

COLLEGE OF UNIVERSAL SCIENCE

file 2 B

Lecture No.5

by M. MacDonald-Bayne, M.C., Ph.D., D.D.

Johannesburg - 11th May, 1950.

THE FIFTH STEP—
THE REJUVENATING POWER OF RELAXATION WHILE YOU
 SLEEP - TAKE THE TENSION OFF THE NECK MUSCLES

"Perfume and scent are a delight, sweet counsel
 is a strength." Proverbs 27.9.

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

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

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

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

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

After four weeks of the practice of the technique of relaxation you will have become sensitive to muscle tension, you will realize how these tensions were repressing you, preventing you from being an intelligent human being.

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

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

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

By directing yourself in your letting-go period just before you sleep, you can permanently eliminate emotional conflict and dehypnotize yourself from paralysing inhibitions and improve your general health far beyond your expectation.

You are never completely unconscious during sleep, for the cerebellum, the feeling part of the brain, is sending messages to the cerebrum about what the body feels. If you are cold you pull the bedclothes over you, if you are warm you throw them off. If your eliminating organs are active these impulses will wake you up. Those are natural impulses. But there are many impulses that are causing you to twist and turn over a hundred times in your sleep. If someone tells you of these jerks etc. you will not believe them. This proves that your sleep is affected beyond waking life.

A mother will awake at the least cry of her babe, although she will sleep through a thunderstorm. It has been known for a mother to change the babe's napkin and go back to bed without waking up at all.

The boy who will not awake on school morning, will be up at 5 o'clock to go for a picnic. These facts are common, but as far as we are concerned in regard to our technique they are of great importance.

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

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

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

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

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

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

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

Once you get the habit of going to sleep relaxed the whole night through, the therapeutic effects in all directions cannot be imagined, they are so far reaching. If I had anything to do with hospitals I would bring a system into being that would revolutionise the medical treatment on the results I would obtain.

Simply lying in bed is not rest. But relaxed sleep is good for all patients. Those suffering from troubles like tuberculosis, from ulcerated stomach, heart disease and all patients suffering

from any kind of nervous troubles, and these are in the majority, will be transformed beyond their wildest dreams.

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

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

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

In my instructions from the Masters regarding astral projection during sleep the body must be put to rest, then as the period follows going from the physical consciousness to the soul consciousness, you direct where you wish to go or what you will do. But before this is possible properly relaxed sleep must first be obtained.

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

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

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

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

You will be benefitted in many other ways by a return to creative living. You will dissolve those self-destructive, emotional behaviours such as your fears, your jealousies etc. your vicious circles are broken, and you get out of the rough sea into smooth waters. There are many other ways in which you can learn to relax such as sitting in a chair, riding in a car, in a theatre etc., these I hope we will have space for in this series.

You are now beginning to see the importance of relaxation. If it is just beginning to dawn upon you I would ask you to persevere for there is no better medium in the world than that which nature has provided for our recovery from all difficulties, mental and physical.

Now let us deal with the neck muscles. From the back of the head to the nape of the neck our muscles cover the most vital nerves in the whole body. These are the 8 cranial nerves which come out from

↑

the cervical vertebrae, they reach to the eyes, the ears, the nose, the tongue, the thyroid gland etc. all the organs of the senses are connected here.

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

The vagus nerve, the pneumogastric nerve and the phrenic nerves which lead into the thoracic and abdominal area pass under these muscles and therefore you can see how important it is to relax these muscles for your bodily health, as well as your mental well-being.

While lying on your back with your neck snug as I have previously instructed, move your head from side to side gently, at the same time saying to your muscles, "Relax, relax," and feel these muscles relaxing.

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

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

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

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

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

Then let us be submerged in the great Universal All so that the Supreme Power of the Eternal will manifest. "I saw in the night visions and behold one like the Son of Man came on the clouds of heaven...and there was given him dominion and glory and a kingdom...which shall not be destroyed." Daniel 7.13-14.

"He who has ears let him hear."

