

COLLEGE OF UNIVERSAL SCIENCE

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Lecture No.8

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Johannesburg - 8th June, 1950.

THE EIGHTH STEP -
CONFLICT THE CAUSE OF ORGAN MISBEHAVIOUR -
CONSCIOUS RELAXED TENSION EXERCISE CONTRACTS FATI-
GUE ACID

"I will heal their backsliding, I will love them freely."
Hosea 14.4.

Nature teaches us how to rest perfectly. When we look upon the little child asleep we see Nature in perfection. Animals and children relax naturally. It is only when we enter into a confused world that we find social situations confusing. We also become confused when two situations conflict making opposite demands. If one tugs at the heart and the other at the pocket, when these conflicts are too strong for the individual, nervous tension is the result.

We see then that nervous tension exists within the nervous system and within the organism of the body caused by uncontrolled mental excitement or anxiety. In the first place our reactions are mental but the result is physical, for where there is a mental tug of war there is a pull of one organ against the other. Therefore nervous tension is physical, that is the reason that so many sicknesses are caused by emotional conflict.

The many ways that conflict can take place within the individual are too numerous to mention. If I may mention one or two it will lead you to investigate your own mind to see what conflicts remain there.

A person is brought up in poor circumstances, his early days are punctuated with poor food, insufficient clothing and comparison with others at the same school. In after life he may progress yet always has a feeling of inferiority because he has not outlived comparisons and this is a hindrance to all that is possible for him.

If comparison becomes too strong then there is conflict which affects the nervous system and the organs of the body. Internal conflict continues in the form of habits of organ-behaviour in correspondence with the emotional conflict in the mind.

Tensions have a way of accumulating over the years resulting in disorders in the organs of the body and affecting one's thoughts. The body tells the mind what to think instead of the mind telling the body what to do. It is here that conscious directive relaxation comes to our aid as the means of breaking up these habit-patterns that cause so much misery in one's life.

The subconscious consists of man's habits of organ behaviour and as this function of the mind is always active we can understand the cause and how the cure can be effected.

Conflict can be caused where we live in a perpetual desire to get away from a situation while dreaming of the state desired. In this state of unreality one cannot adjust oneself to the real situation in which one is actually engaged in, with the result that a conflict is created.

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But when one realizes what is taking place and a careful view of the whole situation is understood, ways and means are found so as to get out of the situation not desired, but action must be taken, not merely dreaming of the state desired. When action is taken then conflict begins to dissolve away.

In childhood compromises are invented to release nervous tensions, yet these compromises do not end when the situation ceases to exist. They are carried forward preventing adjustments in adult life. Consequently the nervous system is overtaxed by our reaction to conditions around us.

In this fast-moving world of ours we are caught up in our emotional reaction. Science is now speaking of "atomic neuroses" caused by fear of the atom bomb. Here we see conflict between Life and death. When we understand that there is only Life, that death does not really exist, much of the conflict begins to disappear.

If one allows the mind to dwell upon the supposed effects of the atom bomb fear is created, on the other hand one may reason them away. Well, we are all in it, those who have everything will be in just the same boat as those who have nothing and those who have nothing will not have to worry about what they have to lose.

It is when we are caught up in the emotion that is created through fears that we suffer, when we reason with it the conflict disappears.

When doctors are unable to understand these nervous disorders, they are unable to set a programme for the patient's cure, this constitutes an attack upon their ability, so in self-defence they criticise the patients, belittle their troubles and sneer at those who are able to help, which proves that doctors are not supermen after all but very much human beings.

Many doctors have a deep conflicting emotion regarding this all too evident situation which makes many hide behind a self-imposed screen of mystery and superiority which they know is entirely false but will refuse to admit it.

When a doctor tries to understand the patient there is no such hostility and confidence is created. This confidence is half the battle in removing those self-imposed conflicts which create habit-patterns, which are reflected upon the body.

