

Lecture 17 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 12.09.1950 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 SEVENTH STEP – THE PRACTICE OF RELAXATION IN OCCUPATION
BREAKS UP OCCUPATIONAL TENSIONS – THE MUSCLES OF THE SCALP AND
FACE**

[00.00] The seventh step – The practice of relaxation in occupation breaks up occupational tensions - Relaxing the muscles of the scalp and face

[00.17] *"Behold I stand at the door and knock. If any man hear My Voice and open the door I will come in to him and will sup with him and he with Me."* – REVELATIONS 3: 20.

[00.40] *This is a wonderful saying, because it enables us to realise the great importance of the Oneness of Life. It means that the Christ, that God, is knocking at the door of man's heart, men's minds. And if anyone opens their ear to hear, and hear the voice, and open the door, then the Christ, "will come in to him and will sup with him, and he with Me." Showing there can be no separation, none whatsoever, no seperation.*

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

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

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

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

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

[06.08] *(short pause)...*

[06.23] *O Great and Mighty Father God.*

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

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

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

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

[07.41] *Just as Jesus passed, so we feel saved.*

[07.55] *So mote it be.*

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

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

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

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

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

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

[11.07] *Think of the vicious circle.*

[11.12] *We are all prone to it, even myself. I know, because when I recognise what I am doing, I know what it means. I know perfectly well that I work too hard every day, and many of you do the same thing. And when anything happens to me, for instance, my vanity is pricked because I think that I should go on forever and ever without anything interfering at all. So my vanity is pricked. So I say that I am vain too, do not think that I am just one of those people who is above that certain amount of vanity, by no means. But when we recognise what we are doing, we are able to set about the elimination of it, and that is what we have got to do. When we find ourselves tensed, we have got to see that we can get relaxation.*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

[19.20] In this position your body will fall into its right position. You will find that the curve you had in your back will leave you. Your tired neck and shoulder muscles which you have tensed during the day will be released. Turn your head slowly from side to side, this will release the tension off the vagus nerves and free the thyroid gland which is most important.

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

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

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

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

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

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

[22.08] *Supposing now you take a breath in like this, and you take your breath in, you let it out, relax, relax, relax. Take another one, relax, relax, relax. You will find that the muscles of your chest will relax and the stitch will disappear.*

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

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

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

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

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

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

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

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

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

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

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

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

[29.17] *Learn to stand on your feet. Learn to talk on your feet.*

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

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

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

[31.20] *If then somebody "cuts in" on you and passes you. Don't rush up behind him and push him into the kerb and start a fight. You can say to yourself, "the feeble-minded people drive cars and get licences?" Why should you be affected?*

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

[32.04] Sit well back in your seat which should be in such a position that you can handle your clutch, brake and accelerator with ease. Hold the wheel easily and do not grip the wheel like a vice. When your muscles are tight you make your arms ache. Many drivers create fibrositis (3) in the neck and shoulders and back muscles when driving. *Fibrositis is brought about by tight muscles.*

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

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

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

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

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

[35.36] *Then there is the supra orbital () which comes out from here. This nerve comes out from here, comes across here and goes up over your head.*

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

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

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

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

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

[38.25] Say the word "cabbage" and your face will take on the true expression of relaxation. () **How true that is.** *You can laugh at it but it is very true. Say the word „cabbage“ and you will see how your face, how your chin and everything comes into place. Cabbage! This [...] how your face is relaxed.*

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

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

[39.46] I will close this lesson by saying to you, remember that no limitation can be placed upon you by anyone but yourself. Draw on the Infinite Life for your supply and construct in your Divine imagination. It will have to be there before it expresses itself outwardly.

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

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

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

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

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

[42.35] BENEDICTION

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

Thy sweet silence shall ever be with me.

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

So Mote it Be.

M. B.

(EPILOGUE - EPILOG)

[43.45] *Let us enter into the Sanctuary of the Silent Healing Power ...*

[43.49] *(short 1 ½ minute pause) ...*

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

[45.35] *The Font of Healing is within the Soul and when we open the gate through faith, we can plunge into the Font of Healing and there be renewed.*

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

[46.18] *We will feel this Healing Power now in ourselves, in ourselves ...*

[46.30] *(short 1 ¼ minute pause) ...*

[47.43] *Thank you.*

Footnotes:

1. Jan Christian Smuts (1870-1950). South African general, philosopher, and statesman; prime minister of the Union of South Africa 1918-24, 1939-48.
2. Arthur James, 1st Earl of Balfour (1848-1930). British Conservative statesman and philosopher; prime minister 1902-5; author of *A Defence of Philosophic Doubt* (1879).
3. *Fibrositis*. Rheumatic pain in any tissue other than bones and joints.
4. Automatic Traffic Signal (Traffic Lights).
5. *Tic Douloureux*. Also called *Trigeminal neuralgia* is a severe stabbing pain to one side of the face. It is considered one of the most painful conditions to affect people.