Benediction

O Son of Man, awaken to realise you are a Son of God.
However wrong you may appear the Spirit waiteth patiently to flood your mind and body.

The greatest sinner is but a sleeping Son of God.

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

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

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

Thus I have accepted Him and now I am free.

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

COLLEGE OF UNIVERSAL SCIENCELecture No.6

by M. MacDonald-Bayne, M.C., Ph.D., D.D.

Johannesburg - 25th May, 1950.

THE SIXTH STEP
THE PART THE MIND PLAYS IN RELAXATION - RELAXING THE EYE MUSCLES

"With Thee is the Fountain of Life. In Thy light shall we see light." Psalm 36.9

There is no doubt that the mind plays a major part in Relaxation and it is necessary to understand what takes place.

What we think is transferred to the cerebrum and thence transmitted to the nerves and muscles of the body. This is an all-important fact we have to remember when relaxing, and to know this prevents what is known as the reverse effort.

Some people when trying to relax find that their muscles become more tense. This is because they have not understood how the mechanism works. That is why I have laid emphasis on Divine reasoning as a very necessary factor in relaxation. For if the mind is caught up in the strain of modern life this strain is conveyed to the nerves and muscles and this is the cause of tension which is the seed of emotional habit-patterns.

When the mind is in a state of harmony this harmony is conveyed to the brain and body. There is a super-physical structure which interpenetrates the brain and body and this structure is affected before the physical structure. The change begins within and moves outwardly.

When the consciousness is free from strain through Divine reasoning then the body is ready to obey the dictates of the mind. You must remember that the perfect state always exists. It is only when we upset this harmonious expression that we feel the result of our own reactions to the external world.

Your mind and brain interpenetrate each other and act together. Their nature is to receive and record the effect any idea or object has upon them. Therefore we have to be alert so as to discern clearly and wisely, so that these effects are modified in accordance with our state of mind.

The vibrations of what you have fixed on your mind continue to express themselves outwardly. If we fear anything or if we enjoy anything, these are reflected on our outer structure. This is a well-known fact which each and everyone of you has experienced. And it is for this reason that these lessons on scientifically controlled conscious relaxation are being given. This technique has been the means of freeing thousands from tension and effects created by themselves.

The one great truth we must remember is that the perfect mind cannot hold any imperfection otherwise it could not be perfect, and knowing this has helped us to overcome all our imperfection.

We are reproducing through our mind and brain pictures which we hold in regard to conditions, events, people etc. and according to the intensity of the emotion attached to these pictures we create, so does it cause tensions in the nerves and muscles of the body.

The method of how we can release these tensions that cause all sorts of effects upon our organism is of the greatest importance to all. Therefore a knowledge of the cause is most necessary and this is why I have chosen this sixth step to enlighten you on this very consequential subject.

Most people are visualizing the things they do not want through fear of them, with the result that they are manifesting them. The things most feared are social and economic and not physical pain, and it is here that suggestion takes a hand in creating conditions, even in our physical bodies, which we deplore.

We suggest to ourselves everyday. Day after day, the same routine goes on in the mind, the same mental grind, no wonder that the body is tensed by emotional habit-patterns.

That is why relaxation is the antidote to tension because relaxation is suggestion in its best form. It does not create the reverse effort that is often encountered when strong suggestions are made directly to remove a symptom.

I remember well when Coué expounded his theory of suggestion and by his method he cured all manner of people of their troubles. His method was not by strong suggestion but by quiet smooth unobtrusive suggestions.

The patient was instructed to lie relaxed until a dreamy state was attained. In this dreamy state the patient had to repeat twenty times, "Day by day in every way I am getting better and better." Coué had already found that by using direct suggestion of the opposite to the trouble the trouble invariably got worse, but by this relaxed method he scored great success.

We now can realize what happened - this quiet unobtrusive suggestion became auto-suggestion and unless suggestion becomes auto-suggestion there is nothing done, that is why with relaxation so many wonderful results are obtained. This simple method induces auto-suggestion and the trouble begins to disappear, the brakes are taken off and Nature takes a hand.