Here is a typical cause for chronic indigestion. The function of the body adjusts to a critical situation. When one is in a peaceful state of mind with congenial company one's stomach moves normally in its slow wormlike action while the gastric juices flow freely to digest the food.

When anger, fear or jealousy or any other emotion is engaged in, movement of the stomach stops, the gastric juices dry up, the whole body is reacting.

Here is a typical case where a boy lived with parents who always fought at the dinner table. His stomach would go into spasms and his intestines into knots. It was the custom to ring a gong for meals and soon the very noise of the gong would send his stomach into a spasm.

As time passed he grew up and although married happily the very sight of food would cause his stomach to rebel and the sound of a gong at any time would cause a similar effect. Although he had forgotten the past the habit-pattern prevailed with the result that a stomach ulcer was created and an operation was advised. But by relaxation, treatment with Divine reasoning and suitable homeopathic agents he became completely well.

So we see that beneath every neurosis there is a conditioning of some automatic function of the body. Therefore an understanding of the cause of the conflict is all-important and these lessons will enable you to find the cause of the conflict in yourselves.

The ordinary man is governed by his feelings and emotions and has no definite knowledge of the Law of Cause and Effect. It is just another theory to him, a theory that he never really understands. So he tries to justify his action, done under a feeling of emotion of fear, anger or jealousy failing to note that the Law of Cause and Effect does not justify such action. It only produces the effect, so he seeks to console himself with explanations and excuses.

We must build up and maintain in the mind the true state of being, which when understood will produce experiences for us that will produce health, success and happiness, therefore we must include the Divine Mind in our everyday working scheme. This will increase our ability to use every opportunity to succeed a hundredfold. "Acquaint now thyself with Him, be at peace, therefore good shall come unto thee."

We must not spend our time on mere affirmations, we must establish the Divine Presence by our actions, by our thoughts.

Thought is the connecting link between the Universal and the individual. We find that conditions and environment are affected by our thoughts and emotions. "God Himself has made it plain for ever since the world was created His invisible nature His everlasting power and Divine being have been quite perceptible in what He has made." Romans 1.20.

We give illness a name, then we become afraid of it. These are things that corrupt man's mind. Therefore knowledge must be applied, it does not apply itself. No matter what sort of work we are employed in, channels will increase and develop, possibly new channels and unusual channels will open when the Law becomes fully operative in us through application.

Now we come to the part of the course of how to create lactic acid in the body to counteract acids caused by emotional tensions.

Everyone creates acid in the body by various means, by anxiety, excitement, fear, anger, jealousy, hate etc. Neuritis is an example of this.

The majority lack the knowledge of how to take care of themselves, they are engaged all day rushing here and there and after the day's work they try to find the best means of amusing themselves. They do not know how to relax with the result that more and more acid is created.

We must create more lactic acid to counteract the acid which does us harm and there is an exercise I will describe to you which will relieve you of untold suffering in this respect by helping to balance the body function.

The mentally overstrained will regain control when sufficient lactic acid is supplied to the nervous system.

Relaxation makes us alert and relieves the tension from the brain and nervous system. Lactic acid is produced as an end product of muscular metabolism, but the fact is that most of the lactic acid is used up in muscular action and none is left for the nervous system.

Lactic acid may be compared to the calcium in our food. It

gives us energy to accomplish physical expression. With physical action we produce a certain amount of fatigue poisons. By this exercise which follows you produce the smallest amount of fatigue poison and the greatest amount of lactic acid in the system, you become 100% stronger in one year.

You can remove pain from any part of your body by learning to consciously contract the muscles around the congested area. To do this is called conscious relaxed tension.

Here is this relaxed tension exercise: Relax the whole mind and body, then lie in this state for sixty seconds, then stick out your arms, raise the body and make an effort to touch the toes at the same time consciously tensing every muscle in the body for a few moments only. Then relax again for sixty seconds. Do this five times.

