

COLLEGE OF UNIVERSAL SCIENCE

file 3B

Lecture No.4

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OCCUPATIONAL THERAPY IN ITS FINEST FORM

"Make the Almighty Himself your treasure, sound wisdom your wealth, then the Almighty shall be a joy to you, and you can raise your eyes to God; when you pray, He will answer you, and then you can fulfil your vows to Him; whatever you plan shall prosper, and you shall live in sunshine;...." Job 22 - 25, 26, 27, 28.

In my last lecture I dealt with Relaxed Attention. There is more in attention than most people are aware of. Attention leads to perception and memory.

In your daily tasks there are many things that may be tedious, but when relaxed attention is developed in the natural way your work becomes fun because you are applying yourself scientifically and with interest.

Relaxed attention leads to voluntary attention where you are able to see and think about an object or subject with the greatest possible degree of clearness. Another fact that must be remembered is that we have a mass of unassociated facts about a subject or object and these facts have not been of any use to us because they have never come into the field of consciousness.

Only when they have been brought into the field of consciousness do we see clearly the relation of these facts. That is why we should now realize that the secret of attention is to attend to one thing at a time exclusively, this gives us a clear picture of all the facts in regard to what we are attending to.

Occupational therapy in its best form is when our minds are directed in the right way, then work becomes really interesting. By this means your health improves because your activities bring relaxation through interest.

The cause of a poor memory is largely due to lack of attention. Impressions are the source of our memory and these are obtained through attention and interest. The degree of attention given today regulates the quality of your work tomorrow.

The greatest destroyer of attention is emotional habit-patterns which create physical illness. You will now realize that constructive activity frees the brain. Constructive activity breaks down the network of inhibitions which prevent the entire brain from functioning as one complete unit.

Relaxed attention leads to constructive activity and constructive activity leads to freedom, when you work with joy the

entire body gets in tune with your healthy creativeness.

Your heart beats with new life, your lungs expand and as more oxygen is taken in this leads to enthusiasm, for oxygen stimulates the body and mind. When there is inhibition through emotional habit-patterns a lack of oxygen is evident. This causes poor circulation, paralysis, anaemia etc. Thus many of our ailments, you will see, have a nervous origin.

When there is creativeness in your work, your work is recreation. It virtually re-creates for it builds up wasted muscles and red corpuscles. This new released energy revivifies your whole system.

It is when you have creative activity, your strength, energy and thought become the rails upon which you travel to the summit of joyful living.

Whatever importance we enjoy in our communal life comes through our work. It is what we do that makes us great. When we look at the great achievements reached through human life we can appreciate the supreme quality inherent in us all.

Many millions of individuals working in harmony create the colossus - steamships, railroads, and flying ships which were at one time unthinkable, are now a reality. Great cities, the greatest and the smallest of them, all is the result of our work.

These are the products of our hands and our minds. We realize that there is more than human effort behind it all for we are all Divine in nature.

When we lose ourselves in our work we bring into operation qualities that are beyond human nature. We lift human life into the dignified state of our Spiritual nature realizing what is behind all our creative genius.

Then who cares for rewards for thanks for praise now? Only one thing counts, the expansion of our creative genius through freedom. Individually we may feel insignificant but spiritually united we feel rich beyond words.

This is the way that your nervousness is dissolved away, by losing yourself in action you regain your good health.

Remember that you can make yourself as big as the job you pick out for yourself. You must first learn to relax so as to be able to carry your habit of relaxation over into your daily activities.

Secondly, do not bite off more than you can chew. Start easy and work up. And, thirdly, remember your relaxed attention so that your activities will provide you with satisfaction and pleasure, these are the things that help us along in our daily tasks.

Occupational therapy is a way of acting that will give us the maximum amount of pleasure and the minimum amount of pain. Our human relationships have a great deal to do with this when we realize that what we do unto others we do unto ourselves.

