

COLLEGE OF UNIVERSAL SCIENCE

file 2 A

Lecture No.1

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Johannesburg - 13th April, 1950.

THE FIRST STEP TOWARDS DIVINE POWER

"For everyone who asks receives and he who seeks finds and he who knocks it is opened to him." Luke 11.10.

Keep on keeping on, till results begin to come for this is assured.

In this series of ten lessons we will put into operation the ten steps of the scientific application of the natural law that frees us from all inhibiting processes caused by our emotions and habitual reactions, caused mostly unconsciously or through ignorance of what we are doing.

The chaos in most people's lives comes from a confused state of mind caused by the influence of things external, material possessions, social and economic struggle, fear of symptoms that are unnatural and emotional reactions to nearly every event that takes place in their lives.

These people are ignorant of the true source of power and by their lack of understanding misuse their creative law and bring upon themselves misery.

With understanding and a properly directed technique, life can continue to grow more abundant. With the increase of mental and bodily health and increased material possessions which are in themselves only the outward expression of a well-ordered mind, Life can become a blessing instead of what it is often, a miserable existence.

It is with this end in view that I write these lessons. I would remind you again that the main factor underlying these lessons is the instruction on how to obtain perfect physical and mental relaxation coupled with Divine reasoning which leads you out of the forest of doubt and confusion into the sunlight of understanding and freedom. It is entirely a natural sequence for Nature does the work when we take off the brakes.

In the first place, I want to make it clear to you that under no circumstances must you suppress an emotion whether it be a natural one or one caused by reactions to people or things. What you have to do is to understand it, and it is then transformed naturally into creative energy instead of being ignorantly suppressed to cause emotional habit-patterns that inhibit our brain, nerves and bodily organs.

Fear is an emotion of great strength and it is when we reach a certain state of development we feel it most. It is because we have not gained sufficient knowledge of how to deal with it that we suffer. One may have developed through conformity and be intelligent enough to live a communal life but fail miserably as a human being because of lack of true understanding.

In the understanding of ourselves and in the higher development of our minds we recognise the Creative Principle within us and by doing so many obsessions and fears are banished. Yet under certain conditions we fail badly and suffer the consequences, therefore a special technique is necessary as a means of coping with these disastrous situations.

The exercises I am going to direct you to do have been the means of freeing thousands from the most disturbing conditions. In fact I have not yet seen this method fail whenever properly applied with intelligence and enthusiasm.

In the first place I want you to ask yourselves what are your natural instincts. It is said that our instincts are in conflict with our conventions. Like a force they rise to the surface and are suppressed by our surroundings.

By understanding them we do not attach unnatural and destructive ideas to them and repress the natural instincts and emotions with the evil association we ourselves create. By our understanding we transform the basic energy and it flows into constructive channels in art, music, sport and other congenial occupations.

Ignorant repression utterly fails, and we find this energy producing painful results in an emotional habit-pattern the cause of which we are at a loss to understand. This causes more misery and the vicious circle is then created. It is not the emotion but the suppression with the evil association we attach to it that causes all the trouble.

Do not be alarmed, all this will be eliminated by this properly directed technique of which you will learn in each lesson.

You have to apply the method, I will show you the way but you are the one who must do the work, I cannot do that for you. I often wish I could, yet if I did so you would not learn nor would you free yourselves from your emotional habit-patterns you yourselves have ignorantly created. I am putting this to you in this way because I want to impress upon you the importance of these lessons.

The next important thing I want to tell you of is of repressed painful memories. A repressed painful memory can become so complicated and suppressed that it becomes hidden away in the recesses of the mind. But immediately something that is associated with this memory is registered upon the senses either by hearing or by seeing, the message is carried to this suppressed memory. The emotion attached to it fires up through the body. The emotion has been stimulated and the body suffers but still the memory remains hidden.

"Oh, what is the reason of my trouble? Oh, where can I get relief!" That is what the victim who suffers says in ignorance of the cause. Yes, all this can be eliminated too. I do not ask you to believe anything I say, I only want you to practice what I tell you to do, and watch the results for yourselves.

When a memory is a painful one we generally try to forget it. So we repress it each time it comes up for review. By this means a force is created to ward off the memory of a painful experience. Unfortunately for us this is not the end. For an emotional habit-pattern is created and a physical condition is produced that leads us away from the cause.

