

Lecture 2 of 30 - A recording of a lecture given by Dr Murdo MacDonald-Bayne (21.06.1887 - 26.02.1955) at the Pretoria Women's Club (Pretoria, South Africa) on 18.04.1950 on his later book "How to Relax and Revitalize Yourself (1952)" as part of the establishment of The Sanctuary of the Silent Healing Power. The italic verbatim text is from the actual sound recording.

The True Torch Of Progress In Our Human Relations

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

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

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

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

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

[02.45] *Now where does your self come in?*

[02.48] *Your self comes in because you recognise yourselves as separate from the Infinite Self. But if you then lose this separate self you work as it were without interruption, without resistance, you will work as if the Father was doing the work for you.*

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

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

[05.30] *I want you then to recognise this Divine reasoning so that you can cast out of your mind those things that irritate you and cause anxiety, and therefore cause those emotional habit patterns that begin to express themselves out in the organism through the nervous system. And when we recognise at once that*

Divine reasoning is the truest source of all reasoning because you are reasoning with an awareness of that which is behind all things.

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

[06.50] *The scientists say that this electricity is right through the whole Universe. It is the ether of space. By means of generators which the first scientist found that by two wheels moving in an opposite direction brought a current of electricity – a current of something he could not understand. He did not know where it came from but he found the law that one wheel and another, one disc and another disc moving in an opposite direction, created an energy. Where this energy came from he did not know and he does not know today except that it comes from the atmosphere or it is ether of space – the electronic action of space transformed by the means of generators into a fluidic substance that you have never seen.*

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

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

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

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

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

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

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

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

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

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

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

[14.10] *Therefore, the Universal Self becomes aware. Awareness not of separation but awareness of Unity. An awareness of an Intelligence that is greater than the self, greater than the individual self, an Intelligence that knows how. And when this individual completely is aware of this, then the individual gives expression to the whole so the Absolute begins to manifest through the individual.*

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

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

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

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

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

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

[18.37] *If you are calm, peaceful, then you will find that this energy flows through you in abundance, attracts everything to you. If you then act in the opposite direction; you get irritated, fearful, doubtful, then you find that this does not flow through you and the attraction is minus. Please remember that this force is active in you every day of your life.*

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

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

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

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

[20.35] *That habit is established through practice.*

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

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

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

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

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

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

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

[23.41] We saw in our last lesson how one who had “quality” in personality, attracted love, friends, success, health etc. Surely then a knowledge of the scientific law underlying human relationship is of the greatest importance to you. “Thou shalt then have thy delight in the Almighty and shalt lift up thy face unto God.” Job 22: 26. This is the inner confidence that nothing can shake, no matter what the outer may be. Remember the Real Creative Power of the Self is in the realisation of the greater Self, and remember again it is the Father – The Greater Self – that does the work. “I can of mine own self do nothing.” *Jesus said that in John 5: verse 30.*

[Part of book, no recording] Under these circumstances there is no need to be aggressive or possessive, never argue with ignorance, that is the fool's paradise. You must stand behind the law of cause and effect and see its action.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

[33.49] *So at any time when you feel you want to criticize another individual turn that criticism against yourself and you will no longer criticize the other individual and you will free yourself. You will be able to free yourself and take off the brakes. Therefore you will allow the Father to do the work. It is very simple. There is nothing startling about it. All I say, just put into practice what I have and see for yourself the results.*

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

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

[36.13] The strong person does not vent his grievances nor does he bluster or threaten, he leaves that to the weak who wish to be thought strong.

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

[36.45] *But your strength does not lie in yourselves. It lies in that relationship you have to the Whole. Your relationship you have to each other. It reminds me of a verse in Luke. I think it is the 14th chapter, the 26th*

verse, it says, something like this, "If you would come to me, you must put aside your father, your mother, your wife, your children, your brother, and also your own life then only can you become a disciple of mine."

[37.44] *Why did Jesus say these words? It is not that he says: that you will not care for your father and mother, sister and brother, wives and children. He is showing, that these things are the relative things of life. He is speaking from the Christ Principle. It is perfectly true you can never become a disciple of the Christ until you have put off the relative. Until you have recognised the relative, till you have put it aside. That is what the Master meant. How few people can understand his words, when they read this they are puzzled. One moment, they say, it tells you to love your parents, honour your father and mother, love each other. Then he says put these things aside. But then he says again, which brings all things to my mind is the crux of the whole. "He who does the will of my Father, is my mother, my sister, my brother."*

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

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

[40.05] Some admit failure from the beginning, they say "it cannot be done." By themselves they can do nothing but with God all things are possible. I hope that you are now beginning to see the meaning of action and reaction. When this is thoroughly understood your condition becomes the starting point for positive action—pure action. Your liabilities become your assets.

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

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

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

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

[42.32] You must accept this type of thinking with the Spirit of a true pioneer. It offers unlimited possibilities more valuable than any previous experience has led you to imagine. A new world will open before you, giving up its hidden secrets.

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

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

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

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

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

[46.37] *So you must accept this type of thinking with the spirit of a true pioneer. It offers unlimited possibilities more valuable than any previous experience has led you to imagine. A new world will open before you giving up its hidden secret willingly.*

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

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

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

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

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

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

[49.06] *You know that to be true.*

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

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

[50.04] *It is a new type of thinking and understanding that is capable of carrying forward all the results of the past into a scheme of Life which will establish a new day for all and that is coming.*

[50.24] *The systems under which we are acting at the present time is entirely erroneous. These systems existed because you and the world has brought them in, and there is no need for you to fight them. There is no need for you to quarrel with them for you are the cause of them. You wanted them you got them!*

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

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

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

[Part of book, no recording] *The present is always the present, there will never be any time but the present.*

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

[53.06] *We shall make a better and more enlightened world in which we live and with it will come a new kind of education for the unfolding of a material world to fit the new knowledge and understanding in our human relationships.*

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

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

[54.54] **BENEDICTION**

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

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

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

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

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

M. B.

Footnotes

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