip round the world. They want to see something in their last six months. Six months gone they are still alive. They are better than they have ever been before in their lives. They have forgotten all about their trouble. They have accepted it and said, “well, if I’m going to die in six months time, I’ve got to have a good time before that.” So they have a good time.*

*What happens? At the end of the six months they are better than they ever were before and wake up to the fact that it is true. Why? Because they have taken off the brakes. Nature has done the work.*

*With this understanding and the technique properly applied Life will continue to grow more abundant. Not only will your mental and bodily health increase but also will your material possessions. All these are but the outward expression of your well-ordered mind through Divine reasoning and relaxation, and Life will become a blessing to you.*

*Divine reasoning and relaxation—you cannot separate one from the other. Relaxation without Divine reasoning is like a ship without the helm. Divine reasoning leads you out of your difficulties, clears the mind and makes a path so that life can clear away the debris.*



## THE TENTH STEP

We have clearly seen that emotional habit-patterns set up a disturbance in the cerebellum which may attack any part of the body. Fear adds coal to the fire because you do not understand what is taking place, thus a vicious circle is created.

*When there is a disturbance in the cerebellum, this disturbance may attack any particular part of the body. In the first place, tension is the cause of it, anxiety. A mental state is transferred to the body, the body accepts this mental state and talks back to the brain.*

*Now, when we talk back to the brain, what happens? The cerebellum then begins to accept the state that is caused in the body. That is the cause of most of the trouble that is transferred back again to the body, and you have a vicious circle. Now your mind takes it up through fear and you increase the intensity of it.*

There are many amateur advisers who tell you what you should do and what to take etc., they are more ignorant than yourself of the cause of your trouble. Therefore follow my instructions and you will soon see the way out of the forest into the clear again.

*I have known amateur advisers. A person will come along, "you know, you take this and you take that." You begin taking this and taking that and then you become sick. That is wrong, because they do not know what your trouble is, do not know the cause of it. But there is a safe and sure way of getting out of your trouble, and it is this way.*

*I have had forty years experience among the people and in forty years I think I have seen nearly every disease in the world. I have seen the most difficult cases, all the incurables have passed through my hands. That forty years experience has given me a method and applying that method enables you to overcome your difficulties and you follow it out and you will find how true it is.*

**The first step:** in scientific relaxation is to have a couch, soft yet firm, to lie upon. Take off all tight clothes. Lie down, place one pillow under your head, pull the ends forward so that it tucks well under the neck. Place another pillow under your knees, this takes the strain or pull from leg muscles. Spread your legs to 30 degrees so that the outside of the calf takes the weight.

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Lay your arms by your side, hands resting on the groin or over the stomach, whatever suits best. Relax your lower jaw, close your lips, breathe through your nose and close your eyes.

Now take the tension off your legs and arms, repeat “Legs relax, arms relax.” Talk to your arms and legs, they will send messages to your cerebellum which will then begin to let go of the habit-pattern. After you have relaxed your legs and arms repeat sixty times, “Divine peace fills me.” There is a mechanism created perfect within you and it will soon begin to work properly.

*I am telling you of the most wonderful thing that can happen to you by this method. If you have not tried what I have told you, try it out now.*

*This is a summary of the whole thing and I want you to see it clearly. Now, when you relax the way I have told you, you begin to say to your limbs “relax, relax.” You will feel them relaxing, it is a message that is sent to the limbs, the muscles of the limbs let go of their tension. The reflex action is then carried back to the brain. Relaxation takes place in the brain. That continues backwards and forwards, until the whole of your body is relaxed. Tension has disappeared and with the tension disappearing, so does the habit-patterns.*

*It is very simple and clear. “Divine Peace fills me.” There is a mechanism created perfect within you and it will soon begin to work properly. Life takes up the work.*

When you relax your arms and legs the rest of the body relaxes more easily, you have taken the first step to break up the habit-pattern and as each successive step is taken, natural forces will begin to work through your brain and body and your mind will begin to clear as it becomes freed from a chain of negative thought feelings, while the cerebellum sends messages out to the blood vessels, intestines, stomach, lungs, kidneys etc., releasing the tensions created there.