These emotional habit-patterns set up a disturbance in the cerebellum and may attack any part of the body. Not having any

knowledge of the cause we become anxious, we try to escape from our painful experiences but do we escape? No! Then realize that a memory or experience cannot hurt you when you deal with it objectively, and through Divine reasoning and properly directed relaxation all will be well.

We see that when the cause of the effect we ourselves produce is not recognised, fear arises. Fear is an auxiliary force which further stimulates into action the emotional habit-pattern, already in operation. It is like adding coals to the fire. But it is a happy relief to know that knowledge will free us from all our troubles. In one of the lessons in this series I will deal with the reviewing of our mental make-up. In this exercise these memories will rise up for review, but not until you are ready for them. The great mistake that is made in psycho-analysis is that these things are dragged up before the victim is ready to deal with them, with the result that the second state is worse than the first.

Many people try to run away from the past, but the past and future is now, and when the Presence is realized there is no past or future. Then your experiences become an asset and not a liability. You will look upon your experiences as stepping-stones to greater things. But if you are continually trying to escape you will never receive the benefit of your experiences. We must see them as stepping-stones and not stumbling-blocks.

In Corinthians 11 verses 10.11 (Eastern text) we read: "Herein I give you my advice that it may help you to go forward and accomplish what you, of your own accord, began last year. Now therefore perform the doing of that which you wished to do; and as you are eager to promise it, so fulfil from that which you have."

As I opened the Bible this caught my eye so I knew it was for you also. This will lead us on now to the practical application of the method to be used in eliminating all emotional habit-patterns which you have established unconsciously. You will be able to remove them consciously through understanding and scientific relaxation.

Let us review our problems. We have a vicious circle in operation. Emotional habit-patterns have upset the proper function of our organism, our nerves play tricks on us, because the nervous system ceases to function properly. This interferes with our thinking. So many are on the "try-once" policy, beset by a swarm of amateur advisers, by indecision, victims of cerebellum misbehaviour. Most people do not know where to start in their search for the way to become a natural human being again.

In adjusting our lives there is always the first step to gain freedom, to live more abundantly, to have greater energy and vigor, to have a clear mind free from conflict.

This first step is relaxation coupled with Divine reasoning and I cannot over-emphasize its importance.

In following my directions carefully you will teach yourself complete relaxation and obtain freedom through Divine reasoning in these ten lessons.

The first step - Have a couch not too soft yet easy to lie upon. Take off all tight clothes, belts, garters, boots, etc. Provide yourself with two pillows one slightly larger than the other and a soft light blanket.

Now lie down, place the larger pillow under your head and the other under your knees. Now pull the ends of the pillow under

your head forward till the neck rests snugly. It is absolutely necessary that the neck and head must be comfortable. If you cannot get perfect comfort your neck needs adjusting and you should come to me for the necessary adjustment.

Place the pillow under your knees so that the muscles do not strain, the gentle rise underneath the knees will obviate this. Spread your legs out to about 30 degrees so that the outside of the calf takes the weight.

Lay your arms lightly by your side your hands resting upon the groins.

Relax your jaw, drop the lower jaw, then close your lips, you cannot relax if your lower jaw is tight, close your eyes.

Take the tension off your arms and legs, relax, relax, relax. This is the first step for this week. Talk to your arms and legs they will send a message to the cerebellum of what is taking place and the cerebellum will begin to let go of the habit-pattern.

Each day you will get your arms and legs more and more relaxed. Learn to relax your arms and legs first, I will tell you why later on.

After you have relaxed for 20 minutes breathe deeply and repeat "Divine Peace fills me" sixty times.

We have a mechanism that will work for us if we know how to use it. It brings results and pays big dividends.

We have inherited erroneous ideas from past generations who like ourselves, lived in ignorance of the truth of the great inner world. Those who go on disregarding the wonderful inner world that is perpetually giving us life and strength can only blame themselves if they are caught up in the net of the illusion of the erroneous self-created emotional habit-patterns that cause disaster in their lives.

We are suffering today both individually and collectively, caused by these emotional habit-patterns ignorantly created. Consequently we produce in the world around us the effects of what we think, our thoughts producing their kind.

Seek ye first the Kingdom and the right use of that Kingdom and all else shall be added unto you. All shall be well with you.

### Benediction

O Divine Peace, I am in tune with Thee. I care not if the screaming shells of painful memories whistle around me.

I take no notice of stray shots fired at my honour.

Machine guns of desire and emotion may fire their salvos for while Thou art with me I am safe behind the ramparts of Thy everlasting peace.

