

**HOW TO RELAX
AND
REVITALISE
YOURSELF
(EXPANDED DEFINITIVE EDITION)**

**By
MURDO MACDONALD-BAYNE
M.C, Ph.D., D.D.**

MYSTICA
PUBLICATIONS LTD

Other Paperback titles by Murdo MacDonald-Bayne

BEYOND THE HIMALAYAS
THE YOGA OF THE CHRIST
(SEQUEL TO BEYOND THE HIMALAYAS)

BEYOND THE HIMALAYAS/THE YOGA OF THE CHRIST
(SPECIAL ONE VOLUME EDITION)

YOUR LIFE RENEWED EVERY DAY:
EXPANDED REVISED EDITION

*(A BOOK OF 366 OF MURDO'S BENEDICTIONS)**

SANCTUARY OF THE SILENT HEALING POWER
*(THE MONTHLY NEWSLETTERS 1947-1955)**

THE HIGHER POWER YOU CAN USE:
*(WITH COMMENTARY)**

I AM THE LIFE

HEAL YOURSELF

SPIRITUAL AND MENTAL HEALING

WHAT IS MINE IS THINE
(PARTS I & II IN ONE VOLUME)

COSMIC CONSCIOUSNESS: YOUR SILENT PARTNER
*(LECTURE NOTES 1947-48)**

DIVINE HEALING OF MIND AND BODY
(THE MASTER SPEAKS AGAIN THROUGH A SERIES OF LECTURES)

LIFE EVERLASTING: 2ND REVISED EDITION
*(LECTURE NOTES 1948-49)**

DEVELOPING YOUR FAITH
*(LECTURE NOTES 1949-50)**

HOW TO RELAX AND REVITALISE YOURSELF:
EXPANDED DEFINITIVE EDITION
*(LECTURE NOTES 1950)**

LIFE MORE ABUNDANT
*(LECTURE NOTES 1951)**

THE WORD OF CREATION
*(LECTURE NOTES 1952, PART 1)**

THE SECRETS OF THE SCIENCE OF LIFE
*(LECTURE NOTES 1952, PART 2)**

WISDOM IS THE FOUNTAIN OF LIFE
*(LECTURE NOTES 1953)**

THE SPRING OF LIVING WATER
*(LECTURE NOTES 1954)**

* POSTHUMOUS PUBLICATIONS

For a complete catalogue of our titles contact:

MYSTICA PUBLICATIONS LTD
P.O. BOX 13-581
CHRISTCHURCH
NEW ZEALAND

www.mystica.co.nz

Original title “*How to Relax & Revitalise Yourself*”

First published in the United Kingdom

in 1952 by L.N. Fowler & Co. Ltd.

First Mystica Edition of original title 2002.

New Revised & Expanded

Definitive Paperback Edition

2008 by MYSTICA PUBLICATIONS LTD

2nd printing 2009

ISBN 978-0-9582774-2-6

MYSTICA

PUBLICATIONS LTD

P.O. BOX 13-581 CHRISTCHURCH

NEW ZEALAND

PUBLISHERS PREFACE

A great portion of these lectures have not been made public in printed form since they were originally given out in South Africa by Dr. Murdo MacDonald-Bayne between late 1945 to mid 1954.

Murdo was very specific about how his material was to be released. His lectures, given in serial form, followed the ancient method of teaching or transmission of knowledge from master to disciple, a method used by both Western and Eastern Mystical traditions. The format was one of a spiral system, always returning to a subject or point, but each time revealing a bit more and advancing to another level in awareness. Murdo stressed repetition of re-reading his books or lectures to his students. He stated, “the style adopted in these Lectures is intentional and the repetitions are deliberate. The double object is to convey the Truth to the mind. It is through this unique form of wording and of repetition that the student is able to grasp the reality that is invisible and which is the basis of the visible. When we understand the invisible we are more able to understand the visible. . . . I trust that you will progress through these Lectures diligently, quietly and slowly. Repeat the process as often as you can. The more often one reads, the more one begins to understand.”

It is therefore to be noted that these Lecture Notes only formed the basis for Dr. Murdo MacDonald-Bayne’s talks from which he gave further explanation on the actual night. The Lectures Notes even on their own are still very inspirational and full of wisdom. With the advent of the sound recordings it is then possible that we are able to present the full lectures as given by this great teacher.

PUBLISHERS NOTES ON
“*HOW TO RELAX AND REVITALISE YOURSELF*”
(*EXPANDED DEFINITIVE EDITION*)

The following lectures were given in Pretoria, South Africa, between 11th April and 19th December 1950. (The same also being given earlier in Johannesburg between 2nd February and 5th October 1950.). The Lecture Notes which were given out prior to the nightly lectures were later subsequently released in full with some minor changes as the book known today as “*How to Relax and Revitalise Yourself*.” A full account of these lectures combining the Lecture Notes and a transcription into text of the 26 known sound recordings have never been made public until now. This edition is now the definitive version of the full inner course as given by Murdo to his South Africa students.

NOTES ON THE RECORDED LECTURES

Included in this book are verbatim transcriptions into text taken from the known 26 original ‘wire’ sound recordings from the Pretoria lecture series. Except for 3 very poor recordings, they are of good quality. Each recording has been edited to remove the residual noise to a level that does not interfere with the vocal. Extraneous noise such as coughing, hall, traffic noise, and Murdo’s long pauses have been removed. Wire breaks and undecipherable speech, announcements and talk errors have also been removed to avoid confusion. These definitive recordings retain the core inner teaching as given in his closed sessions, in South Africa, and are not made for purists but for the sincere students of Murdo’s teachings today and the future (MMB 4007-32).

MURDO’S BIBLICAL REFERENCES

Besides the standard King James Version, Murdo often quoted from another source, Moffatt:

“A New Translation of the Bible containing the Old and New Testaments.” James Moffat (translator), revised, 1935. Harper & Brothers, New York, 1935.

ACKNOWLEDGMENTS

This volume could not have been put together without the assistance of: Clothide Scheffer, Corrie & Margaret Straub, Paul Straub, Harry E. Knowles, Louise Wade and David & Daisy White all of South Africa. Also thanks go to Bruce Hogarth of Christchurch, New Zealand for his assistance with the sound recordings.

CONTENTS

Lecture		Page
	(1950) (<i>Pretoria Series</i>)	
1	<i>Quality in Personality*</i>	9
2	The True Torch of Progress in our Human Relations	17
3	Desire is a Living Force when used with Understanding	33
4	The Subtle Power of Emotion	49
5	Mine your Mind and Gain your Freedom	65
6	<i>Thought, Emotion and Sensation*</i>	81
7	Are we Hypnotised by our Emotions?	87
8	If we are Hypnotised by our Emotions how can we be De-Hypnotised?	105
9	Unearth your Emotional Habit-Patterns.. .. .	119
10	“The Wise shall inherit Glory”	135
1	The 1st Step towards Divine Power	151
2	<i>The 2nd Step—Taking off the Brakes*</i>	167
3	The 3rd Step—Reviewing your Mental Make-up ..	173
4	The 4th Step—The Transforming Power of the Breath	189
5	The 5th Step—The Rejuvenating Power of Relaxation while you sleep	205
6	The 6th Step—The part the mind plays in Relaxation	221
7	The 7th Step—The practice of Relaxation in occupation breaks up occupational tensions	237
8	The 8th Step—Conflict the cause of misbehaviour	249
9	The 9th Step—Changing the “Don’t Do” Cells into “Yes Do” Cells in the brain	263
10	The 10th Step—Applying the complete technique of Scientific Relaxation	279

1	Death and Life are in the Power of the Tongue ..	297
2	“Whatsoever I have done unto the least of them so have I done unto Thee”	313
3	“He shall call upon Me and I will answer Him” ..	325
4	Occupational Therapy in its finest form”	341
5	Occupational Therapy means action now and in the Right Direction	357
6	Jesus taught modern Medicine and Occupational Therapy	373
7	In our Daily Living we feel Separation because we fail to Co-Operate	389
8	“The Infinite has made me to Be”	405
9	“Awake them that Sleepth, arise from the Dead” ..	421
10	<i>The Key—How to Use your Mind to solve your Problems*</i>	439
	Glossary of Medical Terms	445

Diagrams:

1	Brain	16
2	Nervous Systems	64
3	Thousand-Petalled Lotus	104
4	Cranial Nerves	166
5	Motor and Sensory parts of the Brain	188
6	Major Head Nerves	236
7	Universal Mind	438

* No original wire sound recordings of these four lectures currently exists.

QUALITY IN THE PERSONALITY

I have now had nearly forty years' experience in healing and helping people all over the world. It is with this background of experience that these lessons are given. To give a practical and sure way to eliminate all nervous tensions and inhibitions that strangle the physical organism and blunt the mind-heart.

While relaxation of itself is of great value to the recovery of nervous disorders, and even organic conditions, the key that opens the mind-heart to the healing power within is DIVINE REASONING. Never has the world been in such chaos as it is today and never before has the world needed Divine Reasoning as much as it does today. Without this pillar of wisdom and understanding there is no direction given to the soul, with the result that conflict and misery remain in the individual. This most necessary and enlightening knowledge is explained side by side with the art of relaxation in these lessons.

Dr. Fink's book* on relaxation is a masterly exposition on this subject and I have taken the liberty of quoting a few of his remarks in this work of mine.

I hope you will enjoy and benefit from these lessons in book form *How to Relax and Revitalise Yourself* as much as I have enjoyed giving them.

What we need most in the world today and especially for ourselves is an understanding of the operation of the inner laws which are easy to apply. We need a practical working knowledge, not only a philosophy of life.

The solution of every problem lies in understanding and applying a method which combines all the human elements with all that we consider superhuman. Most people have separated these two with two different natures, one operating against us, the other

* See page 15

HOW TO RELAX AND REVITALISE YOURSELF

operating for us. But the fact is that human and superhuman are not separate agencies but both are the expression of the one Force, call it what you like, it does not matter, to name it does not alter the effect of its action.

Man is a combination of Spiritual and Physical or mental and material. These two are but two different manifestations of the same thing and successful results can only be obtained when these two operate together for they cannot be disentangled. The Creator and the created are one, so what we see and feel is Spirit made manifest.

The majority of people put this Creator outside themselves something apart, therefore making Him separate and distinct, by doing so they have lost that power to co-ordinate all things. Whatever occurs in our lives is the result of the ignorant use or conscious use of that creative power which is our "Reality," our power to think and create.

The great mistake we make is that we do not apply ourselves scientifically to the problems before us, we either weaken ourselves or strengthen ourselves by our thought and action according to our degree of understanding.

There is a new understanding forcing itself through into the consciousness of man and all that was weakening and destructive to mankind will give birth to a new consciousness that will reveal the constructive value of all things.

This is the challenge to man's creative ability, which will guide him in directing his Divine wisdom, power and love and arouse his dominant potentialities to a height yet unknown in human history.

In the past we have been blind and have accepted what was erroneous with the result that we have failed to understand how to solve our problems, yet this conscious awareness of our creative force would lift us into greater and greater heights of which we have not yet dared dream. But with this new understanding and our individual effort we will become a civilisation which, in all its details, will surpass even our most exaggerated imagination.

QUALITY IN THE PERSONALITY

Now everyone wants to have satisfaction in Life, but their satisfaction does not come from the acquisition of material things for when these are gained there is still that vacuum, that feeling of inward poverty that can never be satisfied from without.

Self-aggrandisement comes from a feeling of inferiority. It is a means of escape while the escape is always frustrated. When we know what we are trying to escape from and the means we are applying then we will get a better understanding of ourselves.

Everyone wants to develop a personality that attracts confidence, love and success. But this is so illusive in its nature that few ever attain the quality that is so essential to create such a personality.

It is the “quality” in the individual that attracts these things and without this quality there is no attractive power.

It is obvious to those who sincerely wish to acquire this quality that they should seize every opportunity to increase their consciousness of their mental and spiritual power and intelligently use it. By aspiring to such heights we become more useful to others. The main thing is to know how to acquire this quality.

Great men and women in the world have been pointed out as examples yet we can only be great when we are true to ourselves and not the copy of another. What is necessary is to apply ourselves scientifically so that the natural law behind the individual will manifest the quality according to the special assignment given to the individual by the Creator Who is virtually expressing Himself through the individual. We must then release the Absolute Power in us to do its own work.

First of all we must become aware of this quality and observe its action by discerning carefully our own thoughts and actions and we will observe very soon whether this quality is developing in us. The attractive power of this quality is in every individual yet it only becomes evident through natural law.

First of all I will try and give you some idea of the action of this quality.

When you come in contact with this quality in a person there is a sense of rest a feeling of peace and ease. There is nothing that makes you afraid, there is a mental telepathic action that gives you confidence yet you are unaware of how it comes about.

HOW TO RELAX AND REVITALISE YOURSELF

You will notice first of all that this person is not nervous, there is no aggressiveness nor pomp nor falseness about him or her, there is a natural easy manner, you recognise a hidden strength although you cannot localise it, yet you feel this powerful influence, this hidden force that is affecting you.

You feel at home in this presence and this gives you confidence. You are never really the same after this contact, for you have acquired something yet you do not know what it is and you desire more and more to get the secret behind it all.

There is always a fascination about a person that is calm and powerful. This is a quality that is seldom met with in the ordinary everyday world. If you look into his eye he holds you with a kindness and love that attracts you. You know that this person is your friend and will always be your friend no matter what you do.

This sets up a definite reaction in you and this is “quality.” He looks always on the right side of things and not the wrong side. He fills you with confidence because of his own understanding of the law of action and reaction. His faith is in the Absolute in Whom he lives and has his being, therefore his message to you is one of hope and courage and he helps you to help yourself through your own understanding.

He knows that hate, envy, malice and all such things destroy this quality, therefore he radiates Love only to all and mends his own business. He does not meddle in your affairs, he is too wise for that.

He understands what is driving you to despair for he himself was once without this quality of poise, peace and power. Now all these things leave him undisturbed, so he shows you the way. His peace comes from within and he shows you how to acquire it. Yes, he is like the ocean which receives all streams and rivers yet the ocean’s mighty calm is unmoved. There is that inner confidence that nothing can shake.

Now when this quality is acquired there is no hurry for he knows what he wants and he creates, no matter what the outside condition may be the inner confidence is always there for he understands the law of cause and effect.

QUALITY IN THE PERSONALITY

He stands behind the Law for the Law is responsive to him. He knows that Life made the Law and not Law made Life so he knows the result beforehand.

He sets in operation certain causes and he knows what the effect is going to be. His faith is based on understanding. He knows well also that he that has not this faith even that which he has will be taken away from him. But he that has this faith more shall be given unto him.

So the weak grow weaker and the strong grow stronger because of the operation of the law of cause and effect. Then this knowledge is of the greatest importance to you in this Life.

He knows that he by himself is nothing. It is the Father that always abides within him is the Reality, so he releases the Reality. This is the quality that is always in front, so he himself keeps in the background for he knows who the Warrior is, the Warrior that never strikes a blow amiss, and whatever he asks of this Warrior so does the Warrior do for him.

This is the quality that attracts friends and Love, but he is not dependent upon people and things he depends always and alone upon the Spirit that is ever-present in everyone and he knows the Reality of It within himself.

Now when you speak to another what do you say? Is your talk self-assertive, full of vanity of the self and your accomplishments? Do you burden others with your opinions, your desires and what you intend to accomplish? This state of mind reveals a sense of inferiority, a sense of separateness from Reality, therefore the quality is not there, this is just a lack of knowing. Yet the one who understands, understands you and can read what is behind your conversation. In fact you give yourself away when you open your mouth.

Again you will notice the one who understands is not eager to make you think well of him, there is something in his make-up that pricks your curiosity.

His inward understanding enables him to express himself with dignity and power. He knows his own strength and where it lies and does not require the aid of another neither does he

HOW TO RELAX AND REVITALISE YOURSELF

seek it. He knows that the Father does the work. In this way he stands behind the law of cause and effect and understands his thoughts, his motives and his emotions.

He does not seek an escape from anything, but faces it boldly knowing how to cope with any situation, for he knows that all things are relative to him in the knowledge that the Father and he are one and whatever he asks the Father will do for him.

He is at home with all types of people because he understands their weakness and their strength, yet he never takes advantage. He sees the goodness in the sinner and does not look for the weakness in the saint for he knows that he himself is not without sin, so he never casts the stone.

He also knows that you cannot eliminate the negative by substituting the opposite for these are but images in the mind and the negative still remains. He deals with these two impostors in the same way by discerning them, by understanding them, for he is the creator of both.

Have you ever truly examined your thoughts and why you say what you do? If you did you would not say the things you do say. The conversation of most people is based upon escapism, when they say something about another that very thing is deeply rooted in themselves and they are seeking an escape. They tell all their secrets, it seems impossible for them to keep one, so beware never to tell your secrets to others, unless you know that the “quality” is there, that “quality” that gives you strength, courage, confidence, understanding and love.

The meaning of the words “create” and “creative power” has been clothed in mystery which makes it an unreasoned operation. With all deference to religion and religious teachers and teachings the only practical teaching I know of is that of the man Jesus, and my life and experience have taught me how practical his instructions are. My success in helping others to find the way to true happiness and success is the result of understanding their minds and this is the personal picture I am trying to paint for you.

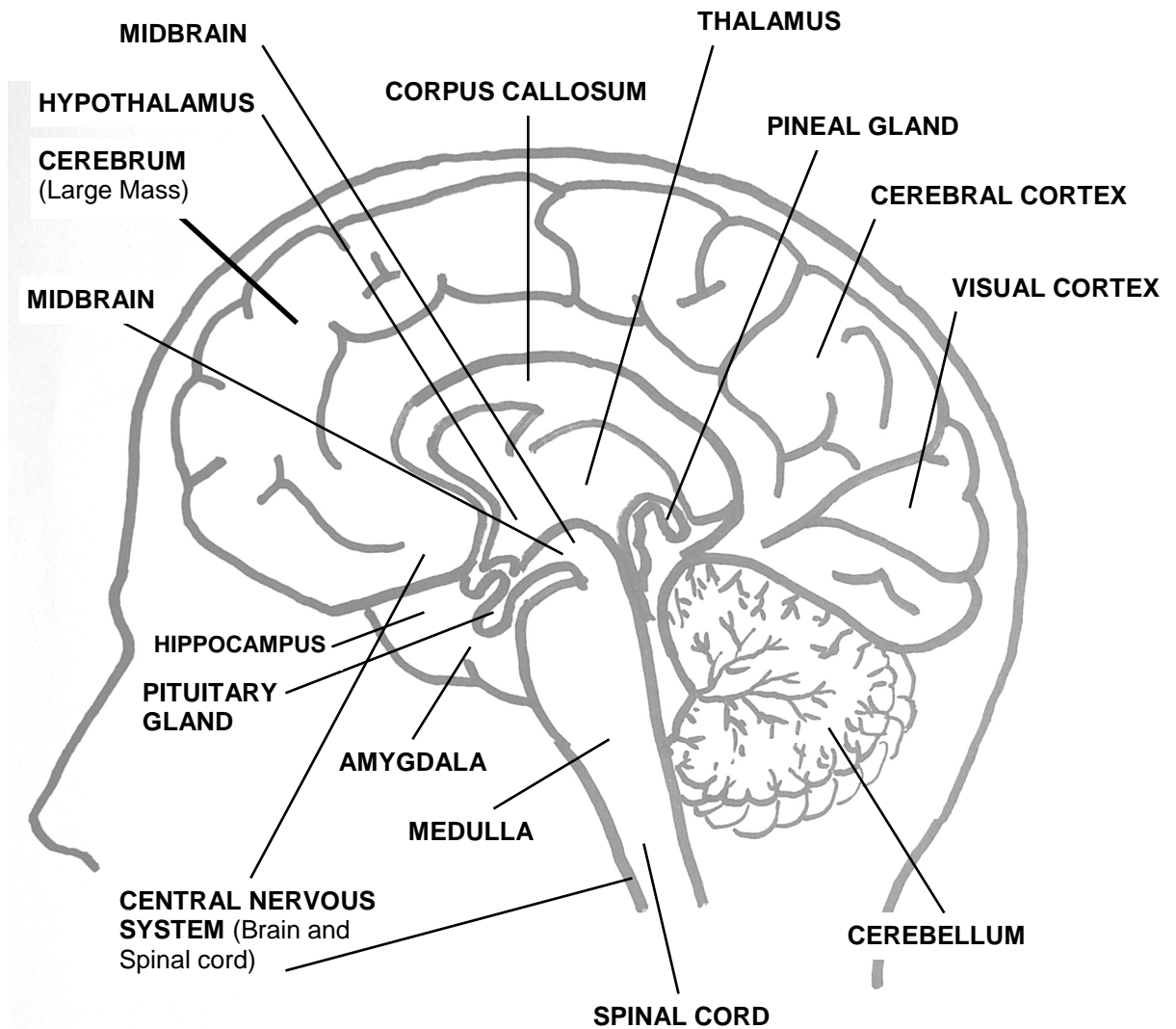
BENEDICTION

Blessed One, Thou hast taught me to understand Thee that I may enjoy the world and all that I have to do here with Thy guidance. I am becoming the Prince of Peace sitting on the throne of poise, directing the kingdom of activity.

I am no longer caught up in the whirlpool of good and evil for I witness these two as the tree that grows in man's mind. Only with Thee I have my salvation where neither of these opposites exist.

This is the quality of that perfect personality expressed in Jesus. This is Thy Presence, O Perfect One.

1. Dr. David Harold Fink M.D. (1894-1968). Author of book "Release from Nervous Tension" (1943). Received his B.A. and M.A. from the University of Michigan and later graduated as a Doctor of Medicine from the Detroit College of Medicine and Surgery. He served in the First World War, taught Sociology at the University of Michigan, and did social work for several years. For eight years he served on the full-time staff of Veterans' Administration Hospitals, where he examined and treated thousands of veterans suffering from nervous disabilities. He has devoted himself entirely to medicine as a practicing neuro-psychiatrist. In his own words "My work is my hobby, my avocation, my baseball game, my adventure. I can understand why some explorers might enjoy charting the inner wastes of Greenland. But who wants to live there? My dark continent is Man, the unknown. The Human mind is the place where everyone has to live. And it is within the human mind that you will find man's only opportunities for happiness."



Right Hemisphere

DIAGRAM 1: **BRAIN**

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

*We saw in our last lesson the quality in personality that attracts. We must also understand the law of thought-action, otherwise we will be lost in our reaction to people and things, without any direct constructive thought which in itself is the power we use to create otherwise we are acted upon against our will or with our will continuously.

The law of thought action and reaction is very important. We are continually reacting to people and things. If we do not discern our thoughts, our actions, then we will always be caught up in the relative. We must see that relative things are relative things and when we understand the relative then we will more likely to understand that each is real in itself. No one can ever see the Real. It is beyond the perception of the human mind but we can see the relative. When we see the relative we will know that it is not Real, it is but a manifestation of that which is Invisible. Therefore, we see that the Invisible that is unseen is greater than that which is seen.

In ordinary everyday life, people without understanding this law are mostly acted upon against their will. There is a see-saw movement going on all the time, one moment we act with our own will the next moment we are being acted on against our will. This is truly ignorance.

To understand this thoroughly I will try to explain to you what the Masters know in regard to this very important matter.

I told you in our last lesson that the Infinite Self is the only Self, being Infinite. Therefore there is only the Infinite Self. That's all.

* See page 32

HOW TO RELAX AND REVITALISE YOURSELF

Now where does your self come in?

Your self comes in because you recognise yourselves as separate from the Infinite Self. But if you then lose this separate self you work as it were without interruption, without resistance, you will work as if the Father was doing the work for you.

You no longer struggle. These anxieties pass away; anxieties that belong to the occupation, anxieties that belong to the social system, anxieties that belong to the economic system, anxieties that belong to the health and ill-health, anxieties that belong to everything in human nature because it is relative. If you then see that beyond this relative is Real although it is not seen, it must be, and it is that which you are aware of with your inner senses and not that which you are aware of with your outer senses. The outer sense which you see and feel and touch through your senses are registered upon your brain. Even what you are seeing and feeling and touching and hearing you do not know what it is. But when you with your inner sense, sense this Reality and know that it is behind all Creation. This Reality exists as that stable, unconditioned and perfect thing.

The Infinite Self is the only Self there can be no other but the Infinite Self. Therefore the Infinite Self must create everything within Himself. Therefore He must be in everyone of us. There can be no space in which the Infinite Self does not exist, which means that Life in its fluidic state must be everywhere. “We live and move and have our being in Him.”

I want you then to recognise this Divine reasoning so that you can cast out of your mind those things that irritate you and cause anxiety, and therefore cause those emotional habit patterns that begin to express themselves out in the organism through the nervous system. When we recognise at once that Divine reasoning is the truest source of all reasoning because you are reasoning with an awareness of that which is behind all things.

Science has proven that electricity in its fluidic state is everywhere and fills all space. This fluidic energy Science says is “ether,” therefore ether and space are synonymous to the scientist when dealing with this most important aspect of Life.

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

The scientists say that this electricity is right through the whole Universe. It is the ether of space. By means of generators which the first scientist found that by two wheels moving in an opposite direction brought a current of electricity—a current of something he could not understand. He did not know where it came from but he found the law that one wheel and another, one disc and another disc moving in an opposite direction, created an energy. Where this energy came from he did not know and he does not know today except that it come from the atmosphere or it is ether of space—the electronic action of space transformed by the means of generators into a fluidic substance that you have never seen.