Then begin with honest appreciation of the other fellow, praise is always better than fault-finding. If you want to call other people's mistakes, talk about your own mistakes first. Always let the other fellow save his face, no one gets away with anything. Remember the boomerang returns to the foot of the thrower.

Always give the other fellow a fine reputation to live up to. This is the greatest of incentives to creative expression.

A fault is always easy to correct when encouragement is given. It is when we scold and rave we create resentment and frustration.

If you can make the other fellow happy in doing the things you suggest you have won his respect.

Impressions are made through our five senses, such as seeing, hearing, smelling, tasting, feeling; yet there is a sixth sense that cannot be classified as a physical sense. When we are sincere, real, we use this sixth sense, we also cause the sixth sense in others to come into operation.

Every mental state has its physical action, these are not often perceived by ourselves but are revealed to others. When you hold a mental state of anger, hate, jealousy, fear, your face shows up these shades of emotion. When you hold that state of mental harmony which you get through Divine reasoning and relaxation your face will also reveal your mental state.

But by this deeper sixth sense through which you feel your "general" state of mind you may laugh or cry, rave or be silent, yet this general state is caught up by this sixth sense under consciousness. Call this general state personal influence if you like, it makes no difference what name we give it, we have to admit that it does exist as a force that can be felt.

When you carry out what I have advised in these lessons you will find that nature produces in you this influence that affects others. You develop a winning way, when you speak you can sway those who listen to you. This mystic power comes into force as you use your creative ability through Divine Reasoning.

In your business associations it is of great value in helping others to be happy in their doing. Your enthusiasm is infectious, there is a reciprocity, something that flows backwards and forwards from one to the other. Yes, the sixth sense is a wonderful thing. It is based upon the Law of Cause and Effect.

There is an underlying Force that exists in all minds, this is the Infinite expression of Love which in Itself is an energy that is known only through our sixth sense and we are all centres through which It flows and the more we come into harmony with It so do we influence others.

"I and the Father are one," the true realization of this great Truth brings about this state. "To him that hath, it shall be given unto him in abundance." The quality which we acquire by "doing" draws this Universal Force into us, thus a powerful influence is created.

Around such a person is developed a magnetic atmosphere. It is very different from that which surrounds the pompous self-centred selfish fussy individuals. They are but cheap imitators. They may try to copy, but copying is their downfall, for failure is assured. The individual with "quality" is always original and success lies in originality.

You will notice that the individual who knows does not tell others how smart he is or how important he is, neither does he try to show off. You feel his strength in the atmosphere that surrounds him. His conscious awareness of the Universal Will within him is expressing Itself. The expression of the Universal Will is Love.

You must feel yourself in touch with It although you cannot define It, and as you gradually admit Its power so will you eliminate these petty personal barriers of conceit and selfishness.

When this state is reached your desire to create and accomplish will increase day by day. There will no longer be those emotional habit-patterns creating inhibitions frustrating your life, mind and body. This is occupational therapy in its finest form.

The motive power within created by the Universal Will which is activity (Love in action) will manifest in a wonderful degree. Relaxation, Divine Reason, Relaxed Attention, all these open up the way to this successful living.

The voice reveals this state of consciousness. Note the tone and quality of the voice, there is no longer that timid hesitating doubtful ring in the voice. There is confidence and self-reliance based upon the Universal Will within which commands respect. There is calmness devoid of bluster and domineering. Yes, the voice has power, tone and expression.

There is so much to this wonderful science of occupational therapy, it is never-ending. There is so much I want to say, yet time and space in our relative world seems inadequate.

"Fear thou not for I am with thee, be not dismayed for I am thy God." Isaiah 41.10.

Benediction

O Divine Wisdom, my mind was clogged and smeared with delusion. Wash away my selfishness with the Stream of Thy Love.

Let Thy Love-Power shower down to fertilize my desire to reveal more of Thee.

Bathe my thoughts in the pool of Thy Wisdom so that all my prejudices shall cease.

Cover my path with Thy Roses of Love so that Thy fragrance shall hasten my steps towards Thee, there to find also in others Thy fragrance of Love, O Perfect One.

