

COLLEGE OF UNIVERSAL SCIENCE

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Lecture No.7

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

Johannesburg - 14 September,  
1950.IN OUR DAILY LIVING WE FEEL SEPARATION  
BECAUSE WE FAIL TO CO-OPERATE

"So you must not boast about men. For all belongs to you; Paul, Apollos, Cephas, the world, life, death, the present and the future - all belongs to you; and you belong to Christ, and Christ to God." 1 Corinthians 3 - 21.22.23.

Science is helping us to live more freely and united if we would only turn our eyes in the right direction. Science has explained many things that have hitherto been unknown.

In our ordinary daily living we feel a sense of separation because we fail to co-operate with each other. War has proved this more than anything else. The world today is quarreling over how it shall live. This is not a new quarrel it is as old as communal life, for through the centuries history reveals man's age-long struggle for freedom, the right to live. Perhaps it is because man has caught a glimpse of enduring freedom that makes the struggle so fierce today.

The effects we are noticing today are but the causes of yesterday, and no matter how we treat these effects it will not relieve us of our troubles. In fact we are contributing to them by our selfish cravings and desires. Our energy is directed towards things and what is all the conflict in this world about, but about things.

It is our inward poverty that makes us crave for things. Is there a remedy? I say, yes, and the Master points the way.

Our ideas are in conflict, for instance we are afraid of Communism, so we legislate to outlaw it and all those who have the same ideas. Ideas separate us, like Communism and Democracy. But when we look into the matter we see that it is all in man's mind. It is only by the free systematic unselfish co-operative tackling of the cause of separation that the cause of war or strife can be eradicated. It is only when we love and assist each other instead of fearing and hating, can we hope to banish our own self-imposed misery and suffering.

One group is separate from another, in nations, in religion, in politics, in commerce and in families, in society etc. So in our daily living we are separated from one another, all in competition with each other. No wonder that the world cannot realize what separation means because every one is caught up in it. We can never free ourselves until we discern what separation is and what we are doing.

In my last lecture we saw that there was but one Master Mind

working...

working everywhere. The story I am going to show you is - there is but one earth, yet man divides the earth up into various countries, countries are divided up with boundaries called states, each city has its own separate council etc. the land is divided up into various farms which we put a fence around and we say this is my land. But you will notice the earth is still one earth, that the land on the other side of the fence is the same. Therefore in reality there is no separation, even on the earth, except in man's mind.

We have a portion of the Universal Mind fenced off for our own purpose, apparently separate but not separate from the whole for the Infinite Mind includes all forms. It Itself is without form but form is created in It - therefore the form is not separate from It and must be of Its own substance.

Unless we can get a thorough understanding of this great underlying principle we will always live in separation which is the cause of all strife whether it be between ideas, nations or human beings, and we are mostly concerned with human beings because we are human beings, and human beings are the most important things on earth to us.

All forms are thoughts of the Creator, His Consciousness or Will animating, holding and sustaining them. We are therefore sons and daughters of the Infinite God, remember, I say "Infinite" God. We have His Consciousness, we know that we know, therefore our thinking is creative. We create images in our minds by our consciousness, these are secondary and have only the power we give them. Yet the Creator creates images in His Infinite Mind, having His Consciousness in them, these are primary, real, made of His Substance existing in His Infinite Mind. You already know what Infinity means. It is bigger than the mind of man, man's mind cannot comprehend it, only know that God is our Reality, and Reality is God.

I am going to tell you in my own words a story about the Master that will help you to understand what I mean. We have all read or heard of the Jewish feast and as Jesus was a Jew he and his disciples went up to Jerusalem. They stayed in an inn at the foot of the Mount of Olives on the north side.

On the morning of the feast, Jesus and his disciples wandered down to Jerusalem, it was on the Sabbath day, they passed the healing pool of Bethesda which was thronged with people. The people believed in the healing virtues of the pool, and as Jesus and his disciples stood near the pool he saw a man lying helpless without anyone to help him to the pool. Jesus said, "My brother man, would you be healed?" and the man replied, "I am helpless I cannot reach the pool." Jesus replied, "But, my brother, God is everywhere not only in that pool, and if you will but believe this you shall be healed where you lie. The fount of health is within your soul. It has a door locked fast and the key is 'Faith' and you can have this key to open the door and there plunge into the healing fount and be made whole."

The man looked at the Master with anxious eyes saying, "Please give me this key." Then Jesus said, "Do you believe what I have said to you? Then according to your faith so shall it be done. Now arise take up your bed and walk." The man at once arose and walked away praising God.

