

Lecture 20 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 03.10.1950 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 TENTH STEP - APPLYING THE COMPLETE TECHNIQUE OF SCIENTIFIC RELAXATION

[00.00] *"If any man do His will he shall know the doctrine whether it be of God or whether I speak of myself."* – JOHN 7: 17.

[00.15] I have said many times in these lessons, take off the brakes and God will do the work. By following out the technique explained in *these lessons* you will take off the brakes and you will see for yourselves what can be done, for you will see the Will of God being done in you. *That is when we take off the brakes.*

[00.47] *The reason is this: life is always endeavouring to express itself in its own perfection.*

[00.59] *It is we ourselves that put on the brakes, preventing Life from doing her very best for us; by our anxieties, by our reactions to things external to ourselves, consequently we put on the brakes. When we take off the brakes, we find that the whole organism responds to Nature and returns to normality.*

[01.37] It is man himself who puts on the brakes and it is man himself who must take them off. God does not do that for you, but when you do take off the brakes then you will see what God will do for you. This is the attitude of mind you must have when doing these relaxation exercises and you will prove to yourselves that my words are true.

[02.08] *Just going to those relaxation exercises and just relaxing you do not get the best. What you have to do is the attitude of mind you take while doing them. If you can see clearly and distinctly that Life Itself is Perfect in Itself, it is free and natural and there is no conditions attached to It whatsoever. It built the body for its own self-expression and that Life is you.*

[02.50] *In Life, there is Consciousness and Intelligence. Consciousness the directing power, Intelligence that which fulfils the direction of the Consciousness.*

[03.04] *If you are continuously consciously aware of fear, of conditions that are preventing your perfect health; anxiety brought about by reactions to things external to the self then you will see that you put on the brakes. But immediately you take the attitude of mind that you are taking off the brakes and you realise what life can do for you, you will find the organism will respond. It is perfectly true.*

[03.48] *Often it has been found that when a person is told that they have only a certain time to live they wake up to the fact that they have never seen anything in their life. "Well, if I've got only six months to live, I'm going to live that six months."*

[04.09] *So they begin to book a trip round the world. They want to see something in their last six months. Six months gone they are still alive. They are better than they have ever been before in their lives. They have forgotten all about their trouble. They have accepted it and said, "well, if I'm going to die in six months time, I've got to have a good time before that."*

[04.40] *So they have a good time. What happens? At the end of the six months they are better than they ever were before and wake up to the fact that it is true. Why? Because they have taken off the brakes. Nature has done the work.*

[05.00] With this understanding and the technique properly applied Life will continue to grow more abundant. Not only will your mental and bodily health increase but also will your material possessions. All these are but the outward expression of your well-ordered mind through Divine reasoning and relaxation, and Life will become a blessing to you.

[05.28] *Divine reasoning and relaxation – you cannot separate one from the other. Relaxation without Divine reasoning is like a ship without the helm. Divine reasoning leads you out of your difficulties, clears the mind and makes a path so that life can clear away the debris.*

[05.57] We have clearly seen that emotional habit-patterns set up a disturbance in the cerebellum which may attack any part of the body. Fear adds coal to the fire because you do not understand what is taking place, thus a vicious circle is created.

[06.19] *When there is a disturbance in the cerebellum, this disturbance may attack any particular part of the body. In the first place, tension is the cause of it, anxiety. A mental state is transferred to the body, the body accepts this mental state and talks back to the brain.*

[06.46] *Now, when we talk back to the brain, what happens? The cerebellum then begins to accept the state that is caused in the body. And that is the cause of most of the trouble that is transferred back again to the body, and you have a vicious circle. Now your mind takes it up through fear and you increase the intensity of it.*

[07.14] There are many amateur advisers who tell you what you should do and what to take etc., they are more ignorant than yourself of the cause of your trouble. Therefore follow my instructions and you will soon see the way out of the forest into the clear again.

