

Lecture 15 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 29.08.1950 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 FIFTH STEP – THE REJUVENATING POWER OF RELAXATION WHILE YOU SLEEP – TAKE THE TENSION OFF THE NECK MUSCLES

[00.00] The fifth step - The rejuvenating power of relaxation while you sleep - Taking out the tension off the neck muscles

[00.14] *"Perfume and scent are a delight, sweet counsel is a strength."* – PROVERBS 27: 9. ()(Moffatt)

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

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

[00.51] *How many people do that? You go to bed at night. You wrestle all night with various problems, your muscles are tense. You wake in the morning more tired than when you went to bed.*

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

[02.10] Properly directed let-go exercise before sleep is one of Nature's best remedies for all nervous troubles. Our last thoughts are our ruling thoughts. Many do not get the best out of their night's sleep and some do not sleep at all because they take their troubles to bed with them.

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

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

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

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

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

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

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

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

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

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

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

[07.23] *How wonderfully true that is!*

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

[08.50] *Now, you have got to become aware of that consciousness and see to what it is doing, and when you see what it is doing and not caught up in it, then you can eliminate it. And after you begin to discern that which is causing most of your troubles, then you realise that there is something behind that is great and peaceful and harmonious. That it is the basis of all things, the Harmony of the Universe. That that belongs to the Great Self, the Over Self. That Self that is in every other self, therefore we have to lose this self by recognising it and discerning it. Not by as it were, as most people try to do, is to make it more pronounced. One has to know it for what it is.*

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

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

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

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

[12.33] *You are never completely unconscious during sleep, for the cerebellum, the feeling part of the brain, is sending messages to the cerebrum about what the body feels. If you are cold you pull the bedclothes over you, if you are warm you throw them off. If your eliminating organs are active these impulses wake you up. Of course, in some children they don't and that is because the child has not yet grown up strong enough, these impulses have not come from the cerebellum to the cerebrum.*

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

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

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

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

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

[17.00] *And waking life causes sleeplessness.*

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

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

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

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

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

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

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

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

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

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

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

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

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

[23.48] *Whenever you voluntarily want to move or move a muscle, you have immediately a flow of energy over the synapses. But if then this movement becomes habitual, a habit-pattern, you have that energy flowing there all the time and that should not be.*

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

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

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

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

[25.53] *No strong stimulant of any suggestion should be given at all, because it always creates the opposite and the stronger the suggestion, the stronger the opposite idea rises to the surface. Quietly, as you are feeling yourself going off to sleep in that drowsy feeling, "I am going to sleep, relaxed" – I could go off to sleep standing up!*

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

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

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

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

[27.27] *What a wonderful truth!*

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

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

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

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

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

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

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

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

[30.30] You can learn to sleep well and regain your health if you will just follow the instructions I have given you, not only this but under any condition you can sleep when properly directed. When someone tells you that others can sleep through a thunderstorm or when an overhead railway passes the window that does not help you.

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

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

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

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

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

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

[34.14] *I said, "that's pretty good." He told me of the incident, he told me. I said, "What do you remember?"*

[34.24] *"Well," he said, "two things greatly, I was at the lecture in the 'Kaafa House,' when the wind was blowing so hard that the windows in the whole place was rattling and I couldn't hear your voice. All of a sudden you turned round and you said, 'be still!' Immediately every window and every door stopped and there was perfect silence." "Still," he said, "you could hear the wind outside, but not a single sound was heard inside. That's an absolute truth, and," he said, "the other incident greatly impressed me was this: There was a policeman there in the hall, with an abscess on his hand, and you spoke to him about his abscess."*

[35.20] *He showed me the abscess and I said, 'bandage it up, go and sit down.' And I lectured for a while, and then said to the man, 'Now come up here and take the bandage off your hand.' So he took the bandage off his hand and there was no abscess, it was perfectly clear. Not a single mark was on his hand.*

[35.45] *He said, "That probably was the greatest thing," he said, "that I have ever experienced in my life."*

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

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

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

[37.23] *These rare moments come in your life. They have come many times in my life. But there are times, sometimes, when the consciousness seems to be caught up by the images in the mind. You must not live in your mind, if you want to do these things, you have got to become aware. Awareness, oh, if I could only tell you what it is, but I can not. I can't explain it to you, it is beyond explanation.*

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

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

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

[39.53] *You will be benefited in many other ways by a return to creative living. You will dissolve those self-destructive emotional behaviours such as fear, jealousy etc., your vicious circles are*

broken, and you get out of the rough sea into smooth waters. There are many other ways in which you can learn to relax such as sitting in a chair, riding in a car, in a theatre etc.

[Part of book, no recording] I will deal with that method later.

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

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

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

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

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

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

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

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

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

[44.04] *The thyroid gland. It is the major gland in your body. It is the key gland for all the glands that secrete their hormones into the bloodstream, it controls them all. It is the key gland. If this gland then is affected through your muscle tension, you find that you have an impaired glandular effect throughout the whole of your system.*

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

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

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

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

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

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

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

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

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

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

[49.11] "He who has ears let him hear."

[49.20] BENEDICTION

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

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

The greatest sinner is but a sleeping Son of God.

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

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

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

Thus I have accepted Him and now I am free.

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

Amen.

M. B.

[50.39] (EPILOGUE)

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

[51.32] *(a nearly 2 minute pause) ...*

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