*What a wonderful thing it is, to think that immediately you set in motion this whole perfect system, the remainder of your body begins to relax. Through your brain and body, your mind will begin to clear as it becomes free from a chain of negative thought feelings,*

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*those negative thought feelings that are sent to your brain from your body.*

*Then the cerebellum naturally sends messages out to the blood vessels, to release the tension. You lose your high blood pressure and your intestines lose their gripping sensations. The mucous colitis begins to disappear. Your lungs begin to clear and the muscles of the chest are freed. The kidneys are no longer stagnant, but freed also. Tensions begin to leave the body and the organs.*

Relaxation is the finest form of suggestion. Strong and violent suggestions should be avoided for they often produce the opposite.

*Because when you bring up an idea of health or something, what happens to you then? Up pops the idea of ill-health. The more you try to hang on to the idea of health, the more the idea of ill-health tries to combat it.*

*Relaxation then, is a smooth way of overcoming this, what we call, reverse effort. The reverse effort you get through what we call, strong and violent suggestions.*

**In the second step:** the muscles of the chest are relaxed through breathing. To get the idea of the proper relaxing breath, place your tongue in the roof of your mouth and turn it back into the throat, this causes the throat and bronchial tubes to open and you breathe behind the nose. Read what I have said about this important exercise in Lesson 2.<sup>1</sup>

*Before you can know how to breathe properly, you must feel the opening of the channels here, behind the face. You must feel the opening of the tubes leading into the lungs. You can only do that by putting the tongue to the roof of your mouth and turning it back into your throat. As you do that, you are forced to breathe high up through those channels here behind the nose, from the top of the nose. It causes the bronchial tubes to open and you breathe easily.*

*After you find the proper way to breathe, bring your tongue back again and lay it on the floor of your mouth, relaxed easily, then continue to breathe with these tubes open. You will find that the breath will begin in the abdomen. The abdomen will extend and the rest of the chest will rise, extend naturally.*

Now breathe gently allowing the abdomen to extend naturally, then the chest expands automatically. As you exhale quietly say to

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your chest muscles, “Relax, relax.” Say to yourself, “Breath is Life, I and the Father are one.” This must not be said as an affirmation but with understanding of what it means for Divine reasoning is the twin pillar with relaxation. *So as your chest muscles begin to relax, all the tension disappears.*

*I had a woman today, for the first time. She could not walk more than a few yards, when she was completely out of breath and had to stop.*

*When I examined her, I found that all these muscles here were tight. The diaphragm was not moving. Instead of breathing properly, she was raising up her chest to try and get a breath, consequently this muscular action was closing in the chest instead of allowing it to expand. The most marvellous thing was this: that immediately I relaxed the muscles with my fingers, I showed her how to breathe and as she breathed naturally, she breathed well. All the old tightness had passed away and then all of a sudden, at once, this woman could breathe and walk without any difficulty. The heart was jammed because these muscles were tight and compressed.*

*So it is no use unless you understand the mechanism, and I am showing you this mechanism that will take place. It will actually do its work.*

We do not escape by affirming or denying, only the Truth will set us free. Our conscious reasoning is carried to the subconscious and helps us to break up the habit-pattern created in the mind and body. Affirmations are but a form of self-hypnosis and you are already suffering from this through your habit-patterns.

*So why add to them, by affirmations. If you do not understand the meaning of an affirmation, you do not understand the mechanism that takes place, the mechanism that works, then how are you going to get rid of your trouble? The more affirmations you make, the more difficult it is for you to overcome your trouble.*

*About a week ago. A man came to me, and he said, “I seem to be getting worse and worse. “Yet,” he said, “I make all these affirmations.”*

*So I said to him, “Now, if you stop making those affirmations, you’ll get well.” So I explained to him what he was doing. I said,*

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*“do you understand what’s happening to you when you say these affirmations?” I said, “don’t you feel that when you say these affirmations, that the very opposite rises up in its place?”*

*He said, “yes, that’s true.”*

*“Well, don’t you see you’re intensifying your troubles?” So after he saw the whole thing, he knew perfectly well he was on the wrong track.*

*Yet there are stupid people who begin to tell you that these affirmations are the best thing you can do. You start early in the morning and you finish up before you go to sleep at night, and all your mind is filled with these affirmations. An affirmation for ten o’clock, an affirmation for eleven, an affirmation for twelve, and one for one, and for two, and for three.*

*Don’t you see that it is understanding you need and not affirmations? So we do not escape by affirming or denying, only the Truth will us free.*

*Our conscious reasoning is carried to the subconscious and helps to break up the habit-patterns created in the mind and body. Affirmations are but a form of self-hypnosis and you are already suffering from this through your habit-patterns.*

**The third step:** is to release these conflicts in the mind through free association. You repeat to yourself whatever comes into your mind letting one word or event suggest another. You must not inhibit your thoughts by comparisons of right or wrong nor must you analyse them at present. The exercise is to free the mind of all suppressed thoughts, good or bad, by quietly and impersonally discerning them as they flow out.