[07.36] *I have known amateur advisers. A person will come along, “you know, you take this and you take that.” You begin taking this and taking that and then you become sick. That is wrong, because they do not know what your trouble is, do not know the cause of it. But there is a safe and sure way of getting out of your trouble, and it is this way.*

[08.07] *I have had forty years experience among the people and in forty years I think I have seen nearly every disease in the world. I have seen the most difficult cases, all the incurables have passed through my hands. That forty years experience has given me a method and applying that method enables you to overcome your difficulties and you follow it out and you will find how true it is.*

[08.45] **The first step** in scientific relaxation is to have a couch, soft yet firm, to lie upon. Take off all tight clothes. Lie down, place one pillow under your head, pull the ends forward so that it tucks well under the neck. Place another pillow under your knees, this takes the strain or pull from leg muscles. Spread your legs to 30 degrees so that the outside of the calf takes the weight.

[09.20] Lay your arms by your side, hands resting on the groin or over the stomach, whatever suits best. Relax your lower jaw, close your lips, breathe through your nose and close your eyes.

[09.39] Now take the tension off your legs and arms, repeat “Legs relax, arms relax.” Talk to your arms and legs, they will send messages to your cerebellum which will then begin to let go of the habit-pattern. After you have relaxed your legs and arms repeat sixty times, “Divine peace fills me.” There is a mechanism created perfect within you and it will soon begin to work properly.

[10.14] *I am telling you of the most wonderful thing that can happen to you by this method. If you have not tried what I have told you, try it out now.*

[10.28] *This is a summary of the whole thing and I want you to see it clearly. Now, when you relax the way I have told you, you begin to say to your limbs “relax, relax.” You will feel them relaxing, it is a message*

that is sent to the limbs, the muscles of the limbs let go of their tension. The reflex action is then carried back to the brain. Relaxation takes place in the brain. That continues backwards and forwards, until the whole of your body is relaxed. Tension has disappeared and with the tension disappearing, so does the habit-patterns.

[11.16] *It is very simple and clear. "Divine Peace fills me." There is a mechanism created perfect within you and it will soon begin to work properly. Life takes up the work.*

[11.36] When you relax your arms and legs the rest of the body relaxes more easily, you have taken the first step to break up the habit-pattern and as each successive step is taken, natural forces will begin to work through your brain and body and your mind will begin to clear as it becomes freed from a chain of negative thought feelings, while the cerebellum sends messages out to the blood vessels, intestines, stomach, lungs, kidneys etc., releasing the tensions created there.

[12.19] *What a wonderful thing it is, to think that immediately you set in motion this whole perfect system, the remainder of your body begins to relax. Through your brain and body, your mind will begin to clear as it becomes free from a chain of negative thought feelings, those negative thought feelings that are sent to your brain from your body.*

[12.56] *Then the cerebellum naturally sends messages out to the blood vessels, to release the tension. You lose your high blood pressure and your intestines lose their gripping sensations. The mucous colitis begins to disappear. Your lungs begin to clear and the muscles of the chest are freed. The kidneys are no longer stagnant, but freed also. Tensions begin to leave the body and the organs.*

[13.38] Relaxation is the finest form of suggestion. Strong and violent suggestions should be avoided for they often produce the opposite.

[13.49] *Because when you bring up an idea of health or something, what happens to you then? Up pops the idea of ill-health. The more you try to hang on to the idea of health, the more the idea of ill-health tries to combat it.*

[14.14] *Relaxation then, is a smooth way of overcoming this, what we call, reverse effort. The reverse effort you get through what we call, strong and violent suggestions.*

[14.33] In **the second step** the muscles of the chest are relaxed through breathing. To get the idea of the proper relaxing breath, place your tongue in the roof of your mouth and turn it back into the throat, this causes the throat and bronchial tubes to open and you breathe behind the nose. Read what I have said about this important exercise in Lesson 2.

[Part of book, no recording] When you have found the right way to breathe place the tongue on the floor of the mouth and relax the jaw, no strain must be felt on the tongue.

[15.04] *Before you can know how to breathe properly, you must feel the opening of the channels here, behind the face. You must feel the opening of the tubes leading into the lungs. You can only do that by putting the tongue to the roof of your mouth and turning it back into your throat. As you do that, you are forced to breathe high up through those channels here behind the nose, from the top of the nose. It causes the bronchial tubes to open and you breathe easily.*

[15.49] *After you find the proper way to breathe, bring your tongue back again and lay it on the floor of your mouth, relaxed easily, then continue to breathe with these tubes open. You will find that the breath will begin in the abdomen. The abdomen will extend and the rest of the chest will rise, extend naturally.*

[16.23] Now breathe gently allowing the abdomen to extend naturally, then the chest expands automatically. As you exhale quietly say to your chest muscles, "Relax, relax." Say to yourself,

“Breath is Life, I and the Father are one.” This must not be said as an affirmation but with understanding of what it means for Divine reasoning is the twin pillar with relaxation.