You have never seen it. You do not know what it is but you use it every day of your life. Therefore ether and space are synonymous to the scientist when dealing with this important aspect of life.

Now the Masters also say there is everywhere a substance which they call “prana,”¹ and a practical course of instruction is given to selected pupils for the control of this Universal Energy. When proficient they are given the title of Prana-yama-ana. But as this is highly complicated, I intend to reduce this instruction into simple explanations of the fundamentals for you to understand.

Controlling this what we call, prana, is a very complicated affair and requires a great deal of various practices so that the mind becomes active. The consciousness, in fact, can direct this prana in any way the consciousness wishes. But before it can be done the consciousness becomes aware that this such thing exists and it must be positively aware that such a thing exists, otherwise it can never control it.

We live in a sea of Universal Energy and are continually absorbing this fluidic energy and discharging it again in the form of thought or directed energy which can be used for any purpose we please. In a similar way this energy is absorbed from the atmosphere by generating stations and then discharged in the form of a force we call electricity which we can also use anyway we please.

So this same energy that is in the Universe in which you live and move. You absorb this fluidic energy and by transforming it you transform it, into thought, action and reaction. It is, as it were,

1. See page 32

HOW TO RELAX AND REVITALISE YOURSELF

neutral in nature. It is that which moves in any way that you want it to do. If you want this substance to create a condition in your body that is unhealthy it will do so. If you want it to create a healthy state it will do so, for the simple reason that these thoughts that you create are thoughts in your mind. They are images.

An image of health, an image of ill-health, is just the same, they are both images. The one is fighting the other all the time. That is the relative state. But the Master gets out of the relative state for he sees those two images that he created himself. If he is caught up in the fight with these two images then he suffers. But if he can discern those images and stand apart from them and understand them he is not affected by them because he knows he can control this fluidic energy that is neutral in nature. It will flow into any avenue you direct it to do so. That is the law.

That is why you have been given all power in heaven and on earth. Just as the same energy is transformed into electricity, you transform the same energy into thought power, action and reaction.

When we set in motion a thought we often do not realise that we have set in motion a current of life into action, and we virtually become the generators of this force.

In what I have to say lies the great secret the Masters use and I have been trained in them myself, and although this training has been given to me with the understanding not to reveal the nature of it except when the appropriate occasion arises, I feel that the occasion has arisen. You being my students should become aware of the fundamental facts underlying this Science and I am not violating any rule in revealing these to you.

We have just seen that the Universal Self is the only Self, this Self being individualised as you and me in *the Universal Self*. It is therefore the *Universal Self* but few are aware of this Truth. “Know ye not that I am in the Father and the Father is in Me.”

When the individualised self acts on its own, independent, not realising the source then it's brought up against all sort of troubles. But when that individual self recognizes the source of

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

its own being knowing that there is an Intelligence that is working through it. That individual then says to itself this word, "I of myself am nothing. It's the Spirit of the Father within me that doeth the work."

Therefore, the Universal Self becomes aware. Awareness not of separation but awareness of Unity. An awareness of an Intelligence that is greater than the self, greater than the individual self, an Intelligence that knows how. When this individual completely is aware of this, then the individual gives expression to the whole so the Absolute begins to manifest through the individual.

That was the purpose of the creation of the individual. So that the Consciousness of God could manifest through the consciousness of man and through the consciousness of man the Consciousness of God could manifest now. In that then, there was the awareness of the Master in all that he did was that simple explanation of "I and the Father are one."

Now thought originates in the Self and is the means of Self-expression. If the thought originates through reaction to things external to the Self, there is what is known as fear, anxiety, anger, jealousy etc. All these feelings which surround the thought gather together the particles of energy which often become a solid mass of matter because matter is energy, is the same thing in a different form.

So as science has proved to us, the scientific explanation they say is this; matter separated from energy does not exist.

"I and the Father are one" is the most powerful thought in existence. The mind is the vehicle of expression, and when there is a certain amount of inner realisation—pure thought—there is a continuous "subconscious" flow, if you would like to call it this because you are familiar with the term "subconscious." A master seldom uses the expression because it is misleading and does not give a true interpretation of the inner working of the mind. Nevertheless there is an automatic flow of energy continuously flowing out towards people and things.

Think now what it means. There is a continual flow of this energy flowing out through you towards people and things.

HOW TO RELAX AND REVITALISE YOURSELF

There is a subconscious activity continually working. You are unaware of it. But as your thoughts build up so you create what is known as a personality. If that personality has the quality then it attracts. If it has not the quality it does not attract. If you are continually thinking negatively about yourself you prevent this force from flowing through you. This is a magnetic power in itself, generated through your own consciousness, by your own thinking.

If you are calm, peaceful, then you will find that this energy flows through you in abundance, attracts everything to you. If you then act in the opposite direction; you get irritated, fearful, doubtful, then you find that this does not flow through you and the attraction is minus. Please remember that this force is active in you every day of your life.

There is an accumulated amount of this energy stored up in the soul and body and we continually attract more of the same energy from the Universal pool automatically.

When we think with this understanding our thoughts are charged with this energy and have the desired effect on people and things.

The adept never forgets his relationship to the Father—*the Universal Self*. therefore he is always surcharged with the Universal Life Force.

Never forgets his relationship no matter what he is doing or where he is; whether he is in the company of thousands or in the company of one, whether he is engaged in anything, menial work or engaged in the greatest probably the most important work in the world. He is never in any other state except conscious of his relationship to the whole.

That habit is established through practice.

What you have to do is to learn how to govern and apply this *Force* in your lives for the benefit of all and not only for the benefit of the individual self. For without this understanding, without this technique, this Force is dissipated and is often turned against the individual without the individual knowing what is happening.

Therefore, we cause the reverse effort in our own lives bringing about the things that we do not want but actually the things we think, how you react.

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

How do you react? What are your reactions? In your reactions do they create in your mind a turmoil, a state of fear, a state of anxiety? In your reactions to things and people are you afraid you will not get this, you will not get that?

When you want something the very image grows up in your mind that you have not got it. That you haven't got it becomes more and more a force and obliterates the idea of you of having it. Therefore you see, having and not having are images. Health and sickness are images. Good and evil are images. All these things are images in your own mind and belong to the relative.

But there is that which is Perfect in Itself which is not conditioned in any way, that is not an image, that has nothing opposing It. It is in Itself complete in Itself that is the Reality in you. There your thinking begins.

If your thinking then begins with your knowledge of this relationship to the whole so shall your thoughts be tinged with that power and therefore you will be generating the great Energy of the Universe in your lives.

Most people find themselves at variance with themselves, this conflict is the worst form of depletion and causes *much* more misery in the form of illness and mental depression etc., than anything else.

We saw in our last lesson how one who had “quality” in personality, attracted love, friends, success, health etc. Surely then a knowledge of the scientific law underlying human relationship is of the greatest importance to you. “Thou shalt then have thy delight in the Almighty and shalt lift up thy face unto God.” Job 22: 26. This is the inner confidence that nothing can shake, no matter what the outer may be. Remember the Real Creative Power of the Self is in the realisation of the greater Self, and remember again it is the Father—The Greater Self—that does the work. “I can of mine own self do nothing.” *Jesus said that in John 5: verse 30.*

If he said that, what about you? But you think you can do everything. That is how it appears on the surface, that you take upon yourself to do everything by yourself, and you think when you are doing it that you're alone. Now I never do. Whatever I am doing I am always aware that the Father is doing the work.

HOW TO RELAX AND REVITALISE YOURSELF

Be at peace. Then I am at peace. That inner peace that is permanent in me rises to the surface. That inner peace that is permanent in you shall rise to the surface. Therefore, there is freedom.

Freedom comes when you take off the brakes. You put on the brakes! You put life in a cage! You create your own prison bars. Your emotional stresses and strains create habits which affect the nervous system and out-picture in the form of various troubles. These emotional reactions cause tension in the inner structure of the body and in the outer. The muscles become tense. The muscles round the blood vessels become tense. Nerve centres become inhibited and therefore the flow of Life does not take place through the body and all sorts of troubles begin.

Misbehaviour is set up in the cerebellum and this misbehaviour begins to express itself in the form of some troubles with the nervous system—tension, tension, tension.*

What is the opposite of tension? Relaxation. Take off the brakes, take off the brakes, take off the brakes. What happens when you take off the brakes? This misbehaviour in the cerebellum changes, no longer has it any misbehaviour, because you have consciously taken off the brakes that you put on unconsciously. You unwind these misbehaviour patterns that are working through your body and therefore Nature comes in and takes a hand and the Father does the work. Take off the brakes I say! Let God do His job! He wants to work through you. Take off the brakes!²

I will ask you the following, and be honest in answering to yourselves yes or no. Do you take a negative attitude towards Life? Are you always complaining that Life is hard on you? Do you have that “God has forgotten me” feeling? If this is so then you are unwinding the spring of Life instead of winding it up in your own soul and body.

You are creating those tensions that shall create the misbehaviour in the cerebellum and through your nervous system and shall out-picture in some organ of your body.

When you are in a calm, peaceful state of mind, the Universal Energy flows towards you and gives expression to Itself, therefore you will become filled with the Forces of Life. The adept speaks

2. See page 32

* See diagram 1: page 16

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

always to the point and what he says he means. Examine your own mind and see what is there, then you will find what sort of mind you have.

You will see whether you are putting on the brakes, whether you are creating those emotional habit patterns. Whether this misbehaviour that is set up through your cerebellum is manifesting in your organism and when you become afraid of it, you are fearful of it, then you see the vicious circle is created.

First of all, you have an emotional reaction. You become tense. A habit pattern is beginning to move and create. What happens to you then? Then you feel the result of it. Then you become afraid of the result not knowing how it came about. That is the vicious circle.

How many of you have become well when I have taken the brakes off? How easy it is for you when the brakes are taken off, and when you keep those brakes off by Divine reasoning and understanding.

There are certain exercises that are useful in acquiring this calm and serene mind, but these will be given later on. (*When we come to that part of the course*). At present it is most necessary for you to acquire the fundamental truths underlying this great subject of human relations.

Again I will ask you some pertinent questions. Are you morbid and gloomy? Are you a drag on the other person's happiness? Are you always calling on others to hold you up? Do you say you are misunderstood? Are you full of grievances? Are you a grumbler? Do you always depend upon others and never upon yourself? Do you always seek flattery and are irritated if you do not get it? Unless you know whether or not you are doing these things you can never deal with them properly. *You are putting on the brakes all the time.* You have to be honest with yourself and do not merely skim the surface.

If you come across a person like the above you must not be affected by this type but try to understand them. If you become irritated, then you lose that quiet confidence that attracts the Universal Power to you. Try and transfer mentally your feeling of quiet peace and power to such a one and by doing so you will do him and her and yourself a great service.

HOW TO RELAX AND REVITALISE YOURSELF

What is it that you must remember—your relationship, always your relationship to the Whole, your Self, that relationship to the Infinite Self. Therefore, when all is in doubt, it will lead you into pastures green. It will lead you out of difficulty. You will know what to say. You understand, that Love is the greatest Power in the world and a little love goes a long, long way.

It is unwise to criticise such people for they are really ill through ignorance of the Law of Cause and Effect. Be the healer and not the critic.

Criticism to be of any value must be first turned against yourself. Apply this rule when you feel you would like to criticise others.

So at any time when you feel you want to criticize another individual turn that criticism against yourself and you will no longer criticize the other individual and you will free yourself. You will be able to free yourself and take off the brakes, Therefore you will allow the Father to do the work. It is very simple. There is nothing startling about it. All I say, just put into practice what I have and see for yourself the results.

Without a true understanding of the law of action and reaction you are liable to become depleted yourself. This is always the safeguard against negative reaction in human relations.

We are in contact with people all the time. Human relations is an emotional thing in your life. Know how to act. Know how to be. Be a helper and not a drag. Your human relations is most important for the simple reason that you can never get away from people and in fact should never try to get away from people. Nor try and run away from people because you would then be running away from yourself. That is an utter impossibility. When you want to escape anything or escape an individual of some kind you know that you are trying to escape from yourself. Then turn criticism towards yourself and see what you are doing and you will take off the brakes. You will become free. Life will no longer be in a cage and you will find the most glorious thing in the world.

The strong person does not vent his grievances nor does he bluster or threaten, he leaves that to the weak who wish to be thought strong.

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

It is not necessary for the King or Queen to go round telling people “I am the King,” “I am the Queen,” everyone knows that. So does everyone know instinctively the strong from the weak.

But your strength does not lie in yourselves. It lies in that relationship you have to the Whole. Your relationship you have to each other. It reminds me of a verse in Luke. I think it is the 14th chapter, the 26th verse, it says, something like this, “If you would come to me, you must put aside your father, your mother, your wife, your children, your brother, and also your own life then only can you become a disciple of mine.”

Why did Jesus say these words? It is not that he says: that you will not care for your father and mother, sister and brother, wives and children. He is showing, that these things are the relative things of life. He is speaking from the Christ Principle. It is perfectly true you can never become a disciple of the Christ until you have put off the relative. Until you have recognised the relative, till you have put it aside. That is what the Master meant. How few people can understand his words, when they read this they are puzzled. One moment, they say, it tells you to love your parents, honour your father and mother, love each other. Then he says put these things aside. But then he says again, which brings all things to my mind is the crux of the whole. “He who does the will of my Father, is my mother, my sister, my brother.”

Think from the Christ Principle in you. Act from the Christ Principle in you, then you will see the relative for what it is. He saw the relative otherwise he could not speak about it. In fact, you can only speak about the relative you cannot speak about the truth because you do not know what it is. But if you can discern the relative and see that it is not truth then you will realize truth. Try and remember what I say and you will find how true it is.

You have the power to subdue your circumstances if you hold the attitude of mind gained through the proper understanding of the Law of Cause and Effect or action and reaction.

Some admit failure from the beginning, they say “it cannot be done.” By themselves they can do nothing but with God all things are possible. I hope that you are now beginning to see the meaning

HOW TO RELAX AND REVITALISE YOURSELF

of action and reaction. When this is thoroughly understood your condition becomes the starting point for positive action—pure action. Your liabilities become your assets.

No matter what condition you have whether it is ill-health, lack of this or lack of that. It is true, that condition becomes a starting point for positive action, pure action. Your liabilities become your assets.

A fact that you must remember is, not to bestow too much attention upon a condition or seek sympathy of another in regard to it, you only make it a further burden. Wise counsel is the thing you need. You must face these things boldly. Then you will find that they will be your stepping stones and not your stumbling blocks.

Everyone who is here tonight is here because of that condition; it made you seek, made you ask, made you knock, and it has been opened unto you.

He who asks—receives. He who seeks—finds and he who knocks—it is opened unto him. That is why your conditions have been and have been your assets because it has led you to the understanding of that which is greater.

You must accept this type of thinking with the Spirit of a true pioneer. It offers unlimited possibilities more valuable than any previous experience has led you to imagine. A new world will open before you, giving up its hidden secrets.

How wonderful it is. Immediately we begin to recognize this great Truth, it is continually unfolding. The things you do not know today you shall know tomorrow. The things you cannot know tomorrow you will find opening (up) unto you later on.

There is a continual unfoldment of this Knowledge and Wisdom whenever you take off the brakes. When you put on the brakes not only do you stop the flow of this Divine Intelligence, expressing Itself through your own consciousness revealing Itself to you in all Its glory, all Its Knowledge, all Its Wisdom.

In your own consciousness that which will be revealed is this; the whole of the relative Universe will be known to the consciousness within you. But that which is behind Creation, and the why? Will remain a secret in the Infinite Consciousness. Jesus said, “The time no one knoweth, neither the angels of Heaven but the Father only.”

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

I am convinced that we shall know the how of everything and the Wisdom. But why God does certain things is beyond our asking. If Jesus, the greatest man who ever lived said, "Know no man knoweth, neither the angels in Heaven but the Father only." Therefore, it is not the why of things that you must ask for but the how of things?

I am content to know this, that the Infinite Self being Perfect in Himself heals all things and everything He does must be Perfect. I am quite content, as even as the Master was, to go upon the cross, and yet to fulfil that same destiny. To take it upon myself to fulfil it even if it is an ordeal. If it is the Father's will I know then that it must be Perfect. I don't know the why of it? But He does and I am satisfied because He is Eternal Ever-present and being Eternal and Ever-present is Complete and Perfect and Knows All Things.

So you must accept this type of thinking with the spirit of a true pioneer. It offers unlimited possibilities more valuable than any previous experience has led you to imagine. A new world will open before you giving up its hidden secret willingly.

We can profit by others' success and failures but fundamentally we must train ourselves to use our own mental equipment free from all outside influences.

You can never be the copy of another because you are all different. If you try to imitate or copy another individual then you will be a failure. Originality, God created within you is His own expression in you and you must never forget your relationship to Him, then everything you do shall be original.

It is not what another person can do or another person has done, this way or that way. It is what this Understanding, this Wisdom, which in Itself is true expression, will do for you.

This new education can only be acquired by becoming conscious of our mental equipment and of that which is hindering us from using it efficiently and effectively.

What is this that is hindering us from using it efficiently and effectively? You know pretty well what it is.

We cannot obtain this knowledge via conventional education nor with a mind that is dominated by habit and precedent, or biased

HOW TO RELAX AND REVITALISE YOURSELF

through conformity. For it is entirely contrary to the habitual type of thinking.

You know that to be true.

The world is steeped in chaos because of that habitual state of thinking. That new type of thinking has not yet arisen in the minds of men and women throughout the world. Only a few here and a few there. Yet you are the vanguard in the progress of the world because you are the world.

There must be a new arrangement of thoughts and new methods of using the mind. This is essentially simple and both the untutored and the tutored, even the so-called highly educated, must learn to apply it.

It is a new type of thinking and understanding that is capable of carrying forward all the results of the past into a scheme of Life which will establish a new day for all *and that is coming.*

The systems under which we are acting at the present time is entirely erroneous. These systems existed because you and the world has brought them in, and there is no need for you to fight them. There is no need for you to quarrel with them for you are the cause of them. You wanted them you got them!

The change must come within yourselves. Only within yourselves when that change comes, then that change outwardly will also come and the scheme of things will be different. But first of all there must be a new arrangement of thoughts, new methods of using the mind. This is essentially simple to both the untutored and the tutored, even the so-called highly educated must learn to apply it.

Most people who are really proud of their intellectual attainments, how really stupid they are, when you know the truth that they are living in an illusion created by themselves. You will see how stereotyped, how fixed, are their ideas. Their mind is like a concrete slab and that is truly ignorance.

The world offers us glorious opportunities. Just as the first pioneer began to make a place for himself so must the same Spirit of exploration be used again with the added advantages of all the knowledge that preceded us, so we take everything a great step further into the requirements of the present.³

3. See page 32

THE TRUE TORCH OF PROGRESS IN OUR HUMAN RELATIONS

All the experiences of the past are not lost. They become stepping stones for the future, that is the present. All your experiences no matter what they are, are your stepping stones too.

We shall make a better and more enlightened world in which we live and with it will come a new kind of education for the unfolding of a material world to fit the new knowledge and understanding in our human relationships.

Because of the fact you cannot separate the material from the Spiritual. You cannot separate the outer from the inner. There is only the manifestation of the one thing. If you are living in Reality you can see that which is relative but you can never see that which is Real, even while you are living in Reality. But you can see everything that is relative. You will know how to use this relative world and a new world will rise before you where you can manipulate and apply your knowledge and understanding, to bring about a true dispensation. So that all shall live as God intended Him to live, so that God Himself will manifest through every soul. Take off the brakes. Let God do His work.

There is but one Universe, one God, one Principle of Being, one mode of action, one true reason based upon Truth, one in All, all in One.

BENEDICTION

Through the night of ignorance and error we pursue a false happiness.

Our feet on the path of progress become bogged in the marsh of disillusionment.

The deceiving element of desire leads many to be smothered up in the bog of possessiveness.

O Divine One, light our path with Thy true torch of progress revealing our true relationship to one another *and to Thee*.

Thy beacon light shines on the rock of Truth so that we may safely reach Thy everlasting shore of peace and plenty. *Amen*.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 18th April 1950, at 7.45 pm. No recording exists of Johannesburg lecture.

1. *Prana*. A sanskrit word meaning (Life Energy). *Yama* (control of). *Pranayama-ana* (regulating or controlling the breath of Life, practitioner of).
2. The next short paragraph contained in the lecture notes and book is missing from the recording: [*Under these circumstances there is no need to be aggressive or possessive, never argue with ignorance, that is the fool's paradise. You must stand behind the Law of Cause and Effect and see its action.*]
3. The next sentence contained in the lecture notes and book is missing from the recording: [*The present is always the present, there will never be any time but the present.*]

**DESIRE IS A LIVING FORCE WHEN
USED WITH UNDERSTANDING***

“The Eternal will answer when you call and when you cry He will say here am I.” “And evermore shall the Eternal guide you guarding you without fail.”—ISAIAH 58: 9, 11.

So the Eternal is always present, He is the Power, the Light in the Consciousness of man. The Eternal is omnipresent and whatever is Eternal and omnipresent is Perfect in Itself. Therefore, within man is the Reality that is Perfect in himself. Free, no conditions imposed upon it. Our freedom, our free will is to understand the truth, to realise that life is and that is our choice, to choose either Life or death. When we choose Life that is the Source of all things and we find ourselves, as Isaiah said; “The Eternal will answer you when you call and when you cry, he will say, ‘here am I’, evermore shall the Eternal guide you, guarding you even without fail.”

We saw in our last lesson that we use a force that is ever-present around us and in this lesson I am going to show you how desire can be made a living force when used with understanding.

The Universal Mind and the individual mind are interlocked one with the other and when this is realised they act as one, consciously. Therefore the Consciousness in Universal Mind must be one with the Consciousness in the individual mind. There cannot be two of them, for the individual is but the reflection of the Universal.

When we begin to realise the importance of this statement you will see clearly that there is no separation between the Universal Mind and the individual mind—one is the expression of the other.

* See page 48

HOW TO RELAX AND REVITALISE YOURSELF

The Universal Mind gives rise to the individual mind and the individual mind gives expression to the Universal Mind when it begins to realise the Truth. But we know that there are few people who have realised this Truth. Even the intelligentsia amongst us is lacking in this knowledge. But when we just as the prophets knew that this is a truth, they gave expression to the Universal Mind and that Universal Mind then becomes the great power in this individual force.

The great Truth that the new Universal Consciousness gives rise to the individual consciousness and the individual consciousness gives expression to the Universal, when this is realised by the individual.

When then we realise the Truth that there can be no separation between the individual consciousness and the Universal Consciousness, because there cannot be. That separation or feeling of separation between the two in your mind is but an illusion. (In) Reality that cannot be because there is only one. The Infinite cannot divide Himself up. He can individualise Himself but not divide Himself. There can be no division in the Universal because the Universe is one complete unit.

Science has proved to us that the Universe is one complete unit and is electronic in nature and there is no division in that Substance. Out of this Substance everything is created. We then see clearly what the prophets knew in the past, science has proved it now.

As we go forward in our understanding we will become greater in our expressions, we will unfold more of the universal secrets. The secrets that are hidden in the Universal Mind shall be expressed through the consciousness of man.

When you understand this Truth you co-operate with the Universal Mind and begin to express the unlimited resources of the Universal Mind.

This Creative Genius can be used by man when man becomes *conscious in the Universal Mind.*

Consciousness is the directing force in mind and through it all creative desire is fulfilled. “And it shall come to pass that before they call I will answer and while they are yet speaking I will hear.” Isaiah 65: 24.

DESIRE IS A LIVING FORCE

“And it shall come to pass that before they call I will answer them.” The reason of that is that in your mind, in your inner consciousness, your desires are known. If you really understand what the Master’s words meant when he went to the tomb of Lazarus, “Father Thou has already heard me.” He knew that the Father knew his innermost thoughts and he was giving expression to his own realisation of this Truth, “I will answer while they are yet speaking, I will hear.”

Now desire is a mental current laden with power set in motion by your conscious awareness of the thing desired, yet few people have yet understood the action of this wonderful power invested in man.

Whatever the consciousness is aware of so it is to the Consciousness, so it is produced. But if your consciousness exists in your mind, in the relative, you have two images the thing you desire and the lacking of that thing you desire. Therefore your consciousness is aware of two images in the mind. Which image is the strongest? The one that you fear most and that which you fear most, you lack.

But when you know the Truth that the Consciousness must be aware of something. So the Master said these words: “Whatsoever you desire when you pray believe you have received it and you shall have it.”

With this knowledge we are no longer controlled by desire. For when desire takes control the individual is often the victim and slave to his own desire.

Desire can become an object of the mind. It can flood the mind. It can overwhelm the consciousness because the consciousness is not aware of itself and the consciousness can be caught up in the desire and it can be lost in the desire. Therefore, the desire controls now, just like the individual when he suffers from some particular troubles.

Therefore with true understanding desire becomes a conscious energy directed to fulfil what the consciousness is aware of. But before this power can be established in its unlimited nature the individual consciousness must become aware of itself. This may seem Greek to some of you, yet nevertheless it is true.