This simple exercise has a tremendous effect, you will be charged with vitality, mentally and physically. Your brain will be clear and many of your pains will disappear. You virtually squeeze the poison out of the tissue, at the same time lactic acid is created which is absorbed by the nervous system thereby rejuvenating it.

For cases of infantile paralysis, muscular atrophy, spasms, insomnia, etc. there is no finer exercise. The glands of the body are dependent upon a squeezing action to create circulation and for release of the hormones from within. Thus the hormones are taken up by the blood stream and are carried to other parts of the body.

The lymph glands are also dependent on squeezing for the release of the lymphatic fluid.

This exercise should be done before your relaxing at night and first thing in the morning. Try it out and see the results for yourselves.

If you want to reduce your abdomen this is the exercise; if you want a streamlined figure this is the exercise. The Divine mechanism of the body is set in motion to work intelligently.

We cannot separate the Spiritual from the material or the inner from the outer. What we create within we establish in the outer. Therefore the commandment, "Thou shalt love the Lord thy God with all thy heart with all thy soul and with all thy mind and love thy neighbour as thyself" will give us the technique to use constructively the Law of Creation. The Father loves us all with a deathless love, so must we love one another. The Divine Law will fulfil our greatest desire and give us the happiness we so fervently seek.

Benediction

Beloved, if I go to the farthest Star there I shall be with Thee.

Worlds may come and worlds may go but I will be with Thee always.

The things Thou gavest me will never blind me to the Giver.

For Thou, the Giver of all things, will always be beyond the gift.

When trials come I shall look into Thine eyes and will say "I will be with Thee always" and I shall be free.

When my earthly breath fades into Eternal Life I will whisper to Thee, "I am Thine always, Beloved."

COLLEGE OF UNIVERSAL SCIENCELecture No.9

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

Johannesburg - 15th June, 1950

THE NINTH STEP-
CHANGING THE "DON'T DO CELLS" INTO "YES DO CELLS"
IN THE BRAIN - RELAXING THE VOCAL ORGANS

"Remain in me as I remain in you. Just as a branch cannot bear fruit by itself without remaining on the vine neither can you unless you remain in Me." John 15.4 (Moffat translation)

Jesus saw clearly as modern physics has proved that there is only one substance underlying all form. In other words mind and matter, or mental and physical, are ingredients of one single system. This is not the product of my imagination but is the result of scientific investigation along well-known and proved lines.

The idea that mental and physical or mind and matter are different fundamentally is no longer accepted by those who understand the materializing power of thought. Certain types of metaphysics try to deny matter in an effort to eliminate disease, but this has failed miserably. We must realize that it is not denial nor affirmations that heal but the understanding that our thoughts and emotions outpicture themselves in form.

This knowledge gives us the power to use external things without fear of destructive reactions.

In my next series of lectures I want to go into occupational therapy in its widest form so as to help you to make a real success of your life in your work and play, so that you will no longer be confused in your mind regarding your daily activities.

Those who have even a limited intelligence can comprehend and can easily pursue this wonderful and extraordinary science. We will become acquainted with those scientific minds who are leaders in thought not only in our world today but those great minds of the past who gave to the world knowledge that could not be accepted because the world was not ready for it.

Sir James Jeans says, "To say that mind cannot influence matter, now becomes as absurd as to say the mind cannot influence ideas. Matter must have the same general nature as an idea. Matter outside our minds produces ideas inside our minds. Causes must be of like nature to their effects."

We have seen this plainly enough through emotional habit-patterns, how they talk back to our minds, showing that the causes must be of like nature to the effect.

I will now go to the Bible and read from Romans 12.2 (Moffat) "Instead of being moulded to this world, have your mind renewed, and so transformed in nature, able to make out what the will of God is, namely, what is good and acceptable to Him and perfect." Here we are told not to allow ourselves to be affected by the external but to transform the nature of our external circumstances in accordance with our understanding of the power of our thought.

It has been your experience and mine that we create ideas in

response to outside conditions with the result that we create fear and limitation which outpicture in accordance with the effects we see, not realizing that these effects have like causes. We see then how important it is for us to discern what our ideas really are. The objective world is directed by the unseen power of our own consciousness.

