

Lecture 10 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 20.06.1950 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 WISE SHALL INHERIT GLORY"

[00.00]* *Now tonight I am taking all the main points of the last nine lectures and I am putting them into this one. So as to correlate all the work we have done during the last session and I have named this lecture; "The Wise Shall Inherit Glory."*

[00.27] *"Happy is the man that findeth wisdom, and the man that getteth understanding. For the merchandise of it is better than the merchandise of silver and the gain thereof than fine gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Length of days is in her right hand; and in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her; and happy is everyone that retaineth her."* – PROVERBS 3: 13-18.

[01.28] *Now this sums up what I have had to say in these last nine lessons of this course and in this one, the tenth, I want to link together the main points so that you should mould these in your daily living.*

[01.45] Now in the **first lesson** we saw that quality in personality is that which attracts success and happiness and we must become aware of what this "quality" is.

[02.01] *This quality is elusive no one can really put their finger upon it but yet it is there. It is built up through understanding and through becoming aware of your neighbour as yourself.*

[02.20] *There is a feeling within each and every individual in this world today, a sort of feeling and I don't think there is anybody who has not got it, that is a feeling of slight fear, apprehension. They are afraid of something but they cannot really put their finger upon what they are really afraid of. When they meet another there is this feeling there where you want to probe behind and find out what the person is.*

[03.00] *There is a desire to understand each other yet we go about it the wrong way. How can you understand any other person unless you understand yourself? So therefore you must begin with yourselves first and to begin to understand yourselves, then you are able to understand the other person.*

[03.25] Now we have looked into the lives of great men and women to see where the secret lies. Many have endeavoured to copy with the result that they have lost themselves in the copy and are no longer themselves.

[03.45] Every individual has this "quality" within, this true self is the "quality" and not the copy of another. Remember a copy is worthless on the screen of Life, only the original counts. Therefore we must develop our abilities in the natural way. God has made us as He wanted us to be and we can find out what He wants of us when we think for ourselves.

[04.25] *So many people are wandering round in the world wondering what to do next. They wonder, "How is it possible I can make success here or a success there?" The fact is, immediately you begin to wander round like this in your own mind – you have not the quality. That quality comes through understanding. And if I may point out the main facts in this understanding; is that you understand yourselves, that you discern in fact what your thoughts are, what your emotions are, and the motives behind your emotions. You discern your thinking and then you begin to understand yourselves. But you can never understand anyone unless you do understand yourselves.*

[05.26] *Therefore you begin with yourselves first and once you begin to discern you must also use Divine reason. A reason beyond the ordinary stage of the human brain. A reason that comes through understanding the words of the Master and these words are very potent with Power and Light.*

[05.55] *For instance; "I and the Father are One." Here is a sentence that has puzzled many people. They read it, parrot fashion, it becomes to them a platitude. When I tell you, that is an actual truth. It is the same for you also, for the simple reason that if I draw your attention to this fact; that science has proved already that there is only one substance underlying the whole Universe. One substance out of which every form is created and has proven also that there can be no division anywhere in that substance. You cannot divide it.*

[06.42] *We in our understanding of the Truth also know that it is true because we know that God is Infinite in nature. Because He is Infinite in nature – there can be nothing outside Him. If there was anything outside Him He could not be Infinite. Not only that but He must be Omnipresent, He must be present everywhere. Therefore if He was not present Everywhere He could not be Infinite. Therefore, "when you have seen me you have seen the Father." Jesus said that. I say that too, because I know it is true.*

[07.22] *He must have created me within Himself. He must have created you within Himself; out of His own Substance, His own Life, His own Consciousness because there can be none other. Being Infinite in nature there be nothing outside it. There can be no Creative Principle outside the Infinite. Therefore Jesus knew what he was talking about when he said, "I and the Father are one." Unless you comprehend this truth in the first place, then begin to discern your own thoughts and your own emotions, your thinking, and how you think about others – then you will begin to get this quality. You will know what this quality is.*

