

COLLEGE OF UNIVERSAL SCIENCE

file 3 A

Lecture No.1

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DEATH AND LIFE ARE IN THE POWER OF THE TONGUE

"Guard above all things, guard your inner self, for so you live and prosper; bar out all talk of evil, and banish wayward words; let your eyes look straight ahead, gaze right in front of you; keep a clear path before you, and ever make your footing firm;" Prov. 4.23-26.

In this series of lessons I wish to give you instruction on how to apply yourselves to your daily tasks, how to make a success of your work and play, sometimes called recreation and occupational therapy.

The first thing I want you to consider is that you are a centre around which revolves your world.

The second is that you are also a centre of influence and can and do influence others, and this is most important to remember when you use words to convey your thoughts.

And, thirdly, you are also a centre of consciousness with the power to think.

You have already arrived at the conclusion that you are Life independent of your body. Therefore you are immortal and cannot be destroyed. This great truth only comes after you have realized your place in the scheme of things.

The Creator alone lives and by His living in us we become invincible and cannot be injured, and this fact we have established in our consciousness through Divine reasoning.

What I wish to bring before you in this first lesson is to learn to use words that convey the correct meaning. We are apt to use words that disturb our minds in our daily living and destroy our health and happiness. When I opened the Book at Proverbs 4.23 and read these words, "Guard your inner self for so do you live and prosper," it was the key to this first lesson.

If we had no words to express ourselves we would have no divorces, no tears nor words spoken in anger, etc. Politicians could not create animosity and separation among the people, no reading of bad news, nor the hearing of bad news to upset us.

We create words so that we can communicate with one another. So one word has led to another until we have "so" many words, and many have a disastrous meaning in our minds.

We who have grown up should learn to understand and feel the meaning of words so that we do not throw terror-gripping words at ourselves and others, especially young children. In fact we

should not use these at all except when they are really called for.

For instance take the words "ghastly" "terrible" "horrible" "fearsome" "ruined" "frightful." Have you ever felt the meaning of these words when you say them? We learn to condition ourselves with the spoken word, we respond to the spoken word. We listen to the spoken word and what a heartache some of these words create.

We think with words, we define our problems with words, we scandalize with words, we praise with words. We get comfort by reading of our victories, we get depressed when we read of our reverses.

The telephone, the radio, the screen; words organise our lives. We buy we sell we worry we cry we laugh because of words. Have you ever considered the great importance of words and the use of the proper words in your communications with relations, with your friends, your close family ties, with your business associates?

If you did not know how to use a surgeon's lance you would do great damage, you would probably cut an artery and the victim would bleed to death. If you used it upon yourself you might inflict great damage also. It is the same with words.

Many a success and many a failure is the result of the use of words. By using the proper words you increase your possibilities or you can increase your limitations.

Peace of mind is gained by the proper use of words.

Take for instance hundreds of cases where many pleasant daydreams are spun around a fiancé, a position in life, a friend, when these daydreams are shattered there is a feeling of frustration, when the go-ahead signal is turned to stop.

Here we have a collision. The nervous stimulations now produce nervous inhibitions and send messages to the cerebellum producing nervous symptoms such as fear, anxiety, nervous collapse, indigestion and other disorders.

How do these people generally interpret themselves to themselves in words? "I am ruined" "Life is not worth living" "I am a failure" "I am too old now" "I can never start again" "I will never trust another person, man, woman or child," so the words pile up like mountains that stand before them as a means of frustration.

I remember a man who lost 6,000,000 dollars yet he had another 6,000,000 dollars in the bank but he said he was "ruined" so he tried to blow his brains out.

What does the word "ruin" mean? It means damaged beyond repair and use. It is a word that has made many a person commit suicide.

A person may lose a job, may lose a special friend or lose some money. Why must people pick on such terror-gripping words for such little things? It is utterly silly, but the damaging effect of the misuse of the word is often the beginning of neuroses and frustration.

This is a good exercise for anyone. Ask yourself what do you mean when you say "I am ruined." You identify yourself with ruin. What is this "I" that has been ruined?

Take for instance the young woman who said she was "ruined" because she was jilted and through it had a nervous breakdown. Naturally most people identify the "I" with their body, with their possessions and conditions etc. It is in this ignorance where most

of the havoc lies, and this person did not know any better.