HOW TO RELAX AND REVITALISE YOURSELF

How does the consciousness become aware of itself? The fact that you can consciously discern every thought in your mind; consciously discern every action and emotion that exists in you, consciously recognise every desire, consciously recognise every movement. You will recognise that these things are relative to the consciousness and the consciousness becomes aware of itself as the analyser, that which is viewing these things. Then the consciousness becomes aware of itself, separate and distinct from your thoughts, your images, your ideas, although the consciousness is the creator of these things. That which is the creator and the created must be recognised and reconciled so that the one recognises the other. So the consciousness recognises its own creation having no power except the power that the Consciousness gives it. Therefore, you are free but not only free but you have the power to create, the power to desire, so therefore the desire becomes a living force with understanding.

Through carefully selected exercises the adept is directed to dwell upon his own consciousness until such time as he becomes aware. This is not so difficult to do, if you will take the trouble to cleanse the mind by discerning all the movements therein and at the same time becoming aware of yourself doing it.

A master can produce a picture before your eyes by concentrating on the object he wants you to see. But this takes years of patient practice I do not intend to burden you with the ways and means of how it is done. Yet in fact you do this daily yourselves in a minor way unconsciously by the power of your desire-thought. The only difference is in the degree of awareness and the understanding of the application in the process of desire.

So in this realisation of the power of desire, desired thought, you are creating a picture. But if your picture is not defined, if you do not know what you desire, if you have got no complete picture of that which you desire then your expression will become one that is vague and un-designed, un-distinct. But if you know what you want then your thought desire becomes the force that works. The force that creates and attracts to it all the various atoms and electrons that build around this thought desire and the thing becomes an established fact.

DESIRE IS A LIVING FORCE

I will repeat the instruction the Master himself gives, he says “Ye shall not covet your neighbour’s goods.” At the same time he says, “Whatsoever ye desire when you pray believe you have received it and ye shall have it.” Paul says, “Things are not made out of things that are seen but out of that which is unseen.” He also says, “Faith is the substance of things hoped for, the evidence of things not seen.”

“Ye shall not covet your neighbours goods.”

Showing definitely, he tells you completely, that what you desire you must create for yourselves because you are creators. To desire your neighbour’s goods is of no value whatsoever because you can never create that way. That is desire, of what we call, coveting desire. But a real desire has power, it has a force behind it, when you understand. Then the Master says, “Whatsoever you desire when you pray believe you have received it and you shall have it.” That takes away the double mind. You are out of the relative now you’re into the Reality now—the one, not the double—the one. I have received it, I have it. Why? Because the Master knew perfectly well that all concentrated thought by a Consciousness that is aware of itself produces that thing.

Mind is the only substance underlying all things, things are thoughts objectified. Suggestion proves that thoughts can be objectified upon the body, and the law of auto-suggestion has proved a great ally to the one who knows how to apply it.

Even suggestion must become auto-suggestion. Suggestion in itself has no power over anyone, unless that suggestion that becomes auto-suggestion in the individual, it has no power whatsoever. In fact, many suggestions that are made to individuals create the very opposite because of the resistance of that individual. If you command a person to do a thing at once you will create a resistance in that individual to go and do the very opposite. That is why when you understand the power of suggestion you have got to make it become auto-suggestion. So you’ve got to put it in such a way that the individual absorbs it, takes it into themselves, and makes it auto-suggestion. Therefore, suggestion in itself is of no value unless it becomes auto-suggestion, that is, suggestion by the individual

HOW TO RELAX AND REVITALISE YOURSELF

themselves. It has proved a great ally to one who knows how to apply it.

The consciousness not only can manipulate the mind stuff that the body is made of but can also manipulate that mind stuff that supports the body and surrounds it. This is no idle dream but actual fact and it would be wise for you to remember it. For upon this truth depends a great deal of your happiness.

The consciousness is continually manipulating the mind stuff that the body is made of and it is continually manipulating the mind stuff that surrounds you.

Let me show you the state of the average mind when “asking” for something. When you create in your mind an image of any particular thing that you desire you have the image of yourself having and the image of yourself not having, the image of yourself lacking and the image of yourself possessing.

Now these two images oppose each other *in your mind*. Your mind becomes a battleground for these two images. Ask yourself now which image dominates you. *Look into your mind and see which image dominates you.* You do not get what you want you only get the manifestation of the image that dominates your mind. *You do not get what you want, you get what you think deeply.*

Now, think this over and you will see how true it is and that is why ordinary psychology is of little value to you and leads you astray to a great extent because it deals with images only and it tells you this. If you then have a negative condition it immediately tells you to change over to the positive and you will overcome the negative but the more you think of the positive the more that negative will rise up to combat it. Therefore, how are you going to get rid of this battle between the positive and the negative? They are both the same. One is at the one end of the stick and the other is at the other end of the stick. So when one is up, the other is down but immediately you turn it up so the negative is up and the positive is down, there is a see-saw movement all the time. Now, which is uppermost most of the time? That which is uppermost most of the time shall manifest. Therefore, why struggle? I have told you before that struggling is of no value, it only hinders you.

DESIRE IS A LIVING FORCE

Become aware of yourself, not separate from the Infinite Mind or separate from the Infinite Consciousness but the expression of that Consciousness. The very Consciousness that has created the world and all that is in it in where there is no opposition, because it is whole in Itself. Then you have the power to create and the Masters knowledge is this power.

The only difference between a Master and yourselves is this; that he has passed through all these phases of the mind by discerning what takes place in the mind and reaches a point where he himself stands out as the Creative Principle in that Mind, therefore the mind responds to whatever the consciousness is aware of.

You will say to yourself how stupid of me, why did I not see this before. Yes, that is the cry of most people, yet they go on repeating the error even after they have seen it. This is truly ignorance. They have not yet fully realised the importance of practising a method that will ensure success.

So we see, that if you see clearly that it is the manifestation of the image that dominates your mind and this is an infallible law of the working of the mind. Whatever the consciousness is aware of, so does the Intelligence fulfil.

Only when you have the truth deeply established within you is there fulfilment of what you want. But you must know what you want, it must not be vague and ill-defined. “Ye ask and receive not because you ask amiss.” The Universal Mind is all there is and all must be in it and of it because there is nothing outside it. Therefore you desire and create in the Universal Mind, and only that substance can form the image you hold for there is no other.

You cannot get outside the Universal Mind. You cannot think outside the Universal Mind. You must exist in the Law pertaining to the Universal Mind. You cannot exist outside God you must exist in Him because there is no outside Him. You cannot use any other Creative Power but His because there is no other. You cannot use any Substance but His because there is no other. Therefore, what do you do? You create in the Universal Mind according to the Laws of the Universal Mind and then when you understand them, then you begin to create correctly. You see clearly that you must not have a

HOW TO RELAX AND REVITALISE YOURSELF

double mind. That you must not live in the relative when you are creating, but live in Reality when you are creating.

There is a higher law of which I will speak of later, that is when the individual has acquired the state of consciousness of the Universal Life operating in his own individual life and does not fear the consequences of the fulfilment of that Life. He says, “Thy will be done, not mine, O Lord.” This is the Master of Masters and into this state all must grow. ***This is the Christ Consciousness.***

It is the Father’s Will that will be performed.

So the Christ in this way enters into the Father. He already knows that he and the Father are one. He submerges identity. He no longer becomes alone, separate or distinct. He merges his identity in and he loses his own identity and enters into that beautiful realisation of the Reality.

In Luke 14, verse 26. (Eastern text) it says, this: “Anyone who may come to me must put aside his father, his mother, his wife, his husband or children and even his own life before he can become a disciple of mine.”

Now, when people read that, they say, how strange that the Master would say you must put aside all these things. In Moffatt’s and in the ordinary text of the Bible he says, “Unless you hate not your father and mother.” People are alarmed because they see this, that you must hate your father and your mother and your wife and your children and your own life also before you can become a disciple of mine. But the Master is speaking from the Christ Principle. He is showing you that these things are relative things that these things are external and they live in the relative. The Christ is the only thing that permeates through son, father, mother, brothers, sisters, and in his own life also. So therefore, he says, “Put off all these things and come to me complete in the realisation of the one.”

Very few can read the Master’s words, because of the fact, that they do not know from what point he is speaking from. The Master will enter into the relative and he will talk from the relative therefore you must understand his words. He will enter back into the Christ and will talk from the Christ then you must understand his words.

DESIRE IS A LIVING FORCE

It is impossible to read the Master's words unless you understand from where he is talking from—whether it is from the relative or from the Christ or the Real.

If you know then the difference between the relative and Reality, you will recognise and discern all that is relative. Then you will see what the Master says, when he means, "put off this and put off that before you can be a disciple of mine." He does not say to forsake your husband or your wife or children or do any of those things because he tells you honour your father and mother and he tells you also to love one another. But when he is speaking about certain things from the Christ Principle, showing that which is relative, he deals with it so drastically that you must tear yourself apart before you can realise that great Power that is behind all things and recognise it as the one Living Force that exists is your father, your mother, your brethren.

Yet while you are growing, desire is a great force in your lives and it is necessary that you even know how to use it, for by its misuse much damage is done through ignorance of its operation in your mental and material existence.

Let me show you how the adept is trained in the manifestation of desire. First of all he is shown that desire is a conscious energy which he must become aware of and he must feel within himself this source of power.

He consciously becomes aware of the Universal Energy as the Life that surrounds him and in which he moves and has his being and becomes conscious of the power that is behind him. The whole Universe, in fact, tends to fulfil what he is aware of, and he knows that this Intelligence will work out accurately every detail. *He has the completed picture of the completed object in his mind.*

When the painter goes to the canvas he sees a scene in front of him. He has the scene completely in his mind and he begins to put it on to canvas. The details are worked in afterwards. So must you be like the artist. You must have the completed picture in your mind and the Intelligence will fill in the rest. It is the Father within that (does the work.) The artist may not be aware of the fact, that there is an Intelligence working in him, through him, out-picturing

HOW TO RELAX AND REVITALISE YOURSELF

the details accurately. He may not be aware of this but he who is aware of this, allows this Intelligence to express itself without hindrance, but through recognition—act. That whatever the consciousness is aware of—the Intelligence will fulfil.

He holds the completed picture, ways and means he allows to be worked out by the Universal Mind which knows how. His desire for wisdom comes first so that the use of the thing desired shall be put to the best possible advantage or purpose.

So, without wisdom your desires may be a hindrance to you. They may be selfish and very often most desires are selfish. May I remind you of what the Master said in the beginning, “Covet not your neighbours goods,” “whatever you pray believe you have received and you shall (have it).” While Paul also says, “Things are not made out of things that are seen but out of that which is unseen.” Also says, “Faith is the substance of things hoped (for), the evidence (of things not seen) as fact”

The next part in the operation of the law of desire is to take the desire *out of the relative* into the inner chamber of the soul, there to dwell upon it. Close the door and never again speak of it except to one who understands. If you release this force in words, written or spoken, you will have dissipated the energy you have stored up. This is why many desires are never fulfilled.

I am sure you have seen it in many cases where you have not taken the desire into the soul and there closed the door. Now the desire when it is completed in the soul struggles for expression of (itself). You have closed the door and it required only one way to manifest and that is the manifestation of the desire. If then, that energy which is consciously created through the understanding and you have taken the desire and placed it secretly in the soul and closed the door thereon. It begins as you will see in your own mind, in your own soul, it begins to gather energy with tremendous power.

That energy will almost make you burst to tell other people what your desire is. It will require and want an escape from some way or another. It is like steam that is held in the boiler of the engine. The steam is directed towards the cylinder, the pistons that drive the engine. But if you open the top of the boiler all the steam will

DESIRE IS A LIVING FORCE

flow out if it is not directed to the cylinder or the pistons and you have no more movement whatsoever.

So is then, this desire as it is grows in the soul. Then you know what is happening when you feel that terrific power. Yet, your whole (being is directed towards) the manifestation of that power, not releasing the energy in any way through the top of the boiler or by the word of mouth or by telling others what you are going to do or that desire that you have stored up within you because you will find you have released the energy that is behind your desire and it has never manifested.

You have often found that in your own lives when you felt this desire that you wanted to do at one time, you held in secret. You found that the power was growing in that secret but not knowing what this power was, you began to tell everybody because this energy wanted an escape somehow, there was no energy left for the manifestation of the desire and it become a dead thing in your soul. It died in your soul. If you release this force and words are spoken you will dissipate the energy which goes out. That is why many desires are never fulfilled.

We are told by the Master, in other words, desire in secret and God will reveal to us openly the manifestation of our desires.

“Pray unto thy Father which is in secret and thy Father which heareth in secret shall reward thee openly.” (Eastern text.) *What do you do when you desire something? Well you must desire in secret and your Father which is in secret shall hear it in secret and shall reward thee.* A prayer is desire, therefore it builds its power from within. To release this energy in words, spoken or written, weakens the internal power of that stored up energy of which you have become conscious. The fact that you want to tell others is proof of that stored up energy is desiring release, but should only be released through the manifestation of the desire.

The Universal Mind directs its power towards the object of the desire. It can be changed or thwarted by your own actions. You must be quiet in your strength and peaceful in the manifestation, knowing that the Father does the work.

When you know this strength there is quiet, there is a calm. When you know the law operating behind desire, you know there

HOW TO RELAX AND REVITALISE YOURSELF

is a power that means well. You do not run all round everywhere and say; “Look what I’ve done, look what I have manifested. Look at the truth that I found. You know I manifested the truth, I got this. I sat down the other night, you know, and I thought of so and so and so and so and you know this morning that she’s well.” And you know another person, said, “I did that too,” “I was thinking of her too, fancy that now, both of us were thinking of her.” At the same time she wouldn’t want to let the other fellow know that she’s any better than the other. Then another one will come along and they will say, “You know, I proved God in my life because, you know, I wanted something and I got it. Do you know what I manifested?—I manifested a motor car, I manifested this and I manifested that, I manifested all those sorts of things.” You can know the truth. Look at them and see how much truth (there is in it). Therefore, you must be quiet in your strength and peaceful in your manifestation knowing that the Father does the work. This desire becomes a living force when used with understanding. Jesus said these (words), “Father Thou hast already heard me.”

What a quiet and inner peace is in this statement. “Father Thou hast all ready heard me.” Can you in the quietness of inner strengths and in your desire say that, with conviction? You will, if you follow out instructions given in this lesson in regards desire.

Let me sum up this very important subject for you in this way. When you become aware of your oneness with the Universal Consciousness It operates automatically for you. You create an image in your mind and through your sustained imagination the form is created. This work first is done in the inner realm and sooner it will manifest on the outer. Mind has become materialised. *You create the image in your mind.*

Imagination is a form of bringing that which is in the unseen to the seen. But it must be sustained. The image must be sustained. That’s what’s sustained imagination means, that there must be no opposition to it. If you have that image of yourself lacking that thing, then you have opposition. But if you do what the Master says—use your imagination, “Whatsoever you desire, believe you have received it and you have it.” That is sustained imagination.

DESIRE IS A LIVING FORCE

Bringing from the unseen to the seen by the Law of the Universe incorporated in yourselves because you are the image and likeness of God. Made out of His own Substance, His own Life, His own Consciousness, because there is none other. Therefore, you are His image and likeness, not only the image and likeness, but in the performing and creating. Through sustained imagination you bring that which is unseen.

Remember, that the same Life that is manifesting Consciousness, is manifesting through Him in you. I know that, if I enter into the Consciousness of God in my own consciousness, I find that this very desire existing in my consciousness must manifest through the Consciousness of every individual who is necessary to bring that about.

The Universal Mind is not separate and you do not exist outside it, we all exist in the One Mind. Therefore, if I think in Universal Mind knowing that my consciousness is the creative in that Universal Mind, that same Consciousness manifesting through you and others, is bound to bring into operation that very fact. It will bind and create and move the consciousness that is in others to bring about the very thing I desire. Why, the whole of heaven and earth shall come into action and fulfil my desire when I fulfil the Law.

It is in the Universal Mind that you are really creating. Seeing is a sense we use in seeing things that are already formed, but true desire is seeing something that has not yet come into form. But when we understand the means through which it will come into form then there is no frustration. When we know what we are doing we get good results, when we do not know what we are doing we get haphazard results.

Why? Because its not defined in the one thing. You have no sustained imagination in faith and the third and all-important reason is that you are not aware. The consciousness in you is the Consciousness of God and that Consciousness is the Creative Power in you. The whole Universal Mind will come into operation to fulfil what that Consciousness is aware of. "Father Thou hast already heard me."

HOW TO RELAX AND REVITALISE YOURSELF

Do you understand what the Father means? When Jesus spoke to the Father do you understand what he meant when he said, "Father Thou hast already heard me." He meant the totality of all things heard him. The Universe heard him and he called upon the Universe to fulfil the Law, because he knew it. The Universe could not fail to do so because the Creator Himself inaugurated that force when He created the Heavens all by Himself.

Desire and will are interlocked in the process yet both desire and will must be free from anxiety or stress. You do not will with clenched fist and gnashing teeth but with quiet confidence, neither can you truly desire with doubt, but with that faith that moves mountains. "Whatsoever you desire when you pray believe you have received it and you shall have it."

To master desire we must not only believe we must also know that there is no such thing as matter. Matter is only the name of the opinion you hold in regard to it.

Matter separated from energy does not exist. Energy separated from Intelligence does not exist. Intelligence separated from consciousness does not exist.

Consciousness must be aware of these otherwise none exists. Unless your consciousness becomes aware of the Intelligence; your consciousness becomes aware of the Energy, the consciousness becomes aware of the form or the desire, nothing exists, because the Consciousness is the ruling factor and envelops all things—all exists in the Consciousness of God. All exists in your consciousness also. You are the image and likeness of the Creator, in miniature you have everything—the life long Substance, the Power to create.

You have not yet become fully aware. The difference between yourselves and a Master is that he becomes aware and you yet have not become fully aware. If I can convey this to you then you will leave the relative and enter into the Wholeness of Things. There you shall find yourselves the image and likeness of the Creator, not separate or distinct but one with Him, then you lose your identity. As Jesus said, "Put aside your father, your mother, your wife, children, sister and your brother and your own life also before you can become a disciple of mine." That is, speaking from the

DESIRE IS A LIVING FORCE

Christ, not from the relative—from the Christ. But when he says, “Love ye one another,” he is speaking from the relative. He also says these words; “He who does the will of my Father is my mother, my sister, my brother.”

Consciousness must be aware of these otherwise none exists. For all must be known in the consciousness to be known at all. This is the law. What the Consciousness is aware of, so the Intelligence will fulfil.

The great mass struggle is but the effect of individual inner struggles, in ignorance of the great Truth that desire is a living force and must be used with understanding.

We see the struggle that’s going on in this world today is desire being used without understanding.

A new era of great prosperity and abundance will appear when this is understood and applied. At present we are all struggling in a world sick, disabled and depressed, revealing the misuse of this great power invested in man. Its effects are world-wide, revealing the deep underlying defects in the use of this great weapon which has been welded only for the benefit of the self, with repercussions that has astounded the world. Yet the world is still ignorant of the cause.

Is it not necessary then that you should understand this great and mighty thing—the power of desire with understanding.

Let your hearts be light and glad in knowing the Truth that sets you free.

BENEDICTION

O Divine Alchemist, Thou hast formed all things by the power of thought-desire.

Teach me to desire in Thee so that Thy great alchemising power be manifested in my life.

And out of every seed of my activity shall grow some good.
Thus Thou shalt reveal Thy magic to all who desire in Thee.

May all selfish ambitions be transformed into noble aspirations.

Teach each one to desire Thy abode first, there to transform the cloak of dark ignorance into the gold and purple cloak of Wisdom and Truth.

O Divine Alchemist, then my desire will become Thy Living Force manifesting Thy will be done on earth as it is in heaven.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 25th April 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

THE SUBTLE POWER OF EMOTION*

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

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

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

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

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

* See page 63

HOW TO RELAX AND REVITALISE YOURSELF

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

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

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

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

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

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

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

THE SUBTLE POWER OF EMOTION

Then there is the great emotion that acts in our favour—which is “Love.” That is the most extraordinary thing, that when Love is manifesting in its true nature; there is never any fear, there is never any hate, there is never any indulgence, there is never any jealousy, there is never any egotism, there is never any fear, or selfishness or approbation or vanity or terror or dread or dismay or panic or fright, when Love in its true nature (is mine).

I mean “Love” not possessiveness.

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

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

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

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

HOW TO RELAX AND REVITALISE YOURSELF

These organs begin to talk back to the mind. These organs talk back to the mind through the cerebellum where this misbehaviour begins, where this misbehaviour has been created through your emotional habit patterns. An emotion that is continuous becomes a habit and that emotional habit pattern begins to express itself in some form throughout your organism and your body. Sometimes it changes your stomach, sometimes it changes your oesophagus, sometimes it is in your skin, sometimes it is your ears, and it can be any portion of your body for these emotional habit patterns to rest. The body becomes a sounding-board for these things.

I always think it is necessary to realise that eating is also most important because you cannot put a square meal into a round stomach.

I said to a patient of mine the other day. He came to me and he was fat as broad as he was long. I knew perfectly well what he was doing, he was eating far too much. He had all the symptoms of a chap that was eating twice as much as he should eat. So I said to him, "Your trouble is you're trying to put a square meal into a round stomach and it can't go."

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

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

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

Now what does that mean?

We see then that we are not fearing physical danger, our reaction is not so much to physical danger all the time but our

THE SUBTLE POWER OF EMOTION

reactions are to events, people and things, with the result that we become confused. The world is confused, the people are confused and we are reacting to a confused world. If you then continue to react to these things you are caught up in your own emotions, your own thoughts, your own desires, and you can prevent it only by discerning what you are doing.

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

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

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

It is when these emotions begin to rise up within you the energy is already began to move into the direction of the movement according to pure thought, your emotions, your desires. The movement is set in action, you have already caused the energy to be active. Now there is only one principle of energy. How are we then to change the polarity of this energy once we have aroused it so that this energy does not affect us destructively? But we can use it after it is aroused and directed into channels that will aid and help us.

There is tremendous force in every emotion. You must not dare to suppress an emotion. If there is a tremendous force in an emotion and you suppress that emotion, unknowingly, you are only creating trouble for yourselves. If that emotion is a movement in the wrong direction and you suppress it, do you think that you have destroyed or altered that movement? No! It continues to move in that direction. But immediately you become aware of it thereby changing the polarity of the energy to work for you and not against you, you are the director of this energy.

You are the director of the movement that takes place in your body. But you can only do that when you become aware of your own awareness. That seems Greek does it not. Think about it a

HOW TO RELAX AND REVITALISE YOURSELF

little while and you will see how magnificent it is. Become aware of your own awareness and then become aware of the movement you have created. You, being the director, can change that movement in any way you will. The energy being aroused goes forward in the direction that you direct it, but you can only do so when you become aware of it and not caught up in it.

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

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

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

Relaxation is natural harmony.

Later on we will have to deal with relaxation in all its aspects. I am not going to talk too much about relaxation at the present time. But what I want to tell you is this, I have said before, when you take off the brakes Nature does the work. Why? It is very simple, when Life is unconditioned. I told you then that we condition Life

* See diagram on page 16

** page 64

THE SUBTLE POWER OF EMOTION

through our emotions, our desires, our thoughts, and by these we cause tension through the nervous system that is out-pictured upon the body. Our muscles become tense they cause pressure on various vital centres. When we see that the external muscles are tensed we know perfectly well that the internal muscles are tensed also. We have conditioned Life. We have put Life in a cage. What do you do then? We must relax. Conscious relaxation then tends to break up the tension and break up these habit-patterns created through conditioning.

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

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

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

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

When the cerebellum is free from misbehaviour, created by your own emotional habit-patterns, the organs work smoothly, easily co-ordinated properly because of a free cerebellum.

HOW TO RELAX AND REVITALISE YOURSELF

But if there is misbehaviour in the cerebellum then there is interruption. Then there is misbehaviour in the organs and the co-ordinating quality has been lost.

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

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

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

You do not run because you fear, you fear because you run.

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

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

All the nerves move in a bunch, but each has its own sheaf, each passes through its complete compartment and it is sent on to every part of the body. Each different message is carried separately to that part of the body. A most wonderful organised nervous

* See diagram on page 16

THE SUBTLE POWER OF EMOTION

system. Who could create it but the Infinite Himself. The Great Intelligence (of the Universe.) Life then created the body and can reorganise the body. Life that is unconditioned created the (body for its own self-expression.)

Now comes the Master control from above and in the centre of the brain. Dividing the frontal or higher from the lower there is what is called the “corpus callosum.”* The Masters speak of this as the Spirit nucleoid¹ and through this all Cosmic Truth comes, otherwise known as the thousand-petalled lotus.** *which is situated above the head.*

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

I am standing here. I talk freely to you. But many of the things I tell you I have never known before myself. I only know them when I make them into words. When I make them into words, ideas of the truth, I have then conditioned this wisdom. It comes through this corpus callosum and therefore I take hold of it in this brain of mine and form it into words and ideas that I hand out to you, and you then with your own mind accept these things because you know it is true. Your experience tells you that what I tell you is true.

The simplicity of this wonderful truth is beyond the understanding of the human nature. So simple is the operation, yet so complicated in its nature, that it is beyond our comprehension. It is in this portion of the brain that knowledge and understanding is obtained without reason. In fact, this is the all-knowing centre and when developed conveys knowledge etc. by means of inspiration to both the higher and lower brain, thereby influencing both and gives confidence to the higher and the lower is harmonised and calmed. The organisation then receives the blessing of that all Wisdom that is continually pouring into us when we open ourselves to it.