When the priests heard of the healing they were enraged because by their man-made laws a man may not heal on the Sabbath. But Jesus said, "My Father works on the Sabbath so may I. He sends His rain His sunshine, He makes the grass grow, the flowers bloom and speeds the harvest just the same on the Sabbath as on other days. If it is lawful for the grass to grow and the flowers to bloom surely it is

not wrong to heal a stricken man."

We have to reach out further than man's limited conception before we can see the grandeur of the whole in which we live and have our being, and it is here that Science has come to our aid in our daily living. When we can grasp the great significance of what I am going to say you will understand what occupational therapy really means.

Science says ether of space is the basis of matter, it interpenetrates it and is the framework in which all forms are built, that this ether fills all space and is indivisible. It is a substance more real than matter, in fact without it no matter could exist.

Now I am told through Spiritual means that this substance is a product of the Universal Mind and is immediately affected by our thoughts and moulds according to the image we hold, and as it is the basis of matter of which our bodies are made we can readily see how our thoughts and emotions are outpictured in our organism, in the various troubles we suffer from.

There is a greater world more real than the one we know of at present that surrounds and interpenetrates ours, into which we all will one day enter. It has been found beyond doubt that man does not die with his body but lives eternally in the Infinite Mind, ever-expanding his consciousness in the Consciousness of the Infinite God. Therefore our little worries and perplexities fade into nothingness as we realize the Greater in which we live.

Although this is only at present realized by the few it will become a common fact as the fact that the earth is round and not flat. Science is probing the ether of space and one day we will enter into a new world where we will find all those who have gone before us, enjoying that freedom that we should have here and now by true understanding.

The whole Universe is an expression of the great Absolute Being. The pattern expressed in the Mind of the Absolute which is in the form of His Will is being manifested daily. "Thy Will not mine, O Lord." The Laws are but the expression of His Will and it was this that the Master saw so clearly. The Universe and man which is included therein is ruled by the Law of God. It is when we run contrary to the Law that we suffer. We become the Law when we act with the Law.

How often have I told you that the greatest Law is Love. "Love the Lord thy God with all thy strength with all thy mind with all thy heart and love your neighbour as yourself." How simple the whole thing is but how few can see it.

Even on the Sabbath we are criticising each other, what the other has on, etc. If one went to Church in a bathing suit think what would be said about it. Can you see how stupid the whole thing is? It is not what one wears but what is in one's heart that counts for it is this that helps you in your daily contacts, this is occupational therapy, yes, it is a living therapy.

We are always prone to criticise the other fellow, failing to see our own shortcomings. Jesus said, "You hypocrite, take the plank out of your own eye then you will see better how to take the splinter out of your brother's eye."

Most people are thinking about themselves, yes, before breakfast and after breakfast too, they would be a hundred times more concerned about a headache of theirs than they would be about my

death or yours.

Even if you were lied about, ridiculed, doublecrossed and sold out by one out of every three of your intimate friends, don't indulge in self-pity, for human nature has still traces of the jungle in it. Instead of moaning about why it should happen to you just think of what happened to Jesus. One of his most trusted friends denied him three times, another sold him for a purse of silver, nearly all his friends left him when he got into trouble, why should you and I expect more. But there is one who will never forsake you and that is the "greatest of all" that is amongst you. God never forsakes even His most disobedient child. Here lies your strength and not in human nature.

I discovered long ago I could not keep people from criticizing me unjustly but what I could and did do was not to let it disturb me. If you are afraid to do anything for fear of being criticized, remember that if you know in your heart you are right don't let it bother you what people say about you. The greatest men in the world have been slandered and criticized, but did they give up? No. Their cause was greater than all the criticism against them. Those who criticize generally have to eat humble pie in the end. Most criticism does not amount to much anyhow for it is generally the weakminded that criticize.

You can't please everyone. If you try to please one you offend another. If you patch it up with one you fall foul of another so before you know where you are you stir up a hornets' nest. My motto is do the very best you can in your daily tasks, carry goodwill towards all and leave the criticising to the fools who do not know very much.

Just as you can step into the sunshine so can you step into the rays of Divine Love and receive Its benefit, and if you feel the need of the protecting Love of the Father all you need do is to open yourself up to It.

You must love God as you would love your own child. In this way the protecting Love of God flows around you.

You can Love God as a friend, as a brother, as a companion. The burning love you feel towards the one you love most, turn this love also towards the Father and your love will grow stronger and stronger.