[08.11] *When we come in contact with this "quality" there is a sense of rest and peace, fear disappears and we find that we are in the presence of a "brother." There is no nervousness nor aggressiveness nor pomp nor falseness. There just that simple expression of the true self. This is originality in its finest form, this is "quality."*

[08.45] *A person that is pompous, a person that puts a poker face on, or I will say a false face, does not know quality. If you are nervous you have not the quality. If you are aggressive you have not the quality. If you are vain you have not the quality. You must discern all these things and know why you are that thing: Why are you aggressive? Why are you false? Why do you fear? Why are you nervous? Why are you pompous? Why are you false? Immediately you begin to discern why then these things will drop away from you. You know, quality is covered up with all that rubbish that requires to be eliminated.*

[09.49] *There is always a fascination about a person who is at ease, calm and original. He sets your mind at ease. His confidence lies in understanding the law of action and reaction, and his message is always one of hope and encouragement. He uses words in the right place. He knows the value of a word, what it means.*

[10.16] *You will say a word; "I am sick," "I am ruined." whatever the case may be. Think of what the word 'ruined' brings to your mind. What does the word 'sick' bring to your mind? Don't you see that your word means something to you that brings into your mind an idea? Therefore you do not use words except in their right place. Therefore you have to learn to use words properly and know what they mean.*

[10.55] *Half of the people in the world, yes three-quarters of the people in the world and more are suffering from the use of wrong words in their lives. These words are suggestions and because everyone is prone to suggestion to a degree, you find yourselves affected by your own words.*

[11.24] *He never wastes his time or energy in hate, envy or malice, he rather radiates love. What drives others to despair leaves him undisturbed.*

[11.36] This is “quality,” for he knows the reality of the Spirit of Life and expresses It. He does not try to escape from anything for he knows how to cope with any situation and understands the secret of success in human relations because he understands himself and the Source of his power.

[12.02] *It is in human relations that we find our success and happiness. Every one of you have got to get on with someone more or less and you have to understand human relations. Human relations is at the fundamental principles of this success and happiness, and to a great extent your health too.*

[12.28] *So first of all understand yourselves and then you will understand the other person. You will not be peering behind the other person’s mind to find out what he is doing, because immediately you understand yourselves, you know exactly every movement the other person makes. But if you do not understand yourselves then you are blind. The blind lead you into the ditch and you all fall into the ditch.*

[13.00] Under these circumstances there is no need to be aggressive or possessive. The Universal Mind is free from these, so must your mind be free from them also if you desire the true expression of Life. *How true that is.*

[13.24] *That is the gist of our Lesson One. There is a great deal more in it. It requires you to read it over and over again – then to understand (what is important).*

[13.38] *Now in **Lesson 2**, I ask you these questions I have put before you. I have written them down in lesson 2. (There are) so many of them that I am not going to deal with them in this lesson. But you can read them over for yourselves. But what I want you to do is not skim the surface because it is of no value, you must discern the fault impersonally and dispose of it. You cannot in any way whatsoever discern anything when you are caught up in it. If you are emotional about it you have lost. You must discern the fault impersonally and dispose of it and true value of criticism is obtained when it is first turned upon the self, not in a negative way but as a means of understanding oneself.*

[14.37] *The majority of people are always criticizing the other. They fail to criticize themselves first. Now Jesus put these words very clearly. He says, “you hypocrite take the plank out of your own eye before you can see how to take the splinter out of your brothers eye.”*

[15.05] The “quality” is always there but is hidden underneath a lot of rubbish. This rubbish must be got rid of then your success and happiness will come through understanding human relations.