The thought produced in the Universal Mind and the thought produced in man's mind only differ in the degree as a drop is to the ocean, the action is the same. While the Universal Mind produces a world or a man in material form so does man produce his own conditions in the same substance. By our experience day by day we find the truth of this law which is inherent within us all.

This proves that pleasant external action has the effect of stimulating the mind. We have in our brain cells that have been so affected by habit that they create inhibitions, I will call them the "don't do cells," they belong to the habit we have ourselves created by our reaction to the external world.

We also have these "yes do cells" which are responding to the Life within and it is these cells we have to encourage so that they can manifest and produce for ourselves health and mental vigour. Anything that is soothing will help these "don't do cells" to work till the "don't do cells" change to "yes do cells" then we are free.

I said anything that is soothing and I mean soothing. When a person is jittery, jittery music will help to keep them jittery, that is why many people are living on their nerves. The time comes however when the strain is too great and the nerves snap and a breakdown is evident. The very thing that caused the snap will then irritate, this is the general experience. The opposite to irritation is soothing and this is the aid I recommend which works wonders.

The question is how can one be soothed. There are many ways, such as lying on the beach listening to the waves, by gentle sunbathing, by massage - gentle stroking. Your cat purrs when it is stroked, your dog lies at your feet and will come up for more and more stroking and further patting.

What I am saying now may seem childish but nevertheless it is very satisfactory in cases of nerve strain through emotional habit patterns.

Stroking of the spine is one of the finest things for soothing the nerves. It brings into operation the "yes do cells." On either side of the spine as I have explained in a previous lesson there is a ganglionic mass of sympathetic nerves that is connected to the cerebro-spinal nerves and stroking sets up a reaction in the brain and sympathetic nerves at one and the same time. This has the effect of unifying these two systems so that they will create the desired effect in mind, brain and body.

This exercise could be done by anyone with common sense. It tones up the blood vessels and improves the circulation of blood and nerve energy, relaxes the tense muscles, stimulates the glands and skin and helps to rid the body of waste products. It has the added effect of bringing into play the "yes do cells."

Music is also a great source of regaining health and nerve regeneration. Music should be of the soothing type with a tang of inspiration here and there. The method to be adopted should be that the body should first be relaxed as previously explained, sit back in your lounge chair, take all the strain off your mind and body and let the music flow over you and through you. Feel the rhythm in your mind and body not in a tense way but with that same feeling

that the waves of the sea give you as you listen to them breaking on the beach.

It has been found definitely that people work better when music is playing. Production has been increased by leaps and bounds by this method and workers are not tired at the end of the day.

I remember during the first world war when we had to do a forced march of 20 miles, men were dog-tired and lagged behind when the pipes did not play. So we divided the band into two and the pipes played all the time. Every man reached the destination comparatively fresh and went into action straight away.

A song with a swing will carry you along the road.. There are hundreds of ways that music and singing will change these "don't do cells" into "yes do cells." Play your favourite records or play a musical instrument. The bagpipes afford a Scot great pleasure when they are played well. How you will strain your ear to hear the skirl of the pipes in the distance, how it makes your blood circulate and stimulates your nerves.

Those of you who have been to Scotland, among the Highland hills and heard the skirl of the pipes as the sun goes down and seen the purple heather mirrored in the sky, the sound of the pibroch wafting on the gentle breeze, even if you have not got a drop of Scottish blood in your veins it will enrapture you beyond description. And a wee drop of the Highland dew will add fire to your soul. It will do you more good than all the medicine in the world.

Now we come to the relaxation of the vocal organs. This exercise is of great value in producing a pleasant sounding voice. Relax the body as previously explained.

A high pitched voice is a sign of nervous tension, when the voice is shrill it should be lowered a pitch or two. Practice will soon bring it down to a pleasant tone.