I am safe in the rough and tumble of modern life for I seek not to rouse the wrath of others, neither do I awaken in them resentment or envy. For of myself I am nothing, all my blessings come from Thee.

I thank Thee for Thy secret store of everlasting peace hidden in my soul. I find it flowing into my consciousness as I relax and think of Thee. O Divine Peace. M.B.

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COLLEGE OF UNIVERSAL SCIENCE

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

Johannesburg - 20th April, 1950.

THE SECOND STEP-TAKING OFF THE BRAKES

"Act on the word instead of merely listening to it and deluding yourselves ....Whereas he who gazes into the faultless Law of Freedom and remains in that position proving himself to be no forgetful listener but an active agent, he will be blessed in his activity."

James 1 verses 22 and 25.

I know that all those who have put into operation the first step I told you of last week will be ready for the second step of which I will tell you this week.

Don't tell me that you have no time to relax that you are too busy.

The greatest and busiest people in the world have learned that relaxation is the key to perfect direction, sound nerves and a clear brain. Churchill learned the art of relaxation and practised it every day. He found that thirty minutes relaxation rejuvenated his brain and body enabling him to direct an army, a navy, keeping his finger on the pulse of an empire at war as well as directing a co-ordinating policy that held 10 nations acting together as one.

Frequent and regular practice is essential. Relaxing every day at the same time is very helpful. The idea is to let go of the unnecessary muscle tension created through your emotional habit-patterns.

It is universally known that muscle tension, internal and external, is the symptom of emotional habit-patterns and the treatment of this one symptom cures disease which appears in so many forms throughout the body, brain and nerves.

Not only will these troubles disappear but also will these exaggerated anxieties and occupational anxieties, and those soul-sickening unreasonable jealousies and hatreds disappear.

You will see real health take place in those half-dead half-alive people. I say again you do not have to take my word for it, but practice this technique and see for yourselves.

Muscle tensions are the expression of the misbehaviour in the cerebellum established by emotional habits. The causes are various such as emotions, thought-feelings and embarrassments long forgotten, childhood frustration and fears, disappointments and all kinds of emotional upsets and contradictions.

These tensions become habitual long after the emotional pattern was first created which lies buried deep in the soul.

With scientific relaxation properly, regularly and faithfully practised which is the opposite to muscle tension, you will break up those habit-patterns and release these forgotten fears and failures, embarrassments and emotional thought-feelings.

When you have learned to relax your arms and legs you have taken the first important step, you have begun to break up these old habit-patterns and as each successive stage is taken you will set in motion forces within yourselves that stabilize both brain and body and give you a clear mind and free consciousness.

I will briefly give you a sketch of what takes place when your muscles, internal as well as external, are tensed or relaxed, they are continually sending messages to the cerebellum, the co-ordinating centre of body function. When you consciously relax your muscles, messages are sent back through the nerves carried along the spinal cord to the cerebellum where they are relayed again to the cerebrum. Reaction immediately takes place diminishing the inhibiting process established in the nerve centres, eliminating the misbehaviour set up through self-hypnotism. Thus the brain and mind is freed from a chain of negative thought-feelings.

At the same time the cerebellum sends out messages to the blood vessels, the intestines, the stomach, the lungs, kidneys etc. and these organs respond releasing the tension. You find that your indigestion disappears, the pain in the pit of your stomach begins to diminish, that mucous colitis which so many suffer from fades away and many other troubles begin to fade into nothingness.

The speed with which these troubles disappear increases, one by one these subconscious emotional conflicts which had their way out through tension begin to dissipate. Your body not only feels free but your mind also is freed for constructive thinking and acting. Your social and economic life also improves, you feel free to make friends and generally enjoy Life. You feel proud of yourself and well you should be for you are the one who has taken the brakes off and the Father does the remainder of the work. Your troubles are forgotten. Your sleepless nights are now replaced with health-giving sleep.

This is how scientific and progressive relaxation works. It releases the tension, re-educates the nerves and body and rids the brain of these freezing inhibitions that prevent the proper functioning of the organs.

Strong or violent affirmations or suggestions should be avoided for they often produce no results, in fact they hinder the process of recovery. The saying of "I am strong" "I am healthy" always brings up the opposite "I am weak" and "I am sick." Just as when you are told to do a thing at once, in a commanding tone, you resist.

People are led and not driven, so are children. A child that is driven will surely develop emotional habit-patterns. The story I told you about Tommy in the last course of lectures demonstrates this.