[15.18] In **Lesson 3** we see that desire is a living force when used with understanding, that the Universal Mind and the individual mind are interlocked as one. *They cannot be anything else. You cannot think outside the Universal Mind, you must think in it. You cannot use any other substance except Universal Mind. And because you cannot think outside Universal Mind you think in it and the Universal Mind must think in you. When this is known there is a different attitude towards things in Life. When you know then that the Universal Mind and the individual Mind are as one then desire is a form of prayer but one must know how to pray. As you pray to something outside yourselves wondering if it will come to you sooner or later, but there is a great doubt about it, that is not prayer. If you pray for something and while you are praying for that thing you are conscious of the fact that you lack that thing, that is not prayer. Jesus said these words also; “Whatsoever you desire when you pray believe you have received them and you shall have them.” I am going to show you why he said that. The Consciousness of the Universal Mind and the consciousness of the individual mind must be one. There cannot be two of them because God is Infinite and He is Universal. He creates within Himself you and me through whom He works.*

[17.28] *Remember the same Life is working in you and me. Life and Consciousness are synonymous, they are one and the same thing. You are conscious, I am conscious. Therefore it must be the same Consciousness in you and me. This apparent separation is an illusion of the mind. Just as these lights are different but the same electricity is going through them all. The illusion is that we see them different but you do not see*

electricity because it is invisible, you only see a light. You have never seen Life you have only seen the manifestation of Life. When you have seen me you have seen the manifestation of Life. As Jesus said, "When you have seen me you have seen the Father."

[18.29] "And it shall come to pass that before they call I will answer and while they are yet speaking I will hear." Isaiah 65: 24.

[18.42] "Whatsoever ye desire when ye pray believe ye have received and ye shall have it." "Things are not made out of things that are seen but out of that which is unseen." "Faith is the substance of things hoped for, the evidence of things not seen." These are facts we must remember when we "pray."

[19.07] Now examine your own mind when in a state of asking or desiring. If you are aware of two images, the one opposing the other, such as having and not having, you have not asked aright. *In fact you have not asked at all.* Look to see which image is dominant then you will know whether you will have or not have because the law must be fulfilled.

[19.43] *Whatever is dominant in the Consciousness so it shall be unto you. So Jesus knew well when he taught his disciples; "Whatsoever you desire when you pray believe you have received it and you shall have it." He was taking them out of the double mind into that single eye when he said, "Unless thy eye be single."*

[20.18] Now in **Lesson 4** we come to the subtle power of emotion and there is no limit to the number of emotions we have. Here are some of the most common; impatience, anger, hate, indulgence, jealousy, egotism, fear, selfishness, vanity, terror, dread, dismay, panic, fright etc. These act upon us, then there is the great healing emotion of Love. I mean Love, not possessiveness. Yet one has to pass through the personal aspect of Love before one arrives at Real Love.

[21.05] *The healing balm of Love is Truth. It enters into the individual free, perfect and will pass out of the individual in the same way. Yet we must experience this love before we can understand it fully and we are growing into it more and more every day.*

[21.37] The body is the sounding-board for all our emotions and according to their intensity so are we affected. *We have a mental body which we think in. The emotional body which our emotions affect. We have a physical body in which these mental and emotional bodies interpenetrate and the physical body is the sounding board for our thoughts and emotions.*

[22.10] *Now science has also proved that all must be a mental phenomenon. So the physicist Sir James Jeans tells us clearly that the whole Universe is a mental phenomenon. But science has proved that everything is atomic, electronic in nature. It is an Intelligence behind this electronic force that is working and forming things and people, whatever the case may be. And it is this power that is behind all things that is the directing power in everything. Whatever the Consciousness is aware of so it is unto you.*

[23.00] Think of your organs making a certain sound when acted upon by any of these emotions. Your heart beats faster, your glands pass out liquid, your stomach turns over, your tear glands weep, your intestines rumble [etc]. If these vibrations were to be heard by the ear it would cause a discord beyond our imagination. Yet these organs really cry out in vain for relief. Relief comes when we discern what we are doing and how we are reacting and the motive behind our reactions.

[23.44] *You will not be free until such time as you discern the motive behind your action, thought, your emotions. And it takes continuous deep discernment to find it out, not merely skimming the surface. Because I know perfectly well you want to skim the surface. Because you do not want to know the motive behind your emotion or your thought, you want to hide behind it. You want to hide the motive all the time but you must*

search deep and find that motive so that you can you eliminate it, and with it you will destroy all that which destroys you.