To open the throat sound the word "Ha" slowly and easily, then speak as softly as possible listening to the voice, at the same time relax the lower jaw. The lower jaw should feel loose and easy. Open and shut the mouth by letting the lower jaw drop each time you open your mouth.

Purse up your lips and then let them go back to the original position, this has the effect of bringing the muscles of the mouth into play, so that when you speak you move your lips easily. Words are formed by the tongue and lips, remember.

Keep repeating the sound "Ah - A - E" while keeping the mouth and throat easy. You will notice when you say "E" that the mouth and throat close up a little. Try and say "E" with the mouth and tongue in the same position as when you say "AH."

Repeat the words peace, pleasant, calm, ease, feel what effect these words have on you.

Teachers especially should have a pleasant voice. A shrill voice will tire children quicker than anything else. A rasping voice in a classroom is nerve-wracking to the students, while a pleasant voice makes them happy. The students may not know why one teacher makes them irritable and another makes them happy, but it is the voice that does it. A rasping file will send shivers down your back and put your teeth on edge, the same happens when the voice is rasping. Any one who wishes can improve the voice by these simple methods.

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Those who took my voice production course I gave some time ago would find a great advantage in looking at it again. There is no room in this course to give a complete voice production course but those who would like the course can purchase same.

The tenth lesson will be a summary of the whole course so that at a glance you will see what is required. Do not be in too great a hurry, take your exercises easy and do them well.

It takes some time before you can get complete and perfect relaxation. When you have acquired this then you will find that you are in perfect health. The one who can relax perfectly anywhere at any time, relaxed both mentally and physically, has gained the hallmark of perfect happiness.

In 1 Corinthians 2.12 we read, "Now we have received the Spirit - not the spirit of the world but the Spirit that comes from God, that we may understand what God bestows upon us."

If we allow fear, anxiety, failure and limitation to enter into our consciousness from outside we will lose that true understanding of what God has bestowed upon us:

Our existence in the material world is the outspringing of the Spirit, - the inner into the outer. Spirit, soul and body, they are really one. Just as steam, water and ice are related to each other so is Spirit, soul and body. Therefore in thinking of ourselves we must not separate Spirit, soul and body, but rather hold them as one if we would be strong. So shall we produce that which the multitude call miracles.

Benediction

O Infinite Splendour, Thy call has come to me to awaken myself.

In my sleeping mind I heard Thee whisper to me, where I am behold Thou art there also.

Since then Thy whisper has been constantly working through my soul and body.

And now I am working with Thee through living Eternity.

O Mighty One, I am Thy trumpet so all may hear Thy voice and awaken into their true inheritance.

When my earthly voice can whisper no more I will still whisper through Thee so that Thy voice will be heard in every soul, O Infinite Splendour.

M.B.

COLLEGE OF UNIVERSAL SCIENCELecture No.10

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

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THE TENTH STEP - APPLYING THE COMPLETE
TECHNIQUE OF SCIENTIFIC RELAXATION.

"If any man do His will he shall know the doctrine
whether it be of God or whether I speak of myself."

Joh. 7.17.

I have said many times in these lectures, take off the brakes and God will do the work. By following out the technique explained in this lesson you will take off the brakes and you will see for yourselves what can be done, for you will see the Will of God being done in you.

It is man himself who puts on the brakes and it is man himself who must take them off. God does not do that for you, but when you do take off the brakes then you will see what God will do for you. This is the attitude of mind you must have when doing these relaxation exercises and you will prove to yourselves that my words are true.

With this understanding and the technique properly applied Life will continue to grow more abundant. Not only will your mental and bodily health increase but also will your material possessions. All these are but the outward expression of your well-ordered mind through Divine reasoning and relaxation, and Life will become a blessing to you.

We have clearly seen that emotional habit-patterns set up a disturbance in the cerebellum which may attack any part of the body. Fear adds coal to the fire because you do not understand what is taking place, thus a vicious circle is created.

