

**Lecture 4 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 02.05.1950 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 SUBTLE POWER OF EMOTION

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

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

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

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

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

[Part of book, no recording] There is no limit to the numbers of emotions, let us name some: impatience, anger, hate, indulgence, jealousy, egotism, fear, selfishness, approbation, vanity, terror, dread, dismay, panic, fright etc. These act against us. Then there is the great emotion that acts in our favour, “Love.”

[03.03] *But the basic energy is the same. We change it, we condition it. Therefore we must learn and understand what we are doing. We find that this movement takes place in ourselves.*

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

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

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

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

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

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

[06.34] *Then there is the great emotion that acts in our favour – which is "Love." And that is the most extraordinary thing, that when Love is manifesting in its true nature; there is never any fear, there is never any hate, there is never any indulgence, there is never any jealousy, there is never any egotism, there is never any fear, or selfishness or approbation or vanity or terror or dread or dismay or panic or fright, when Love in its true nature (is mine). I mean "Love" not possessiveness.*

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

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

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

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

[10.23] *These organs begin to talk back to the mind. These organs talk back to the mind through the cerebellum where this misbehaviour begins, where this misbehaviour has been created through your emotional habit patterns. An emotion that is continuous becomes a habit and that emotional habit pattern begins to express itself in some form throughout your organism and your body. Sometimes it changes your stomach, sometimes it changes your oesophagus, sometimes it is in your skin, sometimes it is your ears, and it can be any portion of your body for these emotional habit patterns to rest. The body becomes a sounding-board for these things. I always think it is necessary to realise that eating is also most important because you cannot put a square meal into a round stomach.*

[11.42] *I said to a patient of mine the other day. He came to me and he was fat as broad as he was long. I knew perfectly well what he was doing, he was eating far too much. He had all the symptoms of a chap that*

*was eating twice as much as he should eat. So I said to him, "Your trouble is you're trying to put a square meal into a round stomach and it can't go."*

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

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

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

[13.37] *Now what does that mean?*

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

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

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

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

[15.34] *It is when these emotions begin to rise up within you the energy is already began to move into the direction of the movement according to pure thought, your emotions, your desires. The movement is set in action, you have already caused the energy to be active. Now there is only one principle of energy. How are we then to change the polarity of this energy once we have aroused it so that this energy does not affect us destructively? But we can use it after it is aroused and directed into channels that will aid and help us. There is tremendous force in every emotion. You must not dare to suppress an emotion. If there is a tremendous force in an emotion and you suppress that emotion, unknowingly, you are only creating trouble for yourselves. If that emotion is a movement in the wrong direction and you suppress it, do you think that you have destroyed or altered that movement? No! It continues to move in that direction. But immediately you become aware of it thereby changing the polarity of the energy to work for you and not against you, you are the director of this energy.*

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

[18.54] We have two nervous systems that function as one, each being interlocked with the other; although their functions are different, they act towards one end. One nervous system deals with the external and the other with the internal.

[Part of book, no recording] What the external feels and sees is transferred to the internal, what the internal feels is then reflected again to the external.

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

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

[Part of book, no recording] On the other hand if we are caught up in our reaction to the external world in confusion, we just create that same confusion in our bodies.

[21.26] *Relaxation is natural harmony.*

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

[23.11] To better understand the mechanism of these reactions I will give you a short summary of the brain and nervous system and how they act. Realising always that this organism is definitely under the control of the mind and will or consciousness, what the consciousness is aware of, so does this simple yet complicated organism of brain and nerves act accordingly.

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

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

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

[25.57] *When the cerebellum is free from misbehaviour, created by your own emotional habit-patterns, the organs work smoothly, easily co-ordinated properly because of a free cerebellum. But if there is misbehaviour in the cerebellum then there is interruption. Then there is misbehaviour in the organs and the co-ordinating quality has been lost.*

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

[27.09] *You notice a dog when a plate of dinner is put down beside it, and it is held back for a moment you see the saliva running from its mouth. It sees the food and the cerebrum sends the message to the cerebellum. The cerebellum, the coordinating power of the body, causes the glands to throw out the necessary substance for the digestion of the food. When you see food on the table and (you are hungry) the brain tells the cerebellum what it is. The cerebellum then prepares the whole of the organs of the body to become ready to receive the food.*

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

[28.32] You do not run because you fear, you fear because you run.