[24.39] Have you ever examined in your mind the many situations that would make you angry, jealous etc. These emotions put your organs in a continuous uproar. No wonder that you suffer from all the different complaints.

[24.57] When we realise that from every emotion or desire we can extract a mighty power we have discovered a gold mine within ourselves. Therefore we should not ignorantly suppress our emotions but understand them, thereby changing the polarity, so will we transmute the energy into constructive channels.

[25.25] *How many people in this world fear this and fear that? Because they fear this and fear that they create an idea in their mind associated with the emotion of fear. Then when it rises to the surface at any time they put the lid on, clamp it down, and say, „I do not want to look at you. I want you to keep away in the background.“ But does that get rid of the emotion or the fear? Of course it does not! It only comes up again, it wants recognition. The only way to get rid of it is to see it and know it for what it is. But recognise it not as something that is having a power of its own because you have by your belief in it given it a power that it does not possess, that is why it attaches itself to you.*

[26.31] *You are free. You are Life. You are unconditioned. You are like electricity, unconditioned. You condition life by your emotions, your thoughts, your images, your beliefs. Just as you condition the electricity by putting a lamp in, putting it through a motor, putting it through hundreds of different ways, so do you condition it. So do you condition this Life and you suffer because you do not understand why. I have told you, “Take off the brakes and let Life do the work.” The Father does the work.*

[27.11] *So we cannot suppress an emotion. We must not suppress an emotion because that does not free us from it. You cannot change an emotion by suppressing it, neither can you remove it by putting another in its place. You have to discern what you are doing and the cause behind the emotion, then the energy is transmuted automatically. Remember **reasoned thinking masters every situation.***

[27.43] Hate and jealousy are both an admission of failure. Ask yourselves why do you hate, why are you jealous. Then you will not create an emotional habit-pattern that out-picture in the body. Read what I say in Lesson 4 about the functions of the brain and body.

[28.06] *I go into details with reference to the cerebellum and the cerebrum. It shows you there, in lesson 4, how these work together. How the misbehaviour takes place in the cerebellum. This misbehaviour is out-pictured on the body, then the body talks back to the mind, then the cerebrum becomes aware of what is taking place. Then the vicious circle is set in because you do not know where it comes from and then you are in turmoil. Then you really are in a fix and you do not know how to get out of it.*

[28.46] In **Lesson 5** we see that neurotic trouble is an illness where our imagination has its home. We must discern how we react to our environment, what are our thoughts and what are our emotions in reaction to events and people, and what effects they have upon us. The whole body is made up of atoms and electrons which respond to our thoughts and emotions and when we realise this we see how our emotions and thoughts cause a change in the tissue structure.

[29.27] Our consciousness is the controlling factor and what the consciousness is aware of so is it unto us. We virtually change according to our thoughts and emotions, for consciousness is the source of our thinking. *Consciousness is cause.*

[29.53] Health is nothing more than our physical bodies responding in perfect rhythm of the Universe, our internal organs in tune with each other and not pulling against each other. *When you have what we call an emotional habit-pattern which is being expressed upon your body, your organs are all*

pulling against one another; your heart is beating faster, your stomach is turning over, your glands are secreting certain juices, and your tear glands may be flowing, you may be shivering with fear, you may be all those things at one time and the whole of your body is in an uproar because, why? – you do not understand. In Luke 11; 36, it says; “If your whole body is light without any corner of it in darkness it will be lit up entirely as when a lamp lights you with its rays.”

[31.05] In **Lesson 6** it states that God is no respecter of persons, has no favourites for He is impersonal and lives within each and everyone. God is Life and is not conditioned in any way. We alone make the conditions from which we suffer.