There are many amateur advisers who tell you what you should do and what to take etc. they are more ignorant than yourself of the cause of your trouble. Therefore follow my instructions and you will soon see the way out of the forest into the clear again.

The first step in scientific relaxation is to have a couch, soft yet firm, to lie upon. Take off all tight clothes. Lie down, place one pillow under your head, pull the ends forward so that it tucks well under the neck. Place another pillow under your knees, this takes the strain or pull from leg muscles. Spread your legs to 30° so that the outside of the calf takes the weight.

Lay your arms by your side, hands resting on the groin or over the stomach, whatever suits best. Relax your lower jaw, close your lips, breathe through your nose and close your eyes.

Now take the tension off your legs and arms, repeat "Legs relax, arms relax." Talk to your arms and legs, they will send messages to your cerebellum which will then begin to let go of the habit-pattern. After you have relaxed your legs and arms repeat

sixty times, "Divine peace fills me." There is a mechanism created perfect within you and it will soon begin to work properly.

When you relax your arms and legs the rest of the body relaxes more easily, you have taken the first step to break up the habit-pattern and as each successive step is taken, natural forces will begin to work through your brain and body and your mind will begin to clear as it becomes freed from a chain of negative thought feelings, while the cerebellum sends messages out to the blood vessels, intestines, stomach, lungs, kidneys etc. releasing the tensions created there.

Relaxation is the finest form of suggestion. Strong and violent suggestion should be avoided for they often produce the opposite.

In the second step the muscles of the chest are relaxed through breathing. To get the idea of the proper relaxing breath, place your tongue in the roof of your mouth and turn it back into the throat, this causes the throat and bronchial tubes to open and you breathe behind the nose. Read what I have said about this important exercise in Lesson 2.

Now breathe gently allowing the abdomen to extend naturally, then the chest expands automatically. As you exhale quietly say to your chest muscles, "Relax, relax." Say to yourself, "Breath is Life, I and the Father are one." This must not be said as an affirmation but with understanding of what it means for Divine reasoning is the twin pillar to relaxation.

We do not escape by affirming or denying, only the Truth will set us free. Our conscious reasoning is carried to the subconscious and helps us to break up the habit-pattern created in the mind and body. Affirmations are but a form of self-hypnosis and you are already suffering from this through your habit-patterns.

The third step is to release these conflicts in the mind through free association. You repeat to yourself whatever comes into your mind letting one word or event suggest another. You must not inhibit your thoughts by comparisons of right or wrong nor must you analyze them at present. The exercise is to free the mind of all suppressed thoughts, good or bad, by quietly and impersonally discerning them as they flow out.

For instance if a swear word rises don't be afraid to let it out it won't hurt you, you have suppressed it and it is doing you more harm in that condition than when you let it out. I have found that when parsons and preachers let go their suppressed words and ideas they feel freed from an inhibition that dogged them all their lives.

What must be done is to view your mental make-up as you would look impersonally upon a film on the screen. You tell on yourself. Don't be afraid of the things you did or did not do or should have done. It is the suppression of these that causes habit-patterns. Then free them by consciously looking at them free from comparisons. It is in this way you overcome your repression and suppression. Read lesson 3 and gain a fuller understanding of this most vital part of the technique.

A change in your mental attitude will cause a change in your physical health. 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 and 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 by looking at it boldly, knowing that it has no power of its own, the only power it has you give it by fearing it, by suppressing or repressing it.

The fourth step is to relax the muscles of the back. This step is a very important one when we realize how our back muscles press upon the ganglionic mass of nerve tissue which runs down each side of the spine. From these numerous fibres branches lead out to the organs of the body and blood vessels.

When the back muscles are tensed they press on these nerves and inhibit the flow of the Life Force. This prevents the proper function of the organs. In many cases these muscles become so tense as to create fibrositis; sciatica and cramp in the legs are also often the result of tensed back muscles.

