

COLLEGE OF UNIVERSAL SCIENCE

file 1-B

Lecture No.4

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THE SUBTLE POWER OF EMOTION

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

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

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

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

There is no limit to the number of emotions, let us name some: impatience, anger, hate, indulgence, jealousy, egotism, fear, selfishness, approbation, vanity, terror, dread, dismay, panic, fright etc. These act against us. Then there is the great emotion that acts in our favour, "Love."

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

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

Have you ever examined in your own mind the many situations that would make you angry, jealous or excite the emotion of Love?

Your heart, your glands, your stomach and lungs are in a continual uproar, no wonder you suffer from all the different complaints.

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

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

We have two nervous systems that function as one, each being interlocked with the other; although their functions are different, they act towards one end. One nervous system deals with the external and the other the internal. What the external feels and sees is transferred to the internal, what the internal feels is then reflected again to the external.

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

On the other hand if we are caught up in our reaction to the external world in confusion, we just create that same confusion in our bodies.

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

The brain is divided into four major parts all working separately yet all interlocked in their action. There is the frontal or higher brain or cerebrum. This part of the brain is the knowing part which reasons, thinks, reacts to the external and decides. You use it to read with and all that the consciousness is aware of comes through the cerebrum - the frontal brain.

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

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

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

It is this same portion of the brain that becomes active through the various emotions and these are reflected upon the body. This organ reports what is going on in your body to the higher brain. When in a nervous tension, your heart beats fast,

your knees tremble, your hands shake, your stomach does convulsions.

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

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

Now comes the Master control from above and in the centre of the brain. Dividing the frontal or higher from the lower there is what is called the "corpus collosum." The Masters speak of this as the Spirit neucloid and through this all Cosmic Truth comes, otherwise known as the thousand-petalled lotus. In this portion of the brain there is knowledge and understanding obtained beyond reason. In fact, this is the all-knowing centre and when developed conveys knowledge etc. by means of inspiration to both the higher and lower brain, thereby influencing both.

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

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

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

These fears set up reflexes in the body creating disagreeable sensations which create a strong secondary motive to find an escape. If escape is impossible these secondary feelings may become so intense as to produce paralysing terrors. Walking an 18" plank on the ground is different to walking an 18" plank a hundred feet up.

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

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

You generally hate the person you have injured because you refuse to admit your fault, therefore you find something in that person to hate. But you only injure yourself by doing so. All emotion such as hate, jealousy, selfishness, egotism, excessive vanity are influences that rise to the surface in the form of

energy. You will note that this energy is working against you and not in your favour. To suppress this enemy in its present form does not relieve you but only intensifies the condition.

You cannot destroy this movement by suppressing it, neither can you remove it by putting another in its place. You have to discern what you are doing, then this same energy is transmuted and released through the realization of the fundamental life principle of Love that is the foundation of all true expression and perfection. Remember, reasoned thinking masters every situation.

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

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

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

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

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

Benediction

O Great Eternal "One", Thou hast made all plain to those who heed Thee.

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

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

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

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

M.B.

COLLEGE OF UNIVERSAL SCIENCELecture No.5

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

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MINE YOUR MIND AND GAIN YOUR
FREEDOM

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

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

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

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

The first and foremost question I want to ask you is this: How do you react to your environment? What really are your thoughts and what are your emotions in regard to events and people and what effects do they have upon you? These are very pertinent questions and require very pertinent answers. This you must do for yourselves. The answers you make to yourselves are of the greatest value in releasing tension in your mind and body.

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

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

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

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

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

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

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

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

Science tells us that these atoms are identical to the planets that surround the sun. Relatively speaking the distance corresponds to the distance between the planets and the sun. The infinitely small and the infinitely large are in the same proportion, the same law seems to be underlying both, all within the mind of the Infinite. To make things plainer to you, let me give you the example of ice. When we apply energy to the block of ice it turns to water, when we apply more energy to the water it turns to steam, dissolving into the atmosphere as atoms known as H_2O , one hydrogen atom to two oxygen atoms.

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

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

Now these atoms that make up your body are in a like manner changed by the colour of your thoughts and emotions. Matter that is visible to the physical eye is nothing more than these atoms forming into groups known as the body.

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

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

You are the centre, the neucloid of Life, the Creative Principle known as Consciousness. You draw to yourself the various particles of matter building innumerable cells into organs and a body, this is the Creator at work because there can be no other self or conscious self but the Infinite Self, being infinite in nature, therefore this must be so.

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

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

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

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

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

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

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

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

Now let us probe this question in its practical application in our daily lives. We see that there is an Intelligence working everywhere in the body, let us call this mind. This Intelligence works from within the atoms themselves. Let us call this the mental body affected by our thoughts. Then we have what is known as the ethereal counterpart affected by our emotions and in the physical we have manifestation and sensation, the action of our thoughts and emotions upon the body, the sounding-board for this activity.

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

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

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

"So if your whole body is light without any corner of it in darkness it will be lit up entirely as when a lamp lights you .

with its rays." Luke 11.36.

Benediction

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

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

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

O Beloved, now I know we are One.

M.B.

FILE 1

COLLEGE OF UNIVERSAL SCIENCELecture No.6

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THOUGHT, EMOTION AND SENSATION

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

"When Jesus finished his speech, the crowds were astounded at his teaching; for he taught them like an authority, not like their own scribes." Matthew 8 verses 24, 25, 26, 27, 28 and 29.

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

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

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

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

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

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

I explained ---

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

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

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

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

When we discern the error and not till then can we realize the perfect Spiritual state in which we live. It is here now and is not something we have to create. What we have to do first is to discern the cause of our trouble. We will learn how our thoughts and emotions originate and how they affect our bodies.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

We are like the boy that comes to the table ready to devour his meal. But his fussy old aunt says, "Tommy, eat your spinach, Tommy eat your salad. Eat your vegetables, what is the matter with you." While all this is going on Tommy is boiling inside and pushes his plate away from him and says he is not hungry, what he really wants to say is, "You big fathead, why don't you leave me alone so that I can enjoy my food." But what he says is, "I don't feel too good, I don't feel hungry."

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

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

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

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

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

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

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

Man is at first ignorant of this truth and this ignorance is his fall. By his own creative power he created these self-imposed conditions from which he suffers because he fell into the error of seeing a negative power as having distinctive power of its own outside the Infinite.

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

Benediction

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

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

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

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

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

E. B.