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

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

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

[30.35] Now comes the Master control from above and in the centre of the brain. Dividing the frontal or higher from the lower there is what is called the "corpus callosum." ( ) The Masters speak of this as the Spirit nucleoid (1) and through this all Cosmic Truth comes, otherwise known as the thousand-petalled lotus ( ) *which is situated above the head.*

[31.11] *In drawings I have seen of this thousand-petalled lotus, it is like a trumpet. It opens above the head and as it were vibrations of Intelligence pour into this corpus callosum and there it is received in it's true nature it is passed on to the brain. To this portion of the brain here, the cerebrum, where the cerebrum then takes hold of it and brings it and makes it into ideas of words and sounds that you can understand. So in everything what is happening at this very moment is the same thing.*

[32.10] *I am standing here. I talk freely to you. But many of the things I tell you I have never known before myself. I only know them when I make them into words. When I make them into words, ideas of the truth, I*

*have then conditioned this wisdom. It comes through this corpus callosum and therefore I take hold of it in this brain of mine and form it into words and ideas that I hand out to you, and you then with your own mind accept these things because you know it is true. Your experience tells you that what I tell you is true.*

[33.09] *The simplicity of this wonderful truth is beyond the understanding of the human nature. So simple is the operation, yet so complicated in its nature, that it is beyond our comprehension.*

[33.29] *It is in this portion of the brain that knowledge and understanding is obtained without reason. In fact, this is the all-knowing centre and when developed conveys knowledge etc. by means of inspiration to both the higher and lower brain, thereby influencing both and gives confidence to the higher and the lower is harmonised and calmed. The organisation then receives the blessing of that all Wisdom that is continually pouring into us when we open ourselves to it. This Wisdom then, is unconditioned, free and natural, cures all conditioning, cleanses the mind. It takes all forms of negative vibrations away because the consciousness (becomes) aware of this wonderful power that knows neither good nor evil. It does not know success or failure because these things are relative things. It only knows Itself to be true. In that Truth – Life. In that Truth – is freedom.*

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

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

[36.18] *We are all seeking an escape from something. Unless we can discern the fact that we are seeking an escape we will never be able to eliminate it or we will never be able to escape. For the simple reason that we are always caught up in our escape. But if we see what we are doing and the means through which we are trying to escape, then we will dissolve it and we will be free. It is awfully true when you begin to discern the cause of why you want to escape, then you have solved your problem.*

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

[Part of book, no recording] *The cure is practise and habit.*

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

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

[Part of book, no recording] *Walking an 18-in. plank on the ground is different to walking an 18-in. plank a hundred feet up.*

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

[39.42] *Take for instance walking on an 18-inch plank along the floor, you can walk on it with perfect ease—18-inch—from here to the end. But put that plank a hundred feet up in the air from one building to another and then try to walk across it. See what would happen. Why can't you walk across the plank as easily one hundred feet up in the air from one building to another as you can walk across the floor? Because of the fact that you have perfect confidence, to do it here, there is something to support you, but up there—there is nothing. Your fear of falling is the fear that causes you, that prevents you, from walking across that plank one hundred feet in the air. Most of you then suffer from this fear. Fear of being unable to do a certain thing, you have not the confidence. But by practice you do have the confidence. That is to say, when you understand that—your fears at the beginning may be great, but as you practice, your fears become less and less—as long as you do not seek an escape. Immediately you begin to seek an escape then you have lost yourself. The person who walks across the plank will lie on his belly and he will even struggle on that, because he wants to escape from falling.*

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

[42.38] *Fear is the lack of confidence, the lack of (understanding.)*

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

[43.07] *There are very few people in the world who climb rocky faces. I have climbed many in my time. I have climbed the Himalayas but I have climbed even steeper mountains than that. I have climbed Mt Cook (2) in New Zealand which is one of the steepest and most dangerous mountains in all the world to climb. Although it is only 12,000 feet above sea level, its pinnacles of ice are almost perpendicular. I know what thrills it used to give me when I used to perch and hang with my fingers on a ledge and look down, hundreds of feet below into space. It's a thrill, I tell you, it's a thrill.*

[44.15] *Perhaps I was always a daredevil but nevertheless it was bred in me I should hope when I was a boy. While in my younger life, nearly fifty years ago, I was out East. I was secret service in the East, and I could tell you some tales of escape that I had, yet it was all fun to me, fun. I think that when you pass through those particular things it gives you a feeling of confidence. I have been shot at, stabbed at, kicked at, and all these sorts of things. It is not running away that helps but facing the situation and to establish the habit of facing every situation.*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

[52.58] **Benediction**

*O Great Eternal "One,"* Thou hast made all plain to those who heed Thee.

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

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

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

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

M. B.

Footnotes:

1. *Nucleoid*. Resembling a nucleus. Central part or thing round which others are collected.
2. Mt. Cook (Aoraki). Located in the Southern Alps on the South Island, is New Zealand's highest mountain at 3754 metres.