M.B.

COLLEGE OF UNIVERSAL SCIENCELecture No.5

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

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OCCUPATIONAL THERAPY MEANS ACTION
NOW AND IN THE RIGHT DIRECTION

"Rise, I tell you, lift your mattress and go home."
Instantly he got up before them, lifted what he had
been lying on, and went home glorifying God.'

Jesus said, "Sufficient unto the day the evil thereof." "To-morrow will take care of itself." There are many roads to freedom, some will find one road and others will find another but the fundamentals are much the same.

The attitude towards your work is very important. Amusement and play, music and recreation all these open the way to freedom.

The habit that most people have acquired is that they live in the tomorrow and seldom in the present with the result that they worry about the future while working today. There is nothing more devastating to the nerves than this. When one is happy in the doing today, tomorrow will look after itself.

Some will dream of some magical rose garden somewhere in the future. But what you do today makes tomorrow safe, this is the sure way to release habit-patterns built through a world of fantasy.

Many people live in a world of fantasy while living in a world of reality with the result that conflict is created between today and tomorrow which leads to frustration.

Many people create nervous tensions through living in embitterment in the present by regretting the past. The past is but experience that should make you more fit for the present.

When people have reached the position where they have acquired an interest in Life they get the utmost out of the present. Joy in action is the key to successful living.

You may be asking yourself the question when shall I start to do this. Next week? Tomorrow? Then tomorrow never comes, the time is now and there is no other time but now.

Take for instance the nervous tensed and unhappy housewife we spoke of in the last lecture. After she had found interest in her work she was free. Her work was her salvation because action with interest leads to freedom, now she bakes her pies and cakes with excitement and she smiles happily as she listens to her favourite records playing in the next room - caught up in her work she feels that freedom, that rhythm of Life. She has divorced her nervousness by devotion to something outside herself.

A few months ago she was a neurotic now she sleeps restfully and awakens up refreshed. Why? Because she has found how to combine work and play. Sick nervous self-inhibited people have to

learn to play.

Those sick apathetic nervous self-inhibited people who take no pleasure in anything must learn to play, for the spirit of play will bring them back to health. Almost anything you do can become play. Get happiness out of your work. Your work may be serious work yet you can find enjoyment in it if you know how to play at your work. If your work takes all the sunshine out of your life then it is not worth while. But work done in the spirit of pleasure is recreation.

You can have great pleasure in the exercise of your gift. It frees your brain from old habit-patterns that before held you bound in your own inhibitions. Bring the spirit of play into everything you do. Play is not the same thing as work, yet the spirit of play enables you to work with interest and this leads to freedom.

Perhaps you have never learned to play. Play is necessary to the growth of the child. A boy or girl that does not play becomes neurotic. The same applies to those grown-up.

Those who cannot work because of their self-imposed inhibitions will find a simple desire to play is a mild suggestion towards activity and freedom. I told you before that strong suggestions and affirmations created the opposite, that is why play does not arouse strong resistance against doing anything.

If you find that even the desire to play is gone you can sit in the sunshine relax and build castles in the air. I have witnessed neurotic parents at the seaside watch their children build houses of sand. Shortly the suggestion to take a hand in the building of sand houses has led them back to freedom. This relaxation released them from their inhibitions and let the cells of the brain work again.

When a state of collapse takes place a few cells of the brain are controlling the whole brain. Thus we have a dictatorship imposed upon ourselves.

You may not be doing much, but what you are doing must be pleasant and enjoyable, then it is curative. Every part of your body will be sending messages back to the cerebellum which will give up its misbehaviour. Then the messages from the cerebellum to the cerebrum will help to release the old chain of habit-patterns and inhibitions. The brakes are taken off and God does the rest of the work.

Many people fear their own thoughts, they are afraid to think of things of the past. Painful memories have bound them up into neurotic "can do nothings" because they have pushed them further into the recess of the mind.