[31.27] *So God has no favourites. He does not favour anyone.*

[31.33] *James tells you that. He says, clearly and distinctly, no matter what man; “If he asks God aright. God will give him without reproach and the gift will be his.” He tells you clearly also, in other words, that a double-minded man is: “Like the waves of the sea that are tossed and twisted hither and thither.” That man need not think he would get anything off the Lord. The double-minded creature that he is.*

[32.19] *I am pointing out these things to you so that you will understand that you must be single-minded. That you must understand the images you create in your mind. That consciousness is a cause. Therefore if you are conscious of not having and conscious of having at the same time – you have a double mind.*

[32.50] *If you examine your mind and you find that these images exist then you will understand that you created them both. It takes practice mind you. I am not going to say that you are going to do this overnight. You cannot overcome a lifetime of error in thought in a few moments. But you can understand and that is the first process – understanding. And in your understanding then you will be able to use this power that God has bestowed upon you because he has made you in His image and likeness.*

[33.42] When we fear the nerve centres are paralysed, the blood vessels contract and the heart pumps faster resulting in blood pressure. Blood pressure may rise [many] fifty points from fear or excitement. Yet after fifteen minutes of controlled rest with Divine reasoning, which is scientific relaxation of mind and body, the blood pressure again becomes normal.

[34.12] When you work with your brain and mind and not with your blood vessels, nerves or intestines the involuntary function of the organs becomes normal.

[34.25] Paul says Adam was not deceived it was Eve that was deceived. We see that Adam represents the body, Eve the soul and the Serpent crawling on its belly is the error that caused Eve to fall, so poor Adam falls with Eve.

[34.46] *That is why the poor woman gets blamed for it all but it is not the woman at all, really and truly – it is man himself. The soul is Eve, Adam – is body. Adam represents physical and Eve is the Mother of Life. Where Life is (it) is the soul and because the soul is deceived the body being the instrument through which the soul works, must fall with it. So if your thoughts and your emotions outpictured upon your organism. Your body is the sounding board for your thoughts and your emotions. And if you will realise that you will be able to overcome many difficulties that are at present facing you.*

[35.47] The real truth concerning man is that he is made in the image and likeness of God with mastery over everything. When we are ignorant of this Truth we fall. By our own creative power we create these self-imposed conditions from which we suffer because we fall into the error of seeing a negative power as having distinctive power of its own outside the Infinite.

[36.18] *But there can be no outside the Infinite. There can be no negative power within the Infinite. The only negative power you create is this power which you create yourselves. It's a belief, an illusion, and you are*

living in that illusion. You must break up these illusions through discernment and then they disappear into nothingness. Just as an error disappears into nothingness so will these illusions disappear.

[36.54] *If you have an error in the sum and that error is corrected, where does the error go to? It does not go anywhere – it just disappears. Two and two are four. The law of mathematics is a perfect law. Two and two cannot be five, it never was and never will be. Neither can an error exist in the mind of man as a Reality. It is an illusion and it also disappears when it is corrected because God is Infinite in Nature. "I and the Father are one."*

[37.39] *Any errors that I have in myself are but illusions and I know it. I discern it and it no longer bothers me. But why do you bother about your errors to give them a power they do not possess?*

[37.57] *When we come to the perfect understanding of our oneness with Life this is our rising again enabling us to overcome and master all things.*

[38.11] *In Lesson 7 we see that we create a misbehaviour in the cerebellum which is reflected upon the body. We see that by conflicting emotions a habit-pattern is created in the brain and nervous system which throws the whole organism into an uproar, thus we are hypnotised by our emotions.*

[38.38] *It's a terrible thing to think that we are hypnotised by our emotions. In actual fact, we all want to be de-hypnotised because we are already hypnotised by our thoughts and emotions. We are hypnotised by the belief in our weaknesses. We actually hypnotise ourselves and what is the cure? De-hypnotisation of course, by Divine reasoning and proper relaxation. Taking off the brakes breaks up the habit-patterns and allows Life which is unconditioned to express Herself normally. You will find that these fears will pass away.*

[39.31] *In Lesson 8 we become aware that leading doctors today are realising the great part our thoughts and emotions play in all illnesses. The idea that some diseases are organic and others are functional is fast disappearing. There can be no dividing line between the mental and the physical. Chemical changes take place through our thoughts and emotions and have the effect of changing the tissue structure which in itself is a mental phenomenon.*