Give love, do not seek it and you will be in touch with the Infinite Power that controls all things, for all is well with those who love all.

"A fool shows instantly that he is angry: a prudent man ignores an insult." Prov. 12.16.

### Benediction

O Divine Love, fill my heart full of Thy Love so that I may overcome all criticism.

Teach me to cling to Thee even though others err against me.

Even if suffering come nigh me Thy Love will keep me close to Thy bosom, while I feel the warmth of healing Love pouring through me. I pray that I will never forget Thy Love for me so that my soul will always rejoice. No matter what others do to me to be like Thy son Jesus that my Love may be as strong to say, "Forgive them for they know not what they do," O Blessed Divine Love.

COLLEGE OF UNIVERSAL SCIENCELecture No.8

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

Johannesburg - 21 September, 1950

THE INFINITE HAS MADE ME  
TO BE

"In the beginning was the Word and the Word was with God and the Word was God.....All things were made by Him and without Him not anything made that was made, and the Word was made flesh and dwelt amongst us..." St.John 1 - 1.3.14.

When we incorporate this truth in our daily living our opportunities increase a million-fold and it takes praying more and more out of the realm of speculation and gives expectation a logical and reasonable foundation. Thus we are reminded of the Master's words, "When ye pray believe ye have received and you shall have."

Most people seldom think of what they have but of what they lack. This is the greatest mistake that man can make, in fact it is a tragedy. It has caused more misery, more mental anxiety than anything else, in fact has caused more physical troubles than all the diseases in the world.

The Universe is full of wonderful things patiently waiting for us to use them. This reminds me of the Master's words, "If you have faith as a grain of mustard seed ye shall say unto the mountain remove hence to yonder place and it shall remove and nothing shall be impossible unto you."

You have already been told that the atom is a vortex of energy in ether of space - this unknown substance that supports all things. The coming together of these vortices create matter as we know it according to the law of attraction, which is incorporated in the thought expressed. Faith is a mental activity that is kept in one direction until the finished product is established.

In this way our images are fortified against the destructive attack made upon them by doubt, worry, fear, apprehension. It allows God to operate in our affairs, which promises satisfactory fulfilment.

The formula I have created is, "Day by day in every way God is making me better and better." Now this is a truth, for the Divine Nature is always working in us for our good. When we discern our adverse thinking in the light of this truth it tends to dissolve away, for error and truth cannot exist at the same time.

Fear is soul-murder and when we know the truth fear dissolves away. No wonder Jesus so repeatedly told us to "Fear not," "Be not afraid." He knew the penalising effect of fear upon every organ of the body. He knew how it deranged the whole system, how

it caused stomach troubles, the stomach becoming paralysed with the effect of fear.

He knew how the fear of lack affected his disciples for he taught them to pray believing that they had received and they should have. This same truth will banish fear from the mind of man today. If Jesus lived today he would still be the greatest teacher. He showed us the way to banish the demon fear and all its offspring.

When you challenge these oppressors of the soul they will disappear like mists before the rising sun of faith.

These fear thoughts are the enemies of man's peace of mind. But man alone gives them power and as man has made them so can he dispel them.

We must be careful not to allow our consciousness to be caught up wholly in our fleshly garments but to understand the true nature of the mind and body.

We are told that in Divine Mind there is the Divine Consciousness, the Director, the Divine Intelligence fulfilling the direction of the consciousness, and the Divine Substance in which all forms take place in all planes, Spiritual mental and physical.

With these three, Consciousness, Intelligence and Substance all is made that is made in heaven and on earth. This we see also takes place in our lives and in the first chapter of John (Eastern text) it reads, "The Word was in the beginning and that very Word was with God and God was that Word. The same was in the beginning with God. Everything came to be by His hand and without Him not even one thing came to be of what was created."

Consciousness, Intelligence and Substance co-ordinating in perfect unison reveals the Life, organising the atoms, cells, organs into the complete body which is the Temple of the Living God and keeps it in repair according to plan. What we have to do is to discern adverse thoughts and emotions that interfere with the Divine creation and, discerning the errors in the mind, we dissolve them.

In this higher knowledge we do not repeat hundreds of mantrims that cloud the mind as they generally bring up their opposites. For when you say "I am well" there is something that rises up and says to you, "You are not well." If you are ignorant of the truth it is better for you to say, health, strength, life, love, wisdom, thinking of these qualities in the abstract way.