[17.07] So as your chest muscles begin to relax, all the tension disappears. I had a woman today, for the first time. She could not walk more than a few yards, when she was completely out of breath and had to stop.

[17.26] When I examined her, I found that all these muscles here were tight. The diaphragm was not moving. Instead of breathing properly, she was raising up her chest to try and get a breath, consequently this muscular action was closing in the chest instead of allowing it to expand. The most marvellous thing was this: that immediately I relaxed the muscles with my fingers, I showed her how to breathe and as she breathed naturally, she breathed well. All the old tightness had passed away and then all of a sudden, at once, this woman could breathe and walk without any difficulty. The heart was jammed because these muscles were tight and compressed.

[18.34] So it is no use unless you understand the mechanism, and I am showing you this mechanism that will take place. It will actually do its work.

[18.49] We do not escape by affirming or denying, only the Truth will set us free. Our conscious reasoning is carried to the subconscious and helps us to break up the habit-pattern created in the mind and body. Affirmations are but a form of self-hypnosis and you are already suffering from this through your habit-patterns.

[19.23] So why add to them, by affirmations. If you do not understand the meaning of an affirmation, you do not understand the mechanism that takes place, the mechanism that works, then how are you going to get rid of your trouble? And the more affirmations you make, the more difficult it is for you to overcome your trouble.

[19.54] About a week ago. A man came to me, and he said, “I seem to be getting worse and worse. “Yet,” he said, “I make all these affirmations.”

[20.07] So I said to him, “Now, if you stop making those affirmations, you’ll get well.” So I explained to him what he was doing. I said, “do you understand what’s happening to you when you say these affirmations?” I said, “don’t you feel that when you say these affirmations, that the very opposite rises up in its place?”

[20.30] He said, “yes, that’s true.”

[20.33] “Well, don’t you see you’re intensifying your troubles?” So after he saw the whole thing, he knew perfectly well he was on the wrong track.

[20.46] Yet there are stupid people who begin to tell you that these affirmations are the best thing you can do. You start early in the morning and you finish up before you go to sleep at night, and all your mind is filled with these affirmations. An affirmation for ten o’clock, an affirmation for eleven, an affirmation for twelve, and one for one, and for two, and for three.

[21.15] Don’t you see that it is understanding you need and not affirmations? So we do not escape by affirming or denying, only the Truth will us free.

[21.29] Our conscious reasoning is carried to the subconscious and helps to break up the habit-patterns created in the mind and body. Affirmations are but a form of self-hypnosis and you are already suffering from this through your habit-patterns.

[21.47] The third step is to release these conflicts in the mind through free association. You repeat to yourself whatever comes into your mind letting one word or event suggest another. You must not inhibit your thoughts by comparisons of right or wrong nor must you analyse them at present.

The exercise is to free the mind of all suppressed thoughts, good or bad, by quietly and impersonally discerning them as they flow out.

[22.33] *You discern what is in your mind.*

[22.40] *Immediately you begin to say "right" or "wrong" then you stop the flow. There is no longer any, what we call, free association. You have to look at these things as you would view a picture screen with all the pictures passing along. Then you would know what is in your mind. You release the pressure of these things; the things you have suppressed, the things you have feared will rise to the surface. You don't stop them by becoming emotional about them, you allow them to fall out and you will find they will free you – from conflicts.*

[23.36] For instance if a swear word rises don't be afraid to let it out, it won't hurt you, you have suppressed it *long enough* and it is doing you more harm in that condition than when you let it out.

[Part of book, no recording] I have found that when parsons and preachers let go their suppressed words and ideas they feel freed from an inhibition that dogged them all their lives.