I made her answer these questions. I said, "Now look at your body, it looks pretty good to me, good shape, and your legs look good to me in those sheer nylons. Your appearance has not been damaged in any way. Now what about your work? You have a good job, you still have your friends. You have not lost any of them. You have a nice home to live in, you are in fact in pretty good shape all round. Now tell me what part of you is 'ruined'?" "Well," she said, "I am disappointed." "But you have been disappointed before haven't you?" "Yes, of course."

"Now," I said, "you are better rid of a man before you are married to him than after you are married, aren't you? So why use such damaging words to cause all this turmoil in your life." From that moment she began to get well, she is now married happily and has a lovely family.

Words, words, words! Do you realize the importance of them in your lives, using words to describe a situation accurately is more than half the battle to overcome your nervous tension and habit-patterns and leads to victorious adjustment.

The art of practical thinking is using the right words to accurately state your problem. If you do not know the way to a particular place you use a map to show you the way. Use words in a similar way, they will be your map to show you the way.

You can save wear and tear on your nerves by doing this in the little things as well as in the big things.

The man who uses a cuss word because some one cut in in front of him when driving his car, may catch up with him, force him on to the curb and pick a fight and get a black eye into the bargain. Is it not better to say, "The feeble-minded have cars and driving licences" and go on your way rejoicing with your nerves and face intact?

Pick the right words that will keep you well-balanced, pick the calm word the right word the accurate word the word that helps to make the brain and body work properly.

I know a woman who looks into her wardrobe of thirty beautiful dresses and says, "Not a thing to wear, I am dowdy." No wonder she feels dowdy. But yet she looks very chic in any of her dresses, although she does not think so, so her nerves are on edge because she picks the wrong words.

A patient came to me some time ago, she said, "Doctor, do you think I have cancer? The thought of cancer makes me morbid, makes me shudder." I said, "Why say it, why think it. You haven't any cancer about you, I assure you that is true. Now go home and think no more about it and stop saying the word 'cancer.'" The next time she came she was quite happy and soon got over the trouble.

Choose your words with skill for some are like dynamite, they blow up in your face, therefore caution and skill is necessary. Learn more about words and how to use them, for your health and well-being as well as the health and well-being of others whom you contact greatly depend upon this. Always remember the proper use of words is essential to your health and happiness.

The purpose of these lessons is to show you how to apply yourself in your daily living, to point out the things which make and mar your health and happiness, and to show you how to control and direct all things intelligently and wisely. Therefore this lesson on words is of great importance, and you must think deeply about it.

Most people do not realize the power of the spoken words, they are like music when spoken wisely. They create beauty and rhythm, and charm the mind. Then let us learn to build the words that will bring to us the secrets of the heart of God, for they are a joy to the ears and bring health, happiness and abundance.

"In the beginning was the Word and the Word was with God and the Word was God." Use words that delight the mind, to become mental shrines that will live for ever. For in these we have the wisdom of the past in the ever present as hope for the future. Let our words be living messengers that will reach throughout the ages and the repeating of them will give others joy and happiness, good health and abundance.

In Proverbs 15.4 we read, "A wholesome tongue is a Tree of Life," and in Proverbs 15.23 we read, "A man hath joy by the answer of his mouth, and a word spoken in due season, how good is it," and in Proverbs 18.20-21 we read, "A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. Death and Life are in the power of the tongue and they that love it shall eat the fruit thereof." "The lips of the wise shall preserve them." Prov. 14.3.

Now listen within yourselves and know the source of the word which is the rapier of the thought, then you will know that in the power of the tongue is life and death.

Benediction

O Sacred Heart, Thy words are balm to my soul.

I listened while the waves beat upon the shore and in them I heard Thy Voice calling to me.

O dearly Beloved, let my words be moulded in Thy bosom so that only Love shall be carried on their wings.

If I should speak let me hear Thee first, O Beloved, then my words shall be as music to the ear.

O Divine Mother of Mine, when I utter Thy name I think of the lotus flower in all its beauty and fragrance.

Teach me, Divine Mother, to speak the right words always so that they may spread joy and happiness everywhere for ever and ever, Divine Mother of Mine. M.B.

As this freedom comes you will increase your ability to meet people, to deal with people, to help people. You will grow and expand your influence in all spheres of life. Ask yourself how best you can apply yourself. Make a game out of your work and play. Forget yourself and think of others. You will do more good in a few weeks by becoming interested in others than you would in years trying to get others interested in you.