This was brought home to me very forcibly when I visited a dying man. He was trying to hold on to his body by repeating sayings and what little strength he had was being used up. I said, "What are you trying to do," and he said, "I am trying to live." I replied, "Stop saying these things because you are only creating a struggle within yourself. Just breathe easily and deeply and know that breath is Life." As he started to breathe he lost his fear and life returned to the body. Had he kept on with his mantrims he would have surely passed on.

Another case of mantrims was when a New Thought student became very ill. She said, "I have repeated every saying I can think of but I am getting weaker and weaker, what more can I say?" I told her also that she was struggling inside her mind. Life was real, just breathe it in and know all is well. She also got well, but had she kept on with her mental struggle she would have passed out. There are hundreds of such cases that prevent the Spirit from

acting...

acting naturally because of the struggle that goes on in the mind.

I am told through Spiritual means that the action of Life is like a chemical reaction in the substance which blends atoms, molecules and cells and manifests Itself in the form of a body. A continuous animation of a numberless number of reactions is kept up. This is the action of Life yet Life is Infinite in nature and supreme. "I am the Life," the Master says, and this is the same for you and me.

We must remember that every mental state has a corresponding physical state. Change of mind means a change in the body, sorrow causes tears, fear causes the body to tremble. When we elevate our minds through understanding we free ourselves from many of the perplexities that haunt us daily. We will find that heaven is in the mind, for thoughts make us miserable or happy. Jesus says to us again in twentieth century language, "The Kingdom of Heaven is within you."

Then, "Count your blessings one by one," is our greatest asset, it creates mental harmony. Ask yourself, would you sell your eyes for ten thousand pounds? What would you take for your two legs and your two arms? What would you take for your children, your family, those you love and those who love you? Add up your assets and you will find that you are richer by far than if your coffers were filled with gold and diamonds.

Remember you can express only what is in your consciousness. Then see that your consciousness is filled with Truth, Understanding and Love, these three will get you anywhere in the world and beyond it.

I could tell you hundreds of stories of people who have made themselves over in a short time, just by being themselves.

The problem of being unwilling to be yourself is behind many failures, many headaches, many neuroses and inferior complexes. The craving to be something that you are not makes you a second-rater. There is a saying that to copy another is the essence of flattery to the one being copied, but to the one copying it means disaster.

You cannot get anywhere playing the ape or the parrot. This is the safest advice that I can give, drop at once trying to be someone else and Be Yourself, and you will be a success. Never mind the other fellow. If his actions and ways intrigue you they are not for you. Be yourself. No one wants a counterfeit coin. God has made you the way He wanted you to be, this is to be yourself.

Do not waste years of your life trying to imitate, you are original yourself and it is originality that succeeds. With all your faults with all your mannerisms they are yours, and there your true experience lies.

In this way we progress towards the unbounded Reality of our existence. We recognise Nature's majestic handiwork of something infinitely greater that overwhelms and transcends our finite conception. Yet within each one of us is the Spiritual essence, a latent power with unlimited possibilities. Then let us find ourselves, and be ourselves, as He made us. With this understanding we will progress from victory to victory.

We will yet unwrap the material cloak that hides the perfect creation, made in His image and likeness.

There are many who come to an understanding of this mighty power within who make serious and conscious efforts to realize health and happiness and abundance, yet they seem to be unable to bring the law into operation, this is because they concentrate on the external and miss the point that in the mind only can conditions be created. It is not always what you want you get, you must build up within. "Seek ye first the Kingdom of God and His righteousness and all things will be added unto you."

We must first find the Kingdom within so that we can attract, build, materialize in the external. The Power is within, the Way is within, Wisdom will disclose the source of all power.

Therefore do not worry about the external world, make the internal real and the external will soon manifest in a way that will surprise you.

When we seek Wisdom we become creative, when we express Love we become dynamic, the greatest gift God gave to man was to create within himself first, then the external world would respond because the outer is the expression of the inner.

When I sat down tonight I had a mind to explain the various functions of the mind but my pen sped on and on in this strain. And now I will finish this lesson by repeating the saying of the Master, "Truly, truly I tell you the son can do nothing of his own accord, nothing but what he sees the Father doing for whatever He does the son also does the same." St. John 5.19.

#### Benediction

O perfect Love, I am Thine and Thou art mine, so we are one.

Thy Flame of Love has consumed me in its allness and abundance of Thy mercy and loving forgiveness.

May all souls on earth worship at Thy Shrine of Love to be purified in Thy Cosmic Crystal Pool of Thy Love. Help us to forgive one another as Thou hast forgiven us.

That we may love one another as Thou lovest us and then all souls may be strung together as pearls with the one Spirit of Love, O Perfect Love.