[23.55] *Jesus said, in other words, "It is what you hold in the mind that counts." So I have found; those people who really believe in ethics, who are subject all their lives to ethics, who have been suppressed in their infancy through fear. These suppressed ideas cause all the trouble and when you free them you will find these inhibitions that dogged you all your lives, will disappear.*

[24.36] *These things are relative things, they cannot harm the Spirit. The Spirit is Perfect and cannot be affected by anything. Nothing can destroy the Spirit, that which is analysing.*

[24.53] *So you must realise this, you must realise the Perfect, which is Itself, Untarnished, Indestructible and Free, watching all these relative things as they pass along. The things you thought were evil, the things you thought were good, these are our relative things and that is the relative world that you are looking at. You are looking at your relative thoughts.*

[25.29] *If you become afraid of a thought, if that thought gives you a sensation of fear, then you are caught up in the thought and you are no longer free.*

[25.42] *But if you know in yourselves to be, to be, mind you, the Reality Itself, knowing yourself to be the Reality Itself. Not that you can know what that Reality is, because you cannot define your consciousness. You cannot define that which is Reality within you, you cannot define that which is analysing. Nor can you analyse that which is analysing. But you can analyse all that is relative and you can see all that is relative. Then you will separate yourself from it and you will find freedom. But if you are caught up in the relative, then you are caught up there and you are bound. It is the same old story over and over again.*

[26.44] *I am putting to you in simple words more than you can ever read in any books on psycho-analysis. Because to a great extent, psycho-analysis does not free you. It only makes you worse sometimes by looking at the things that you are afraid of; without knowing that these things are relative, without knowing that you yourselves are real, therefore have no power over you. Then you let them pass, as a flock of birds flow across a windless sky, leaving no trace.*

[27.34] What must be done is to view your mental make-up as you would look impersonally upon a film on the screen. **You tell on yourself.** Don't be afraid of the things you did or did not do or should have done. It is the suppression of these that causes habitpatterns. Then free them by consciously looking at them free from comparisons. It is in this way you overcome your repression and suppression. Read Lesson 3 *again* and gain a fuller understanding of this most vital part of the technique.

[Part of book, no recording] You, the real you will see all these relative, therefore they have no power over you except when you are ignorant of this fact.

[28.20] A change in your mental attitude will cause a change in your physical health. It is the Christ in you that knows error from Truth and knows how to separate one from the other. The Christ in you is the wisdom of God and is able to see clearly that error is not of God but the creation of man's own mind. Therefore you are able to *dispose* with it by looking at it boldly, knowing that it has no power of its own, the only power it has you give it by fearing it, by suppressing or repressing it.

[29.09] *How true those words are.*

[29.13] *And if Jesus were here again, he would say, "resist not evil, it has no power over you." Immediately you resist it, it has power. Know it for what it is.*

[29.33] **The fourth step** is to relax the muscles of the back. This step is a very important one when we realise how our back muscles *cover* the ganglionic mass of nerve tissue which runs down each side of the spine. From these numerous fibres branches lead out to the organs of the body and blood vessels.

[29.59] When the back muscles are tensed they press on these nerves and inhibit the flow of the Life Force. This prevents the proper function of the organs. In many cases these muscles become so tense as to create fibrositis; sciatica and cramp in the legs are also often the result of tensed back muscles.

[30.28] *Yes, a lady came to me today, she had been away in Durban for six months or more. When she came to me, she was over like this, down on one side and with pain. I showed her exactly what was wrong with her. I said, "now, don't you see, I'll show you. These muscles on this side are contracted. They are pulling you down on one side and they're twisting your spine. What I have got to do is to relax all those muscles in your back, so that the muscles become relaxed and you will find that you will walk straight.""*

[31.11] *So I started working on the muscles from the top of the neck, down and down and down until I released all the tension on the muscles on that side. At first, they were as hard as this table and shortly they became quite soft. I said, "now, relax." Say to your own back muscles, "relax, relax," When she got up, she had no pain and she was as straight as you or me.*

[31.51] *What would happen in the ordinary way with this? You would get an injection for that and that would make you worse. Then they would put you on the rack and try and pull you up, that would make you worse still. They give you electrical treatment, that would cause the muscle spasm to become stronger and you still would be worse still.*