A strong suggestion such as "Why don't you do this, why don't you do that" tends to make you do the opposite, therefore progressive relaxation with Divine reasoning is the answer to all emotional habit-patterns, whether they are created consciously or unconsciously.

We are continually creating a mechanism of protection which from the moment we are born we accept or reject. An aggressive salesman will often lose sales through our sales resistance and

rejection and also often prevents us from buying what we want.

It is the general rule that we beg for sympathy on the grounds of a physical rather than a mental pain, so pains are created to be talked about. A strong emotional desire will often bring about a trouble so that that desire may be fulfilled. Although the fulfillment of that desire may be pleasing at first even at the expense of a physical disorder yet that disorder may remain to the discomfort of the individual, and the cause of the trouble is hidden. It is here where progressive relaxation and Divine reasoning comes to your aid.

Physical pain is sometimes substituted for indecision, a mechanism is set up within the individual to keep the balance between the two conflicts. Here is an instance, I know of a girl who wanted to marry but did not want to leave her mother, at the same time she did not want to give up her sweetheart and the more he forced upon her the urgency of marriage the deeper became the conflict. So an illness is created to keep the balance between the two conflicts.

When a decision was taken conflict disappeared, the girl got well after proper relaxation treatment.

In this lesson the second step is relaxation of the chest muscles and this is done through breathing. First of all carry out the first step, relaxing both arms and legs. Now place your tongue to the roof of your mouth and turn it back into the throat, you will find that this causes you to breathe through the three channels of the nose, these are situated one behind the opening of the nostrils, the other midway up the nose and the other just behind the bridge of the nose.

When you breathe you will find that your throat is open, your diaphragm lowers and causes your abdomen to protrude slightly. Your chest muscles move naturally, there is no strain of any kind and a pleasant sensation is felt.

Place your tongue on the floor of your mouth and relax your lower jaw, now breathe without effort. Talk to the muscles of your chest, tell them to relax, relax, relax. This verbal expression has a deep effect when done softly as if enticing your muscles to relax. Soon you will find yourself in the most exquisite state of peace.

Breathing has a tremendous health-developing effect upon us and helps to break up our emotional habit-patterns. This I will explain to you together with the reviewing of your mental make-up in our next lesson.

Divine reasoning is one of the main pillars and must be used every time you relax. Repeat "Divine Peace fills me" several times.

Go over in your mind what I told you in our last lesson of the truth about yourselves in God and God in all, "Know ye not that I am in the Father and the Father is in me?"

St. Luke 14 verse 26 (Eastern Text) says, "He who comes to me and does not put aside his father, and his mother, and his brothers, and his sisters, and his wife, and his children, and even his own life, he cannot be a disciple to me."

This saying of the Master is understood by only a few for he is speaking from the Christ. This is the Reality in everyone where there is no separation, showing that external relationships

are relative, even individual life is separation. It is only when we realize the wholeness that we begin to understand the Master's words, "He who does the will of my Father is my mother, my sister, my brother." This is truly Divine reasoning.

You exist in the Universal Mind, the vehicle through which God and man is harmonized as one, think and act as one. This Universal Mind will create for the individual just what the individual thinks. Harmony permanently remains ready to function and does when proper relaxation takes place. Thus our troubles begin to disappear when we take off the brakes.

Man creates those temporary conditions from which he suffers. Immediately we become aware of this fact and practise relaxation and Divine reasoning, that which is permanent will assert itself.

God is the harmony in our lives, in our environment, in our affairs, in our bodies when we co-operate by taking off the brakes we ourselves have applied. "When I said my foot slippeth; thy mercy, O Lord, held me up." Psalms 94.18.

#### Benediction

O Conscious Divine Peace, Thou dost secretly support my soul and body.

Inharmony is dissolved by Thy spiritualizing energy of Love.

O Beautiful One, help me to learn to live more and more in Thee, less in myself.

I was lost in my own emotional reaction while ignorant of Thy Presence.

But now, O Lovely One, I am learning step by step to get closer to Thee and feel Thy harmonizing power removing all my self-created discord.

And while I sleep and while I am awake Thou and I are in lovely silent union, my Beloved.

M.B.



COLLEGE OF UNIVERSAL SCIENCELecture No.3

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

Johannesburg - 27th April, 1950.

THE THIRD STEP - REVIEWING YOUR MENTAL MAKE-UP

"He has no fear of evil tidings, he trusts the Eternal with a steady heart." Psalm 112-7.