* See diagram on page 16

1. See page 63

** See page 104

HOW TO RELAX AND REVITALISE YOURSELF

This Wisdom then, is unconditioned, free and natural, cures all conditioning, cleanses the mind. It takes all forms of negative vibrations away because the consciousness (becomes) aware that this wonderful power that knows neither good nor evil. It does not know success or failure because these things are relative things. It only knows Itself to be true. In that Truth—Life. In that Truth—is freedom.

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

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

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

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

How then would you cure the habit of fear?

The man who goes up in a hundred-storey steel structure, he didn't obtain his confidence all at once, it took him years of practice. So the riveter took years of practice. So the lion-tamer took years of practice. So practice is the thing. Practice, until you become

THE SUBTLE POWER OF EMOTION

familiar then when you become familiar your fear disappears. Fear of the unknown is the cause of most of your basic fears. Something unknown, something that is not tangible, the bridge that you never cross.

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

How true that is. If we cannot find an escape then we feel hemmed in. Our fears may paralyze us.

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

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

HOW TO RELAX AND REVITALISE YOURSELF

Fear is the lack of confidence, the lack of (understanding.)

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

There are very few people in the world who climb rocky faces. I have climbed many in my time. I have climbed the Himalayas but I have climbed even steeper mountains than that. I have climbed Mt Cook² in New Zealand which is one of the steepest and most dangerous mountains in all the world to climb. Although it is only 12,000 feet above sea level, its pinnacles of ice are almost perpendicular. I know what thrills it used to give me when I used to perch and hang with my fingers on a ledge and look down, hundreds of feet below into space. It's a thrill, I tell you, it's a thrill.

Perhaps I was always a daredevil but nevertheless it was bred in me I should hope when I was a boy. While in my younger life, nearly fifty years ago, I was out East. I was secret service in the East, and I could tell you some tales of escape that I had, yet it was all fun to me, fun. I think that when you pass through those particular things it gives you a feeling of confidence. I have been shot at, stabbed at, kicked at, and all these sorts of things.

It is not running away that helps but facing the situation and to establish the habit of facing every situation.

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

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

You cannot destroy this movement by suppressing it, neither can you remove it by putting another in its place. You have to discern

THE SUBTLE POWER OF EMOTION

what you are doing, then this same energy is transmuted and released through the realisation of the fundamental life principle of Love that is the foundation of all true expression and perfection. *Remember: reasoned thinking masters every situation.*

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

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

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

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

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

HOW TO RELAX AND REVITALISE YOURSELF

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

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

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

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

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

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

BENEDICTION

O Great Eternal (“One,”) Thou hast made all plain to those who heed Thee.

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

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

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

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

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 2nd May 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

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

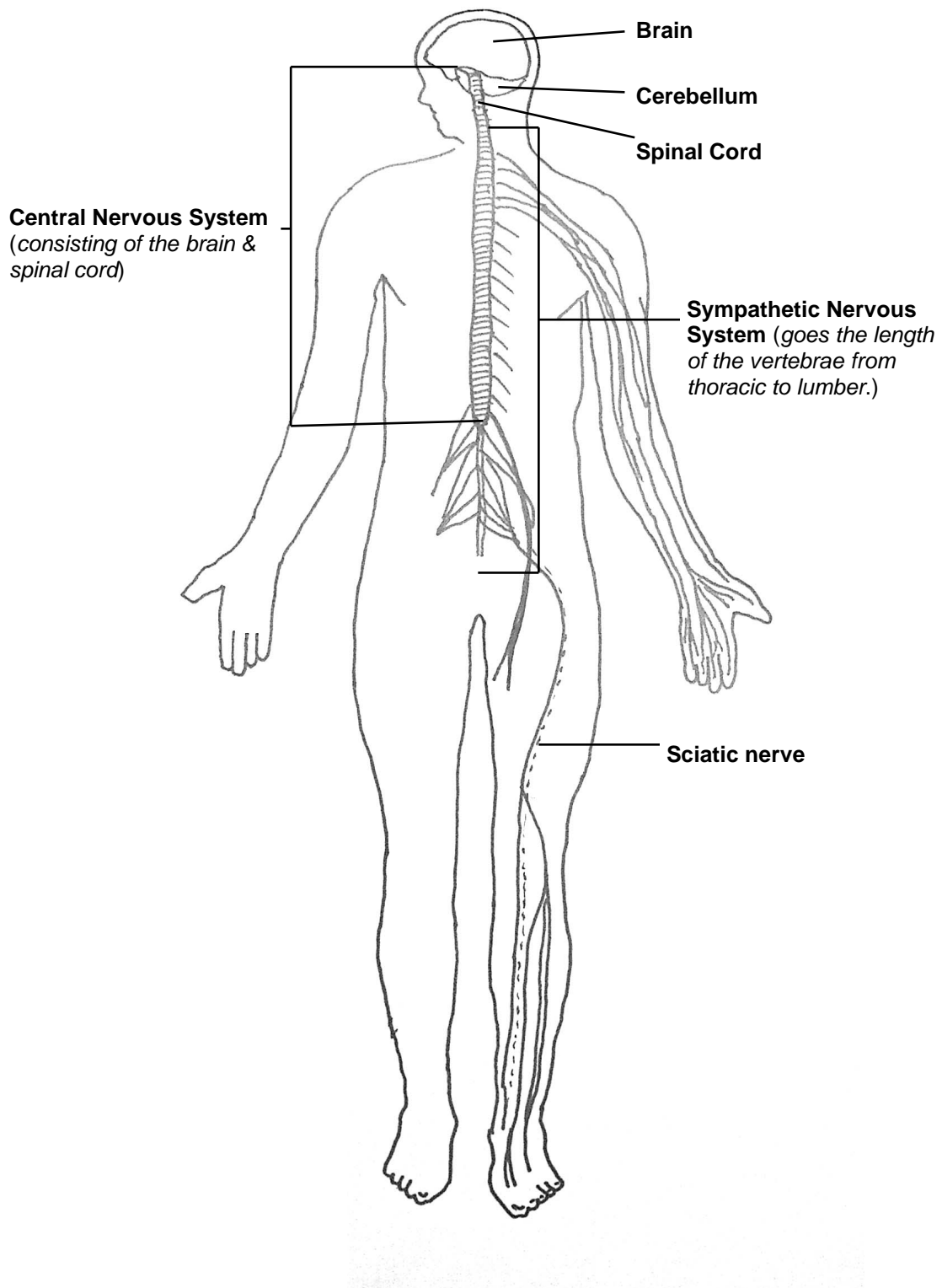


DIAGRAM 2: NERVOUS SYSTEMS

**MINE YOUR MIND AND GAIN
YOUR FREEDOM***

Tonight I am going to ask you this question: Do you think that your mind affects your health? Many know that it does. Although you have heard so much about it, it still remains parrot-talk. I want you to know why it affects your bodily health. In this lecture I am going to show you how your mind affects your body, and in simple language I am going to explain to you the scientific facts underlying this great subject.

In Amos 5: verse 10 it reads, “A man runs from a lion and a bear springs at him; he hides indoors, and, rest his hand on the wall, and a serpent bites him—” Is this not the state of man’s mind, rushing from one thing he runs into another, because he has not yet discerned the way to overcome all things.

Here we see clearly how one person may run from one thing to another. They worry about this they worry about that. If then something troubles them something else troubles them. If we fear something we are sure to fear something else. Fear is often the basic principle underlying all our troubles.

If we can realise then how to discern what we are doing then we will be able to overcome. We will not be like the man that runs from a lion and a bear springs at him and he hides indoors and rests his hand on the wall, a serpent bites him. We will be free from all these things and that is knowing how.

Neurotic or mental troubles are generally called imaginary illnesses. Those who do not suffer from them assume them to be imaginary and the effects that appear are so-called imaginary. But these troubles are very real to the person who suffers from them, and it is necessary to understand how they come about otherwise there can be no cure for the sufferer.

* See page 80

HOW TO RELAX AND REVITALISE YOURSELF

How many people have been told, yes, by your physician, "Oh it is just your mind, it's just imagination, run-away home it will be all right." But when you run away home. You are like the man that runs from a lion and a bear springs at you, you're not cured. You are still troubled from your condition and there is no use of saying, "It's just imaginary, it's your imagination." That does not cure you because you are caught up in your nervous system. Your brain becomes affected because it has a misbehaviour which takes place in the cerebellum, out-picturing itself on your body in some way or another.

Now the man himself is invisible. You've never seen a man or you've never seen a woman. You have only seen the outside form. The material form is the focal point through which the invisible man and invisible woman functions.

Jesus said, "What have you come out to see? A man?" Knowing perfectly well that nobody could see a real man. Therefore, the man is invisible. In his mind lies most of his troubles. His consciousness is caught up in his reactions to this and to that and consequently the form, that is the outer form, becomes affected. Then the outer form being affected talks back to the mind and because it talks back to the mind then you are caught up in it. Therefore, you may say it is imaginary but that doesn't heal you, that does not cure you. It is necessary for us to understand what is taking place before you really get rid of these troubles. In this Course and the one to follow we will find the ways and means how this is done.

The trouble is an illness where our imagination has its home, and this is the nervous system. It is caused more often than not by repression of negative thoughts and emotions in ignorance of what we are doing. We spoke about this in our last lesson.

The first and foremost question I want to ask you is this: How do you react to your environment? What really are your thoughts and what are your emotions in regard to events, people and what effects do they have upon you? *When we begin to discern these things we begin to break them up. We are not caught up in them because we begin to discern them. We begin to discern then the cause of most of our troubles. But that does not free us from them yet. There is what we call Divine reasoning and Understanding that comes into operation.*

MINE YOUR MIND AND GAIN YOUR FREEDOM

There is positive and negative in everything. Positive and negative exists in the relative and must always exist in the relative and they are always desiring to come into contact with one another. That is why each person, each man, each woman is an unbalanced half and this unbalanced half is always endeavouring to unite with its other unbalanced half. When these two unbalanced halves come together then there is one whole and harmony is established.

But don't think that, as it were, that the sex question comes into that all the time. It is to a great extent companionship and vibration. You will see then how great it is to understand that the body is the vehicle through which you are functioning. The contacts which you make spiritually, mentally, and physically are designed according to you, how you are made up. How God has prepared you, how he has made you in his own image and likeness in the relative world. Therefore, in the relative world there is always these positives and negatives and always will exist. Harmony in the relative world comes about always when these two unbalanced halves come together and unite as one.

There you have then the natural thing in the whole of all Creation. All creations throughout the whole relative has, positive and negative. Water, ice, anything you see has positive and negative and because you see it active there, you know that there is positive and negative in it. Now you are living in this positive and negative. But you must realise this what I am showing to you. If you want to get rid of the negative, you cannot get rid of it by putting a positive in its place because you still have a negative. Because you are still living in a relative world.

You have got to get behind the relative and see the wholeness that is manifesting through all things then you will find freedom. That is Divine reasoning. These are very pertinent questions and require very pertinent answers. This you must do for yourselves. The answers you make to yourselves are of the greatest value in releasing tension in your mind and body.

There is much scientific knowledge underlying this great question and in the light of our modern scientific knowledge I want to show you how your mind really affects your body.

HOW TO RELAX AND REVITALISE YOURSELF

We saw in the last lecture how the brain and nervous system played an important part in the effects we feel. But I am taking you one step further, tonight into the plane of super-physics.

We saw how the cerebellum tells us how the body feels. This organ here, is what we call if you like, the sympathetic nervous system that controls all the various functions of the body. These functions are automatic such as; the beating of your heart, your breathing apparatus, the cell structure of your body, the digesting of your food, the elimination of your food, and all the various processes of your body that are automatic in nature and controlled directly by the cerebellum.*

If then, any of these functions is out of order or is interfered with in any way, the message is sent to the cerebellum and this cerebellum tells you what is going on in the body. It tells you how you feel; how it feels, what is being done, what is being interrupted, you have a pain here, a sensation there and so forth. If you are unaware of the mechanism that is taking place, then, through your cerebrum which carries the message to your mind you become aware of your own consciousness because you are functioning through this physical organism. It is the focal point through which the invisible man is manifested.

So you see, then you as a complete person, mind you, a person who is invisible in Nature who is in no way conditioned at all through your body. But you are conditioned when you are caught up in these feelings, when you do not understand the mechanism of the body. When you do not understand what is taking place your consciousness which in itself is not conditioned, but is conditioned when you then become confused with these sensations. Confused with these sensations your consciousness becomes caught up in the vicious circle and fear then takes place.

But, remember this, that your consciousness is not separated in any way from the Consciousness of God because it cannot be. Because there can only be; One Consciousness, One Life, One Substance, there can be no others. There can be only One Living Entity, God Himself who creates you and Lives in you, expressing Himself. My consciousness then is in God and God's Consciousness is

* see diagram on page 64

MINE YOUR MIND AND GAIN YOUR FREEDOM

in me. How can God's Consciousness be conditioned? It is an utter impossibility! But when we are unaware of these facts then you allow these conditions to affect you and then you are conditioned. Then you create further conditions because you fear that which is taking place in your body.

If you then could extract yourself, look at yourself, see what is taking place in your mind, in your body, discern the cause of all these things then you would be free would you not. Because you are looking at something relative to yourself. Something outside yourself. Therefore, assume this to be true, that your body is the focal point through which you are manifesting in this physical plane. That is why you live after death—so-called death.

We have seen that there is a basic energy that is in operation throughout the great Universe. This basic energy manifests itself in three great principles, let us call them Mind, Energy and Matter.

These are all derived from the same Source although manifesting in different forms.

Mind, Energy and Matter originated from the same Source because all is Mind. Energy then is Intelligence in action and Matter is the result of that action.

Science has proved to us very plainly that all matter, what we see, can be broken up into its atomic form, into that invisible form, which we don't see. We have never seen an atom. No one has ever seen an atom. There is no microscope great enough to look at one. We discern them through electronic activity so that we understand the movement that takes place. We begin to see then how these electrons, the nucleus of an atom, and then the electrons that revolve round the nucleus of the atom creates an atom itself. This is Energy.

But this atom could not exist at all except through the Intelligence that is guiding it and forming its action. It would be entire chaos. The whole Universe would be in chaos. Your body would be in chaos. Everything would be in chaos if it was not for that Intelligence guiding the atoms; the direction of the atoms, how they should flow, how they should come together, what the attraction should be, and so forth. That Intelligence then becomes energy

HOW TO RELAX AND REVITALISE YOURSELF

itself and that energy itself becomes the manifestation of matter you see here, now. What then is the directing power of that Intelligence?—the Consciousness of course. The Consciousness that is behind all things.

The Intelligence is the “knowing how” of the Universe. The “why” is locked up in God. The why is that prerogative that God knows, neither the angels in Heaven know it. The Master says clearly, “No one knoweth not even the son of man nor the angels in Heaven only the Father knoweth.” But we can see the how of things.

We can see all these things taking place and we can see how we conditioned ourselves by our reactions to things, people and events and circumstances. We will then if we are caught up in these reactions, without discerning what we are doing, we then create the vicious circle, then we are caught up in our own beliefs.

Everything we know of in this plane must have these three principles of Mind, Energy and Matter and must manifest through our physical bodies as well as in every conceivable thing in existence.

We know now that all matter can be broken up into its atomic form invisible to the physical eye, nevertheless this is the matter that you see and feel. The atom itself is likened unto a universe in miniature, having a nucleus in the centre controlling the particles that surround it which make up the eddy or whirlpool in this unknown substance we call Mind.

You cannot tell me what Matter is. You cannot tell me what Energy is. You cannot tell me what electricity is. You cannot tell me what Mind is. You cannot tell me what it is. But you know that it is. You can't tell me what electricity is. You say, “That's a Light.” Quite so. It is a light but you cannot tell me what the light is. You can say it is vibrations and I say, “Yes, perfectly true. What are vibrations? Where do they arrive from?”

We can see the how of things but we cannot tell that which is behind all things, and that is true. You can say, “This is a table.”

But I say, “I know that perfectly well. But what is a table?”

You say, “Well, it's a bit of a tree.”

I say, “I know that pretty well too. But what's a tree?”

MINE YOUR MIND AND GAIN YOUR FREEDOM

“Well it grows from the ground.”

*I say, “Yes,” and so forth, and you go back and back and you find that you do not know what it is at all. **You only know that it is.***

So it is with Life itself. I do not know what Life is but I know that It Is. I do not know what Consciousness is but I know that It Is. I am alive, living, I must be Life. “I am the Life,” the Master said.

If I then can see everything that is relative I can dissolve all these things away into that which is perfect in Itself, which is the fundamental principle underlying all things, then I have discerned all these things that are relative, even the positive and negative pole which belongs to man and woman. Even the positive and negative pole that belongs to everything existing in the Universe. I can discern it, see it for what it is, I know then that it is relative to me. Then I recognise truly I am behind all things. That I exist behind all the relative universe because it is open before me. Therefore, I am Eternal and must be Eternal and complete in myself and I cannot be separate from the Whole.

*In that Divine reasoning then you can see clearly and distinctly, that I, you, are made in the image and likeness of God. I do not know what it is but **I know that it is!***

Now let me explain briefly what science knows about the atom and its movements. Science says that the atom is like a universe having a central sun which is the nucleus. And revolving around this nucleus are particles which it has thrown off, these particles can be few or many according to the grossness of the substance which these atoms make up.

In other words the centre becomes active and throws off particles identical to itself, yet they become negative or relative to the centre, these particles create an eddy or whirlpool in this unknown substance we call Mind.

Science tells us that these atoms are identical to the planets that surround the sun. Relatively speaking the distance corresponds to the distance between the planets and the sun. The infinitely small and the infinitely large are in the same proportion, the same law underlies both, all within the mind of the Infinite.

HOW TO RELAX AND REVITALISE YOURSELF

So we see that there is one law underlying all things from the beginning to the end and everything is relative to the next thing. All relative to one another.

Einstein¹ in his new mathematical formula, in which only scientists who have been trained in higher mathematics can understand, has proved definitely that everything is relative and that which exists in Itself as not relative to anything but everything must be relative to it. Not only that, it must be one Whole. Everything must come from one Source and there can be no other source but one. Einstein is correct in his mathematical formula as we know from our Divine reasoning as the Masters understand from their own consciousness by going back, back and back, ad infinitum seeing everything relative, that which is recognising it or discerning it. Everything that's relative is under the control and the direction of that which is discerning it.

Therefore I say this, if you can discern even these things that are happening in your bodies and you discern how they come about, how you react to people, events and circumstances, then you can dissolve them. You will separate yourself from them.

To make things plainer to you, let me give you the example of ice. When we apply energy to the block of ice it turns to water, when we apply more energy to water it turns to steam, dissolving into the atmosphere as atoms known as H₂O, two of hydrogen one of oxygen.

We know then that H₂O is in the atmosphere. These two gases exist in the atmosphere and these two gases come together to form all the water you see. Why is it then that ordinary water you take out of the ground? You spray the flowers, the garden with water and you say that this water you take from the ground and you spray all over the place is nothing like rain. Rain is fertilised, Because rain draws other elements with it and surrounds it. As the rain comes down so it brings these elements that are in solution in the atmosphere down into the ground and fertilises the ground. That is why rain is better than all the water you can ever spray on your flowers or your garden or on your land.

Nature has provided for everything and Nature has provided for you the finest and the greatest healing force in the world. That

1. See page 80

MINE YOUR MIND AND GAIN YOUR FREEDOM

is within yourselves. Always ready to come into operation of its own free will when you take off the brakes.

When you discern what you are doing. When you are relaxed properly, take the tension off your muscles and nerves, then Nature does the work. Nature has provided the finest and the only healing power in existence. She does it automatically, when you do as I say, discern what you are doing. Take the tension off your muscles and your nerves and become aware. That is all.

It seems simple as I say it. But it is not so simple as one thinks. It requires a good deal of practice. Even to take the tension off the muscles of your body cannot be done in five minutes. It may take you months before you begin to take the tension off your muscles. But you will never take the tension off your muscles until you have become aware of what tension is. It is only when you become aware of what tension is that you can eliminate the residue of tension that remains. That is why it takes some time before you can master proper relaxation.

Perhaps I am going too fast. I am going probably into the things that you will learn later on, but at the same time, to tell you now will enable you to understand what happens. Don't you think the relaxing is just throwing yourself down in bed and say, "I'm relaxed" for the simple reason you are not. All your muscles are tense. You go to sleep, you turn probably a hundred times in your sleep, you do all those sorts of things and you say that you are relaxed. Foolish people! You are not relaxed. You have not known what relaxation is.

If I try to tell you what real relaxation is it would be like telling to a man that is born blind the beautiful colours. That is exactly what it would mean. Therefore, you cannot tell then to a person born blind what those beautiful colours are. He is only got to imagine them. But you will find these things out for yourselves. You will find how beautiful it is, it will take the tension off the muscles. You think that you are relaxed. You haven't started yet.

Suppose you go to sleep at night and you 'sleep' you say but in the morning you are just as tired as you went to bed, even more so. What happens? All right, I will tell you. One set of muscles of

HOW TO RELAX AND REVITALISE YOURSELF

the legs stretch the legs out, are pulling against the set of muscles that want the leg to bend. There is a continual strain, see-saw movement, going all the time in your body.

If you lie on your back perhaps and all the time your muscles are taut. The muscles are tied to the lower portion of your back, the pelvis, they are pulling all the time. Straining those particular parts, muscles and the nerves, and cause pain. You think that you have got to get rid of that in five minutes. No you don't. Relax! Relax and you will find that as the muscles begin to relax so the tension will take away. God does the work when you take off the brakes. You put on the brakes you have got to take off the brakes. He does not take off the brakes. He only heals you when you take off the brakes.

They say the only way you can know when a Scotsman is dead is to go through his pockets. If he doesn't move, he's dead. It is just the same with a lot of people.

Now you know that there is a well-known process of refrigeration which can reduce these atoms to form liquid called water and also to further reduce this water to form ice.

You can neither add to nor destroy any matter that exists in the Universe. You can only change its form.

Now these atoms that make up your body are in a like manner changed by the colour of your thoughts and emotions. *Just as you change these atoms by refrigeration to solids from liquids and from ice to water, so forth, so they are in a like manner changed by the colour of your thoughts and emotions.* Matter that is invisible to the physical eye is nothing more than these atoms forming into groups known as the body, *and other objects.*

Therefore we see that there is Intelligence everywhere, energy everywhere manifesting in the form of matter, these interpenetrate each other causing harmony or inharmony according to the thoughts and emotions we hold.

Your consciousness is the real you, behind and in all through. All what your consciousness is aware of so it will be unto you.

You are the centre, the nucleoid of Life, the Creative Principle known as Consciousness. You draw to yourself these various particles

MINE YOUR MIND AND GAIN YOUR FREEDOM

of matter building innumerable cells into organs and a body, this is the Creator at work because there can be no other self or conscious self but the Infinite Self, being infinite in nature, therefore this must be so.

Now this Intelligence, Energy and Matter which makes up your body must be at your command and must respond to you because of the Infinite nature of your inner Self or Being.

Whatever then the Consciousness is aware of so does the atoms change. Not only does the atoms change but a person in fear can become frustrated. A person in fear can ooze water out of every portion of his body, sweat can rise from his brow. A man and a woman in sorrow can shed tears or can tremble with emotion. All these things become automatic. Think then what is happening to the atoms in your body if the whole body itself is trembling and moving like this. Think what takes place in the atomic structure of the body.

I explained in our last lesson the wonderful organisation of the brain and nerves connecting every cell in your body carrying food and life to reach all. The food is carried through the arterial system while the Life Energy flows through the nerves. This twofold system acts as one under the control of the self.

So you see that your physical body is a living mass of conscious combination of atoms, cells, organs, all forming a body under the control of the self or "I am." We also see that there is an Intelligence constantly at work harmonising all these for a definite purpose.

This Intelligence is the expression of the Infinite Self, otherwise the Will of God in operation, that we should be perfect as our Father in Heaven is perfect.

So this is the great healing power that is continually in operation which is harmony. The basis of the whole Universe is harmony. Harmony exists in the Universe as one Whole. It is out-pouring all the time through your minds, through your body, through everything. If you create disharmony, it was you that creates disharmony. But immediately you discern what you are doing then there is a peace that comes into your mind, into your consciousness. Then that Intelligence which is harmony itself brings into operation.

HOW TO RELAX AND REVITALISE YOURSELF

But you must learn the technique of how this comes about. Take the brakes off.

Intelligence is the expression of the Infinite Self, otherwise the Will of God in operation.

The Intelligence can be affected by our errors in thought, emotions and desire, but when relaxed and all tension taken off mind and body, this Intelligence tends to bring our mind and body back to its true state made in the likeness of its creator.

Therefore we suffer just as much from the ignorant violation of the law of harmony as we do from the conscious violation of this law.

In our investigation in modern research it has been proved that man has more bodies than the physical. Sensitised photographic experiments performed in their own laboratories have proved that there is a super-physical structure which supports the physical and this super-physical emerges out of the invisible substance which makes up all things.