[32.18] *Good God, I say, where has all the commonsense gone to in this world? I do not know, but it has gone. Commonsense was nothing more but to release the tension off that muscle, to take the tension off and release the strain on the spine, in a few minutes it was done. She had been all over the place, here and there and everywhere else, having all this done to her. She only escaped by a hairs breadth, of going into the hospital and having an operation. I do not know I say, where the commonsense has disappeared.*

[33.12] *Everything has become too scientific as far as peoples bodies are concerned. We have invented too many drugs for this and that. They are injected into people and they do not even know the constituents of the drug. They do not know anything at all about it. They read a book and they say such and such is the cause, this drug will do for that, that is the injection for this, and who is making the money out of it? Those big drug companies who are wealthy and making millions of pounds out of a drug that costs probably a halfpenny to procure, but it costs you about two pounds ten shillings to get.*

[34.03] *This system will release you of all those conditions freely because they allow Life to do the work! "Take off the brakes and God will do the work."*

[34.21] *Relaxing the back muscles requires practice. You can not do it just on one trial. If you think that you have mastered it with one trial and if you have not mastered it with one trial, you give it up. I say, "well, you're stupid." The fact is, this that the relaxing of the muscles of the back requires continuous practice. You must talk to your back muscles as you do to your legs and arms, and feel the tension leaving. Relaxation of the back muscles readily breaks up habit-patterns which affect the viscera, all the organs in the stomach. These muscles are easily taught through verbalisation, talking quietly to them, enticing them to relax.*

[35.17] *When you are lying in that relaxed state, you say, "relax, relax, back muscles relax, relax," quietly. You don't try to relax, the more you try to relax, the more tension you create, you create the "reverse effort." Lie quietly, "relax, relax, relax." Now, let me see how easy it is to make you relax. For instance, you are sitting there now, I will say to you now, "limbs relax, relax, relax; arms relax, relax; back relax, relax." Don't you feel your whole body relaxing? Almost going to sleep, it would be exactly the same. There it is, simple and easy.*

[36.38] *You do exactly to yourself as I did to you at this moment. There is nothing in it, it is simple, it is real, it is commonsense, it is scientific. The most scientific thing that you have ever known in your lives.*

[37.03] **In the fifth step** we learn to relax during sleep. This will do more to regain your health than all the medicines in the world. Read Lesson 5 carefully as there is a lot of useful information about sleep and how to obtain that natural health-giving remedy.

[37.25] Be sure that your neck muscles are relaxed for tension here prevents proper health-giving sleep and also inhibits the regeneration of the organs of the viscera. These important nerves, the pneumogastric or phrenic nerves which lead into the thoracic and abdominal area pass under the neck muscles. Therefore you can realise how important it is to relax the neck muscles, *before you go to sleep at night.*

[38.03] The main thing to watch is that the neck does not make a bridge between the head and the shoulders causing unconscious tension. The neck must be snug as shown in step one. Move your head slowly easily from side to side, tell your neck muscles to let go, let go, *let go.*

[38.30] When you find your body is relaxed then turn your mind over to the Universe, engage in a few minutes Divine reasoning, then pass off to sleep repeating, several times, "Relax all night through."

[38.50] *What a wonderful thing it is to engage in Divine reasoning before you sleep. The last thoughts before you sleep are the ruling thoughts through the whole of the night. You will disperse with all dreams. Some people have nightmares, you can disperse with all this by doing this easy natural thing.*

[39.25] **In the sixth step** we get a clear view of how to free the mind. A free mind is one in which there are no opposites, no divisions, no separation, no bias, no prejudices, no antagonisms.

[39.42] *Now, I ask you, "is your mind free"? Can you say now that there is no opposites in your mind, no division, no separation, no bias, no prejudices, no antagonisms?*

[40.02] *Then when you discern these things in your mind, you will know whether you are free or not. Begin to get rid of them as soon as you possibly can.*

[40.14] The mind must be pliable to be free. When ideas become fixed in a rigid mind, that mind is truly ignorant. Paul says in I Corinthians, Chapter 13: verses 8 and 9, "Love never disappears. As

for prophesying, it will be superseded; as for 'tongues' they will cease; as for knowledge, it will be superseded. For we only know bit by bit; but when the perfect comes, the imperfect will be superseded." *It will disappear.*

[40.58] *You do not destroy the imperfect because there is no such thing. You can not destroy something that does not exist, it only exists in your own mind. Therefore it just fades away as an error disappears in a sum, when it is corrected.*

[41.25] It is said that the eye is the window of the soul, when the soul is tense so is the eye tense and the body follows suit. To relax the eye muscles you must relax the mind and body.