This is the state of mind we must have when we begin to review our mental make-up.

"Bless the Eternal O my Soul, remember His benefits. He pardons all your sins and all your sicknesses He heals. He crowns you with His love. He gives you all your heart's desire, renewing your youth like an eagle." Psalm 103, 2-5.

And this is also true. The Eternal is everpresent in us and with us. It is He who heals, He forgives all our errors and there is nothing to fear. He also gives us what we desire when we pray believing we have it. He is ever young and He is our life and perfect liberty.

I have often wondered how it is possible to say to the sufferer when no organic lesion is found, "It is just imagination, go home and forget it." But does the sufferer forget it? No! It only makes the condition worse. To say that it is functional and leave it at that is just pure ignorance of the cause of the trouble.

This is much easier than effecting a cure, but from the patient's viewpoint it is far from satisfactory when he may be unable to swallow, when his legs are wasting because he cannot use them through hysterical paralysis etc.

There is a cause for all this and it is by no means difficult to effect a cure, when this method I am revealing to you is understood and practised. To merely say it is purely functional does not effect a cure it only puts the patient in a greater dilemma than before.

Yes, the body talks back at us when we do not know the cause, and it is very easy to say it is all mind and leave it at that. This may be true, but why? The answer is that those cells in the cerebellum are not working right, there is a misbehaviour there and there is a way out of these inhibitions which we ourselves create unknowingly.

Without these cells in the brain there could be no thought or feeling, and when people are nervous they do not think properly. They think in terms of what is going on in the cerebellum unaware that the cause and cure is within themselves. When this is known it alone relieves the sufferer from the fearful darkness of the unknown.

It is now time to learn that the body talks back to the mind. This is reaction, because the nerves and body do not function properly. But to know that knowledge will set us free is part of

the cure, in fact we are able to bear those reactions that create negative thinking, in the understanding that all our troubles shall pass.

We cannot escape by ~~denying~~ the error and the misbehaviour that is going on, we must discern and know what it is, then the Truth shall set us free. That is why affirmations are of little value unless we acquire knowledge about ourselves.

Neither can we escape from the error by affirming the opposite for both are in the mind. The error will still remain unless we know what it is. Life enlightens the heart and mind of man and is waiting to replace all error and misbehaviour that contains no principle like that of Life.

The only power adverse conditions have is the power we give them through not understanding what these are. We believe in them and they are to us what we believe. When the sum is corrected the error disappears, where does it disappear to? It does not go anywhere, it just dissolves into nothingness, likewise the misbehaviour in our brain cells. With this understanding it will be easy to remove any manner of discord in the mind, brain, body and circumstances.

The subconscious does not reason it produces what we think and how we emotionally react and feel towards things, people and circumstances. So we must be prepared to accept responsibility for the misbehaviour that takes place whether it is caused by conscious or unconscious reaction to people, things and circumstances.

Therefore when we acquire the knowledge of how to review our mental make-up helped through scientific relaxation and outcropping of the mind, we are well on the way to successful living. I have proven hundreds of times that fear disappears when we understand the mechanism that creates our troubles.

We are not aware that the body is talking back to us until we become aware of the mechanism that performs this feat producing thoughts and feelings which create fear which intensifies our trouble.

We must develop an insight into the working of our mind, brain and nerves. This insight will enable us to guard against any difficulties that may lie ahead. The man who knows the facts is superior to one who does not know the facts.

Then let us turn our undivided attention in the right direction based upon the Law of mind in action. We shall as a result gain the greatest possible return for our efforts. We will be free to enter any field of action and there develop and achieve beyond our wildest dreams.

We have now progressed with the two exercises already given.

1. Relaxing the legs and arms and thereby taking the tension off the muscles.
2. Relaxing the muscles of the chest through natural breathing.

When the external tension is taken off the internal tension also begins to let go, this is performed in the cerebellum by giving up its misbehaviour in the form of inhibitions. These inhibitions are released with the result that the body begins to function normally.

We have already learnt that cerebellum misbehaviour can send impulses to the motor centre of your brain causing these motor centres to block or inhibit muscular movement and in fact restrict it very considerably. We have also learnt that conscious scientific relaxation can release these impulses so as to free these inhibitions and if you have properly done these previous exercises you will be ready for the following.