We see then that the physical is an excretion, I would say, an excretion of that invisible substance that supports it and remains after you leave that excretion. That excretion then dissolves away into the substance which it came.

Every atom in your body then begins to disintegrate. Atoms of water go to water, the atoms of soil go to soil, atoms of the various elements, that is calcium, carbon and so forth, potassium and everything go back to their own particular states. It may take some time for these atoms to pass back into their original form, but they eventually do. You will find that the physical organism that once was the out-picturing and the focal point for invisible man has passed away into the invisible substance out of which it grows.

Again we prove what Paul says is true, "We live and move and have our being in Him." Therefore we are part of the whole and cannot be separated from it.

Now let us probe this question in its practical application in our daily lives. We see that there is an Intelligence working everywhere in the body, let us call this Mind. This Intelligence works from within the atoms themselves. Let us call this the mental body affected by our thoughts. Then we have what is known as the ethereal counter-

MINE YOUR MIND AND GAIN YOUR FREEDOM

part affected by our emotions and in the physical we have manifestation and sensation, the action of our thoughts and emotions upon the body, the sounding-board for this activity.

So we can see that we have, as science has proved, that man has an invisible body. A body that is invisible in Nature yet exists. Higher forms as the Masters, say that they see perfectly clearly what is taking place. A Master, thoroughly trained, can look into you and see what is taking place in the mind, in the emotional body, and in the physical body. He is trained to see beyond, as it were, the physical atoms and see the formations of your own thoughts taking place. These thoughts then affect the mental body. The emotions then stir up these particular effects in the astral body, or ethereal body, and these then are out-pictured on the physical body which is the sounding board for your thoughts and emotions.

So the physical body is the sounding board for your thoughts and emotions. When you are caught up in the sounding board not discerning what is taking place inside then you are caught up in a vicious circle that you yourselves create through ignorance.

Now the consciousness is the controlling factor behind all this and is the source of our thinking, the source of our emotions, the source of our desires, cravings etc., therefore how necessary it is for us to discern what the consciousness is thinking.

The consciousness must become aware of itself and of what it is thinking. When the consciousness is turned upon itself it sees what it is doing. Therefore it discerns the thoughts, emotions, reactions, and by that you are free.

So we see that it is necessary for us to discern what the consciousness is thinking and reacting to. If reactions are too intense an escape maybe sought through a breakdown. When you have then reactions which are too intense and you are caught up in them, you all want to escape but you cannot escape. Because they become too intense you escape then from Life, as it were, by receding away from it and that is a breakdown.

You cannot face the world. You cannot face people. You cannot look at them. You cannot talk to them. You want to run away. You want to escape and the only way you can escape is by a breakdown

HOW TO RELAX AND REVITALISE YOURSELF

and that breakdown is brought about for you so that you can escape. But when you are caught up in your breakdown do you escape? No! You are caught up in your breakdown, and you are still caught in the vicious circle. You have never escaped and cannot escape. The only way you could escape to freedom is to know the Truth about yourselves.

Health is nothing more than your physical body responding to the perfect harmony and rhythm of the Universe, your internal organs in tune and your subtle bodies blending in vibration in accordance with your consciousness or awareness of Reality, the Source of all power, free from all conditions.

Next week we will see how our thoughts originate and how the effects are transformed to the body. This all-important subject is so vital to you all that I want to make this course outstanding in this respect.

“So if your whole body is light without any corner of it in darkness it will be lit up entirely as when a lamp lights you with its rays.” (Luke 11: 36.)

A wonderful truth and the prophets of old understood.

I often wonder how these great men got their information because when we look through their sayings we see that science is proving them every day. But I know how these prophets got their information, they got them through inspiration.

Now inspiration may come in different ways.

There are those scientists who have been struggling on earth to solve the question of the atom. To solve the question of physical matter, they have been struggling hard. Naturally it is necessary for all of us to struggle hard. Not struggle in the struggle itself but struggle in the way to observe that which is taking place. We must not struggle with struggle, that is dangerous, but we do struggle with our minds to search to find what is taking place in the mind and body and matter.

If it was not for scientists, if it was not for teachers who understand these principles you would never learn anything about them. But as we begin to recognise and find sources of information, we find that source of information, but we do not find it out of books.

MINE YOUR MIND AND GAIN YOUR FREEDOM

When you go to university what do you do? You are just an imitator. Nothing more than an imitator. You imitate what other people have said before you and written down in books and you copy it out and you put it into your mind and you say that is true. But that information becomes obsolete in a few years time when new knowledge comes in and you must change your views.

As we pass through universities, I can remember easy enough when I was young and I thought I knew a great deal when I left university, but I find now that I knew nothing at all. The most of you who have grown up, who have passed university, know perfectly well that you learn more after you have passed university than you ever did in the university. It is just as it were a preparatory ground for new knowledge and unless you are prepared to accept that and open your minds, then you will still be that individual that knows nothing.

Intellectualism is humbug, Knowledge is Truth. So therefore try and open your minds to the greater Truth. The prophets how did they open their mind—by aspiration. I can see the prophets aspiring, opening up their minds. The body was completely forgotten, even their minds were forgotten. They forgot themselves, with an intensity of aspiration. All of a sudden the Knowledge was before them. Why? Because they entered into that State of Understanding.

In that State of Understanding, scientists who have passed beyond the physical plane, who have seen behind the things, who are the Artificers of the Universe, who are looking on. Who are the means by which the Infinite pours through His Intelligence, creating worlds, formation of worlds, beings, animals, all through the various stages, from the very Source of things Itself, rising up into form, creating the form, and then the disintegration of that form into the substance of which it arose. These Artificers are watching carefully and seeing all these things taking place.

*As the prophet lifted up his concentration, as he forgot himself and entered into that realm, and there he saw what was taking place. He **knew**—he did not learn it from books. He got it from the true Source of Understanding and that is how you will also get true Knowledge. Open yourselves by inspiration. Aspire and you will find the secret of Knowledge, the Truth that will set you free.*

BENEDICTION

Thou art the ocean, I am the liquid.
Thou art the fire, I am the flame.
Thou art the rose, I am the petal.
Thou art the Father-Mother, I am Thy offspring,

Thou art the lover, I am the loved.
Thou art the music, I am the rhythm.
Thou art the Infinite, I am the finite, one and the same.

Thy peace in me makes me at peace.
Thy joy in me makes me glad.
Thy wisdom in me makes me true.
Thy love in me makes me loving.
Thy harmony in me makes me harmonious.

O Beloved, now I know we are One.

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 9th May 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. *Albert Einstein* (1879-1955). German-born mathematical physicist. Famous for his revolutionary theory of the nature of space and time, known as the Theory of Relativity, which upset the Newtonian conception of the universe.

THOUGHT, EMOTION AND SENSATION

“Now, everyone who listens to these words of mine and acts upon them will be like a sensible man, who built his house on rock. Down came the rain, floods rose, winds blew and beat upon that house, but it did not fall, for it was founded upon rock. And everyone who listens to these words of mine and does not act upon them will be like a stupid man, who built his house on sand. Down came the rain, floods rose, winds blew and beat upon that house, till down it fell—and mighty was the crash!

“When Jesus finished his speech, the crowds were astounded at his teaching; for he taught them like an authority, not like their own scribes.” Matthew 7: 24, 25, 26, 27, 28 and 29.

When I see people sick I find them like children, deep in the belief of their own trouble. I show them the error and convince them that the trouble has no power of its own except the power that they alone give it, and when they learn the truth and how to apply it they feel safe, so their troubles begin to disappear.

The Divine Intelligence is always at work and will continue to work for you even when you fail to recognise It. But when left alone to do Its work we find that the work is done perfectly and tonight I want to deal further with our thoughts and feelings to show you that the greater part of our troubles arise from our unconscious behaviour.

A belief in disease is like a belief in any other evil and all this arises in man and when man is blind he is led by the blind and they both fall into the slough. There are many errors that make you feeble and weak and these I will point out to you in simple language.

HOW TO RELAX AND REVITALISE YOURSELF

There are those who put their entire trust in their leaders, steeped in error. Most people follow a belief in some outside God, this God has become to them something to fear and tremble before. There never has been such a relative and terrible God and they ascribe a nature to Him that we would hesitate to ascribe to the most backward savage. No wonder that we have the sick in our midst.

A person came to me the other day suffering from what he thought was some incurable trouble. He had been to all the specialists, the usual round, a lot of you know it by heart, don't you? Yet no relief. His mind was in a very depressed state. His words were, "God has punished me, God has given me this so that I shall suffer." Of course there was nothing further from the truth than this.

He said that he was a Christian and followed the Christian belief, but I said, "Not the teachings of Christ, they are two different things, don't you know?"

I explained to him that, "God was no respecter of persons, He did not have favourites and this God is not outside you but the very Life that lives in you, that makes you alive and is not conditioned by anything. You alone condition Life, you have put it in a cage of your own making, thus you suffer.

"God punishes no one, we punish ourselves. God is a God of Love and Perfection, Infinite in nature, to punish you He must therefore punish Himself and only one who has been fooled believes that God punishes."

"In any case why come to me to cure you if you believe that God gave you this. Do you think me greater than God?"

I said to him, "Don't you see that you believe in your trouble, to you it is your first thought in the morning your last thought at night. Now you cannot believe in God and disease at the same time. The one is real and the other is not a Reality." So the first thing I had to do was to tear his Christian belief to pieces before I could give him the teachings of Christ.

When we discern the error and not till then can we realise the perfect Spiritual state in which we live. It is here now and is

THOUGHT, EMOTION AND SENSATION

not something we have to create. What we have to do first is to discern the cause of our trouble. We will learn how our thoughts and emotions originate and how they affect our bodies.

Now let us see how most of our troubles come about. Even those that leave a change in the tissue structure originate in our nervous system.

It is always good to remember that what you eat has a lot to do with the healthy state of the body. You cannot continuously burden the body with excess starches, sugars and proteins for this puts a strain on the mechanism called "elimination." And an accumulation of waste matter together with emotional upsets soon causes trouble.

Thoughts and feelings are modes of motion, they affect our mental and emotional bodies as explained in my last lesson. These create vibration of harmony or disharmony in this subtle matter which in turn affects the physical because all these bodies interpenetrate one another.

Therefore it is true to say that thinking and feeling cause vibration in the subtle matter and create corresponding vibrations in the physical, eventually revealing a change in the tissue structure.

Modern scientific investigation has revealed that disease can be detected before it reveals itself in the tissue structure. It is detected in the vibratory stage, detected in the subtle matter or ethereal body. These disharmonious vortices of force upset the atomic harmony and are revealed in the physical because the physical is nothing more than those atoms forming together to make up the body. According to our mental and emotional reactions so do we destroy the harmony of these atoms that make up our organism.

A man in a violent temper or in a constant state of anxiety can produce an ulcerated stomach, even medical science has at last agreed that this is so. In the free-for-all fight with our conflicting emotions the body, as the organ of sensation and manifestation, gets it in the neck, gets it in the stomach, gets it in the heart, gets it in the skin etc.

It is well known when a man is in fear and the nerve centres are paralysed, the blood vessels, which are muscular tubes, contract and then the heart pumps faster resulting in high blood pressure.

HOW TO RELAX AND REVITALISE YOURSELF

Blood pressure can rise many points from fear or excitement, and after fifteen minutes' controlled rest such as scientific relaxation of mind and body that blood pressure again becomes normal.

When the blood vessels of the heart go into a spasm which produces violent spasmodic pain, this is called angina pectoris. Now this condition is said to be incurable, yet it is not incurable if the cause that brought it on is removed. Many cases of this nature have been cured by proper treatment by relaxation and controlled emotional reflexes and a knowledge of the Truth.

Why do so many people die of heart failure? Coronary sclerosis (hardening of the arteries of the heart) seems to be the most common. Just because people will not learn to use their minds and brains. Controlled reason relieves us of emotional stress and occupational anxiety.

When you work with your mind and brain and not with the blood vessels, nerves and intestines then you will put your heart into your work and not these involuntary muscles that come into play through the cerebellum, as I explained in one of my last lessons.

Spasms of the blood vessels we call Reynard's disease in which a finger, a hand or a foot becomes white, cold and numb and in some cases the limb has died from starvation—all this is due to neurotic spasms of the blood vessels, yet I know this can be cured although again said to be incurable. I have myself had several cases, cases given up as incurable, which are now well again.

In other conditions the skin can become so affected that an itch is created, all this is also due to neurotic spasms.

When we realise that our senses respond to light, sound, colour, heat, sensation etc., and we are continually making adjustments consciously and unconsciously, we will better understand that there is a constant evolutionary urge, urging us on through experiences to become masters and not slaves.

“We are like the boy that comes to the table ready to devour his meal. But his fussy old aunt says, ‘Tommy, eat your spinach, Tommy eat your salad. Eat your vegetables, what is the matter with you.’ While all this is going on Tommy is boiling inside and pushes his plate away from him and says he is not hungry, what he

THOUGHT, EMOTION AND SENSATION

really wants to say is, ‘You big fathead, why don’t you leave me alone so that I can enjoy my food.’ But what he says is, ‘I don’t feel too good, I don’t feel hungry.’” (*Dr. Fink*)¹

When you are strongly urged to do anything you feel that you want to do the opposite and this is what the neurotic is doing all the time.

If we can understand that we respond to sensation, sensation may be blended with emotion and emotion permeated with thoughts, we will also understand that our thought creates emotion and emotion creates sensation and manifestation.

I have witnessed on several occasions when one speaks of bugs, insects, spiders or serpents some people will instantly react as if they were attacked by these things.

If you imagine that you are suffering from some trouble, fear may enter and add coal to the fire you yourself have kindled and the repetition of this will often cause a condition to reveal itself in the tissue structure. This proves that thought, emotion and sensation permeate each other.

When we discern what we do we will see that by our negative thinking we start a vibration in our mental body our emotional body is affected by the fear, worry, etc. and our physical body being the innocent bystander gets it in the neck, stomach, heart, etc. We have thought, emotion and sensation—sensation, emotion and thought.

The story of Adam and Eve explains this very clearly. Paul says, “Adam was not deceived it was Eve and because Eve was deceived Adam fell with her.” The story is about the soul and the body. Adam is the symbol of the material or physical, Eve is the symbol of the psychic, the soul. The serpent crawling on its belly is the error which causes Eve to fall. This is unenlightened man—self-deception.

The real truth concerning man is that he is made in the image and likeness of God with mastery over everything.

Man is at first ignorant of this truth and this ignorance is his fall. By his own creative power he created these self-imposed conditions from which he suffers because he fell into the error

1. See page 86.

HOW TO RELAX AND REVITALISE YOURSELF

of seeing a negative power as having distinctive power of its own outside the Infinite.

Man at last comes to the perfect understanding of the truth of his oneness with Life and this understanding is his rising again enabling him as he is instructed to do, to overcome and master all things. He must become the conqueror as he always was the conqueror except when, through his own erroneous conception of himself, he failed to realise this great Truth.

BENEDICTION

O Mighty One, I have misused the independence Thou hast given me and through this brought suffering.

I am glad that Thou hast shown me that what I sow I reap, which is the Law of Cause and Effect to guide me to Thee.

I have found that today was determined by my action of yesterday and tomorrow depends upon how I shall think and act today.

Although created in Thy own image and endowed with Thy power my birthright was overshadowed by my lack of understanding and self-imposed limitation.

Now my Spirit, soul and body are one in Thee, O Radiant "One."

1. From "Release from Nervous Tension" (1943) by Dr. David Harold Fink M.D. (see page 15)

ARE WE HYPNOTISED BY OUR EMOTIONS?

In Ecclesiastes 10: verse 11 we read, “If a serpent bites before it is charmed then the charmer’s skill is useless.”

Things are not as they seem, for instance a mottled leg does not attract the eye, but cover it with a silk nylon, the attitude of mind is totally different.

*Our emotions change the colour of our thinking. Can one think clearly when in a state of emotion? That is the question we must ask ourselves.

When we realise that emotion prevents us from seeing clearly, from thinking accurately, from hearing acutely we find that emotion reduces our senses to a mere fraction of what they should be when fully alert and free from inhibitions.

When in a state of emotion can you think clearly? You have only got to ask yourself this question. Then you will discern what you are doing. Once we discern what we are doing we tend to drop it. Not that we fight the thing that we are doing, but we begin to understand it. A habit is not overcome by fighting the habit but by understanding it.

Emotion can create physical sensation where there is no physical sensation, where there is no physical cause for it. Emotion will also cut off sensation of a physical injury. This I have demonstrated myself and am sure that many of you have experienced the same, perhaps in other ways. The footballer will play with a broken rib right up to the end of the game, but when the game is over and the emotions subdued pain is registered severely.

I can remember very well in my own life the one that gave me the greatest experience was this, was when I was wounded in the intestine, in the stomach. All the time I did not know that I was wounded except I felt something scratching me. Then I felt as if

* Recording starts here. See page 103

HOW TO RELAX AND REVITALISE YOURSELF

something was running down my leg. Then I began to think what is wrong it must be a pin or a hairpin or something like that or a safety pin. Because sometimes you lost your buttons and all the rest of it and you tied yourself up with a safety pin. So I thought it was that safety pin that I had tied up inside, so I had a look and found my intestines sticking out like this. Then I felt pain. What I thought in my mind was what I had heard about other people who had been wounded in such a way was that they never got over it. Well the pain was so excruciating and yet before I had no pain at all because of the emotion, because of the tenseness, the condition of the mind. It is the same with most people.

When one is in a state of rage, a state of temporary insanity is often produced. Thus we see that the emotional habit pattern is stimulated while reason is totally eclipsed.

You never get into a rage when you reason things because reason prevents you from getting into a rage. It is when reason is totally eclipsed then you enter into this emotion, of hate, rage, anger. These things destroy you. They upset the whole equilibrium of the organism.

The cell structure of the body is affected as well as the mind. These habit-patterns are established in the cerebellum. Right in this organism at the back here these habits are established and a misbehaviour begins.

In one case pain may be inhibited, when there is cause for it, and in another case pain is created where there is no cause for it.

The question is, how is one to deal with these conflicting problems. We must treat the cerebellum through controlled and scientific relaxation and Divine reason, which balances the reflexes from brain to body and vice versa.

We must treat the cerebellum through control in the scientific relaxation and Divine reason which balances the reflexes, from brain to body and vice versa.

When there is a habit-pattern established, especially a emotional habit-pattern established in the cerebellum. It begins to out-picture in the body in some form or another, in an inhibition perhaps or in a sensation. It may irritate the mucous membrane of the bowel. The

ARE WE HYPNOTISED BY OUR EMOTIONS?

nerves there may become inflamed as to create an ulcer. Your bowels may take on the form of inflammation because the nerves of the bowel become irritated through this emotional habit-pattern and you have a mucous colitis.¹

You can have heart trouble. You can have a nervous heart that goes at 130, 140 beats a minute. You can have blood pressure where the muscles surround(ing) the blood vessels contract, become tense and therefore they force the blood into the extremities and you have blood pressure. You can have a skin trouble, an irritation of the skin where the nerves become irritated on the skin. You can have all these things which are produced by this misbehaviour in the cerebellum.

How are you to eliminate it? You can absolutely eliminate it perfectly through controlled scientific conscious relaxation of the muscles of the body.

Now, when you give a message through your cerebrum, that is a suggestion. If you suggest to the cerebellum, strongly, the cerebellum will rebel and say; "No." Just the same as you do if I tell you or anybody tells you, "do that at once!" You immediately rebel. You stop. You wonder whether you will do it or not. It is only you do it because it may be the boss or it may be the wife. Therefore you stop for a moment but the first is a resistance.

But the cerebellum at the back here, this brain here, it says no. It would not respond to strong suggestion but it will respond to unobtrusive suggestion, suggestion that's easily formed. I tell you this, that relaxation is the finest of all suggestion because it is smooth, it is easy. It is suggestion in its finest form, and what you do, you get your muscles relaxed. It sends a message to the cerebellum. The cerebellum then accepts the message and says, "I am relaxed I'm relaxed." That is carried on then to the cerebrum and the cerebrum then knows what is going on. The habit-pattern begins to break up because habit-patterns are tension whether they exist on the muscle outside, whether they exist in the muscles inside or whether they exist in the nervous system in the form of some inhibition. You can have thousands of inhibitions of different form but they are all brought about by the same thing this habit-pattern.

1. see page 103

HOW TO RELAX AND REVITALISE YOURSELF

We saw in our last lesson how thought, emotion and sensation was linked together. Firstly our thought, whether it is conscious or unconscious, has an emotional effect which in turn affects the cerebellum causing misbehaviour there.

This misbehaviour we find in the form of impulses through the motor or sensory nerves, and which in some cases can cause an inhibitory effect immobilising all the muscles. This we call hysterical paralysis.

The motor and sensory nerves are set in motion. These motor and sensory nerves run down the spine. They are in different parts of the body. They belong to what we call the sympathetic nervous system. These sub-stations or sub-brains are linked through the cerebellum into the cerebrum.

When the cerebral spinal system sends a message through the body to be expressed in some particular organ, whatever that organ may be, it must go through these motor and sensory nerves to be carried into the sympathetic. So the sympathetic nerve system which controls all the muscular mobilization and cell mobilization in the body is carried through these motor and sensory nerves.

Supposing now that you have through all these motor and sensory nerves a complete inhibition. You find that you are paralysed.

I have seen people entirely paralysed through it.

I saw a woman once who was paralysed through a emotional habit-pattern. She was perfectly well, a healthy woman. She had seven children. They all went their different ways. She was left at home by herself. She was depressed. She wanted her children round her again. Her letters, desires and hopes were useless. But through the continuous emotional expression in her own nature of the desire at least for some of her children around her again she became paralysed. She went to bed. She could not move her hands or her limbs. There was no outward sign to show that she should be paralysed. Her blood pressure was all right and everything else seemed perfect. Here was a complete immobilization of the muscles through what we would say an emotional habit-pattern. The desire was so strong. The emotion helped this woman to bring about the things she desired, and her children all came round home because

ARE WE HYPNOTISED BY OUR EMOTIONS?

she was paralysed. Everybody was sorry for her and she was thoroughly enjoying herself. The thought of her paralysis entirely disappeared because her desire was fulfilled.

But when the children had to go back to their places of work because they had to work, they had families and they had jobs, the mother was left alone again with her paralysis. She did not know how paralysis came about.

But when I showed her that it was nothing more than an emotional habit-pattern and she herself brought it about and she herself alone can cure herself. Therefore, through direction in a few days she was up out of bed as good as well as ever she was for the simple reason that she saw what was happening.

Through proper Divine reasoning, relaxation of all the muscles, and that suggestion which is smooth and silent—taking off the brakes. Then when she took off the brakes and understood that she herself put them on, she got well, the Father did the work. Life is always endeavouring to express Itself in Its perfect nature.

That is one of many I could show you. I could relate hundreds of cases where these emotional habit-patterns have been the means in some cases of creating miserable lives. But that miserable life can become a very enjoyable life. The experience passed through will stand in good stead for the remainder of their life. They will know the cause of their troubles.

In the other way it may stimulate muscular activity in the form of St. Vitus dance.² This we call hysterical muscular reaction, some call it nervous tic.

I had a boy who came down from Rhodesia. He had been in hospital for some time here with St. Vitus' Dance. The father brought him to me because he had contracted this St. Vitus' Dance in the school and he was taken to the hospital. They could not do anything for him, they had given him electric treatment and all that sort of thing, but he was just the same when he came out. The father wanted to take him home to Rhodesia and he took him to me first on Friday. He couldn't put his hand to his mouth, he couldn't tie his shoes, he couldn't put his coat on or his clothes, he couldn't dress himself. He was really in a dreadful state. I talked to the

2. See page 103

HOW TO RELAX AND REVITALISE YOURSELF

boy and I found out the cause of his trouble was nervousness in the school. He could not do certain subjects and because of this he had created this emotional habit-pattern which caused this muscular activity.

After I had shown him the cause of his trouble, I relaxed his muscles completely. When I relaxed his muscles, to begin with, he was still shaking, as I gradually relaxed him more and more, I found that the whole of his body became quiet, peaceful. I let him relax there for some time, for half an hour or so. When I came back he got up. He could put on his clothes, he could tie his tie, tie his shoes and he said, "I haven't done this for months."

One treatment was sufficient to reduce this habit-pattern to practically nil. So the father said, "will I wait back?" I says, "No, you can take him home now to Rhodesia. Follow my instructions and he will be entirely and completely well."

There are hundreds of people who are suffering from these emotional habit-patterns and yet they do not know how they come about.

It can make you forget your name or where you live. It can make you quite oblivious to the fact that you owe the bank a large overdraft which is quite convenient sometimes. It can make you stammer and stutter. It makes you feel that you cannot remain in an enclosed space or in a crowd, etc., etc.

There are hundreds of ways that this mischievous misbehaviour of the cerebellum makes your cerebrum feel what it feels and that is how you know what is going on.

I remember a long time ago, some of you will also remember the time that Coué³ started his campaign of suggestion, which was in the school of Nancy in France. You can remember the time when across the front page was Coué with his suggestion; "day by day in every way I get better and better." That was his formula.