The great and wonderful truth is that you can take all things to the Christ of God and there have them dissolved away into nothingness where they belong. When we have thus examined our fears and phobias we can destroy their power over us.

We free ourselves not by introspection but by discerning our thought-action. When the soul is filled with Divine Light there can be no darkness. The Flame of Love can always reach the darkest corner. God is Love and Love is God.

I always find that Divine reasoning is essential to our freedom. The mind that grasps the Truth acquires the faith that makes us whole. Then every simple virtue or principle in the storehouse of Nature will be expressed through the individual who knows. Through

the brain-mind the knowledge of the Universe is made personal.

In my last lecture I said that I would tell you more about perception and memory and how to acquire it, and as these are practical lessons the practice of the exercise I give you will be of great benefit to you in your daily activities, thus making you more proficient in every way, enabling you to make a success of your lives in a practical way.

We know that attention cuts a channel through which knowledge flows, we also know that attention exercises the power of perception. We saw in our last lesson that attention also brings into play the power of association and gives us the loose end of an almost infinite chain of associated facts, stored away in our memory, forming new combinations of facts which we have never grasped before and brings into the field of consciousness all the many scraps of information regarding the thing to which we are giving attention.

The proof of this is within the experience of every one. When we sit down to do some writing, painting, reading with interest and attention we find much to our surprise a flow of facts regarding the matter in hand passing through our minds, enabling us to combine associate and classify thus creating new knowledge.

The more attention we give to anything the more we are likely to remember it. It is in the general sense thought that our memory is at fault, yet it is our attention that is weak. Elderly people can relate things that happened in their younger days with accuracy. Yet their memory of recent events is poor.

This is because they do not apply their attention, thus they do not get clear impressions which is the foundation of memory. If their memory was at fault it would be difficult to recall any event far distant or recent.

This exercise will help you to get vivid impressions. Take a familiar object place it before you. Study its shape, colour etc. reduce it to its smallest parts, dissect it mentally and study its parts in detail. Study each part separately, get clear impressions. After you have made thorough investigation take a piece of paper and write down what you have observed, then compare it with the article itself and see how many items you have failed to see.

This is a game for the family, it is fun and very interesting to see what one sees that the other does not see. Make it fun, it releases tension, clears the brain, makes your memory strong and teaches you observation and strengthens your attention all in one.

Take up the same article the next night and re-examine it and make more notes, you will find that you have discovered more details. This exercise has made many a one a great success in life; learning to perceive through attention increases the memory, these are the foundations of a successful life.

When entering a place endeavour to get all the details taken one at a time, make mental impressions and when you go out write them down. When you meet a person make a mental note of eyes, nose, ears, mouth, temples, chin etc. It is a fascinating game that leads to success through observation.

A little practice goes a long way and can be very enjoyable. The powers you will develop by these exercises will be enormous. You will develop in every direction in a pleasurable way. It releases tension and frees your "don't do" cells to become "yes do" cells.

In acquiring the art of perception you should not attempt to

perceive the whole of an object at once, the best way is to consider each detail, then group the details, then you will find that you have considered the whole accurately. The Chinese philosophy of Life is to accept the worst then you have everything to gain. They say that this gives a sense of peace and then you are able to think. There is some truth in this Chinese philosophy yet there is more to it than this: "Seek ye first the Kingdom of God and His righteousness and all these things shall be added unto you."

We must first find the Kingdom of Power within so that we can attract, hold and materialize the external. The Power is within, the Substance is within, the Way is within and all leads to freedom.

"For whosoever hath to him shall be given and he shall have more in abundance." Matt. 13-12.

Benediction

O Spirit of Life, Thou art in front of me behind me to the left of me and the right, above and beneath, within and without, for Thou art everywhere.

O Spirit of Life, teach me to heal my body and revitalize my soul with Thy Cosmic Force, then my mind will flourish with wisdom.

Let my meditation be strong through the intuition of Thy Presence, making Thyself known to me every moment of time, O Spirit of Life.