Relax as previously explained, now breathe as already instructed easily and slowly through your nose, at the same time the abdomen will extend naturally then the intercostal extends automatically. Now exhale and you find that your chest muscles are relaxed, this also relaxes the muscles controlling the bronchial tubes and free breathing is the result.

Your lungs are of great importance, they eliminate two pounds of waste matter a day which is the equivalent to that thrown off by the bowels and kidneys. Not only does proper breathing eliminate waste but it has a profound effect upon an emotional nature which I will explain to you later if not in this lesson in the one following.

Only when you breathe properly will you be ready to review your mental make-up including all these emotional reactions and repressed painful memories even as far back as childhood.

The method I am going to direct you in is called "outcropping by free association." You repeat whatever comes to your mind silently to yourself letting one word or event suggest another, you must not inhibit your thought. You will be prepared for this as you have already been told that painful memories and fears cannot hurt you.

These must have free association to view your mental make-up as you would impersonally look upon a film on the screen. You tell on yourself all the things you did and did not do and should have done, all these must flow freely before you. In this way you will overcome your own repressions.

Instead of presenting a flattering picture of yourself, you say the things you honestly think of yourself. You will find that your flattering opinions of yourself will fall away into the background. But never mind this, they will come to the fore again when you have honestly dealt with yourself, if you have the courage to do so.

Some of you perhaps who have repressed your emotions associated with swear words will find them rising to the surface. Don't be afraid to say them, these words won't hurt you or foul your mouth. What it will do it will release you of the inward pressure that these words have on you. I have discovered that some of the most religious people can swear better than anyone I have ever heard when they "let go."

Many thoughts will rise in regard to sex. These have mostly been repressed in the past, evil thoughts you attached to sex. In this way you will acquire a healthy and normal feeling about sex. When you understand the function properly you will know that there is nothing evil about it. This evil was created in your mind.

Remember philosophy or religion does not come into this only facts count. And the facts are that neurotic or emotional habit-patterns are brought into being by any interest that has been conditioned improperly.

Each one of you has your own individual background. The way the mind works cannot be separated from the way the body works. This all-important fact must always be kept in view, otherwise you will fall into the error of blaming others for your own emotional habit-patterns. With this understanding you know that the cure is within you and not outside.

A change in your mental attitude will cause a definite change in your physical health and posture, I have also told you that proper eating and exercise is of great value in maintaining perfect health and this should not be disregarded while pursuing this invaluable method of outcropping by free association while under relaxation scientifically and consciously acquired.

This method will show what you are doing to prevent you from enjoying perfect health and happiness mentally and physically. It will enable you to adjust your activities, relieve you from frustration and bitterness and establish a habit of thinking that will give you a greater joy in living.

Outcropping comes easily through scientific relaxation, it will be a simple matter for you to sit at a table and write out whatever comes into your mind. You must write everything down automatically. Repressing any word or thought will prevent the free flow through association. There must be no comparisons, no idea of right or wrong, there can only be true discernment of what is in the mind, free from introspection. You will readily see how necessary this is. Further instruction on this subject will be given later on.

It is the Christ in you that knows error from truth and knows how to separate one from the other. The Christ in you is the wisdom of God that is able to see clearly that error is not of God but the creation of man's own mind, therefore you are able to dispense with it, knowing that it has no power of its own, for we in our ignorance alone created it.

The great secret of success in all our undertakings is this insight that gives us the torch to light the way.

"I have set the Lord always before me because He is at my right hand, I shall not be moved." Psalm 16.8.

### Benediction

O Dearly Beloved, Thy design is within me waiting to express Itself when I reveal my errors to myself.

O Divine Sculptor, chisel my life according to Thy design, for I have ignorantly followed a pattern of my own.

O Divine Perfect One, I have in the past thought Thy purpose of Life evil and have reached the depths of despair.

Now, Omnipotent Omniscient and Omnipresent One, every thought that I think let it be saturated with the presence of Thy Wisdom.

Let every feeling I have now glow with Love, for I have seen my mind wherein was once hate, bitterness and frustration.

Thou art now the Sculptor in my life, my consciousness the chisel in Thy hands. Henceforth I will watch and pray that Thy beauty may shine in me, O Adorable One.

M.B.

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COLLEGE OF UNIVERSAL SCIENCELECTURE NO.4

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

Johannesburg - 4th May, 1950

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THE FOURTH STEP -  
 THE TRANSFORMING POWER OF THE BREATH - RELEAS-  
 ING THE VITAL FORCE BY TAKING TENSION OFF THE  
 BACK MUSCLES

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"For I the Eternal your God hold you by the hand whis-  
 pering, 'Fear not, I will help you.'" Isaiah 41.13.