M.B.



COLLEGE OF UNIVERSAL SCIENCELecture No.9

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

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AWAKE THEM THAT SLEEPETH, ARISE FROM THE DEAD

"Ye shall go out with joy and be led forth with peace."  
Isaiah 55.12.

In our relations with people and things we gain experience. This enables us to discern our actions and thoughts. One thing is certain that when we discern what we are doing we will see if we are dependent or not on people and things.

If we are thus dependent then we will find that our minds are full of wants, hopes, desires, cravings, envy, greed etc. for this is caused through dependence upon people and things. When we are caught up in this way we only find sorrow, fear and conflict. But if we deeply discern what we are doing we can free ourselves through understanding the Real behind all people and things.

If we do not know the difference between the "Real", that which is the Greater within that creates, and the outer - the created, we will continue in our ignorance and add to all suffering. Paul tells us in other words things are not made out of things seen but out of that which is unseen.

We are connected to the outer world by our brain-mind, the cerebro-spinal puts us in touch with every part of the body. This system responds to sensation such as vibration of light, sound, touch, taste, smell, hearing, feeling. Fear may arise from any of these vibrations which will cause messages to be sent all over the body causing inharmony.

When we are aware of the Greater within, the nervous system sends constructive impulses which react upon our body causing harmony.

In this lesson I want to go into the various phases of the mind, so that we can better understand what is taking place. We already know that there is but one Mind, but in this one Mind there are many phases of action.

The Universal Mind is the vehicle of expression through which God and man are united in action in all phases of activity. God created man. He also created the earth and all that is in and on it. Minerals, vegetation, trees, plants, beasts of all kinds, all are of His creation. When man fears he temporarily loses that unity which he has, and always had, through "the Word that was in the beginning" as explained in my lesson of last week.

Later in this lesson I will show you how Jesus opened up to his disciples an inner realm that the greater majority of people today do not yet know or understand.

In the one Mind there are different manifestations working, all performing their own particular tasks. All these also work in

and through us. In the mineral world there is a mental action that absorbs the necessary mineral so that the various fruits and vegetables can grow to fruition.

These two mental activities, mineral and vegetable, exist in man under the control of his instinctive mind where all are absorbed and blended so as to keep man's body in a healthy condition.

Men as well as animals are also creatures of habit, good habits and bad habits have an effect upon us, and affect our health and happiness, this we all know one way or another.

Then we have our intellectual faculties, the intellect is filled with truth and error at the same time and it is here where we must discern what is true and what is false. The mind absorbs what it hears and what it believes. Those beliefs may have no foundation in Truth, nevertheless they create much strife when they are at variance with each other.

We also have our intuitional powers through which higher knowledge is acquired. Our intuition leads us into the Truth of things and there are ways and means for man to open up to this great faculty and free himself from many of the perplexities that haunt him today. It is through this faculty man gains Spiritual understanding.

Consciousness is the directing power through all these planes of manifestation. Therefore the Consciousness of God is involved in all these processes of the mind as the Director, and as the Consciousness unfolds so does the Consciousness become aware of what is hidden beyond what the ordinary man sees or feels.

Psychologists have divided the mind up into bits and have got horribly mixed up in the process. Ninety percent of our mental action we perform in the inner region of the mind, and that which views the external is comparatively small when we consider the great hidden ramifications of the mind.

The external consciousness is like an iceberg with its crystal peak showing above the water line, yet nine-tenths of the total is underneath the water line, the crystal peak above resending attention to its submerged self and that out of which it all arose, so it is with the mind of man.

The most wonderful thing to understand is that the Universal Mind that created the individual will create for the individual just what he thinks. Although the Universal Mind will create for us just as we think It still maintains its own perfect harmony decreed by Its Divine Nature, and once we discern our own inharmonious creations we can dissolve them, yet eternal harmony remains the true nature underlying all things including man.

The majority have not yet learned to think for themselves they think in groups or collectively, consequently they may only give birth to one original idea but once in a life-time. They merely echo the thoughts of others and those are chiefly conformity, tradition, sickness, lack, disease, old age and death, the same old routine over and over again, until humanity becomes like a prisoner on a treadmill, going round and round until the consciousness begins to create a clearing by understanding and love.

You and I are the expression of the Consciousness of the great Supreme. We have passed many stages and will pass many more as we unfold more and more of the glory that is ours from the beginning.

The Universal Mind Itself contains the essence of the great evolutionary process and contains all that which has yet to be un-

folded, waiting to spring forth in our consciousness when we are ready, and as humanity as a whole makes progress these faculties will manifest through the race. Yet there are those of the vanguard out in front.