I am not making the wild statement that relaxation or auto-suggestion alone is the cure. Nature does the work when we take off the brakes. But what I do affirm is that relaxation and auto-suggestion is the best means whereby Nature is enabled to do the work. The Father does the work when we take off the brakes.

When the mind discerns the false and the cause of its manifestation then 50% of the trouble is conquered because 75% of our troubles are increased by the fear of them. Therefore the mind has a tremendous influence upon our health or ill-health.

In the mind also there are many opposing forces that prevent the idea of health being transferred into action and these opposing forces are released through outcropping through free association.

Now this is not completely understood. This state is a state of mind that is alertly passive. The pleasant and the unpleasant must be viewed with impartiality until the whole contents of the consciousness is known, the private thoughts, secret motives, intentions, bondages and desires.

This....

This will reveal a knowledge of the self, and without self-knowledge there can be no understanding. Perception must be free from comparisons and judgment, neither must you seek comfort or security. True discernment of what is in the mind can only be acquired by free association.

Automatic writing is a means of revealing what is the content of the mind. When automatic writing first begins there is much dribble and confused thought expressed, but this should not stop you, as each layer of consciousness is revealed we reach a state when true thought begins to express itself.

There are many people who have tried automatic writing and attribute it to the unseen, but more often it is the contents of the subconscious that are being expressed. In this revealing there must be no conflict with opposites for these are but images in the mind which must be discerned. Freedom comes only through discernment of what is in the mind.

Emotion is often the main cause of spontaneous suggestion that takes root in the mind. The emotion of fear always surrounds the idea of trouble, disease or accident as well as economic and social problems.

A mind that is free is pliable, but a rigid mind full of fixed ideas is truly ignorance. When an idea is accepted by the mind it causes certain cells of the brain to become active. The brain is the instrument through which physical contact is made and through the cells of the brain a definite effect is created upon the corresponding parts of the body, creating action there according to the intensity of the idea held.

Impulses are thus created, carried along the nerves to any part of the body. The cell structure is mind substance in a negative phase of action interpenetrated by the mental activity which is mind in a positive phase of action. Thus a change in the tissue structure takes place.

Can you now visualize what a free mind is? This is a mind in which there are no opposites, no division, no separation, no bias, no prejudices, no antagonisms. I wish I had time to go further into this great subject but as I have to give you instruction on how to relax your eye muscles this must be left for some future lesson.

The eye is the window of the soul. Tense eye muscles reveal a tense body. To relax the eye muscles also tends to relax the body muscles.

There are six muscles attached to each eye, to turn the eye from side to side and up and down. There are four other muscles that expand and contract the iris and the eyeball to obtain proper vision.

Most people seldom use the eye muscles to any extent, thereby making them rigid. When they want to look to the side or up and down they turn their heads. When reading they try to read a whole line at a time resulting in a strain of the finer muscles of the iris and those which control the focussing apparatus.

Exercises have been given for the working of these muscles such as moving the eyes round a square then across the square diagonally in each direction. This undoubtedly helps to exercise the muscles. But if these muscles are still rigid, more harm than good is done

Now here is the exercise that relaxes the eye muscles: Sit at a table with a cushion under your elbows. Place your hands cupped over your eyes and feel as if your eyes are falling out into your hands. If you have any kind of eye trouble no matter what it is this exercise will help you greatly.

After your eye muscles are relaxed practise moving your eyes from side to side gently at first because the eye muscles will contract again when moved strenuously. Do not tire the muscles, go slowly at first.

The next most important exercise is to use macula vision, that is to keep the focus moving round the smallest part never staring. Take a word and move your focus around each letter, then practise reading word after word. When you do this you will find how easy it is to read without glasses. This exercise relaxes the eyes' finer muscles. Staring strains them and causes tension.

When you are really interested in anything your eyes flow over each detail. This is Nature working for you. See with your mind and not with your eyes. Your eyes are the instruments of the mind, always remember this.

These two exercises will be sufficient in the meantime, I will have more to say about eyes later on.