M.B.

COLLEGE OF UNIVERSAL SCIENCELecture No.6

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

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JESUS TAUGHT MODERN MEDICINE AND OCCUPATIONAL THERAPY

"O heedless ones, how long will you choose to be heedless, and scoffers delight in scoffing, and senseless folk hate knowledge?" Prov. 1.22 (Moffatt)

We have already learned that there is but one Master Mind in the whole Universe and that our minds are but a reflection of It. Few people know this and fewer understand how it operates through the individual.

In everything we see and touch this Master Mind operates. Without It there could be no direction or control so we must recognise this Master Mind in everything from the lowest to the highest, then we know that all things are in their right place.

How can I make you realize that the Universal Mind and the individual mind are one, one and the same? The Truth is that the Universal is expressing Itself through the individual. When the individual realizes this, freedom comes, and the attitude of mind towards the external becomes entirely different to that of the one who does not realize this great truth.

If you will just ponder in your own mind for a moment what this really means to you, you will soon give up your antagonisms, your fears, your desire to get even with the other fellow. In fact your whole life changes from inharmony to harmony and therefore from ill-health to health.

We have already come to the realization that thinking is creative. Yet we must become conscious of that which creates for thought is but a product of something else which is greater, which is eternal.

Thus you will see that if you are continually fighting your work you are only fighting yourself. When you struggle you only create habit-patterns which outpicture in your body and mind, the reason is not far distant but right within yourselves.

Do you know that when you realize fully the oneness of all things you can begin to express the unlimited resources of the Universal Mind, that Master Mind that controls and directs all things large or small.

Then let me ask you this question, how can this creative ability, this creative growth be used by the individual? Simply by becoming aware, consciously aware of your own consciousness, you will know that it is none other than the Universal Consciousness and the source of your power to think.

This may be hard to understand at first yet the proof is that the consciousness of the Universal Mind must be the same consciousness in the individual mind made in His image and likeness, for there can be no other, being Infinite.

This must be realized by each one before it can be a reality. For this alone sets in operation the process of creative growth which becomes automatic in nature and grows with understanding. Thus we realize what the Master meant when he said, "Love your neighbour as yourself." This is one of our greatest assets in occupational therapy.

When we hate our enemies we are giving them power over us, over our sleep, our appetite, our blood pressure, our stomach ulcers, our health, our happiness. Your enemies would dance with glee if they knew how they were worrying you to death, how they were turning your days and nights into a hellish turmoil.

If selfish people try to take advantage of you in your daily business or daily tasks just cross them out of your mind, do not try to get even with them, you only hurt yourself more. Remember the Master's words, "The least you do unto one of these so you do unto me." In other words, it means the least you do unto one of these you do unto yourself.

Perhaps you may think that this is a moral lesson of some starry eyed idealist. It is nothing of the kind, it is just pure occupational therapy in its finest form.

It has been proved that in 90% of cases of hypertension, in other words, high blood pressure, the cause is chronic resentment and in many cases causes heart trouble.

Here we have the habit-patterns externalized on the body. So when Jesus said, "Love your enemies," he was not preaching ethics which so many people believe, he was really practising twentieth century modern medicine.

When he told us to forgive seventy times seven he was telling us how to prevent high blood pressure, stomach ulcers, heart troubles and many other ailments.

A person came to me some time ago with a complaint which she had over four years which defied all treatment. She had had the usual X-rays etc. and all the rounds of specialists without result. When I told her as soon as she would forgive her sister and become friends the trouble would cease she looked at me in amazement and said, "How do you know that I hate my sister and her husband?" I said, "By your complaint." She said, "If you only know what they did to me," etc. etc. I said, "Go and read what the Master said about this kind of thing."

After a week or so she returned to see me, almost cured, she had made it up and they were friends again, everything forgiven and forgotten. In a fortnight the whole trouble passed. She was completely cured.

Jesus was right, he was 2,000 years before his time and today people cannot see the wonderful truth in his sayings. When he said, "Love one another" he was telling us how to improve our looks.