[41.40] There are six muscles that turn the eye from side to side and up and down etc., there are other finer muscles that contract and expand the iris. The majority of people seldom use the eye muscles properly. They either stare making the muscles rigid or fail to move them when looking from side to side or up and down, they turn the head instead.

[42.09] *I know very well how to deal with eyes because I have gone through that process myself. A very difficult process in my life and I searched and searched before I found the way to relax the muscles of the eye. When you think I have just got one eye and do all the work I do, and that eye was injured badly, the sight almost destroyed, yet I can relax those muscles of the eye and begin to read. So the oculist says to me, "you must read with glasses."*

[43.00] *I said, "no! I can read without glasses."*

[43.05] *And I find this, that if I relax the muscles of my eyes, the sight comes back, the tension disappears. I am not going to say that I am always successful in getting perfect relaxation of the eye, because it is a most difficult thing, but practice makes you perfect.*

[43.33] The best way to relax the eyes is to sit at a table with the elbows on a cushion, the palms of the hands over the eyes, feel as if the eyes are falling into the palms of your hands. This must be done while the body is also relaxed.

[43.50] A great strain is put upon the eye muscles when you try to read too much at one time. Macula vision exercises is the way to counteract this. Take each letter in a word and move the eyes over it up and down, in and out. The focus must move around the smallest point. Then read each word separately, and you will find how this rests the eyes. While at work you can cure your eye strain by using your eyes properly. Read Lesson 6 about eye exercises.

[44.30] In **the seventh step** we see how we can regain our health by relaxing at work and play.

[44.39] If you are in an office don't twist your legs around your chair or sit in an awkward position. Find the easiest and most relaxed way to sit. If writing hold your pen lightly and the muscles of your arm easy. Some people write with a hand cramped up and the muscles of the arm so tense that they get writer's cramp.

[45.05] *Writer's cramp is nothing more than the tightening of the hand when writing. Tenseness of the mind is transferred to the tenseness of the hand when writing something. If a person says, "I'll write this fellow a letter," so he gets his mind to it and begins to write. What has happened to his hand while he is doing it, what has happened to his arm, he is creating a habit-pattern.*

[45.40] Relax at the theatre, the football game etc. Take the tension off. **Learn to see with your mind!** and not with your neck muscles, your back muscles, your eye muscles and your chest muscles. You are wasting energy and creating tension. Relax when you have difficulties in work or play, your brain will work better and you will know better what to do.

[Part of book, no recording] Relax while in conversation with others it will take away all that self-conscious feeling. When you are perfectly relaxed there is no self-consciousness. Read Lesson 7 on this subject, it is of great importance in your daily living.

[46.08] *If you have a difficult problem – relax.*

[46.13] *I know a man, one of the very big businessmen in Johannesburg. He comes regularly for his relaxation every week. He has taught himself this, immediately he finds a very difficult problem, he leaves it alone, he has a couch there and he lies down for a minute and relaxes completely. He comes up, deals with the problem and it is finished in no time.*

[46.43] *I know another person who is chairman of a big organisation. In the way he works, he does not allow decisions to carry over to the next meeting. He has all the details ready, all explanations ready, and he puts them forward and the discussions are led into a decision, not away from decisions.*

[47.11] *It is very galling to an individual who knows, to find one meeting after another coming along without any decisions taken. The time is wasted. If the chairman knows exactly what he is doing, what happens? He directs the minds of his directors along a particular line which he knows is right, he gets decisions straight away. It is not allowed over to the next meeting, and then he gets on with the next, and the next. And in the whole period, the whole thing is cleared, and business goes on.*

[47.54] *The most wonderful thing in the world is to know to get decisions. Decisions must come through intelligent thinking.*