*You discern what is in your mind.*

*Immediately you begin to say “right” or “wrong” then you stop the flow. There is no longer any, what we call, free association. You have to look at these things as you would view a picture screen with all the pictures passing along. Then you would know what is in your mind. You release the pressure of these things; the things you have suppressed, the things you have feared will rise to the surface. Do not stop them by becoming emotional about them, but allow them to flow out and you will find they will free you from conflicts.*

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For instance if a swear word rises don't be afraid to let it out, it won't hurt you, you have suppressed it *long enough* and it is doing you more harm in that condition than when you let it out.<sup>2</sup>

*Jesus said, in other words, "It is what you hold in the mind that counts." So I have found; those people who really believe in ethics, who are subject all their lives to ethics, who have been suppressed in their infancy through fear. These suppressed ideas cause all the trouble and when you free them you will find these inhibitions that dogged you all your lives, will disappear.*

*These things are relative things, they cannot harm the Spirit. The Spirit is Perfect and cannot be affected by anything. Nothing can destroy the Spirit, that which is analysing.*

*So you must realise this, you must realise the Perfect, which is Itself, Untarnished, Indestructible and Free, watching all these relative things as they pass along. The things you thought were evil, the things you thought were good, these are our relative things and that is the relative world that you are looking at. You are looking at your relative thoughts.*

*If you become afraid of a thought, if that thought gives you a sensation of fear, then you are caught up in the thought and you are no longer free.*

*But if you know in yourselves to be, to be, mind you, the Reality Itself, knowing yourself to be the Reality Itself. Not that you can know what that Reality is, because you cannot define your consciousness. You cannot define that which is Reality within you, you cannot define that which is analysing. Nor can you analyse that which is analysing. But you can analyse all that is relative and you can see all that is relative. Then you will separate yourself from it and you will find freedom. But if you are caught up in the relative, then you are caught up there and you are bound. It is the same old story over and over again.*

*I am putting to you in simple words more than you can ever read in any books on psycho-analysis. Because to a great extent, psycho-analysis does not free you. It only makes you worse sometimes by looking at the things that you are afraid of; without knowing that these things are relative, without knowing that you yourselves*

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*are real, therefore have no power over you. Then you let them pass, as a flock of birds flow across a windless sky, leaving no trace.*

What must be done is to view your mental make-up as you would look impersonally upon a film on the screen. **You tell on yourself.** Don't be afraid of the things you did or did not do or should have done. It is the suppression of these that causes habit-patterns. Then free them by consciously looking at them free from comparisons. It is in this way you overcome your repression and suppression.<sup>3</sup> Read Lesson 3 *again* and gain a fuller understanding of this most vital part of the technique.

A change in your mental attitude will cause a change in your physical health. It is the Christ in you that knows error from Truth and knows how to separate one from the other. The Christ in you is the wisdom of God and is able to see clearly that error is not of God but the creation of man's own mind. Therefore you are able to dispense with it by looking at it boldly, knowing that it has no power of its own, the only power it has you give it by fearing it, by suppressing or repressing it.

*How true those words are.*

*If Jesus were here again, he would say, "resist not evil, it has no power over you." Immediately you resist it, it has power. Know it for what it is.*

**The fourth step:** is to relax the muscles of the back. This step is a very important one when we realise how our back muscles press upon the ganglionic mass of nerve tissue which runs down each side of the spine. From these numerous fibres branches lead out to the organs of the body and blood vessels.

When the back muscles are tensed they press on these nerves and inhibit the flow of the Life Force. This prevents the proper function of the organs. In many cases these muscles become so tense as to create fibrositis; sciatica and cramp in the legs are also often the result of tensed back muscles.