Now Coué found very clearly that in the first place he tried suggestion but he found also that by direct suggestion made to the opposite of the trouble intensified the trouble. But he also found that when the idea of the trouble was left alone entirely and a formula was created, such as, "day by day in every way I'm getting

ARE WE HYPNOTISED BY OUR EMOTIONS?

better and better;” but in the way that had to be said. Coué said, “you’ve got to lie down. Let yourself into a dreamy state and as you are in that dreamy state say those words, ‘day by day in every way, I get better and better.’” That was the formula and thousands of people at that time when it was fresh and new, got better of all their complaints.

Now, I know dozens of people who have got better of a complaint of that time. But since that time it has become too common. Suggestion has become so common. The reason why that it happened was this; that when the person relaxed, went into this dreamy state, the idea of the trouble seemed to pass away, then saying, “every day in every way I am getting better and better.” It did not stimulate the trouble by a strong suggestion but with that smooth silent unobtrusive suggestion, the brakes were taken off and Nature did her work.

*So you see clearly and distinctly that as we grow into this knowledge, the same principle is involved. The suggestion had to become ‘auto suggestion⁴’ before it had any effect at all on the individual. So therefore no suggestion of any kind can be of any use to you unless it becomes **auto suggestion**. Auto suggestion can only come through either the desire of the individual towards the end suggested or when there is a quiet smooth unobtrusive suggestion given, where it enters into the mind and there becomes auto suggestion—unknowing to you.*

That is what relaxing the muscles do, to break up your emotional habit-patterns and they dissolve away with the great help of Divine reason.

Divine reason is this: in knowing the Truth about yourselves. Not something that is outside yourselves but the Truth about yourselves, knowing that Life Itself is the only Living thing.

The body does not exist apart from Life. The body is the vehicle that Life has created for Its own expression and without the body Life could not be expressing Itself now in this form. Therefore It created it for Its own self-expression on the physical plane; the nerves, the brain, and everything. There is no other power that could do so. Therefore we see that the body, does not

4. See page 103

HOW TO RELAX AND REVITALISE YOURSELF

exist apart from Life. So Life is the predominant thing, the actual Reality—and in that is your consciousness.

Consciousness is in Life. Life and Consciousness are synonymous. When you recognize this then you will see where the source of your thinking comes. Through relaxation (“out-cropping” as we will learn later on because I am not going to take you into that field just now), but we uncover the various layers of consciousness until we reach the stage where we find “pure” Consciousness.

Automatic writing⁵ is to a great extent the out-picturing of the subconscious and that is why when you write unconsciously you are writing down just what is within the mind. Without, as it were, examining but only discerning without comparing, without judging. But just allowing the flow to take place you empty the various layers of consciousness until such time as you reach the pure Consciousness.

It is only when you reach Consciousness which is pure can you ever get anything of any value at all out of your automatic writing. Therefore you see that the great thing in automatic writing is this; that it enables your mind to be emptied out on all the various layers to be exposed. All your various secret habits, your secret desires, your secret motives, and everything about yourself is written on paper. What a mess!

It is said that suggestion and hypnotism is a cure for all these ailments. But in forty years practice I have found that this is not so. In many cases it only adds to the confusion of the pattern. For instance, take one who is a confirmed drunkard. Suggestion may be given but if the counter-suggestion is stronger there is no cure this way. But there is a cure which we will see later. For as sure as the morning comes with the stomach churning in a nervous quiver and the hands trembling this acts as a more powerful suggestion than the verbal one, given previously, and the result is that the belief that a hair of the dog that bit him will cure the quiver *in the stomach* and the hand-tremble.

How often have people tried then to get over that habit by suggestions. It may do for a while but that is not the cure. You have got to understand the cause. Then when we unravel the cause, we find it will be removed.

5. See page 103

ARE WE HYPNOTISED BY OUR EMOTIONS?

I have seen a person so bad with the drinking that the only way they could bring the cup to their mouth was a thing like this. They got it round their hands and they took the tumbler in the hand like this (demonstrates) and they drew it up this way to their mouth. That was the only way. Because his hand was shaking like this. But the only way they could bring it up was steady like that, and that's not very long ago.

All brought about by an emotional habit-pattern. Do you think you think suggestion is going to eliminate the emotional habit-pattern without some more scientific means of breaking it up?

We see here that a habit has been established in the cerebellum and this is carried in reflexes to the body. Therefore suggestion alone is not the cure because even under hypnosis there are artificial inhibiting impulses created, or, on the other hand, there can be artificial stimulating impulses created. In this way part of the mind may be shut off, out of commission or, on the other hand, a part of the mind may be made artificially active.

This prevents the entire mind and brain from working as a proper co-ordinating machine for the healthy stimulation of the body, brain and mind. In a state of hypnosis we can say that you are not all there.

I am not saying that suggestion is not an aid to the cure. It is certainly not the cure that remains permanent. This can only be brought about by proper relaxation and Divine reasoning, *which we will see in our next series of lessons. We will see clearly how this is done. Step by step. In ten steps I will take you through a complete method and you will find how wonderful it is.*

We can see that with conflicting emotion and a habit-patterns created in the brain and nervous system which throws the whole organism into an uproar, a civil war is going on inside. This proves that our emotions partially hypnotise the functions of our bodies.

There we see we are hypnotized by our emotions; our seeing is reduced, our hearing is reduced, our feeling is reduced. The senses are reduced because of the emotional habit-pattern that has caused self-hypnosis of these organs in the body. It produces this anaesthesia which impairs your functions 50, 75 and sometimes nearly 100 percent.

HOW TO RELAX AND REVITALISE YOURSELF

In my next lesson we will see how progressive relaxation coupled with Divine reason can cure, once the self-applied technique is acquired, and the habit muscle tension is relaxed. You break down the old habit-pattern and as the cerebellum asserts itself the regular work given to it to do by the Intelligence that created it is performed accordingly as the mind assumes a true attitude towards Life.

When you then free the consciousness from all the inhibiting emotional habit-patterns, there is no longer a hindrance to the expression of Life because we ourselves have put Life in a cage. When we understand that, when we break down the bars and doors of the cage we created for ourselves—we will be free.

It has also been found that certain forms of breathing help to quieten the nervous system stimulated through emotion, but there is no room for this lecture for detailed instruction in the matter we will deal with it later.

There is one thing sure, when you acquire that balance of mind, brain and body you will speak with authority, with confidence, you will have that quiet easy assurance, a calmness that nothing can move because you will know and understand.

The blusterer is always one who is covering up a weakness. You may be sure that there is conflict going on inside. But this bluff is often unconscious. It is the habit-pattern created through conflict.

The conflict of two images in the mind. The conflict of the individual who feels afraid, feels inferior. He creates in his mind an artificial stimulus of confidence, of courage. Now, if you have fear on the one hand and you try to cover up with courage on the other hand, you are only affirming the inferiority and you are getting nowhere because the more you think of courage the more you express fear.

Its like a girl or a woman who is going to have a baby. She wants to get a girl, all the time she is fearing she is going to have a boy. The more she wants a girl the more afraid she is going to have a boy. So if she wants a boy the more afraid she is going to have a girl. While the husband says, “now I want a boy,” and she says, “by jove is it’s got to be a boy.” But all the time she is frightened it is going to be a girl.

ARE WE HYPNOTISED BY OUR EMOTIONS?

So you see the whole trouble is that you have a double mind. One image superimposing the other. One time one is up and the other time one is down.

Now, that conflict is so strong sometimes that it becomes unconscious. With the fact that you have an excessive, what we call, overconfidence created by this type of individual. A superiority conflict is nothing more than an inferiority complex imposed and that one is always there because it has not been dealt with. It has not been discerned. It has not been dealt with. It has not been seen how it has been brought about, and there it remains as the expression of that superiority conflict or complex. All the time there is a struggle going on—a deep struggle going on. As sure as you are alive, that struggle going on, is going to affect your nervous system so soon that you are going to have an ulcerated stomach or you are going to have mucous colitis or you are going to have something very serious wrong and you do not know where it comes from. Then when it happens to you, what happens again? The vicious circle takes place because you dwell upon it, you are afraid of it. You fear the very thing that you brought on yourself, unconsciously. There is this vicious circle.

I want to show you what you are doing, so when you eliminate these things, Life itself that is unconditioned gives expression to Itself. Take off the brakes and the Father does the work.

Do not criticise but see the real person behind the veneer. This is the way to free yourself from further conflict. Because what you see in others you generally planted in yourself.

Very few people are completely free from emotional conflict and habit-patterns created by reactions to the external world. Our movements often betray our mental attitude.

A chap, puts his hand in his pocket, he wants to pay something out and he puts it down on the counter. He keeps his hand on it as long as he can so he doesn't want to part with it. He stays there with it for a while and then he takes his hand very cautiously from it, and he finds he has got to part with it after all. Now that shows the type of mind there. The fellow who does not care, he takes the money and throws it on the table, like and there it goes.

HOW TO RELAX AND REVITALISE YOURSELF

There are so many different forms of facts.

A closed fist means not much, an open hand means everything. Because of the fact the open hand gives you everything, that is the way to give it because you are getting everything. Fingers always represent something. Sometimes a person will do this, (demonstrates) now doing that of course is subconscious. All these other qualities that these hands, the fingers, mean subconsciously, are closed and hidden. That is vision, (demonstrates) that is humanity, that is beauty, that's expression, that's wisdom. In fact, subconsciously we are always making signs according to our own feelings inside, what we are.

The closed fist—you will never get anything on the closed fist. Never. You will never get anything from anybody who puts his hands behind his back. Until such time as you bring it forward by suggestion. Very acute suggestion. Very acute; subtle, quiet, smooth. I will deal with that some other time.

A person that is free will generally look you straight in the eye and we should cultivate that habit. The shake of the hand also often denotes the attitude of mind. There is the piece-of-meat type of handshake, that sloppy handshake that no one likes, then there is the crushing-to-pulp type which is even worse. A truly friendly handshake is a firm pleasant shake of a hand where you would like it to linger longer. Remember the contact of the hand can reveal your nature.

If you are aware of the unconscious habit-patterns created through your mental and emotional state, you can change this pattern established in your brain and nervous system, *and you are continually doing so.*

When people relax they begin to change their whole nature. These habit-patterns begin to break up because habit-patterns is tension. Reduce the tension. Break up the tension and you break up the habit-pattern. It is just that wonderful thing that Nature does for you when you take off the brakes.

To feel perfectly relaxed in the presence of others is proof that a natural state is being re-established. Relaxation of nerves and muscles means health. Those who are in tension in the presence

ARE WE HYPNOTISED BY OUR EMOTIONS?

of others often create trouble through what I call “Occupational anxiety.” *A person who is always in a state of anxiety and tension in the presence of others create what we call “occupational anxiety” which produces similar effects to what they call an emotional habit-pattern will do. It is a similar thing.* This state of affairs causes a change in the tissue structure, thereby organic conditions are often created.

By following what I have told you you will begin to express the true pattern of Life itself, you “will” will develop unconsciously and you can still further develop it by doing the little things you previously left undone. Practise doing everything in the right way at the right time, do not procrastinate.

We always throw the little things aside. “Oh, I’ll do that tomorrow, time enough to do this, do that” All the time there is something tugging you, saying, “you should do it you know, you should do it you know.” All the time something else says, “Oh I’ll do it tomorrow. Its alright, do it tomorrow.”

But when you take yourself in hand, the doing the little things are most essential, because it is doing the little things that produce strong will and a strong personality. You are forced to do the big things whether you like it or not. But the small things you can throw aside, that is ruining your will to do.

Try and recognise the great truth that Nature is always acting all the time and she is doing the little things always. Nature is doing the little things that make the big things. It is the little things in your life that really make the big things.

When you know your condition and the cause of it, you are not so prone to bestow your attention upon it, thereby intensifying the trouble. You will know it is there but it does not mean a great deal now. Then you face the way you want to go. These conditions are your experiences, then let them be your driving power and not your stumbling block.

How often are these conditions in your life your stumbling block. Experience is always a stepping stone. But if you bestow your attention upon your troubles severely with fear you intensify it a hundredfold.

HOW TO RELAX AND REVITALISE YOURSELF

There are in fact, three stages in every trouble. There is the physical, the emotional, and the mental. Physical trouble may only be 10 percent, but the emotional and the mental maybe 90 percent. But the physical stands out so enormously to you that it becomes 100 percent, yet it is only 10 percent of your trouble. Can you understand now then how you can remove this emotional and mental effect of any trouble, by recognizing how to go about it? By realizing the truth about yourselves?

If you are always bemoaning the fact that you are sick or you are weak, that your efforts have been destroyed, you are just seeking an escape, and when you realise that then you will devote your energy to creative work and little or none to your self-imposed conditions.

A great deal of sickness is nothing more than a desire to escape from something. Also, bemoaning the fact that you are weak is another escape from something, a desire to escape. But if you can discern the way you are trying to escape and why, you will free yourself from both.

So you see that you will devote your energy to creative work and little or none to your self-imposed condition.

I would like to call this surgery of the mind, where we begin to cut out the disease of our emotional habit-patterns, and the knife we use is Divine reason. Coupled with scientific conscious relaxation. This is the finest lance we can ever use.

In our relation with people and things we gain experience. We get to know ourselves. If we discern deeply our thought-action, our emotions, we will free ourselves from the habit-pattern of greed, envy, cravings and dependence upon people and things. We will no longer be dwarfs in a world created for giants.

If then you can realise the importance of what I am saying to you, you will study these lessons carefully. You will go over them again word by word because I have not given you a quarter of what is in this lesson, nor not a hundredth part. You will find it out for yourselves and it is when you find out for yourself, that is the secret, that is the means how you can overcome all your difficulties.

ARE WE HYPNOTISED BY OUR EMOTIONS?

If we are hypnotised by our emotions we only find sorrow, fear and conflict which is out-pictured in our bodies, our affairs, our surroundings, when this is removed things are seen as they truly are. The attitude of mind determines what your habit-pattern is going to be.

Then search and find what your attitude of mind is. Is it based upon reactions to outside world? Is it based upon fear, apprehension, desire, or do these things fill your mind or is the great mighty Power that is in Itself, Perfect, expressing Itself, influencing your mind from within? Are you allowing those influences of the Spirit to manifest in your own mind? If you are, then you will find an avenue that will give you that true mental attitude towards all things external to the self because you will know them for what they are.

When we begin to realise that quality, that unlimited power we have to create, to do, that our efficiency is dependent upon our power of attention, we are no longer in bondage. But this impossible where there is strong emotional conflict. You must see that confusion of thought is bound to create confusion in your environment and life.

If you are caught up in the error you will fail to see the true. But when you see the true then the error dissolves away because the error has no foundation. The cause and cure is in man's own self. Many of you in the past have been caught up in both truth and error, and this is the cause of much of your confusion. *Truth and error that is in the mind. Most teachers of truth are only dealing in images, do not give you the truth.*

If you are caught up then in a prison. Most people are in a prison, but they do not want to get outside the prison. They do not want to free themselves, they are afraid of freedom, absolutely utterly afraid of freedom. Now look into your own minds and see if you are afraid of freedom. Will you cast everything out completely, that is in your mind, outside and deal with it? Throw it out and be your Real self. Oh no, you want a prison a little bit more comfortable than the one you had so you can snooze there. That is exactly what most people do. Unless you are prepared to eliminate everything

HOW TO RELAX AND REVITALISE YOURSELF

and stand alone clear and distinct. See all these things as relative but only that which is Real in yourself, stands alone—God Almighty, no others. Your God is a relative God. The life in your neighbour is separate and distinct to your own.

That is how you live. Your God is a relative God and the Life in your neighbour is separate and distinct to your own. That is how we live. Look into your own minds and see how true it is.⁶

You could not reconcile the false teachings you heard with that inner conviction of Reality, and not being able to discern the false you could not know the true. But now all this is changed yet the change will continue for it is Eternal in nature, an ever upward and onward progression unfolding more and more of the wonders set before you.

I am Alpha and Omega, the Beginning and the End.

*Therefore if you can see clearly that the Life in you and your neighbour is the **same** then he will say as Jesus did, “Love your neighbour as yourself.”*

If you can dispense with everything, leave nothing except your bare principle of Life, then you will find that Life Itself is the Creator of All Things and you will be free. You will not be dominated by the outside world. You will not be caught up in your conflicts. You will not be caught up in your habit patterns, but you will unfold each layer of consciousness—all the stupid things that are there. They will come to the surface, you will discern them and know them that they are relative. You will not look upon them as right or wrong, or judge them or compare them but allow this free association of the things that have hindered you all your lives.

Come to the Consciousness and then you will see what has hindered you in the past.

In the recognition and the realisation of the Truth, that what you discern then, you will see is outside yourself. That you yourself will stand alone as the creator, one with the Creator of All Things—that Creative Principle existing in everyone is the same. I in you and you in me and we in God. There is no other Truth.

“I am alpha and omega, the beginning and end.”

6. See page 103

BENEDICTION

O Lovely One, Thou art lovely by nature, and Thou hast given me Thy Nature so that I may express It and thus be free.

Thou hast shown me to love others because Thou lovest all.

Thou hast taught me to be true to my word as Thou art true to me.

Thou hast taught me how to make others happy because Thou art the essence of happiness.

Thou hast taught me to smile, for as I look upon my face I see Thy reflection.

O Lovely One, my happiness and joy I find in others because there I see Thy Presence, my Beloved One.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 23rd May 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1 *Mucous colitis*. Recurrent abdominal pain and diarrhoea or constipation, often associated with emotional stress. Also called Irritable bowel syndrome.

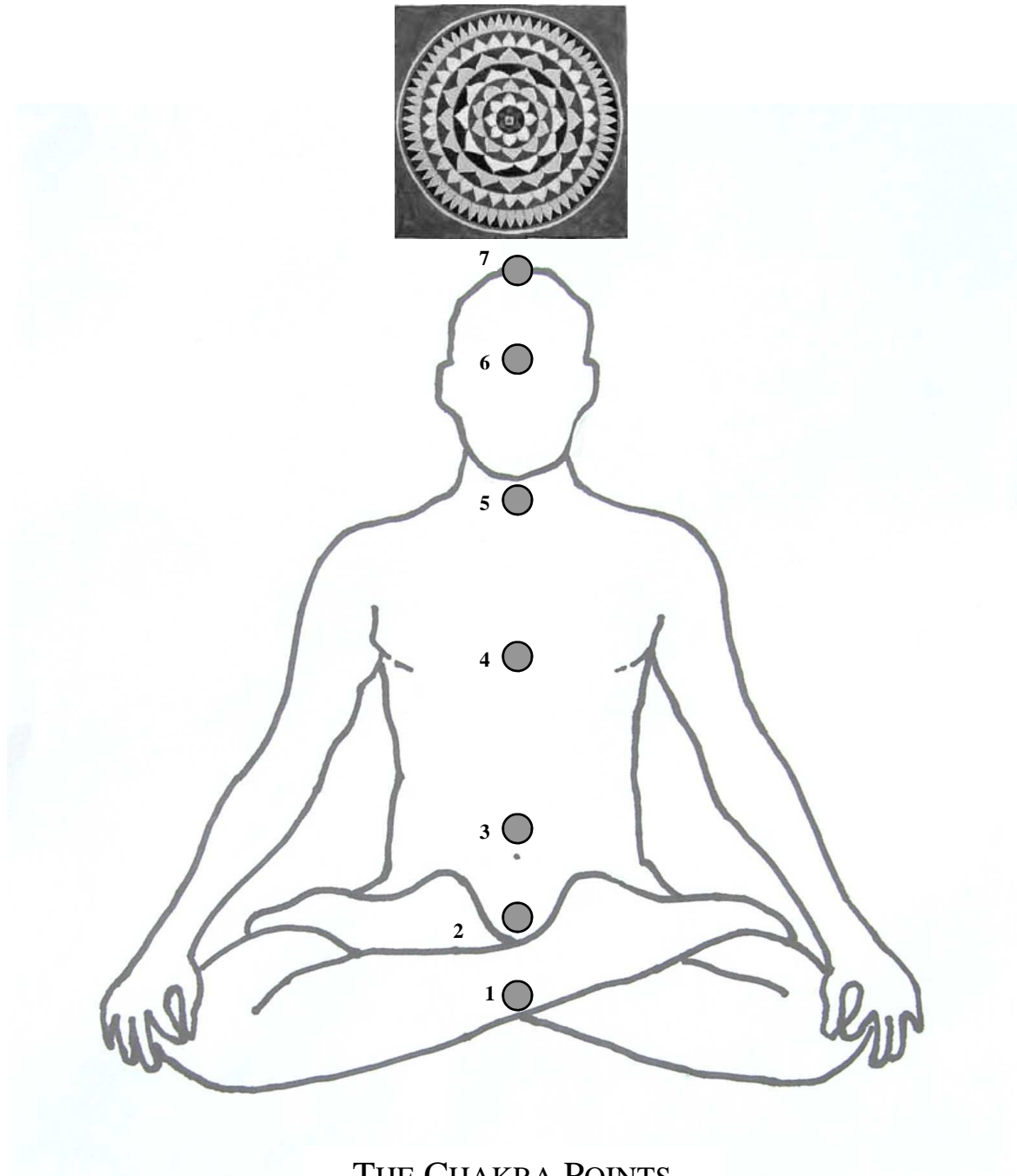
2 *St. Vitus Dance*. Disease characterized by involuntary movements of muscles. Chorea occurring chiefly in children and associated with rheumatic fever. Named after *St. Vitus* (3rd century), patron saint of those afflicted with chorea.

3 Émile Coué (1857-1926), French psychotherapist, originator of 'auto-suggestion.'

4 *Auto Suggestion*. A system for self-improvement developed by Emile Coue which was popular in the 1920's and 1930's. The dwelling upon an idea, thought, or concept, thereby inducing some change in the mental or bodily functions. from the subject him or herself.

5 *Automatic writing*. Writing performed without conscious thought or deliberation, typically by means of spontaneous free association or as a medium for spirits or psychic forces.

6 This small piece of text contained in the lecture notes is missing from the sound recording. [*The truth of the oneness of all things sets you free.*]



THE CHAKRA POINTS

1. **Root Chakra:** Red, Earth, Smell
2. **Sacral Chakra:** Orange, Water, Taste.
3. **Solar Plexus Chakra:** Yellow, Fire, Sight,
4. **Heart Chakra:** Green, Air, Touch.
5. **Throat Chakra:** Blue, Ether, Hearing,
6. **Third-Eye Chakra:** Mauve, Extra-sense perception.
7. **Crown Chakra:** White, Heaven, Purest Being. (Thousand-petalled Lotus)

DIAGRAM 3: THOUSAND-PETALLED LOTUS

**IF WE ARE HYPNOTISED BY OUR EMOTIONS
HOW CAN WE BE DE-HYPNOTISED***

“Thy ear shall hear a word behind thee, saying, This is the way walk ye in it, when ye turn to the right hand, and when ye turn to the left.”—ISAIAH 30: 21. (Old version.)

It is always so because there is the Spirit which in Itself is Life. Life is unconditioned and arriving from its source carries with it the expression according to plane in which it is manifesting.

When we are manifesting in the physical plane as human beings; sons of men, daughters of men, these are really sons and daughters of God. The Life carries with it through that means of expression according to the highest possible expression of sons and daughters of God.

That is what we hear behind us saying, “This is the way, walk ye in it.” When you begin to realise this, there is always the inner voice that begins to help you overcome your emotional stresses and strains; your angers, your envies, your jealousies. All these things that have a deep effect upon the emotions and the emotional body which out-pictures the misbehaviour which takes place in the cerebellum, in the form of; skin troubles, duodenal ulcers, heart troubles, nervous reactions, and a host of other things which affect the body.

We find that we are not free when we are caught up in our emotions, we are hypnotised. The idea now is to find how we can be dehypnotised and so that we can be free of the effects we ourselves create.

* See page 117

HOW TO RELAX AND REVITALISE YOURSELF

We found in our last lesson that our emotions hypnotised us to the extent that our senses were impaired from 50 to 75 percent and more, sometimes 100 per cent. The question is how can we be de-hypnotised so that our senses will function 100 percent, free from any inhibition.

Leading doctors today are realising the great part our thoughts and emotions play in all illnesses. The idea that some diseases are organic and others are functional is fast disappearing. There can be no dividing line between the mental and the physical. The chemical changes that take place through our thoughts and emotions have the effect of changing the tissue structure which in itself is a mental phenomenon.

We have arrived at that stage in our understanding, all ready, that there is only one substance in the whole Universe, out of which everything must be created. The Infinite being Infinite in Nature there can only be one substance, and that substance must be Infinite. There can be no other substance because of the fact that the Infinite is Infinite. Therefore out of that substance everything is created and that substance must be mind because you cannot say the Infinite is physical and you cannot say that physical is physical substance or matter.

Matter is a name you have acquired according to the opinion you have in regard to that which you feel and see and touch. But when it is analyzed completely you will find that this substance which you touch and feel changes into atoms beyond your sight, you see it no more. Yet those atoms are but vortices of energy or force. Now we know that energy separated from matter does not exist. That is to say, matter separated from energy does not exist, and energy separated from Intelligence does not exist. Therefore, energy must have an Intelligence to direct it because it is self-manifesting in a way according to a plan, and that Intelligence is behind it. Therefore, we see that Consciousness is the means where all this substance is directed. An Intelligence forms then the atoms, and the atoms form what we see as physical matter and we have a body—a form.