[48.06] *I am of an organisation that is a Scots organisation. I find then, when we start a meeting they get off on to some subject that is entirely out of the line of action altogether. I say "now," to the chap who starts this argument, "don't bother about that thing just now, we haven't got time to finish what we have here, leave that to some other time and we will deal with it." Immediately they shut up there is no longer any talk about it, so we get on with one item after another. And I know this, that if I allowed them to ramble on, those Scots fellows, they would have an argument all night through and nobody would be able to do any work at all.*

[49.02] *Therefore, the thing is make decisions. Know what the decision is going to be and direct the others towards it. See that you are right. If you know that you are right, look into your mind now and see what thoughts you have in regard to it.*

[49.24] *We had a course in Johannesburg, what we call "voice personality." The people did not really know the benefit they were going to get from this course. They were not really interested in "voice personality." But it is the greatest course in the world.*

[49.43] *When I was in America I gave that course about "voice personality." Do you know there were over a thousand people at that course in America and they wanted more and more. They were keen on how to express themselves. Voice personality is a wonderful thing.*

[50.08] Relaxing the scalp and face muscles is also detailed in Lesson 7. This is very important in relieving headaches. The great occipital nerve, the trigeminal nerve and supra-orbital nerves, these come out from the skull and spread over the cranium are often pressed by tight scalp and facial muscles. Read what I say in Lesson 7 about the way to clear up these troubles.

[50.42] In **the eighth step** we learn how to use up lactic acid to counteract the acids created by emotional habit-patterns. Here is the exercise that will do all this and more. I call it relaxed tension exercises.

[Part of book, no recording] Relax your mind and body. Lie in this state for sixty seconds, then tense your body by stretching your hands out to reach your toes for five to ten seconds, not more, then relax again for sixty seconds, do this five times.

[50.58] *You will read about it then in Lesson eight, what I have told you about this wonderful exercise, "relaxed tension."*

[51.09] This simple exercise has a tremendous effect. It will charge you with vitality mentally and physically. Your brain will clear and your pains will disappear. You virtually squeeze the poisons out of the tissue and at the same time you create lactic acid to heal the nerves.

[51.29] In **the ninth step** we see how to soothe the nerves, thus inducing perfect relaxation, which breaks up these habit-patterns that cause all our troubles and the pleasant external action has the effect of soothing or stimulating the mind.

[51.49] *(Recording cuts off at this point)*

[Part of book, no recording] Stroking the back is a lovely sensation. It may seem simple but the simplicity of it should not prevent you from using it. It has the wonderful effect of soothing the nerves of the spine and body generally as well as soothing the mind. Stroking also turns the "don't do" cells into "yes do" cells in the brain and nervous system.

[Part of book, no recording] Music has also a tremendous effect upon the mind and body and has great curative powers. Relax in your favourite armchair and listen to your chosen records. Allow the music to flow over and through you, the effect is marvellous when done this way. It suggests to the mind, brain and body a harmonising quality that cannot be obtained any other way, it is truly therapeutic.

[Part of book, no recording] Read also what I have said about relaxing the vocal organs in Lesson 9. Your voice personality is important to you in your daily contacts. Your figure and bearing may be delightful but your voice may spoil it all. Voice personality is one of the main steps in successful living.

[Part of book, no recording] Thought produced in the mind of God and thought produced in the mind of man only differ in the degree as a drop is to the ocean, the action is the same. While God produces a world, a man in the material form, so does man produce his own conditions in the same substance. This Law is inherent and is within all and we find by experience the Truth of this in our daily living.

[Part of book, no recording] "Now we have received the Spirit, not the spirit of the world but the Spirit that comes from God that we may understand what God has bestowed upon us." I Corinthians 2: 12.

[Part of book, no recording] When we have broken up all our habit-patterns, when we have taken off the brakes, so shall God produce in us that which the multitude call miracles. I of myself am nothing, it is the Spirit of the Father that doeth all these things.

BENEDICTION

O Mother of Mine, beyond time and space, Thou hast created me in finite form the image of Thy Infinity.

Thy Spirit invisible took shape and I came into "Being."

Thy all protecting Heart throbs in my heart, within my breast in the form of Love.

While Thy Omnipresent Infinity I fail to comprehend, yet Thou hast drawn aside the veil of mystery revealing Thy glory to me.

And Thou hast told me that which is Thine is also mine.

And now, O Mother of Mine, I am at peace with all Thy creation.

M. B.