You will never blunder when you are truly interested in others but you will make plenty of blunders if you try to make others interested in you. Remember most people are interested in themselves and your interest in them makes the wheels of intercourse move in oil instead of grit. Listen carefully to other people's conversation and you will find that it is dotted with "I...I...I...I...I this...I that...I the other thing...." everything moves around themselves.

Remember these are the majority, the people who do not know, yet this is the way you can make your friends play the game of Life perfectly with all shades and types of people. Make the other fellow happy and you are on the dicky seat to successful living. This is occupational therapy in its finest form.

The individual that is wrapped up in himself or herself, the individual that is not interested in others, these are the individuals that have the greatest difficulties in Life and do the most injury to others. Look around and you will see that it is in this group that nearly all human failures occur.

Your first real lesson in occupational therapy if you want success is to become interested in people, then you forget yourself. By this one principle you increase your true personality. You can put yourself across as the saying goes. Decide to give others the best you possibly can. This principle never fails, it never has failed and never will because it is the fundamental Law of Life itself.

When I come before you I say to myself I love you all, every one of you individually and collectively. This can be applied to every calling in Life no matter in what capacity you are engaged, "Cast your bread upon the water and it will return one hundred-fold."

You will gain more confidence by learning to relax. Remember what I told you before, in other words, your brain and body is stimulated through relaxation. Let me remind you again how you should practice general relaxation.

Lie on your couch allowing your whole weight to be evenly distributed. Do not try to relax, this only brings up the opposite, tension. Just talk quietly to your arms, legs, "Relax, let go, relax let go" and Nature does the rest. Gradually your muscle tension disappears and a new life begins to form before you.

Also remember no strong suggestion must be given, you cannot release your tensions this way, you only increase them. The change from self-hypnosis to self-control comes about gradually. The fact that you are only able to relax your arms and legs you have already changed the course of events in your life and as further relaxation comes so do you dehypnotize yourself and free yourself from your self-imposed inhibitions. You are moving in the right direction now, and this knowledge will help you greatly to further free yourself from these crippling inhibitions which have been self-imposed.

You have set in motion forces within yourself that are stabilizing, that make for health of mind and body, which leads to

healthy living. Your nervousness disappears, and you begin to do things because you are becoming free. This method is much more scientific and realistic than the old-fashioned process of psycho-analysis. Self-analysis comes naturally and there is a glorious release of those tensions that heretofore cramped your style.

As progressive relaxation moves on you begin to apply yourself, thus the nagging impulses that came from the limbs, body and viscera, are diminished. The body stops talking back to the mind, so the mind talks to the body and as those freezing inhibitions are removed so the brain centres function freely.

When this process of adjustment is taking place strong suggestion should be avoided for this often sets the victim back on his old tracks. It is far better to allow the natural adjustment to take place, then when we take off the brakes God does the work. Thus the entire brain is set free to function as one unit, free from habitual inhibitions that strangle the individual.

Therefore progressive relaxation and occupational therapy are links in the chain that lead to successful living and as the mind becomes freed it can be trained to think in the right direction.

In my last lesson I made it plain to you that you "the 'I am' Life" is independent of your mind and body. These are your instruments through which you manifest, your body changes your mind changes, but the Life "I Am" remains the same because it is the great "I AM" manifesting Itself in individuality.

Therefore the practical work in this lesson is to analyze the "not I things" till you come to the realization that your body is your instrument, that your mind is your instrument and in the degree in which you realize this you will have control. Realization brings control and control brings results. Those highly developed in this realization have obtained a wonderful degree of power and control over the forces of Nature, they are as gods compared with the ordinary man.

This is the second step that you must take in your successful living. Remember the "I am" is manifesting Itself in Power and Intelligence and this Power and Intelligence can be used to manipulate, guide, govern and direct the mind through which control of the physical world is obtained; next week the practical work will be to cleanse the mind so that the "I am" can focus its power through it, so as to gain the desired results.

We must realize that which is the greatest within us. The Master said, "It is the Father who ever remaineth within me doeth the work." So the secret of power is to rely on the greatest, that which is the greater within. Thus we become greater by operating the Law pertaining to the Greater.

This Supreme Power is equal to any emergency. We consciously may not know how to solve our problems but when we refer to that which is greater the all-knowing Intelligence comes into action. In this way we gain a calm faithful attitude towards all things and the greater becomes the Servant of all, the Father doeth the work.