*Yes, a lady came to me today, she had been away in Durban for six months or more. When she came to me, she was over like this, down on one side and with pain. I showed her exactly what was wrong with her. I said, "now, don't you see, I'll show you. These*

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*muscles on this side are contracted. They are pulling you down on one side and they're twisting your spine. What I have got to do is to relax all those muscles in your back, so that the muscles become relaxed and you will find that you will walk straight."*

*So I started working on the muscles from the top of the neck, down and down and down until I released all the tension on the muscles on that side. At first, they were as hard as this table and shortly they became quite soft. I said, "now, relax." Say to your own back muscles, "relax, relax," When she got up, she had no pain and she was as straight as you or me.*

*What would happen in the ordinary way with this? You would get an injection for that and that would make you worse. Then they would put you on the rack and try and pull you up, that would make you worse still. They give you electrical treatment, that would cause the muscle spasm to become stronger and you still would be worse still.*

*Good God, I say, where has all the commonsense gone to in this world? I do not know, but it has gone. Commonsense was nothing more but to release the tension off that muscle, to take the tension off and release the strain on the spine, in a few minutes it was done. She had been all over the place, here and there and everywhere else, having all this done to her. She only escaped by a hairs breadth, of going into the hospital and having an operation. I do not know I say, where the commonsense has disappeared.*

*Everything has become too scientific as far as peoples bodies are concerned. We have invented too many drugs for this and that. They are injected into people and they do not even know the constituents of the drug. They do not know anything at all about it. They read a book and they say such and such is the cause, this drug will do for that, that is the injection for this, and who is making the money out of it? Those big drug companies who are wealthy and making millions of pounds out of a drug that costs probably a halfpenny to procure, but it costs you about two pounds ten shillings to get.*

*This system will release you of all those conditions freely because they allow Life to do the work! "Take off the brakes and God will do the work".*



## THE TENTH STEP

Relaxing the back muscles requires practice. *You can not do it just on one trial. If you think that you have mastered it with one trial and if you have not mastered it with one trial, you give it up. I say, "well, you're stupid." The fact is, this that the relaxing of the muscles of the back requires continuous practice.* You must talk to your back muscles as you do to your legs and arms, and feel the tension leaving. Relaxation of the back muscles readily breaks up habit-patterns which affect the viscera, *all the organs in the stomach.* These muscles are easily taught through verbalisation, talking quietly to them, enticing them to relax.

*When you are lying in that relaxed state, you say, "relax, relax, back muscles relax, relax," quietly. You don't try to relax, the more you try to relax, the more tension you create, you create the "reverse effort." Lie quietly, "relax, relax, relax." Now, let me see how easy it is to make you relax. For instance, you are sitting there now, I will say to you now, "limbs relax, relax, relax; arms relax, relax; back relax, relax." Don't you feel your whole body relaxing? Almost going to sleep, it would be exactly the same. There it is, simple and easy.*

*You do exactly to yourself as I did to you at this moment. There is nothing in it, it is simple, it is real, it is commonsense, it is scientific. The most scientific thing that you have ever known in your lives.*

**In the fifth step:** we learn to relax during sleep. This will do more to regain your health than all the medicines in the world. Read Lesson 5 carefully as there is a lot of useful information about sleep and how to obtain that natural health-giving remedy.

Be sure that your neck muscles are relaxed for tension here prevents proper health-giving sleep and also inhibits the regeneration of the organs of the viscera. These important nerves, the pneumogastric or phrenic nerves which lead into the thoracic and abdominal area pass under the neck muscles. Therefore you can realise how important it is to relax the neck muscles, *before you go to sleep at night.*

The main thing to watch is that the neck does not make a bridge between the head and the shoulders causing unconscious

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tension. The neck must be snug as shown in step one. Move your head slowly easily from side to side, tell your neck muscles to let go, let go.

When you find your body is relaxed then turn your mind over to the Universe, engage in a few minutes Divine reasoning, then pass off to sleep repeating, several times, “Relax all night through.”

*What a wonderful thing it is to engage in Divine reasoning before you sleep. The last thoughts before you sleep are the ruling thoughts through the whole of the night. You will disperse with all dreams. Some people have nightmares, you can disperse with all this by doing this easy natural thing.*

**In the sixth step:** we get a clear view of how to free the mind. A free mind is one in which there are no opposites, no divisions, no separation, no bias, no prejudices, no antagonisms.

*Now, I ask you, “is your mind free”? Can you say now that there is no opposites in your mind, no division, no separation, no bias, no prejudices, no antagonisms?*

*Then when you discern these things in your mind, you will know whether you are free or not. Begin to get rid of them as soon as you possibly can.*

The mind must be pliable to be free. When ideas become fixed in a rigid mind, that mind is truly ignorant. Paul says in I Corinthians, Chapter 13: verses 8 and 9, “Love never disappears. As for prophesying, it will be superseded; as for ‘tongues’ they will cease; as for knowledge, it will be superseded. For we only know bit by bit; but when the perfect comes, the imperfect will be superseded.” *It will disappear.*

*You do not destroy the imperfect because there is no such thing. You can not destroy something that does not exist, it only exists in your own mind. Therefore it just fades away as an error disappears in a sum, when it is corrected.*

It is said that the eye is the window of the soul, when the soul is tense so is the eye tense and the body follows suit. To relax the eye muscles you must relax the mind and body.