We see clearly then, that any change that takes place in the tissue structure must have a change in the fundamentals of the body,

IF WE ARE HYPNOTISED BY OUR EMOTIONS

that is, the atomic structure and that causes a change in the physical structure through energy created by thought, emotions, movement, whatever the movement it may be.

We have already learned that there is only one substance underlying all form and that Life built the body, brain and nerves out of this substance for Its own self-expression.

The unscientific attitude towards disease is fast disappearing with this new knowledge forcing its way through the ignorant adhesion of past beliefs that matter is matter and that disease can only be in matter.

Disease has three aspects, mental, emotional and physical, the physical is sometimes only 10 percent of the trouble, while 90 percent is generally emotional and mental. Remove the mental and emotional aspects and your physical disappears. *How often that is true.*

Naturally, the individual, feels the physical reaction and because the body is the instrument of sensation, the sensation is registered upon the body. Then you attribute this sensation to a physical pain, a physical disease, whatever the case may be. When all the time it may be 90 percent mental and emotional, and only 10 percent physical.

If you will remember that the conditions of the your body sometimes will not worry you so very much, because when they do worry you you create the vicious circle. That vicious circle adds coal to the fire and produces that which you yourselves created in the first place—reproduces it and intensifies it.

Continuous adjustment is the function of our nervous system. Through the functioning of the nervous system the various activities within the body are adjusted; when we run fast we breathe heavily and faster, the heart pounds, pumping the blood to the tissues with oxygen to supply the waste through exertion.

There is an Intelligence in the body which works through the cerebellum. We have heard plenty about the cerebellum and its not the last you are going to hear about it either. You are going to hear it a long way yet. But as you see, the cerebellum is the nervous instrument and it makes those various adjustments. Let

HOW TO RELAX AND REVITALISE YOURSELF

us say when you run fast; you have to breathe faster, the heart has got to beat faster, the cerebellum has to do that work. The cerebellum not only does that but it carries with it all the memories of the past. The whole experience of the reproduction of the species from that very small cell.

In the first place it could; move, elongate itself, absorb its own food, and do everything within itself. Then as that gradually grew out, it formed into other forms until such time as the whole of Creation was built up as it is today with the highest form of that Life which is manifesting in man and woman, carrying with it, mind you, the essential Spiritual quality according to the state that is manifesting.

Therefore you are sons and daughters of God. Nevertheless mind you, that through the whole of the ages all the memory of that Creation, all the memory of all those processes is in the cerebellum. All the sex qualities, all the things that you think are evil are registered there as a natural process of evolution.

So there is an Intelligence in the body which works through the cerebellum making these adjustments. The rhythm of the heart is kept up so that the flow of blood to every part of the body is regulated. The digestion of your food, the secretion of the glands and a hundred and one other functions are kept going through the nerve centres in the cerebellum, an Intelligence is working on our behalf.

So when you run, the Intelligence is working on your behalf. When you relax, the Intelligence is working on your behalf. Whatever you do, the Intelligence is working on your behalf. If you violate your body; if you break it up, if you hit your head against a wall, if you break your leg—Intelligence begins to mend it. Intelligence in fact, tells you not to worry and when one is intelligent they do not worry.

It reminds me of the story of Cohen and Moses. One lived across the street from the other. Moses could not sleep this night, he was tossing in bed and tossing and all the rest of it. Rachel said to him, “What’s wrong with you Moses, can’t you sleep?”

“No,” he said, “I owe Cohen 200 pounds and I can’t pay him tomorrow and the bills due tomorrow.”

IF WE ARE HYPNOTISED BY OUR EMOTIONS

She said, "I'll settle that." So she ran up the way and said, "Cohen, Moses can't pay you that 200 pounds tomorrow." "Now Moses go to sleep, let Cohen worry about it."

So that was intelligence.

Emotional stress causes a misbehaviour of these nerve centres interfering with these internal adjustments and creates physical disorder among the organs of the body. Therefore thought and emotion often cause 90 per cent of our physical ailments.

The brain is the organ through which your mental and emotional reactions take place. It works well when you are at peace with yourself and with your environment. "I will instruct thee and teach thee in the way which thou shalt go; I will guide thee with mine eye." Psalm 32: 8.

If we then realise the importance of these sayings that I have picked out for you to study. You will see how they fit in to this message.

We see then that it works well when you are at peace with yourself and your environment.

It is no joke to live with a neurotic but if you want peace at home your job is to understand the condition that has to be cured. *The condition that has to be eliminated.*

A neurotic is permitting the organs of the body to dictate to the cerebrum through the cerebellum. *The body talks back to the brain, the body talks to the cerebellum. The cerebellum tells the cerebrum what the body is feeling, therefore you become aware of that. Then the cerebrum knows what its feeling and then it tells somebody else of what is felt. So consequently the whole house is in an uproar, for the simple reason is that here we have the thinking part of the brain is suffocated, for when emotion rules, the body controls the mind. When the whole brain and body works as one unit the mind controls matter and reason prevails, so does peace.*

So if your body rules your brain and mind you are not at peace. But there is a way and means whereby you can get your body to that state of peace through a certain directive relaxation which you will have in the future. These will give you the keys

HOW TO RELAX AND REVITALISE YOURSELF

whereby you can reduce those tensions, those emotions and bring about that peace that is required so that that which in itself is peaceful, will take control and rise in your soul and body.

We must realise that neurotic trouble is not imaginary, it is caused by sick nerves, and to cure sick nerves the sufferer has to be de-hypnotised. In dealing with the nervous system we see that nerves out-picture our thoughts and emotions.

So if you say to a person, "Its only imagination," and leave it at that, you only intensify the trouble of the poor person that is suffering. You do not understand. Because they do not understand it themselves and you do not understand it. But we will understand it, you will see the reason, the why of this, because you created it.

You cannot see the why of anything God created but you can see the why and how of everything you create in yourselves. Because it is secondary you are creating secondary causes which manifest in the form of either sickness or health.

There is underlying the structure of the body an Intelligence that always tends to bring it into harmony with Nature.

When you take off the brakes—then God does the work.

It is the vehicle through which our thoughts and emotions are expressed and reproduce the exact replica of the thoughts we hold. Thoughts held in the grip of emotion out-picture almost instantaneously.

So we see that the nervous system is the vehicle through which our thoughts and emotions are expressed and reproduce the exact replica of the thoughts we hold. Thoughts held in the grip of emotion out-picture almost instantaneously.

Let us consider the mechanism called fear. Fear plays a part in the lives of most people. Abnormal fear is dynamic in its action and a knowledge of how to eliminate it is of inestimable value.

Animals act on instinct, action follows perception, a sort of mechanical reaction takes place. Man's perception is not immediately transferred into action there is an interval for choice between perception and action, this is when our emotion affects our imagination. Our imagination runs wild. It is in the interval between perception and reaction that fear enters, and spontaneous suggestion takes effect. We are self-hypnotised.

IF WE ARE HYPNOTISED BY OUR EMOTIONS

Now why are you self-hypnotised? Because through your self-hypnotisation the conscious reasoning part of the mind and brain is temporarily obliterated. This is just what our emotions do to us. They obliterated the reasoning part of your mind because you are hypnotised by yourselves through your emotion. The ideas, the suggestions, the thoughts that pass through your mind during a state of emotion is not reasoned with. They are not known to the consciousness. They flash through your mind unnoticed. They take hold of your brain, your nervous system and begin to out-picture exactly what you thought, yet you did not know what you thought.

But at the same time it is out-picturing in your body, you have hypnotised yourselves through your emotions by the ideas that happen to pass into your mind during that state of emotion of which you are not aware of.

A person will strike a blow in anger. Even sometimes they will strike one that they love. They are hypnotised through their emotion. They are not responsible for what they are doing. You are doing the same in a minor way every day of your life. If you will remember that, it will bring to your mind what you are doing and you will reason. Whenever reason enters into your mind then your emotion will die down and you will understand.

Ideas are set up in the mind unconsciously when fear rules and are transferred to the brain and nervous system for immediate action. We have not brought our conscious reasoning into action and a great deal of our mental make-up is the result of these spontaneous suggestions of which we are not aware.

You are suffering from all these spontaneous suggestions that are still existing in your mind; and are preventing you from sleeping, they are preventing from eating, they are preventing you from walking, they prevent you from talking. They cause all these inhibitions that you have in yourselves. Hypnotised by yourselves, you are the victim of your own emotions and thoughts.

These, then we see, create an activity in the nervous system. The nervous system is the first to be affected, there is a disturbance set up and the cells of the body are eventually affected.

Do you ever think how dynamic are your emotional habit-patterns, how they demand expression? They are now *at this moment*

HOW TO RELAX AND REVITALISE YOURSELF

sending streams of suggestions to your brain urging you on to some activity. Consider the habit of smoking. It may be trivial in the scheme of things in your life, nevertheless examine this habit and see what power it has over you.

These habit-patterns are continually sending streams of suggestion to your brain and mind for activity—for action.

You are all suffering from these things because you do not know. But when you have finished this course, if you do not know about them, well I will say, you are down right ignorant.

The way to understand them is to understand yourselves. Immediately you begin to understand yourselves you will find that these emotional habit-patterns begin to die away.

Through relaxation and Divine Reasoning you reach a stage where that in Itself, that is Perfect in Itself, begins to take Its place. When you discern all things that hinder your true expression, then they will dissolve away.

Thoughts become active in the body through chemicalisation, in this way thoughts change the tissue structure. Thought is Spiritual energy and is carried into operation through the mind, brain and nervous system.

Under the emotional habit-patterns wave after wave of suggestion is sent to the cerebellum and from there forwarded to the centre of inhibition and stimulation in the cerebrum. Nerve impulses are sent from one centre to another creating inhibition and stimulation, and the result is partial hypnosis is created.

If you can only realise this, that these habit-patterns being established in yourselves, by yourselves, are continually sending nerve impulses outwardly so that these habit-patterns can be expressed.

If you do not know that this habit-pattern is your own, sometimes you think its somebody else's, its mostly you try to make yourself believe that somebody else is the cause. There is no one the cause but yourself. If you will realise this, you will see what is happening, you will begin to discern and understand. When you understand yourselves then you will begin to express your true self and not the habit-pattern.

While the rest of the family may resent the unreasonable demands of the neurotic, the poor neurotic sufferer is confused and

IF WE ARE HYPNOTISED BY OUR EMOTIONS

muddled up, and is the tragic victim of his or her own emotional conflicts, and is terrified by the physical sensations produced by them. Neurotics sink into despair when told that their troubles are imaginary. They are caught up in the hypnotic state of their thoughts and feelings. What they need is an explanation of their troubles, and with directions to follow that will take them out of the maze into which they have wandered and this is not so difficult by any means. Rectification takes place gradually and surely until sound reason prevails once more, and relaxation and Divine reasoning is the key. This technique will be detailed in future lessons.

In the meantime, let us understand first of all, the causes of these troubles and we will see what we are doing to ourselves. If then the whole family may resent the unreasonable demands of a neurotic. The poor neurotic sufferer is just suffering more and more because the sufferer sees not only what is happening to herself or himself but he or she sees what he or she is doing to the family. The sooner that individual begins to discern the causes of their trouble so that some directive, instructions, will be given to follow out, and he will get them.

I cannot give you everything in five minutes. I know you are all wanting it now, but if I give it to you now, you would not thoroughly understand because you have not understood the basic principles first.

When you understand the basic principles then you readily put into those simple practices that I shall give you. You will be keen to do it. You will be anxious to do it for the simple reason that you will know what you are doing.

What I intend to do in the next series, is to take you through a series of directive relaxation exercises coupled with Divine reasoning, *each week. Taking ten weeks to complete the course.* I will not ask you to believe anything only to follow my instructions and you will find that self-de-hypnotising comes as a natural sequence to this scientific application of a master technique that has healed thousands of all kinds of ailments, *and I am not exaggerating one iota.*

Wisdom is everywhere and is man's true nature. It is the action of wisdom that makes us whole in every respect. You do

HOW TO RELAX AND REVITALISE YOURSELF

not get wisdom through the senses but through relaxation and Divine reasoning. While the emotional patterns are being dissolved and broken up self-control and self-mastery takes place. The real is always there we cover it up with error, when the error is dissolved the real is revealed.

So while the emotional habit-patterns are being dissolved and broken up, self control and self-mastery takes place. It is natural because the Real is always there. If you will realise this great truth; that you cover it up with error, it is smothered, it is no longer free, therefore you put yourselves in a cage with it.

When error is dissolved—the Real is revealed.

We become channels through which the Infinite Self expresses Himself. *Because there can be no other expression in true expression. When you then eliminate all these inhibitions, these stimulations that cause the very opposite to what we call inhibitions. I may have a person who is paralyzed—that's an inhibition. I may have a person who has, what we call, St. Vitus Dance and that is stimulation. Both come from the same source they are created in the individual by the individual. These are habit-patterns which are the result of a misbehaviour in the cerebellum being out-pictured on the body. Caused by emotional stresses and strains; by often occupational anxieties, by worries, and by all these things that bring these things about.*

The Bible is a wonderful book because it instructs us how to become peaceful. It instructs us even if we are in trouble and in trial, it shows us how the mind can be calmed and peaceful. It shows also that where a person is successful in life, that success must not go to the brain or the mind. It must levelled and controlled through realisation of the Truth. It also shows us this, that kindness and Love is the secret of happiness. It is not always taking, taking, taking that gives one happiness but giving, giving. When we begin to realise this, that we become channels through which the Infinite Self expresses Himself. How wonderful is the truth that in the Silence obtained through scientific relaxation and Divine reasoning, error is dissolved away. In the quietness of that peace that passes all understanding the Infinite Intelligence moves silently into action.

IF WE ARE HYPNOTISED BY OUR EMOTIONS

I of myself am nothing, it is the Spirit of the Father within me that doeth all things.

“Know ye not that I am in the Father and the Father is in me. It is the Father whoever remaineth within me performing His own deeds.”

When we become consciously co-operative and aware of our true nature this then shall be the starting point of every thought, we will then act in accordance with the wisdom of the Almighty, bringing into our lives perfect happiness, perfect health and abundance. This is no idle dream, it is an established fact and there are thousands living today who have proved it.

It is under these conditions that we come into our Divine Inheritance of health, harmony and abundance. But first of all we must give up our limitation, our weaknesses, our enslavement, our self-pity.

Just think for a moment what that means, there is no one that imposes any limitation upon us. No one imposes any weakness upon us. No one imposes any enslavement on us, but ourselves. When we have covered ourselves up with these, we then seek self-pity. We don't want the other person to pity us in our distressing stupid condition that we ourselves put ourselves in.

The time will come, and I hope soon, when we will be ashamed to talk about our weaknesses. We will be ashamed to talk about our limitations. We will be ashamed to talk about our own enslavement because it will show our true ignorance.

To our Divine nature we must hold on no matter what is taking place outside, no matter what conditions we have created through error in thought and action. We will know them for what they are and while they are disappearing into nothingness from which they arose we will be thankful for the experiences we gained through them.

When you have passed through them you will have experience but your experiences must not hinder you. Most people are hindering themselves by their own experiences. If you think that these experiences are giving you a sense of notoriety, that you have an operation for this and you show your scar wherever it

HOW TO RELAX AND REVITALISE YOURSELF

may be, don't you see then, that what you are doing—you are hindering yourselves by your experiences.

Most people like to show their scars wherever they maybe. Absolutely relishing, in the fact, that they have had an operation for this and an operation for that. One woman told me the other day that she had 18 operations and she was so glad about it. I says, "Aren't you damned well ashamed of yourself?"

*If we can only realise the great importance of the fact that **Life Itself is unconditioned**. It imposes no condition upon Itself because It cannot. It is free and natural. Life is not affected because you have had an operation. Life is not affected because you have had a duodenal ulcer through your emotional habit-patterns created by yourselves.*

Life is not affected because you cannot sleep. Life is not affected by you can't drink or you can't eat. Life is not affected in any way whatsoever; it is still unconditioned and will still remain unconditioned.

It is like electricity. We put a globe in there and we condition electricity, we make it light. We have conditioned that electricity there but does it interfere with the electricity? Has it spoilt the electricity? Has it spoilt the electricity because we have a heater? Has it destroyed the electricity because we use it for X-ray? Does it destroy electricity because some person catches a wire and kills themselves? Is electricity affected because all these conditions are imposed upon it?

Neither is the Life affected in you when you impose conditions upon It through your thoughts and emotions.

If you will recognise this truth—then you will free yourselves. You will become channels through which the Infinite Self expresses Himself.

How wonderful is this truth, that in the silence obtained through scientific relaxation and Divine Reasoning, error is dissolved away. In the quietness of that peace that passes all understanding, the Infinite Intelligence moves silently into action.

But we must become consciously cooperative and aware of our true nature, then that shall be the starting point for every thought, every action. In that way our thoughts and actions will become

IF WE ARE HYPNOTISED BY OUR EMOTIONS

pure and purer and purer. We will act in accordance then with Wisdom of God. His son Jesus, as an example to us, bringing into our lives happiness. Not only into our own lives but into every one that surrounds us, and this not a dream at all, it is a natural actuality—it becomes yours.

If one can do it, all can do it. In that recognition then we will find:

When God made the Universe He must have had a plan
And to the earnest seeker it is in the heart of man,
Not one man only, but the whole of mankind,
And when in relaxation with Divine reason,
God's plan you are sure to find.

BENEDICTION

O Beloved Father-Mother Divine Parent, I am of Thy Spirit,
flesh and blood.

While Thou behold me through the twinkling stars Thou art
present in my heart.

While Thou watch me through the sun and the moon, my
soul and body are Thine.

While Thou caress me through the sun and rain, Thou lovest
me through my love.

While Thy Immortality throbs in my heart my mortal frame
gives expression to Thy Voice.

While Thou help others through my hands let them realise it
is Thy touch not mine.

While Thou inspire others through my mind make them feel
Thy breath in them.

While I sing for joy in Thy Presence, complete my eternal
song in the realisation of Thy Presence in me, O Dearest Beloved.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 30th May 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

“He who receives a prophet because he is a prophet will receive a prophet’s reward. But *he who receives ‘Me’ receives Him who sent me.” This is the Master’s message.

This message can be found in Matthew, 10th Chapter, I was forced to write the last verse first so as to give me the true meaning of the truth of the Master’s message.

This meaning is, he that receives the Spirit of God manifesting in the flesh which is the Spirit of God, receives God through understanding. But he who receives a prophet because he is a prophet gains only a prophet’s reward.

*He who listens to the prophets words and only dwells upon the prophets words not knowing that it is the Spirit within that does the work, then you only receive a prophets reward. But when one understands the great significance of the Masters words, “**He who receives me, receives Him who sent me.**”*

These words have tremendous significance and it is so essential that we should dwell upon them so that we shall find the answer in ourselves. I find the answer to this in myself and I am sure you must also find the answer within yourselves.

It is not the prophet that you must receive but the Spirit of God that is in him. This is the true meaning of the Master’s words and he applied them to himself. “I of myself am nothing, it is the Spirit of the Father within me that doeth the work.”

It is the same with us all. It is the Spirit that enlighteneth the mind, the Spirit of God is with you and within you.

The prophet is the means and not the end. The Spirit is beginning and end. So the prophet by himself is nothing it is the Father within that doeth the work.

* Recording starts here. See page 134

HOW TO RELAX AND REVITALISE YOURSELF

We have to have this Divine reasoning so that when we unearth our emotional habit-patterns we are not only left bare naked just with the loss of our emotional habit-patterns not knowing where we are. But when we have this Divine reasoning, we have a foundation.

These words come to me also; “He who builds his house upon a rock and he who builds his house upon the sand. The one that builds a house upon a rock, the winds came and the storms blew, and the house withstood. But he who built his house upon the sand, the winds came and the storm blew, and great was the fall thereof.”

That is why most people build their houses on sand because of the shifting sands of the human being—the shifting sands of the intellect of mankind.

The intellect is but the intellect. But when you build your house upon a rock, that is Divine reasoning. That is why I am giving you this first so that when we pass into this lecture, and we unearth these habit-patterns of ours that we can destroy them by knowing them, by understanding them, not by trying to fight them or struggling with them because that is useless, you only give them a power they do not possess.

So the prophet is the means and not the end. The Spirit is the beginning and end. So the prophet by himself is nothing, it is the Father within that does the work.

As I write these words I know they were for me also. It is words like these that keep one humble so that the Father can do the work. And I am grateful for the humbling process these words have on me. It reminds me that by myself I am nothing, only with the Father all is possible.

When I was in the Himalayas my teacher asked me these questions and I am going to put them to you also.

These questions when answered properly to yourselves will enable you to understand yourselves and so relieve you of many perplexing emotional patterns that out-picture in your bodies. You virtually unearth your emotional pattern.

These questions are very pertinent questions but it is what everyone does. But as everyone does it, no one knows that they are doing it. That is how you are caught up in your doing; caught up

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

in your emotional habit patterns, caught up in these various things that you do everyday. Because they are so common you make a habit of doing them and consequently you create the emotional habit-pattern that expresses itself upon the body. For remember this; that all mental reactions, all emotional reactions have their effect upon the physical organism. The physical organism is what we call the sounding board for your thoughts and emotions and through the nerves you have the expression.

So here goes! *Here are the questions. Number one. Are you thin-skinned, that is to say do others affect you easily? Or are you indifferent to snubs as a battle-cruiser is indifferent to a pea-shooter? Are you sensitive to what others say about you? Are you boiling up within while you show an outside appearance of calm?*

There is where the habit-pattern comes in. Conflict between two things. It is when you have two things conflicting with one another—there the habit-pattern is discovered.

For instance, Take a person perhaps who is brought up in poor circumstances, poor food and poor clothing. Goes to school and he begins to compare himself with other boys and girls. First of all this comparison is the first thing that starts the emotional habit-pattern. The boy wants what every catechumen¹ wants too, it is he wants to go ahead. He wants to play yet he wants to shrink away. He wants to do two things at the same time. He grows up in life and because of his early childhood he forces himself into a position where he gets into the head or into a very good position in life. He meets other people who are in a position like him yet he feels that same inferiority. He is not comfortable because he thinks of the other person and himself, he begins to compare. He wonders, this other person is well-dressed, he is well-dressed but he does not think that he is well-dressed because of his early influences and these habit-patterns. Although he has forgotten the incidents of his early life he feels this sort of inferiority which takes place of him among his associates.

Here is an instance of one person that I knew. He was such as that and he grew up to be the head of a great industry. He used to go out and play golf and he met his friend who was a great surgeon, one of the greatest surgeons of his time. When he was

1. See page 134

HOW TO RELAX AND REVITALISE YOURSELF

with him he found this surgeon was very calm and peaceful and had a freedom that he did not have. So he took this surgeon friend apart and he said, "I admire you very much," he says, "I always feel a feeling of inferiority when I come in contact, I'm just talking straight."

So this person said, "Why should you feel that?"

"Well," he said, "I was brought up in poor circumstances." He told the story how he felt so inferior. So he turned to the surgeon and he said, "Now you see what I mean."

"Yes," says the surgeon, "But I was the same. I was brought up even in poorer circumstances than you were."

"Well, how is it," he says, "That you are so free?"

"Well," he said, "I've come to the conclusion long ago and I lost all this inferiority because," he said, "I felt that whatever I could do for my brother man—I would do, and I lost myself in doing these things." "I lost all the inferiority, I lost all sense of this inferiority idea of myself because I found that as I did more for others, I escaped from this feeling of inferiority."

"So," the other man said, "I see now, how it is. I have always been making money. I am perhaps the richest man here." But, he says, "It was always money, money, money. Now," he says, "I see the answer," and he lost his inferiority complex.

"He receives me, receives Him who sent me." If you can realise that truth you will find that even then you will lose that inferiority. That complex where you have comparisons, that you compare yourselves with others. There is nothing in comparisons—that is the double mind. If your mind is full of opposites you can never be free. Never!

So, we will go on with these questions.

It is not so easy for the ordinary person to withstand the rough and tumble of the social scrum and not get hurt sometimes. But as you are growing up will see how necessary it is to understand yourselves. When you know what you are doing then you are on the way to freedom, but if you are caught up in emotional reflexes then you are laying up trouble for yourselves. Therefore I want you to think over these questions quietly *in your own homes* and see how they affect you.

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

It is always the personality that gets hurt—the Spirit never! Always according to which is out in front. Is it your personality that is out in front or is it the Spirit which is Real?

If your personality is always out in front you will surely be hurt and very much indeed. But if the Spirit is out in front then there is no hurt—there is perfect freedom.

Do you smile but secretly smart under a wisecrack, while on the outside you put on a show of indifference yet harbour enmity and revenge? This is not good for your health. If you could see what goes on inside brain and nervous system where habit-patterns are established you would “think twice.”

Do you feel upset that your friends talk about you in your absence? Or have you arrived at that state of mind where you are indifferent about it, and you are not affected inwardly or outwardly? Or are you just wrapped up in the feelings of inferiority that makes you imagine that others talk about you?

There again is the danger of comparisons. You are comparing yourselves with others. Immediately you begin to compare you have lost the Spirit of Truth. You live in a mind of comparisons where there are opposites, and where there are opposites there can be no Truth—there can be no freedom.

Do you feel charmed or elevated when others say nice things about you? Or, when you hear the opposite, you are enraged?

Ask yourselves this question now. What is out in front—the Spirit or is it the personality?