"Neither can they die any more for they are equal unto the Angels." Luke 20.36

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Benediction

Dearly Beloved, this is my celestial song. I come to Thee as I see myself in others.

Whatever treasure lies in my soul I will share with Thee as I help others.

Whatever I have done unto the least of them I have done unto Thee.

Whatsoever is mine that also is Thine, my cup is overflowing with all Thy bounties. When I do honour to myself in others I do honour Thee.

Thou art my Delight, O Beloved.

M.B.

COLLEGE OF UNIVERSAL SCIENCELecture No.3

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"HE SHALL CALL UPON ME AND I WILL ANSWER HIM"
Ps. 91.15

Many people wither in despair because they are not active. Action leads to freedom. When we keep our minds active there will be no time to despair. Despair leads to nervousness and nervousness leads to inefficiency through fear. To become interestingly active we release tensions and old habit-patterns.

Yet there are many who cannot concentrate on any line of action, who fear everything, even their own shadows, and who are unable to do anything, to them this advice just causes more worry.

Some people will force themselves to go on and on, till they have a nervous breakdown, they struggle unaware of their inhibitions, their tense muscles, their habit-patterns. They fail because they do not know how to find freedom in their activities.

The way to freedom through occupational therapy is simple. There is a right and a wrong way, one leads to health and happiness and the other leads to breakdowns.

When a breakdown occurs the poor victim is mostly subjected to psycho-analysis, so everything is interpreted from a subconscious factor: he does not want to work, regression to infantile behaviour etc. etc.

This method is erroneous and misleading for the real cause is that he or she is working under a nervous tension. Tense mind, tense muscles lead to habit-patterns and breakdowns. The cause is that he or she did not know how to relax at work.

You may lose yourself in action, but if that action is caught up in tension it leads to cerebellum misbehaviour.

Learn to relax while you learn your trade or profession then your work will be fun. But if you are tense while you learn then your future work will be torture.

The shorthand-typist who learns how to relax will take down much faster and more correctly.

When you are relaxed at work you will begin to like it. If you tense at work you will begin to dislike it. You cannot have freedom while all your muscles are tense, then you are fighting on two fronts which is fatal. The remedy is learn how to relax. Carry this relaxation over into your work or play.

When one has a breakdown through occupational anxiety (tension) he or she is generally given a period of rest to recover. But this period of rest will be of no value unless one is taught how to relax, how to release the tensions. When this is not done one returns to work in a similar state as when one left it, consequently a return of the trouble is inevitable.

The remedy is a period spent on learning how to live. Two weeks in learning how to live is better than a year of rest with no such guidance.

Most people use much more energy than is necessary when they work. They use muscles that are not needed for their job, they sit or stand in awkward positions unaware that their muscles are tensed.

When you begin to learn relaxation you will become conscious of your tensions and naturally you will let go. You will be able to give proper attention to your work, when your muscle tensions are released they are no longer causing internal reaction that leads to further tension and eventually breakdowns in mind and body.

When changing from one occupation to another one often finds difficulties because the work is unfamiliar. Fear of doing things wrong, fear, resentment, antagonisms, muscular tensions, these all lead to breakdown in health through nervousness.

Occupational therapy is the cure, but what kind of occupational therapy? Relaxed attention, of course, learning all one can about the job. Relaxed attention leads to interest, interest leads to action, action leads to freedom.

Any kind of work is fun when you learn to relax. Relaxed attention leads to efficiency. You see your possibilities your opportunities for self-development. Even the neurotic housewife will find joy in learning the scientific side of homemaking.

Many wives in the home make themselves miserable as well as the whole family, because they just will not take time to learn new methods, new ideas etc. Relaxed attention creates interest, interest creates action, action creates freedom. Only when they are caught up in their so-called daily grind are they self-retarded.

Activity that is not self-retarded frees you from your self-imposed shackles. Every time you do anything your muscles tell your cerebellum. If you scowl or smile you may not be conscious that your muscles are reporting what is taking place. Nevertheless these are messages carried to the brain centres which cause inhibitions or freedom.

Your cerebellum knows and is quick to act on the messages received by sending messages to all parts of the body, to all your organs and they act accordingly, then they begin to talk back.