I know a woman who is so envious and jealous, her face has become haggard with wrinkles, a comparatively young woman looks a hundred. Although she tries to patch herself up with creams and powder the disfigurement still shows through.

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All the beauty treatments in the world will not improve your looks if you harbour enmity. The best beautifying treatment is the heart full of tenderness and forgiveness.

Hatred, antagonism, resentment all these destroy our ability to think, to work, to create. You must get along with your fellows, you can prevent an inharmonious atmosphere if you will always remember the Law, always make the other fellow feel important. Again Jesus' words come before me as a guide, "Do unto others as you would have them do unto you."

Your enemies would gloat over the effect they had on you by your hating them, making you tired nervous, ruining your looks, giving you heart trouble and shortening your life. Therefore to love your enemies is not a principle of ethics but the law of self-preservation.

If you are not saintly enough to love your enemies you can for the good of your health and happiness at least not hate but forgive and forget.

If we do not forget, then we are liable to kindle a smouldering fire that destroys our health, happiness and ability to work efficiently. I must remind you again that this is not a lecture on ethics but a lesson in occupational therapy.

"Where there is a will there is a way," the will is not something that we have to create, it exists as the motive power behind all Creation and when we become aware of our oneness with the Whole it operates automatically. But we cannot have this will unless we forgive. Remember when you forgive others you forgive yourself.

To be able to forgive we must become big in ourselves. We must become absorbed in something infinitely bigger than the narrow centered self. Then insults and enmities which we encounter will not matter. We will become oblivious to everything but our cause.

Jesus was absorbed in the cause of humanity and he is still the greatest figure in the world even today. The insults hurled at him by those who should have known better did not disturb his calm interior because he knew, "KNEW."

"O heedless ones, how long will you choose to be heedless, and scoffers delight in scoffing, and senseless folk hate knowledge?"

Great men will always be denounced and insulted but they are too wise to retaliate. Take some of the great men of the past and present, when they are attacked and abused they smile for they know, "A smooth tongue turneth away wrath."

Listen to these words, "Love your enemies, bless them that curse you, do good unto them that hate you and pray for them which despitefully use you and persecute you," "... so that you may be children of your Father which is in heaven." This will give you the peace that millions have sought in vain by other means.

Getting along with your fellows is part of your regeneration through occupational therapy. Then, "Do unto others what you would have them do unto you." You want the approval of others with whom you come in contact. You want recognition, you want at least a feeling of importance, no matter in what capacity you are at present engaged.

No matter whether your world is small or big, the same rule applies. No one wants cheap insincere flattery but you do want appreciation, so give unto others what you would have others give unto you. When and where, you may ask? My answer is now and every-

where. When your mind is trained to see the beautiful in Life you will soon become beautiful too.

A true "thank you" and mean it, for the smallest service will pay big dividends. When you have said something nice to someone which makes them happy does it not also make you feel happy? In fact it makes the whole day brighter and better and this is occupational therapy in its best form.

A few words will make all the difference. Try this out some day and see what happens. When someone does you a turn say, "How charming of you. How nice of you. You are really a kind person." etc. These act like oil in the cogs of the daily grind. No matter if you see that person daily it makes no difference. Others will like you, and you will soon begin to like yourself.

"He is like a tree planted by the stream that bears fruit in due season, with leaves that never fade; whatever he does, he prospers." Psalm 1.3 (Moffatt)

Benediction

Thou rarest of Hearts, amidst the prejudiced minds and bitter hatreds, thou hast shown us how to treat insults, how to forgive others their trespasses against us.

Thou didst shed thy Love upon all with equality, and show us how to become attractive and sweet with loving kindness.

Thou didst love the stray as much as the good. Didst thou not say leave the ninety-nine and go find the one that is lost so that the fold would be complete.

Thou hast taught us how to free ourselves from self torture and remorse by loving all who love us and loving all who love us not. Thank you, Beloved Master.

M.B.