I will close this lesson by saying that, by constant knowing, we are freeing ourselves from all our burdens. This constant knowing is experience plus understanding plus wisdom plus the realization of what we are in Reality. Just as every light has electricity behind it so everyone of us has Life. The physical brain and body are created by God as an expression of His Divine Nature. Then let us be true to this Nature which is the only Reality within us. We must employ our minds until we reach this sublime state of being, thus we will be free. The Truth sets us free.

Benediction

O Divine One, Thou art just behind my thoughts, yet at times Thou seem so far away.

Was it that I myself was the cause, engulfed in the stream of reaction to the outside world?

Loving One, now may Thy Presence be revealed in my thoughts and the veil that separated us be dissolved away.

Talk with me, walk with me. I want to hear Thee speak to me. For Thou hast shown me the way that leads to Thee, O Precious One.

M.B.

Lecture No.7

by M. MacDonald-Bayne, M.C., Ph.D., D.D.

Johannesburg - 1st June. 1950

THE SEVENTH STEP -
THE PRACTICE OF RELAXATION IN OCCUPATION BREAKS
UP OCCUPATIONAL TENSIONS - THE MUSCLES OF THE
SCALP AND FACE

"Behold I stand at the door and knock. If any man hear My Voice and open the door I will come in to him and will sup with him and he with Me." Rev. 3.20

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

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

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

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

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

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

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

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

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

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

Now.....

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

In this position you are ready to practice relaxation while sitting. Feet should be about twelve inches apart and flat on the floor. Now talk to your neck, shoulders, back, arms, legs, as already instructed and do not forget to drop your jaw.

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

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

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

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

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

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

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

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

When you feel self-conscious try relaxing and see how soon you lose your tension. The time will come that you will relax unconsciously and then your self-consciousness will be gone. In a hundred and one ways you will benefit. When you are relaxed at any social function you are the centre of attraction. It is the law of social economics.

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

A nervous person alarms others and makes them uncomfortable. Relaxation is the finest form of all educational virtues and art.

precepts. It helps others to enjoy themselves and makes you master of every situation. Learning to stand relaxed on your feet is one of the first rules in public speaking and in ordinary conversation the same rule applies.

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

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

Sit well back in your seat which should be in such a position that you can handle your clutch, brake and accelerator with ease. Hold the wheel easy and not in the grip of a vice. When your muscles are tight you make your arms ache. Many drivers create fibrositis in the neck, shoulders and back with these muscles when driving.

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

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

The greatest form of relaxation is through music. But I will have to go into this later on, there is no room for it in this lecture as I want to instruct you in the relaxation of the muscles of the scalp and face.

The cause of many headaches is a tight scalp pressing on nerves which cover the cranium. There is a superficial distribution of nerves that cover the skull especially those from the great occipital, trigeminal and supra-orbital. These nerves come up over the occipital bone, the frontal bone and the side of the head. A tight scalp presses on these nerves and causes many types of headaches. This is caused by tension, a tight scalp is a sign of a nervous person, and of nervous headaches.

Here is the exercise: Place the tips of your fingers on the top of your head and the thumbs at the side, now work on the scalp by bringing the fingers and thumb together at the same time. Say, "Relax" and feel the scalp relaxing, you will be surprised how very few days are required to relax the scalp. Do this daily and you will find great relief from your headaches and tight scalp.

With the face muscles gentle treatment is essential. Gently pinch the face muscles in the cheeks, under the eyes and around the mouth and chin. Now place your finger on each side of the face above the cheek bone and raise the muscles up, then let them drop, saying "Relax, relax." Then press the fingers on the trigeminal nerves, this makes the muscles firm yet relaxed.

Say the word "cabbage" and your face will take on the true

expression of relaxation.

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

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

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

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

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

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

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

Benediction

Dearest Beloved, no matter where I go I will find Thee there.

In the noise and din of my earthly life Thou art there with me when storms blow and brakers roar.

Thy sweet silence shall ever be with me.

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

M.B.