We as a whole look back in disgust at the injustice done to our brothers and sisters who were accused and persecuted for Spiritual gifts; the Master himself, the greatest example of this suffering. There must nevertheless always be pioneers in the van of progress and you and I are in that line of progress although you may not realize it.

Man's body is built up of minute cells, the Instinctive Mind builds into these cells the necessary mineral, vegetable and protein substance taken from the food we eat and that which we drink. Here we have the mineral, vegetable and animal mental principles working through us all under Consciousness, building and repairing our bodies under the direction of the Instinctive Principle within the one Mind.

The Instinctive Principle controls and directs the functions of our bodies, it has great experience behind it, yes, back through the ages all the natural reproduction of the species, appetites, desires, feelings and emotions belonging to the process of evolution. Hate, anger, envy, jealousy belong to our primitive nature that has not yet been sublimated.

The Instinctive Principle instructs the bee to store its honey, the birds to build their nest, the mother to care for her young. It is also the Principle that is influenced by suggestion etc.

The Habit Principle is that which lies between the Intellectual and the Instinctive. It is that portion of the mind that automatically performs any act which has been repeated so often that the mind knows how to carry it on under consciousness. The playing of an instrument, typewriting etc. etc. there are hundreds of examples you all know of.

The Habit Principle is upset when you do things differently to the habitual way of doing them, how you put on your coat etc. Habit mind also causes trouble when a wrong habit is established, smoking, drinking etc. are just a few of many examples.

Then we have the intellectual or reasoning part of our mind. This part absorbs what we learn about things and stores it away for use until required. What we read, study etc. whether it be true or not, even beliefs etc., are held in this part of the mind.

The greater part of our reasoning is done underneath the conscious realm. All the facts right or wrong are stored there, that is why opinions are often erroneous because of the material we absorb. Truth and falsehood exist side by side. I will have more to say about them in a later lecture.

Genius dwells in our Intuitional Power, this function of the mind can be called superconscious or above the consciousness of man's natural life, our intuition comes from this part. It is the wonderful region where genius dwells.

All prophets, writers, poets, have felt that their power comes from some higher Source, where all Truth, all Knowledge is locked up waiting for man to open up to It.

It is the Voice of the Divine Spirit piercing the sheathes down into man's consciousness, and as man looks up he begins to hear the

Voice of the Spirit and It gets stronger and stronger as we begin to understand the Master's words, the Kingdom of Heaven is within you.

Jesus opened a new world to his disciples, Peter, James and John when he took them up the mountain to pray. They all sat together for a while listening in earnest to the Master explaining that the veil that separates the visible from the invisible is but an ether veil and for those who will purify their hearts through faith the veil is rent and then it is seen that death is but an illusion, and you will see the Life that never passes away.

Jesus prayed, and as he did his form became radiant, his face shone like the sun and his garments whiter than the driven snow, the son of man became the Son of God. This was the transfiguration so that his disciples could see the possibilities of all mankind.

At first the Power put the disciples to sleep so that the Master touched their eyes and said, "Awake and see the glory of the Lord." They also saw the glory of the heavenly world for they beheld two men shining forth beside the Master. Peter asked, "Master, who are these two men who stand in our midst?" And the Master answered, "These are Moses and Elijah who come that you may know that heaven and earth are one." And Peter said, "Praise God, this is the gate of heaven."

The disciples yet did not fully comprehend for Peter said, "May we go down and bring three tents, one for you, one for Moses and one for Elijah?" The Master answered, "No." Then Moses and Elijah talked with the Master about his forthcoming trial, about the wonders of the resurrection morn, the transmutation of his flesh and his ascension in the clouds.

All this was symbolic of the way every one must tread, symbolic of the way the sons and daughters of man become sons and daughters of God. And out of the ether a Voice spoke, "Let all the earth hear so that the Christ shall be revealed to all souls on earth." When the disciples heard the voice they were afraid. Jesus then spoke to them, "Fear not for I am here." When they looked again Moses and Elijah had gone. When they came down they talked about the scene. Here I will end part of this story with a

### Benediction

O Cosmic Life, Thou art one only. Thou hast expressed Thyself through Moses and the prophets, through Jesus and through us all. We are all one.

Thou art the Ocean of Life, we are the drops, one and the same. Thou art the Father-Mother, we are Thy children, we exist in Thee forever.

Thou art the Lover we are the Loved for we are one.

Thou art the music, we are the rhythm, we can never be separated.