[40.06] *We have to get rid of all these old stupid ideas that held us bound in chains. We ourselves being the creators of these prison bars and prison doors and cages in which we have placed ourselves in.*

[40.30] *We must break these cages down. We must open the doors and break down the bars and these are our own creations, our emotions, our beliefs. We are hypnotised by our own belief in our weaknesses, which are illusions.*

[40.57] *We saw that disease has three aspects, mental, emotional and physical. Sometimes the physical is only 10 percent while 90 percent is mental and emotional, yet the effects we feel are physical. The remedy is to remove the mental and emotional effect and the physical will disappear also.*

[41.18] *Now a lot of you will find that right off the reel just in a few minutes the pain has gone and you find you are free from it. Why? Because you removed the mental and emotional state.*

[41.35] *There is a continual adjustment going on inside the body by means of our nervous system. When we run, our heart beats faster, when we fear, our body may perspire or shiver, an emotional upset will stop the flow of gastric juices and take away our appetite.*

[41.55] *A neurotic is permitting the organs of the body to dictate to the brain and mind, then the thinking part of the mind is suffocated. A state of self-hypnosis is created, the cure is de-hypnotisation through relaxation and Divine reasoning. This is the finest form of suggestion.*

[42.20] *A lot of people are affirming, ignorantly affirming. What are they doing? They are only increasing the intensity of their belief that they had before. You cannot place a positive image in the place of a negative image. Every time you think of the positive – up jumps the negative. They are both up in your mind, they are equal. Every time you bring the affirmation then you intensify the negative. You have got to understand then you can remove both because both are impostors.*

[42.58] Do you ever think how dynamic are your emotional habit-patterns, how they demand expression, how they are sending suggestions to your brain, urging you to some activity? Smoking is a trivial thing but examine the habit-pattern it creates and see what power it has over you.

[43.23] These habit-patterns send wave after wave of suggestion to the cerebellum and from there forward to the cerebrum where inhibition and stimulation is created. Thus the neurotic is confused and is terrified by the physical sensations produced. The neurotic is caught up in this hypnotic state and what is required is an explanation of the trouble.

[44.00] *Not merely to say, “it is just your nerves, it is just your imagination”, the poor individual goes away scratching his head worse than ever.*

[44.16] *In the next series of lessons () you will be shown how this rectification takes place. The technique will be fully explained in ten lessons. I will give you all the details from the beginning and then you will begin to realise how scientific this instruction is. You will find out naturally by itself, by even following out my instructions these habit patterns will break down. They will disappear into nothingness where they belong and you will be free.*

[45.07] In **Lesson 9** there is a series of questions that require answering faithfully and frankly to yourselves, then you will see how transmutation takes place.

[45.23] *Read Lesson 9 carefully. It is a deep analysis of the individual. In that lesson, there is something that everyone of you does. Then see what it means and by examining yourselves, frankly and faithfully, you will see how to transmute, to change the polarity of these things that are taking place – you will discern.*

[46.11] We see in this lesson how we are suggested to on every side. When we are wide awake we do not succumb to these suggestions but understand them. Therefore we are not affected by them. Read again what Paul says in I Corinthians Chapter 13 about Love.

[46.36] *Read it carefully. Go through it word after word. Do not read it through then say, “I’ve read it.” It will take you a month or more to read that, and it may take you a lifetime to understand it. But every time you read it you will be better off.*

[47.03] This is the binding quality in comradeship, the power that heals, the power that attracts. It is the “quality” that we all have but have not discovered it to any degree. “I am” the Spirit of God in mankind which contains all greatness, all that is perfect and is complete in Itself. The Truth will set you free.

[47.36] Benediction

O Love Supreme, teach me to gather the fragrance of Love from all the flowers that grow in the Garden of Humanity.

In every human soul Thy fragrance is pouring forth un-noticed. In the honeycomb of my heart I shall store the nectar of the blossom that blooms in my surroundings.

And when Winter blasts bear upon me I shall still remember Thee.

And all the honey that I have stored shall be food for others in the time of need.

Then I shall follow in His footsteps who expressed Thy Love to all, O Love Supreme.