This is the attitude of mind that we must have in all our doings. We will be freed from many fears and inhibitions when we have cleared our minds of separation which has in the past beset us at every turn.

When we find ourselves facing what appears to be insurmountable situations and there are many, when things seem to go against us, and we see nothing but a blank wall, we grope in the dark for ideas that will suggest some means of escape. But that escape does not come because we have to discern the cause. Hence to be conscious of our individual relationship to the Creator of all things becomes the most important thing in Life.

This is the attitude of mind you are now acquiring through scientific relaxation and Divine reasoning. Your mind is being freed from those crippling inhibitions created through emotional reaction to things, people and circumstances. Through your outcropping by free association your consciousness becomes more clear, ready to act with precision and not submerged in a chain of emotional habit-patterns that hinder your true expression.

I will have more to say about this great releasing system through free association which frees us from all those dominating influences we have created for ourselves which lurk in the subconscious and prevent us from being our true selves.

It will also be necessary for us to review what we have done. For reviewing is a great aid to our acquiring that confidence so necessary to be a real human being. I have arranged these lessons so that in due course we will do this effectively and efficiently.

I said in a previous lesson that breathing has a deep balancing effect upon our emotions. This is much more true than is first realized. In breathing we breathe in oxygen which is the main balancing element in the body and is obtained mostly through breathing. It helps to reduce the carbon that is caused by all emotional reactions:

Oxygen helps to increase our joy and enthusiasm that we need to overcome all conditions. It combines the main elements of iodine for the glands which are so affected by our emotions. It unites with iron, potassium, calcium and sodium. All these positive elements are active in dissolving the acid in the system caused by emotional habit-patterns.

and life of human existence, not only this but by breathing our emotional reactions are kept under control.

Also by breathing the life-giving element of hydrogen is obtained;  $H_2O$  is the equation for water. It is needed in every drop of blood, keeps you cool and passive and reduces nerve tension. Without hydrogen your nerves corrode, harden and decay. Nervous people need an abundance of hydrogen obtained through breathing.

I have a method that has been used with great effect to easily transmute these emotional reactions that often become destructive habit-patterns into constructive action. This is why I have stated before that breathing is of great importance in the control and elimination of these self-imposed conditions which we ourselves create.

I want you to realize that every emotion is charged with energy, call it an emotional current if you like, for that is just what it is:

There is little gained by allowing a negative emotion to flare up in your soul and body. When this occurs your glands and your nervous system increase the habit-pattern already created, with the result that your aches and pains are intensified, that is why medical aid is of little value in many of your ailments.

Now here is the method that I have found invaluable and those who have practised it have told me that they never realized what a boon it could be in their lives.

When you feel an emotional current arising or even a desire that you want to get rid of you consciously look these straight in the face and recognise the full force of this emotion or desire, feel its full power and look at it as outside yourself.

Now take a deep breath, as breathing is the power of this emotion or desire, then hold your breath and say to yourself, "I am now transforming this force which is added power." This force will be transformed into a magnetic power which will astonish you.

Then exhale and say to yourself, "I now have perfect balance, I can control this magnetic force, it will no longer work against me but for me. I am getting stronger and stronger every day." Repeat this several times if necessary.

By this means you are directing the energy of this emotion or desire into your personality. You are not repressing it back into your system. At the same time you help to break up these old habit-patterns previously created. You cannot imagine what it does till you try it.

By this method you raise the energy up to become a mental force no longer an emotional destructive force but a beneficial force for your mind, brain, nerves and organs. It is in this way directed and transmuted into an energised force which regenerates and enables you to overcome all your difficulties and, further, it increases your magnetic personality.

When you are magnetic you are strong in mind, nerves and body. You attract things and people to you instead of driving them from you and this is what you want, is it not?

This is one of the most potent instruments placed in your hands to overcome your emotional reactions, and you reach a position for which you have been struggling all your life. It places

you in a position far above temptation.

What I have given you here is instruction I have received from the Masters when I was with them in the Himalayas. I have found it exactly what they said it was and so will you. Try it out and see for yourselves. I don't ask you to believe what I say, I only ask you to practise, and you will find what I and others have found who tried it.