Thou art the Eternal, we are in Eternity, O Blessed Cosmic Life.

M.B.

COLLEGE OF UNIVERSAL SCIENCELecture No.10

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

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THE KEY - HOW TO USE YOUR MIND TO SOLVE  
YOUR PROBLEMS

"So take care how you listen for he who  
has to him shall more be given."

Luke 8 - 18.

The question was asked me the other day who created the brain of man and the nervous system. I replied, "An Intelligence that is beyond our finite conception." All I know is that It is and must be. If we knew what It was It would become relative like the brain, but It is the Creator of the brain. That you are trying to conceive in your mind is but an image of this Intelligence, not the Intelligence Itself, because It is beyond your mind.

You may have an idea, an image of a relative thing but you cannot make an image of the Abstract, the Reality. Yet you are both the Abstract and relative combined. We have the power to reason about the Intelligence, but the Intelligence goes beyond our reason, yet does not run contrary to our reason.

Truth has no limits, therefore you cannot limit Truth by reasoning about it because it goes beyond reason. Truth is the Real Self, yet you cannot find that Self outside yourself.

Few people understand the Master's words, "Can a blind man lead another?" You cannot define Reality for there is nothing to compare It with, because It is beyond all things.

You cannot comprehend Reality - Truth - the Infinite - God - The Abstract, or whatever name we give It, with a background of ideas caught up in Christianity with its changing interpretations, when one idea is worn out a new one is created. One time it is hell, brimstone and the devil, later it is modified and something else may take its place. Or a background of Buddhism with its many gods and demi-gods and incantations, or theosophy where the mind is filled with so many ideas that it becomes confused.

Yet most people try to make Truth - Life - the great Unknown conform to these ideas. So they judge everything on what they believe to be true, while these beliefs are only ideas, images in the mind, yet Truth is none of these. Truth -Life-God-Infinite, whatever name we use is beyond mind, greater than all creation yet we are one with It.

To know our oneness with the Whole we must be free in mind and heart from all authority, limitations, imitation, from craving, both Spiritual and material, free from inherited theories of right and wrong, where the heart is empty of Love. What is necessary is to keep our minds and hearts free from all these things so that Love can manifest.

I have begun this lecture in this way so that your minds will not be confused with the relative, the things that we see and comprehend and that which is beyond our comprehension.

Jesus said, "For John the Prophet has come eating no bread and

drinking

drinking no wine and you say he has a devil. The son of man has come eating and drinking, you say here is a glutton a drunkard a friend of tax gatherers and sinners." Luke 7.33-34.

"For all their seeing they may not see and for all their hearing they may not understand."

While studying the relative we must not fail to realize that which is behind the relative that which uses the relative as a means of expression. "When you have seen me you have seen the Father." When we study the mind we are studying the relative and we can become so engrossed that we lose sight of the Real.

In our last lecture last week we dealt with the various phases of the mental action that is working in and through us. In this lecture I want to deal with mind as the wonderful servant waiting to serve us when we know how to use it.

I told you that 90% of the work of the mind is done in the inner realm of the mind, some call it subconscious. I prefer to use the term "inner" because it does not create the idea of division.

The inner realm does the work of analysing, reasoning and dissecting information so that it can become of immediate use to us in our daily living.

In a previous lecture I spoke about attention and the processes of attention, and now I will take you a little further into the process of attention when it becomes contention, that is when the mind applies itself earnestly to a subject or object. The inner realm is therefore not subject to interruption by the external. When you direct this wonderful servant properly you will be astonished at what it can do and will do for you.

The method used is quite simple. You direct your attention firmly towards the object or subject about which you want to know more. The attention must be held with the understanding that the inner realm is taking up the work, so that attention is held until it acts automatically in the inner realm.

Your attention then becomes contention which is the inner realm in attention. It is a subconscious phase of mental action, the mind or subconscious is held firmly to the task until it is completed, leaving the external mental action free to employ itself with other things.

This inner attention is more intense and powerful than the external, because it cannot be disturbed or distracted from its work and will work away for days sometimes for years according to the magnitude of the subject or object which is the subject of attention.

It will work till the problem is solved unless you recall it by the will. Great discoveries are made in this way. That which is locked up in the Universal Mind becomes known to the individual mind.

When you consciously know that you can perform this great feat by your mind, being an act of will, it makes you feel more secure, gives you more confidence in yourself. It may take a little practice to acquire the mastery of this art of contention. But it is well worth while the time and the effort, for it will give you a great unerring efficiency. All great minds have either consciously or unconsciously fallen into the way of using the mind this way.