The personality is the mask that is false—the Spirit is that which is true. Everyone has a personality. Every one no matter who they are have a personality but if that personality is tinged with the Spirit, and the Spirit is expressing Itself through it, the Spirit comes out in front and the personality passes into the rear, it gets behind. In other words it says, as Jesus said; “Get ye behind me Satan.”

Approbation is a dominant power in human nature. It is nothing to be ashamed of. Its importance lies in the fact that it is a force which we allow to work against us. Ninety-nine per cent of people like to hear or tell something about themselves; the more this subtle force is used, so we are affected negatively by its influence.

HOW TO RELAX AND REVITALISE YOURSELF

Why? Its quite easy to understand.

There is in the individual a sense of inward poverty. Even if the outer things are glorious and flourishing, even if you have castles, even if you have land, even if you have everything there is an inward poverty, and that inward poverty is the cause of this approbation. The more then you try to express yourself through approbation or seek it then the greater the inward poverty becomes.

You must find the motive behind your action. If you do not find the motive behind your action you cannot destroy these habit-patterns. You are caught up in them and they affect your nervous system because your body and your nervous system is the organism of expression, it is the sounding board for your thoughts your emotions.

Emotion is necessary to a balanced life.

You cannot pass through life without emotion, you would be like a piece of wood. But there is the type of emotion that I am going to show you that brings you into that particular expression that Nature has designed you for.

Nature has designed the mechanism of the mind and the body and the heart for the emotional expression of Nature herself. When Nature begins to play upon her harp strings, that she created for the purpose. Harp strings which are in tune, are in the mind and body of each and every individual. As Nature begins to play her harmonious tunes through the individual, that emotion of the music of that grand and wonderful sound of Nature gives you health and strength, happiness and peace, and leads you away from these stupid habit-patterns that you create by your own reaction to things external to yourselves.

The music comes from within, not from without, it rises within the soul.

When you are listening to music, a perfect piece of music, and I mean the bagpipes² too. Perhaps the bagpipes is just the greatest music in the world. It is to some people because when you play a "pibroch"³ and you belong to the Highlands of Scotland, and you listen to that pibroch there is something happens to you, it is like that you were born again. You lose yourselves entirely, the

2. See page 134

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

music seems to flow over you and you become the music itself. There is no tenseness, there is a perfect relaxation, and there we find the beautiful melodies of that wonderful Highland gaelic⁴ song;

*Ho rò, mo nighean donn bhòidheach,
Hi rì, mo nighean donn bhòidheach
Mo chaileg laghach, bhòidheach,
Cha phòsainn ach thu⁵*

and all these particular songs. They have the wonderful expression of rising something within the individual. That is the emotion that comes with Nature when you enter into the silence, into the heart of things.

“As a man thinketh in his heart so is he.”

Yes that is true. But in that meaning is the very centre of ones being, the heart of ones being. What a man thinketh in his heart, deep in his very soul—so is he. That then gives us the true key to Natures harmony of love, peace, joy, happiness.

So emotion is necessary to a balanced life, but true emotions are those which elevate and create ambition and action. We must cultivate these but on the other hand we must not suppress the emotions that harm us. We must understand them and not be caught up in them.

We must not fight them or struggle with them. Because in that struggle you create a habit-pattern. Why? For the simple reason you are creating opposites. You create the conflict within yourselves. To understand them, to know them, but drop away from them.

Here is the way I would reason all these things; I am Spirit, the Father and I are One, with my Father, all is possible there is nothing else. Therefore I see that no harm come to me except I struggle with something.

The best story about Jacob, when he wrestled with the angel of Heaven, and the angel puts his thumb in his hip and he walked with a limp ever after. What was Jacob doing? He was struggling between good and evil. It was in this struggle between good and evil that left the mark upon Jacob. If he had realised the truth he

HOW TO RELAX AND REVITALISE YOURSELF

would not have struggled with good and evil. These are opposites, you are comparing comparisons. Understand what they are, and then you will see that they are all relative. That they are in your mind.

*The Tree of Knowledge of good and evil and the Tree of Life are the same things. We are told that these two trees grew in the Garden. The Garden of Eden is the soul of man. These two trees grow in the soul of man. One is the Tree of Life—the Spirit of God that is Eternal. The other is the Tree of Knowledge of good and evil—is what man thinks about things. The Tree of Knowledge of good and evil has its roots in man only. But **the Tree of Life has its roots in God—it is Eternal**. It is the Tree of Salvation. Therefore I am showing you towards it. Single—be ye single. Let your mind be Single, let your eye be Single.*

There is a word called “transmutation,” it has a wonderful meaning. It means “to transform, to change.” This is what we do automatically to these emotions that create misbehaviour in our cerebellum when we understand them and do not suppress them to cause delayed action. Like a delayed action bomb it may go off any time causing disturbances in the nervous system affecting the body in many ways.

Constructive emotions are those we feel when we hear beautiful music, a beautiful voice, a thrilling lecture, or when we love someone, when we admire qualities in others which we would like to have in ourselves, when we see beautiful flowers.

We should always look for things, the things we would like to have in ourselves.

Some people say that they are adversely affected by flowers, that they then cause asthma, bronchitis. *I remember a⁶ man came to me suffering from asthma which he claimed was caused by roses. When he came in contact with roses he had a paroxysm in which he struggled for air, this was nothing more than a spasm of the muscles surrounding the bronchial tubes through an emotional habit-pattern.*

I proved this, for when the man came to me the next time by appointment he had a bowl of roses in the room. Immediately he saw them he had a spasm. But these roses were made of paper, therefore roses were not the cause. *When I tore the roses and showed*

6. See page 134

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

him they were pieces of paper; then he knew that it was not roses that was the cause of his spasm but something that was identified by roses. He had identified himself with roses through an emotional habit-pattern which he had forgotten all about. Yet it came to the surface through association, it rung the bell, many people are suffering from the same thing.

You may go anywhere; into a house, you may travel in a train, you may go a ship, you may go on a boat. All of a sudden an emotional feeling may rise up, which makes you shiver, it makes you fearful. You feel a sort of fear but you do not know where its coming from. Why?

For the simple reason that through your senses through seeing or hearing something that is flashed through, what we call association, to a little bell that is hidden away in yourselves. An emotional habit-pattern, it is invisible, rings a bell and up flows the emotion and we do not know the reason why?

You fear something. Well let me tell you this, that there is nothing to fear. When you begin to clearly see this truth you will unearth these emotional habit-patterns. You will drag them out by the neck and you will see them for what they are, and they will just disappear.

Nine-tenths of your troubles today is created by emotional habit-patterns because of the fact that the body is the sounding board for your thoughts and emotions.

Therefore the roses were not the cause.

When asking him what memory roses brought him, he told me that he was engaged to a beautiful girl and every day he sent her roses, and when he found out that his beloved was untrue to him he could not stand the sight of roses as they brought up memories.

Therefore the roses were not the trouble but the roses were the symbol to bring into operation his habit pattern.

At the beginning roses did not have a violent effect upon him but as time passed and by repetition the emotional habit-pattern became established in the form of asthma.

Therefore asthma and roses were joined together. The link between them was this particular girl. But if you know all this, understand it, you will not fall into the trap, you see.

HOW TO RELAX AND REVITALISE YOURSELF

When he found out that my roses were made of paper he realised that roses were not the cause, it was the emotional habit-pattern created through his disappointment in love and roses were the symbol.

Scientifically directed relaxation and Divine reasoning cured him.

So there you are—that is what Love can do for you *if you are not careful*. The majority of asthma cases, duodenal ulcers, and skin troubles, etc., are nothing more than emotional habit-patterns out-pictured in the body through nerve spasms.

Now let us get back to our questions. Have you in the heat of conversation allowed yourself to say things about others that if they were said against you you would be hurt? Yet you never think what you say about others. *The majority of people talk so easily and so glibly, that words just flow out of their mouths. Habit. As long as you can get two or three people together you always get them talking about somebody else. Habit again. They do not mean any harm, but let anybody else say the things that they have said, then the habit-pattern rises to the surface in the form of; anger, rage, or jealousy, or whatever the case may be. There then you see you are destroying yourselves.* Are you like leaves in the forest, wafted here and there by the wind? You must be different, never allow others to lead you into conversational traps about other people for it is sure to come to roost on your own head.

What I am trying to do is to bring you face to face with yourself. This is what the Masters call mirroring the soul; without seeing yourself, you cannot eradicate the error.

You must see yourself to eradicate the error. Therefore you mirror your soul. You will look at it you see exactly what is taking place. Then you begin to know what you are or what you are doing. But you do not struggle with what you doing, neither do you say you are bad or whether you are good. Because you are neither one or the other, that belongs to your mind, that belongs to the idea about yourself, it means nothing at all as far as Reality is concerned.

I am dealing with Reality. I am bringing Reality out to the front where it must be free from comparisons; right or wrong, good

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

or bad. Unless you can see this you will never escape your own emotional habit-patterns.

The next question is, have you arrived at that state where you know what you want or are you influenced by others, by the hat you bought, the dress you bought, the house you bought, the car you bought? You thought at the time they were lovely, yet your friends preferred something else. Are you affected by these criticisms or can you still depend upon your own judgment?

Are you like the leaves in the forest, wafted here and there by the wind?

Are you afraid that your ideas and decisions are always wrong or can you make up your mind to make a decision and stick to it when you know you are right, or are you like the leaves of the forest, wafted by the ignorant opinions of those who do not know?

When you have studied the proposition. When you have made your particular profession your life, you understand it. If others try to influence you with ignorant opinions, if you are weak, then you may take their opinions and you may fall.

Listen to me. There is an instinctive Intelligence, a Divine Intelligence, that is always guiding you through inspiration. If you listen to that inner voice that is always clear to the person who understands how to hear. How to hear is to stop the din from outside, close the outside and listen. That is how you hear the inner voice. You cannot hear it from outside, it is too noisy, its blurred.

The majority of people are influenced by suggestion. Suggestion hedges us in on every side. There is the written, the spoken word and pictures that suggest to you what to say, what to do, so you buy and you do believing what is suggested is true. But experience has taught us that all that glitters is not gold and all that sparkles is not diamonds.

But the majority of people are caught up in suggestion. In fact, they will eat any food that is advertised in the paper as building foods; bone-building foods, muscle-building foods, flesh-building foods and all the rest of it. These things have got no foundation whatsoever. To call them bone-building foods or any other kind of building foods, they are just a mere advertisement.

HOW TO RELAX AND REVITALISE YOURSELF

But you are suggested by words and pictures. Like the wind, you are suckers. Everybody in the world is a sucker until he begins to recognise his own value, and true values. Recognition from within himself then he has his values of the things external to himself. When he has true value of himself or herself then you are no longer a sucker.

You will break these habit-patterns. You will destroy those suggestions that are bearing upon you every day and you will be free. Freedom comes through the recognition and realisation of the Truth. "I of myself am nothing it is the Spirit of the Father within me that doeth the work."

Are you always looking for faults in others and are blind to your own, or can you see the big things in others and forget the small petty things that do not matter? *How many people are looking for the small little things. The small little things that block out the most beautiful wonderful characteristics of an individual, and tear them to pieces because of the small things. Yes, let me tell you this; why you tear them to pieces is because these small things are rooted in yourselves. You can only see in others what is rooted in yourself and when you begin to see the greater within yourself then you look for the greater in others. Do you hide yourself in a corner and pray that no one may see you, because you are afraid of your own thoughts, or that you do not find it easy to get into conversation with others?*

Would you feel out of place if you were the only person at the party not in evening dress, or is your mind big enough to by-pass social etiquette and feel peaceful in your own knowing of the Truth?

These are the questions that were put to me in such a way that I had to search my own soul. When I found that all these things were rooted in me, I recognised that they were, I admitted the fact, that they were. I saw them clearly and distinctly that they were but that is the only way that they passed away from me. If I deny the fact or try to hide behind them and say that I was not that individual, that I was not so and so. When at the end of the questioning, the Master said; "What do you think of yourself now?"

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

I said, "that's me."

He said, "My son you have spoken well."

But when we do see those things and we begin to realise that they are ourselves, that we are doing them every day, then we begin to drop them one by one. We find that our emotional habit-patterns, those things are being expressed out in the body, begins to dissolve away too. We find these aches and all sort of troubles and trials and tribulations, the small things that trouble us, just fade away into nothingness.

Can you enjoy the company of people who are less refined than yourself? And stand good-naturedly above an argument and keep that even keel that is essential to good comradeship?

You have an argument and what are you arguing about? You do not argue about the Truth, that is one thing sure, you are only arguing about your ideas against the other persons ideas. What do your ideas amount to anyway? Not very much. So therefore you argue really on nothing. But people who do argue get heated and are no longer friends, they are no longer colleagues.

Or are you impatient with other people with their fads and fancies or would you be surprised if others found your conversation boring?

Would you think it was weakness to witness a depth of emotion that brought tears to a man's eyes? Could your soul reach to such heights? Do you know that he who feels deeply with understanding can rule the world?

If you witnessed the ordeal on the Cross of Calvary would you remain tearless and hard to the price humanity had to pay for this act of barbarism? *Yet (by) this very act of barbarism we arrive at the Divine symbol for all the world. Nevertheless, it was an act of barbarism and history will prove it.* If the words from his lips at that the greatest height of his suffering, "Forgive them for they know not what they do" fell upon your ears could you stand by tearless and emotionless?

It is not that we should kill out emotion but transmute it and transform this energy that is misdirected by the emotions that create bad habit-patterns from which we all suffer unknowingly.

HOW TO RELAX AND REVITALISE YOURSELF

We begin to see that there is a basic energy behind all emotion, whether they are good or bad. Therefore then, we see that when energy is flowing in a particular direction even the river can change its course.

When the river flows out into the sea it is lost. But when the river is changed into channels it fertilizes the land and we have growth (and) prosperity. When we begin to realise within ourselves and understand these emotions that rise to our surface. When we see them, we do not suppress them in their negative and destructive state, but we understand them and transformation takes place.

We water the land and growth takes place. The soul begins to grow through Understanding. No matter what your emotions may be, again you shall never suppress them but understand them.

The great harmonising supreme emotion is within us all and thereby we bring about our own salvation.

And Paul put it eloquently to the Corinthians when he said, “I may speak with the tongues of men and angels and yet if I have no love I am a noisy gong, a clanging cymbal. I may fathom all mystery and ancient lore yet if I have no love it means nothing. If I have all the wisdom in the world and all the faith that can move mountains and do all these mighty things and yet if I have no love I have done nothing.”

This is the binding quality of comradeship, that perfect ideal expressing itself on the Cross of Calvary and culminating in the words, “Forgive them for they know not what they do.”

Love is impossible of analysis because it is rooted in God, the Father of all, and no matter what you are, Hindu, Mohammedan, Christian or Jew the only salvation is through that one supreme harmonising emotion. With Divine reasoning, relaxation of brain, nerves and muscles, in this state we will say also, “Forgive them for they know not what they do.”

In a state of perfect relaxation where the brain and nerves are quiet. The brakes are taken off and the Father does the work. In the Temple of the Living God, He works in His own Temple, mind you, created by Himself for His own Self-Expression.

This Life that I know has no conditions attached to it—it is free. It is I myself that impose conditions upon Life; by my thoughts,

UNEARTH YOUR EMOTIONAL HABIT-PATTERNS

my emotions, my reactions. But in that perfect state of relaxation through Divine reasoning, I enter that state of bliss where I can say also; "Forgive them for they know not what they do."

For this was spoken of by the prophet Isaiah, "The voice of one who cries in the desert make the way ready for the Lord, level the paths for Him." This is the "I am" voice that remains in each one, the desert is the mind that is barren through ignorance. Level the path by discerning the cause of misery so that the Lord Supreme may take His place in you and me. The Spirit that was with God, the Spirit that is God. I am Spirit made flesh free from all conditions.

This is what we shall arrive at when we cleanse, clear our minds by recognising, and discerning what is in them. Therefore we turn the searchlight upon ourselves and not upon others. When we turn the searchlight upon others, we look for the petty little things, and really if we turn the searchlight on ourselves we will find them deeply rooted there.

How true those words of the Master said, "take the plank out of your own eye, then you will see better to take the splinter out of your brother's eye."

BENEDICTION

O Thou great Lover of error-torn brothers, the magic wand of thy words still lingers in our hearts, "Forgive them they know not what they do."

Thy trial upon the Cross proved the victory of Love over all anger and resentment and destructive emotion that harnessed man to his self-imposed shackles through ignorance.

O beloved Elder Brother, you are our example, for what thou hast done all can do, for thou hast told us so.

Wisdom obliterates ignorance. Love obliterates hatred, the Spirit obliterates death, the pain is subdued by understanding.

Let us remember thee when harshness covers up our Divine nature.

And when we are crucified by others let thy words be ours also.

Our one desire is to be at home with thee in the bosom of our Father-Mother-God who gives all birth into Eternal Life, peace and happiness.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 6th June 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Catechumen*. One who is being instructed in a subject at an elementary level.
2. *Bagpipes*. A musical instrument consisting of several pipes through which air is forced by pressure on a wind-bag held under the arm. Chiefly associated today with Scotland and Ireland.
3. *Pibroch*. Series of musical variations for bagpipe, chiefly martial theme or traditional dirge.
4. *Gaelic*. Language of the Celtic inhabitants of Scottish highlands, or of the branch of the Celts including Scottish, Irish, and Manx Celts. *Gàidhlig* (Scottish Gaelic).
5. *Hò Rò Mo Nighean Donn Bhòidheach* (My Beautiful Nut Brown-haired Maiden). A charming traditional love song to a highland maiden in which her lover vows to return and reclaim her to share his life of exile in the lowlands.

Ho rò mo nighean donn bhòidheach
Hi rì mo nighean donn bhòidheach
Mo chaileag laghach bhòidheach
Cha phòsainn ach thu

Ho ro my beautiful brown-haired maiden
Hi ri my beautiful brown-haired maiden
My kind, beautiful maiden
I would not marry anyone but you

6. In the sound recording Murdo personalized here an incident that had happened to someone else, i.e., Dr. David Harold Fink (1894-1968), as related in his book "Release from Nervous Tension" (1943).

Lecture 10 (20th June 1950)

“THE WISE SHALL INHERIT GLORY”

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

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

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

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

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

There is a feeling within each and every individual in this world today, a sort of feeling and I don't think there is anybody who has not got it, that is a feeling of slight fear, apprehension. They are afraid of something but they cannot really put their finger upon what they are really afraid of. When they meet another there

* See page 149

HOW TO RELAX AND REVITALISE YOURSELF

is this feeling there where you want to probe behind and find out what the person is.

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

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

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

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

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

*For instance; “**I and the Father are One.**” Here is a sentence that has puzzled many people. They read it, parrot fashion, it becomes to them a platitude. When I tell you, that is an actual truth. It is the same for you also, for the simple reason that if I draw your*

“THE WISE SHALL INHERIT GLORY”

attention to this fact; that science has proved already that there is only one substance underlying the whole Universe. One substance out of which every form is created and has proven also that there can be no division anywhere in that substance. You cannot divide it.

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

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

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

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

HOW TO RELAX AND REVITALISE YOURSELF

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

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

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

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

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

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

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

“THE WISE SHALL INHERIT GLORY”

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

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

Now in **Lesson 2**, I ask you these questions I have put before you. *I have written them down in lesson 2. (There are) so many of them that I am not going to deal with them in this lesson. But you can read them over for yourselves. But what I want you to do is not skim the surface because it is of no value, you must discern the fault impersonally and dispose of it. You cannot in any way whatsoever discern anything when you are caught up in it. If you are emotional about it you have lost. You must discern the fault impersonally and dispose of it and true value of criticism is obtained when it is first turned upon the self, not in a negative way but as a means of understanding oneself. The majority of people are always criticizing the other. They fail to criticize themselves first. Now Jesus put these words very clearly. He says; “you hypocrite take the plank out of your own eye before you can see how to take the splinter out of your brothers eye.”*

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

In **Lesson 3** we see that desire is a living force when used with understanding, that the Universal Mind and the individual mind are interlocked as one. *They cannot be anything else. You cannot think outside the Universal Mind, you must think in it. You cannot use any other substance except Universal Mind. Because you cannot think outside Universal Mind you think in it and the Universal Mind must think in you. When this is known there is a different attitude towards things in Life. When you know then that the Universal Mind and the individual Mind are as one then desire is a form of prayer but one must know how to pray. As you pray to something outside yourselves wondering if it will come to you*

HOW TO RELAX AND REVITALISE YOURSELF

sooner or later, but there is a great doubt about it, that is not prayer. If you pray for something and while you are praying for that thing you are conscious of the fact that you lack that thing, that is not prayer. Jesus said these words also; "Whatsoever you desire when you pray believe you have received them and you shall have them." I am going to show you why he said that. The Consciousness of the Universal Mind and the consciousness of the individual mind must be one. There cannot be two of them because God is Infinite and He is Universal. He creates within Himself you and me through whom He works.

*Remember the same Life is working in you and me. Life and Consciousness are synonymous, they are one and the same thing. You are conscious, I am conscious. Therefore it must be the same Consciousness in you and me. This apparent separation is an illusion of the mind. Just as these lights are different but the same electricity is going through them all. The illusion is that we see them different but you do not see electricity because it is invisible, you only see a light. You have never seen Life you have only seen the manifestation of Life. When you have seen me you have seen the manifestation of Life. As Jesus said, "**When you have seen me you have seen the Father.**"*

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

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

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

Whatever is dominant in the Consciousness so it shall be unto you. So Jesus knew well when he taught his disciples; "Whatsoever you desire when you pray believe you have received it and you

“THE WISE SHALL INHERIT GLORY”

shall have it.” He was taking them out of the double mind into that single eye when he said, “Unless thy eye be single.”

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

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

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

Now science has also proved that all must be a mental phenomenon. So the physicist Sir James Jeans tells us clearly that the whole Universe is a mental phenomenon. But science has proved that everything is atomic, electronic in nature. It is an Intelligence behind this electronic force that is working and forming things and people, whatever the case may be. It is this power that is behind all things that is the directing power in everything. Whatever the Consciousness is aware of so it is unto you. Think of your organs making a certain sound when acted upon by any of these emotions. Your heart beats faster, your glands pass out liquid, your stomach turns over, your tear glands weep, your intestines rumble (etc.) If these vibrations were to be heard by the ear it would cause a discord beyond our imagination. Yet these organs really cry out in vain for relief. Relief comes when we discern what we are doing and how we are reacting and the motive behind our reactions.

You will not be free until such time as you discern the motive behind your action, thought, your emotions. It takes continuous deep

HOW TO RELAX AND REVITALISE YOURSELF

discernment to find it out, not merely skimming the surface. Because I know perfectly well you want to skim the surface. Because you do not want to know the motive behind your emotion or your thought, you want to hide behind it. You want to hide the motive all the time but you must search deep and find that motive so that you can you eliminate it, and with it you will destroy all that which destroys you.

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

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

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

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

So we cannot suppress an emotion. We must not suppress an emotion because that does not free us from it. You cannot

“THE WISE SHALL INHERIT GLORY”

change an emotion by suppressing it, neither can you remove it by putting another in its place. You have to discern what you are doing and the cause behind the emotion, then the energy is transmuted automatically. *Remember **reasoned thinking masters every situation.***

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

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

In **Lesson 5** we see that neurotic trouble is an illness where our imagination has its home. We must discern how we react to our environment, what are our thoughts and what are our emotions in reaction to events and people, and what effects they have upon us.

The whole body is made up of atoms and electrons which respond to our thoughts and emotions and when we realise this we see how our emotions and thoughts cause a change in the tissue structure.

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

Health is nothing more than our physical bodies responding in perfect rhythm of the Universe, our internal organs in tune with each other and not pulling against each other. *When you have what we call an emotional habit-pattern which is being expressed upon your body, your organs are all pulling against one another; your heart is beating faster; your stomach is turning over; your glands are secreting certain juices, and your tear glands may be flowing, you*

HOW TO RELAX AND REVITALISE YOURSELF

may be shivering with fear; you may be all those things at one time and the whole of your body is in an uproar because, why?— you do not understand. In Luke 11; 36, it says; “If your whole body is light without any corner of it in darkness it will be lit up entirely as when a lamp lights you with its rays.”

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

So God has no favourites. He does not favour anyone.

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

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

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

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

“THE WISE SHALL INHERIT GLORY”

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

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

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

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

But there can be no outside the Infinite. There can be no negative power within the Infinite. The only negative power you create is this power which you create yourselves. It is a belief, an illusion, and you are living in that illusion. You must break up these illusions through discernment and then they disappear into nothingness. Just as an error disappears into nothingness so will these illusions disappear.

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

HOW TO RELAX AND REVITALISE YOURSELF

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

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

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

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

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

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

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

We saw that disease has three aspects, mental, emotional and physical. Sometimes the physical is only 10 percent while 90 percent

“THE WISE SHALL INHERIT GLORY”

is mental and emotional, yet the effects we feel are physical. The remedy is to remove the mental and emotional effect and the physical will disappear also.

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

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

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

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

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

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

Not merely to say it is just your nerves. It is just your imagination. Poor individual goes away scratching his head worse than ever.

HOW TO RELAX AND REVITALISE YOURSELF

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

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

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

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

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

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

BENEDICTION

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

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

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

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

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

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 20th June 1950, at 7.45 pm. No recording exists of the Johannesburg lecture.