When you are happily sailing through your work in a relaxed and peaceful manner health-giving messages are sent to all parts of the body, thereby inner adjustments are made, releasing healthy impulses. Then your cerebrum is advised of the feeling of well-being established, so you are set free from your own self-hypnotic inhibitions and ideas.

Relaxed attention is the key to freedom, and relaxed attention is more easily obtained when one has a knowledge of the self, because the mind obeys the will of the one who knows. The will is not something that is forced upon the mind, only understanding enables the mind to function freely.

The mind is then directed to observe dissect analyse and draw to itself every bit of possible information regarding the thing observed, and I cannot lay too much stress on the acquirement of the great faculty of "relaxed attention."

When the sun rays are focussed through a magnifying glass the point where the concentrated rays strike will burn a hole in any piece of matter. So does the mind penetrate the details when

it is directed to each detail in turn.

Relaxed attention enables the mind to attend to each detail at a time, but if the attention is spread over a large area it becomes tense and strained. The same happens with the eye. If you try to see too much by spreading your vision you strain your eye muscles and your sight will be impaired. But if you focus your sight on the smallest detail at a time the eye will relax and will convey to the mind the accuracy of what it sees. Your sight will improve. With this same practice so does the mind improve in a similar manner.

Attention does not fasten itself to uninteresting objects or subjects, therefore interest must be created and this is done through relaxed attention. When the mind becomes absorbed in activity, voluntary attention is increased.

Most minds have not been trained to bear prolonged voluntary attention, because a habit of inattention has been created through tension, therefore patient practice is essential. Do not bite off too much at once as the saying goes, do not bite off more than you can chew.

Voluntary attention can become strained through tension, therefore it is often advisable to let the attention move involuntarily for a few moments till tension disappears.

I have said that interest develops attention, so does attention develop interest and this you can prove for yourselves. Give a little voluntary relaxed attention to an object or subject, persevere with this voluntary relaxed attention and you will soon find points of interest rising before you. Many new phases and aspects are seen that hold your interest. Look for the interesting features of an uninteresting subject or object and soon all phases will become interesting.

With this method your will is developed in a healthy manner and will increase in strength as the mind is trained to do its bidding.

The will is always strong but it is not developed in the individual because of lack of application. The application of attention is the pathway to genius; when the mind is held interestingly on some particular object or subject, extraneous thoughts are closed out. I will have more to say about this aspect of our work later on. Now I must direct you here to cleanse the mind so that you can focus your attention through it.

Last week I directed you to analyse the "not I things." Now the "I" must be able to use its instrument the mind. But before this can be done effectively we must have a mental house-cleaning. By doing so wonderful results can be obtained, and we will now proceed to take the exercise that will give you the desired results.

The minds of most people resemble an untrained horse or a frisky monkey which refuses to be taught at first. In training a horse you give it sufficient rein to allow it to move any way it pleases, at first gently holding it in the direction you want it to go. As it slows down you will find it will respond to your direction, the mind is much the same.

Seat yourself in a comfortable chair and relax your whole body, take off all tensions. By this time you will know where the tensions are. Make no effort to control the mind let it run along till it exhausts its efforts. It will jump from one thing to another at first but soon it will slow down and look for orders

from you.

The mind may take a little time at first to quieten down, but each time you practise you find it will quieten down in a much shorter time. You will gain two important things with this exercise, it will release your tensions and you will acquire relaxed attention.

When the mind is calmed down fix the thought on the "I," see it independent and superior to mind and body and directing both. See the "I am" as real, Divine Power, Love, Wisdom. The result will be a most powerful focussing of thought and realization of Reality. Practice makes perfect. Make it a daily habit and see how wonderful you will grow in understanding.

Do not fall into the error of saying that you are a part of Life or an atom of Life, the fact is that you are Life. Life is not divided. You enter into complete freedom through wholeness. "I and the Father are one."

Benediction

O Blessed One, Thou hast shown me the way to shed the personal in order to become impersonal.

Thou hast shown me the way to cast aside the limited in order to expand in the unlimited.

Not until the imperfect, the small, the contracted, the personal is surpassed can I know Thy Divine Presence.

In Thee alone lies Life, Immortality, in the separate self alone lies death.

I shall become what Thou art within me. Yet no human words can interpret Thy invisible Nature, only Thy voiceless messages can reveal Thy Presence, O Blessed One.

M.B.