There are six muscles that turn the eye from side to side and up and down etc., there are other finer muscles that contract

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and expand the iris. The majority of people seldom use the eye muscles properly. They either stare making the muscles rigid or fail to move them when looking from side to side or up and down, they turn the head instead.

*I know very well how to deal with eyes because I have gone through that process myself. A very difficult process in my life and I searched and searched before I found the way to relax the muscles of the eye. When you think I have just got one eye and do all the work I do, and that eye was injured badly, the sight almost destroyed, yet I can relax those muscles of the eye and begin to read. So the oculist says to me, "you must read with glasses."*

*I said, "no! I can read without glasses."*

*I find this, that if I relax the muscles of my eye, the sight comes back, the tension disappears. I am not going to say that I am always successful in getting perfect relaxation of the eye, because it is a most difficult thing, but practice makes you perfect.*

The best way to relax the eyes is to sit at a table with the elbows on a cushion, the palms of the hands over the eyes, feel as if the eyes are falling into the palms of your hands. This must be done while the body is also relaxed.

A great strain is put upon the eye muscles when you try to read too much at one time. Macula vision exercises is the way to counteract this. Take each letter in a word and move the eyes over it up and down, in and out. The focus must move around the smallest point. Then read each word separately, and you will find how this rests the eyes. While at work you can cure your eye strain by using your eyes properly. Read Lesson 6 about eye exercises.

**In the seventh step:** we see how we can regain our health by relaxing at work and play.

If you are in an office don't twist your legs around your chair or sit in an awkward position. Find the easiest and most relaxed way to sit. If writing hold your pen lightly and the muscles of your arm easy. Some people write with a hand cramped up and the muscles of the arm so tense that they get writer's cramp.

*Writer's cramp is nothing more than the tightening of the hand when writing. Tenseness of the mind is transferred to the tenseness*

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*of the hand when writing something. If a person says, "I'll write this fellow a letter," so he gets his mind to it and begins to write. What has happened to his hand while he is doing it, what has happened to his arm, he is creating a habit-pattern.*

Relax at the theatre, the football game etc. Take the tension off. **Learn to see with your mind!** and not with your neck muscles, your back muscles, your eye muscles and your chest muscles. You are wasting energy and creating tension. Relax when you have difficulties in work or play, your brain will work better and you will know better what to do.<sup>4</sup>

*If you have a difficult problem—relax.*

*I know a man, one of the very big businessmen in Johannesburg. He comes regularly for his relaxation every week. He has taught himself this, immediately he finds a very difficult problem, he leaves it alone, he has a couch there and he lies down for a minute and relaxes completely. He comes up, deals with the problem and it is finished in no time.*

*I know another person who is chairman of a big organisation. In the way he works, he does not allow decisions to carry over to the next meeting. He has all the details ready, all explanations ready, and he puts them forward and the discussions are led into a decision, not away from decisions.*

*It is very galling to an individual who knows, to find one meeting after another coming along without any decisions taken. The time is wasted. If the chairman knows exactly what he is doing, what happens? He directs the minds of his directors along a particular line which he knows is right, he gets decisions straight away. It is not allowed over to the next meeting, and then he gets on with the next, and the next. In the whole period, the whole thing is cleared, and business goes on.*

*The most wonderful thing in the world is to know to get decisions. Decisions must come through intelligent thinking.*

*I am of an organisation that is a Scots organisation. I find then, when we start a meeting they get off on to some subject that is entirely out of the line of action altogether. I say "now," to the chap who starts this argument, "don't bother about that thing just*

4. See page 295

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*now, we haven't got time to finish what we have here, leave that to some other time and we will deal with it." Immediately they shut up there is no longer any talk about it, so we get on with one item after another. I know this, that if I allowed them to ramble on, those Scots fellows, they would have an argument all night through and nobody would be able to do any work at all.*

*Therefore, the thing is make decisions. Know what the decision is going to be and direct the others towards it. See that you are right. If you know that you are right, look into your mind now and see what thoughts you have in regard to it.*

*We had a course in Johannesburg, what we call "voice personality." The people did not really know the benefit they were going to get from this course. They were not really interested in "voice personality." But it is the greatest course in the world.*

*When I was in America. I gave that course about "voice personality" Do you know there were over a thousand people at that course in America and they wanted more and more. They were keen on how to express themselves. Voice personality is a wonderful thing.*

Relaxing the scalp and face muscles is also detailed in Lesson 7. This is very important in relieving headaches. The great occipital nerve, the trigeminal nerve and supra-orbital nerves, these come out from the skull and spread over the cranium are often pressed by tight scalp and facial muscles. Read what I say in Lesson 7 about the way to clear up these troubles.