You will never again blame others for your lack of attraction, neither will you think it bad taste if you are not taken notice of. You will find out that when you speak people will sit up and take notice of you, not that you want to be taken notice of for that is a subconscious feeling of inferiority that will be completely eliminated.

Think of the deep emotion some people create in themselves when they are not taken notice of, for weeks on end they are hurt. This is often the beginning of a very bad emotional habit-pattern that will sooner or later outpicture on your organism, brought about by a defensive mechanism which prevents self-analysis.

You will soon learn that criticism must first be turned against the self and not against others. You will gain a sense of frankness that will astonish you. You will not tell everything you know, but you will become pleasant, natural, "yourself", your real self, strong, silent, polite, genial, kind and the energy you have stored up will attract more power and abundantly.

As your emotional habit-patterns begin to dissolve your face changes, your health is restored, your eyes become bright, your skin clears, your fears disappear and things and people drift towards you for you now know and understand. Your desire for approbation will leave you so you will never speak of the precious power but make it your own secret.

Allow the working of the law to take effect, that is donot be anxious, when your health is returning or when things drift towards you glory in your sense of freedom and power obtained through the practice of relaxation, Divine reasoning and outcropping and the practice of that which I have just told you.

There are greater things beyond which you will eventually reach and when you reach one summit you will find other peaks beyond. You will be happy for you will be in tune with Infinity which you have entered never to turn back but will go from one glory to another.

Our next step in relaxation is to relax the muscles of the back and this is very important when we realize that down each side of the spine there are two chains of ganglia, a mass of nerve tissue which controls the function of our organs.

We have also connections with this ganglionic mass in the neck, chest and abdomen, while the pneumogastric nerve has ramifications throughout the whole of the thoracic and abdominal cavity and controls the whole of the viscera.

The ganglia on each side of the spine is connected to the cerebro-spinal system by what is known as the motor or sensory nerves. From these little brains or substations of ganglia, numerous fibres branch out to the organs of the body and blood vessels.

When the muscles of the back are tensed by emotional habit-patterns, they press on these nerves and inhibit the flow of Life

Force, preventing the proper function of the organs. In many cases these muscles become so tense as to contract the tissue creating nodules, these create severe pain in the lumbar regions and in other regions as well. Therefore you will see how essential it is to have the tension on the muscles of the back released. This is one of the first things I do when a patient comes to me. Even if the pain is in the foot I never fail to relax these muscles for I know how important they are for bodily and mental health.

Now there are some of you who have what is known as a sway back, that is the buttocks protrude out beyond the spine and leave a hollow in the back. Sometimes this can be got out by proper posture but in some cases it is the make of the individual. It is very difficult for one with a deep hollow to get perfect relaxation, and it will be necessary to take some cottonwool and place it into the lumbar region to take up the weight, otherwise a bridge is left and there is then subconscious muscular tension to hold that bridge. When there is gentle pressure filling up the hollow you will find that the muscles relax more easily.

Relaxing the back is not so easy as it looks, and it needs practice. You must talk to your back muscles as you do to your arms and legs "let go, let go, let go," and feel the tension leaving. Conscious relaxation of these muscles takes the pressure off the nerves and allows the Life to flow freely as well as breaking up these habit-patterns established in the cerebellum that cause this tension.

The muscles are more easily taught through verbalization therefore talk to them quietly, enticing them to relax. Some of you think that you have relaxed, but if your eyelid twitches you have not relaxed. When properly relaxed you will have an experience that you have never had before, you will find that out for yourselves. If I tried to describe it to you it would be like describing colours to a man born blind. You will realize what you have missed all these years when you have perfect conscious relaxation of all your muscles.

I will end this lesson by telling you to forgive yourself and your brother and sister everything for God holds nothing against you. We eventually find that we ourselves are the cause of all the effects we produce, hence the necessity of understanding deeply.

God is perfect Love therefore Love is the foundation of our life, yours and mine. A forgiving heart begets forgiveness. Then open your soul to God so that His love will always reign in your life. "Fear not for I am always with you even unto the end of the world."

#### Benediction

O Loving Heart, that lives in all hearts, teach me to love and serve others for I have found that Thy love heals all.

Let my word be true, designed in the pattern of Thy Loving Kindness.

Thou hast shown me through Thy Son Jesus that Love is above all things in heaven and on earth. "Forgive them for they know not what they do," kills resentment and strife in the heart and sets us free.

O Divine Mother of Life, teach me to find my happiness in the joy of others, then I will prove that I am Thy child, Beloved Mother of Mine.

M.B.