You can use your inner mind to advise you of engagements. When there is a strong suggestion for an event in the tomorrow you awake

on time, when the school-boy does not want to go to school he will sleep on. When you hold your attention on a time to rise in the morning your inner mind will wake you up. It never sleeps.

If your appointment is an important one you bestow attention upon it, and you will find that your inner mind will telegraph to your consciousness when the time is due. When in love you automatically remember your appointment. If you do not remember then you are not in love. Perhaps I am giving you away now.

You should use this faculty of the mind scientifically, not haphazardly as most generally do. The mind is an instrument of great delicacy and can be trained by patience and practice with understanding. The more you learn about the working of the mind the quicker you will use it effectively and efficiently.

It is possible for all to use their minds effectively in their daily lives. You can concentrate on an appointment or anything you wish to remember for a few seconds, drop it down into the inner realm and know that it will advise and it will. If you imagine that the inner mind will not advise you, it will not do so because in fact you have told it not to. The inner mind acts on your complete faith in it with understanding.

Therefore you must see the great importance of complete confidence in your inner mental action and with daily practice it will work wonders. It is as easy to use your mind scientifically as it is haphazardly. You can make your inner realm work for you in every direction. It is only too willing and only requires your confidence and mastery.

You can solve your problems by directing your inner mind to work on them and it will give excellent results, relieving you of the unnecessary drudgery of worrying about them thus allowing your external faculties to work freely on other necessary work.

The minds of most people are filled with an unending number of things ahead that must be done. This causes conflict and anxiety and neuroses. Do things methodically and complete each one as it comes along, doing things in order of their importance.

The first thing that you have to do is to bestow your attention upon each one in turn, in other words, able to think intelligently about things. You will be surprised what your inner mind will do for you.

You have all no doubt had the experience of having a difficult problem, and during the day you have tried your hardest to solve it but without result. You still keep it in your external mental faculty, turning it over and over, until you fall off to sleep in exhaustion. But, lo and behold, in the morning when you awake the answer is there waiting for you.

Now this is what happened. You were trying to perform the work of the inner realm with the outer. You have already been told that the inner knows all the facts about things seen, heard and studied, and when a problem requires solving it knows the way to go about it. All you have to do is to get all the facts arranged so that the inner can use them to solve the problems.

When you are continually interfering with the work of the inner realm it cannot go on. So when you fall asleep and the interference stops, the inner realm takes the opportunity to set about the task and the answer is there when you awake. Is it not worth while working in harmony with this wonderful servant instead of working contrary to it?

If you have a difficult problem to solve assume a philosophical attitude towards it. Take each section at a time and thoroughly saturate it with thought. Do not try to come to a decision but let it settle in the inner realms. Take the next section and do the same and follow the same procedure.

After you have completed all sections, saturate the whole in the same way. Then direct the inner realm of the mind to analyze, dissect and give you the answer. If you have followed out these instructions properly you will find the solution forming in your consciousness.

Ordinary everyday problems can be solved in a few minutes. Those of a deep scientific nature may take longer according to the size of the problem.

Remember your views change according to the information your inner realm absorbs. In passing your problem on to the inner realm you must have confidence in the inner realm, because it is in touch with the Universal. Great and wonderful things have been done in this way.

With some board of directors their meetings are long drawn out affairs when no decisions are made. This waste of time and energy is very galling to one who knows. If the chairman has all the facts and presents them properly a decision can be reached on each problem before passing on to the next. There will no longer be that worried sense of unsolved problems hanging fire. This is also good advice for you in your daily living.

Learn to delegate responsibility to others. Some people insist on doing everything themselves with the result that they hurry, worry, and usually end up with anxiety neuroses. Remember always that the Greater within is the Master of ceremonies. Out of the Greater within rises the individual "I am." This is the master and this mastery must be maintained. Do not become a slave to your mind but be its master and it will become a wonderful servant to you.

Relax your body and mind and allow the calm and peace within to come forth, and in the midst of this calm realize your Being, the Divine Life in which you exist. Be Still and Know, "I and the Father are one." Do not allow anything to interrupt this realization. Then the soul unites with the Divine Over-Soul, the two are now one in action.

#### Benediction

O Powerful and Quiet and Holy Calm, now and ever abide with me  
As Love draws me close to the mighty word of the Stranger of  
Galilee.  
As this Truth abides with us forever we can tender and gracious  
be.  
In spite of the Cross we can journey on like the Stranger of  
Galilee.