**In the eighth step:** we learn how to use up lactic acid to counteract the acids created by emotional habit-patterns. Here is the exercise that will do all this and more. I call it relaxed tension exercises.<sup>5</sup>

*You will read about it then in Lesson eight, what I have told you about this wonderful exercise, "relaxed tension."*

This simple exercise has a tremendous effect. It will charge you with vitality mentally and physically. Your brain will clear and your pains will disappear. You virtually squeeze the poisons out of the tissue and at the same time you create lactic acid to heal the nerves.

**In the ninth step:** we see how to soothe the nerves, thus inducing perfect relaxation, which breaks up these habit-patterns

5. See page 295

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that cause all our troubles and the pleasant external action has the effect of soothing or stimulating the mind.

*(Recording cuts off at this point)*

Stroking the back is a lovely sensation. It may seem simple but the simplicity of it should not prevent you from using it. It has the wonderful effect of soothing the nerves of the spine and body generally as well as soothing the mind. Stroking also turns the “don’t do” cells into “yes do” cells in the brain and nervous system.

Music has also a tremendous effect upon the mind and body and has great curative powers. Relax in your favourite armchair and listen to your chosen records. Allow the music to flow over and through you, the effect is marvellous when done this way. It suggests to the mind, brain and body a harmonising quality that cannot be obtained any other way, it is truly therapeutic.

Read also what I have said about relaxing the vocal organs in Lesson 9. Your voice personality is important to you in your daily contacts. Your figure and bearing may be delightful but your voice may spoil it all. Voice personality is one of the main steps in successful living.

Thought produced in the mind of God and thought produced in the mind of man only differ in the degree as a drop is to the ocean, the action is the same. While God produces a world, a man in the material form, so does man produce his own conditions in the same substance. This Law is inherent and is within all and we find by experience the Truth of this in our daily living.

“Now we have received the Spirit, not the spirit of the world but the Spirit that comes from God that we may understand what God has bestowed upon us.” I Corinthians 2: 12.

When we have broken up all our habit-patterns, when we have taken off the brakes, so shall God produce in us that which the multitude call miracles. I of myself am nothing, it is the Spirit of the Father that doeth all these things.

## BENEDICTION

O Mother of Mine, beyond time and space, Thou hast created me in finite form the image of Thy Infinity.

Thy Spirit invisible took shape and I came into “Being.”

Thy all protecting Heart throbs in my heart, within my breast in the form of Love.

While Thy Omnipresent Infinity I fail to comprehend, yet Thou hast drawn aside the veil of mystery revealing Thy glory to me.

And Thou hast told me that which is Thine is also mine.

And now, O Mother of Mine, I am at peace with all Thy creation.

- \* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 3rd October 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The next paragraph contained in the book is missing from the lecture notes and recording. [*When you have found the right way to breathe place the tongue on the floor of the mouth and relax the jaw, no strain must be felt on the tongue.*]
  2. The next sentence contained in the book and lecture notes is missing from the recording. [*I have found that when parsons and preachers let go their suppressed words and ideas they feel freed from an inhibition that dogged them all their lives.*]
  3. The next sentence contained in the book is missing from the lecture notes and recording. [*You, the real you will see all these relative, therefore they have no power over you except when you are ignorant of this fact.*]
  4. The next paragraph contained in the book and the lecture notes is missing from the recording. [*Relax while in conversation with others it will take away all that self-conscious feeling. When you are perfectly relaxed there is no self-consciousness. Read Lesson 7 on this subject, it is of great importance in your daily living.*]
  5. The next paragraph contained in the book and the lecture notes is missing from the recording. [*Relax your mind and body. Lie in this state for sixty seconds, then tense your body by stretching your hands out to reach your toes for five to ten seconds, not more, then relax again for sixty seconds, do this five times.*]