Relaxing the back muscles requires practice. You must talk to your back muscles as you do to your legs and arms, and feel the tension leaving. Relaxation of the back muscles readily breaks up habit patterns which affect the viscera. These muscles are easily taught through verbalization, talking quietly to them, enticing them to relax.

In the fifth step we learn to relax during sleep. This will do more to regain your health than all the medicines in the world. Read lesson 5 carefully as there is a lot of useful information about sleep and how to obtain that natural health-giving remedy.

Be sure that your neck muscles are relaxed for tension here prevents proper health-giving sleep and also inhibits the regeneration of the organs of the viscera. These important nerves, the pneumo-gastric or phrenic nerves which lead into the thoracic and abdominal area pass under the neck muscles. Therefore you can realize how important it is to relax the neck muscles.

The main thing to watch is that the neck does not make a bridge between the head and the shoulders causing unconscious tension. The neck must be snug as shown in step one. Move your head slowly easily from side to side, tell your neck muscles to let go, let go.

When you find your body is relaxed then turn your mind over to the Universe, engage in a few minutes Divine reasoning, then pass off to sleep repeating, "Relax all night through."

In the sixth step we get a clear view of how to free the mind. A free mind is one in which there are no opposites, no divisions, no separation, no bias, no prejudices, no antagonisms.

The mind must be pliable to be free. When ideas become fixed in a rigid mind, that mind is truly ignorant. Paul says in 1 Corinthians chapter 13 verses 8 and 9, "Love never disappears. As for prophesying, it will be superseded; as for 'tongues' they will cease; as for knowledge, it will be superseded. For we only know bit by bit; but when the perfect comes, the imperfect will be superseded."

It is said that the eye is the window of the soul, when the soul is tense so is the eye tense and the body follows suit. To relax the eye muscles you must relax the mind and body.

There are six muscles that turn the eye from side to side and up and down etc. there are other finer muscles that contract and expand the iris. The majority of people seldom use the eye muscles properly. They either stare making the muscles rigid or fail to move them when looking from side to side or up and down, they turn the head instead.

The best way to relax the eyes is to sit at a table with the elbows on a cushion, the palms of the hands over the eyes, feel as if the eyes are falling into the palms of your hands. This must be done while the body is also relaxed.

A great strain is put upon the eye muscles when you try to read too much at one time. Macula vision exercises is the way to counteract this. Take each letter in a word and move the eyes over it up and down, in and out. The focus must move around the smallest point. Then read each word separately, and you will find how this rests the eyes. While at work you can cure your eye strain by using your eyes properly. Read lesson six about eye exercises.

In the seventh step we see how we can regain our health by relaxing at work and play.

If you are in an office don't twist your legs around your chair or sit in an awkward position. Find the easiest and most relaxed way to sit. If writing hold your pen lightly and the muscles of your arm easy. Some people write with a hand cramped up and the muscles of the arm so tense that they get writer's cramp.

Relax at the theatre, the football game etc. Take the tension off. Learn to see with your mind and not with your neck muscles, your back muscles, your eye muscles and your chest muscles. You are wasting energy and creating tension. Relax when you have difficulties in work or play, your brain will work better and you will know better what to do.

Relax while in conversation with others it will take away all that selfconscious feeling. When you are perfectly relaxed there is no self-consciousness. Read lesson 7 on this subject, it is of great importance in your daily living.

Relaxing the scalp and face muscles is also detailed in lesson 7. This is very important in relieving headaches. The great occipital, trigeminal and supra-orbital nerves which come out from the skull and which spread over the cranium are often pressed by tight scalp and facial muscles. Read what I say in lesson seven about the way to clear up these troubles.

In the eighth step we learn how to create more lactic acid to counteract the acids created by emotional habit-patterns. Here is the exercise that will do all this and more. I call it relaxed tension exercises. Relax your mind and body. Lie in this state for sixty seconds, then tense your body by stretching your hands out to reach your toes for five to ten seconds, not more, then relax again for sixty seconds, do this five times.

This simple exercise has a tremendous effect. It will charge you with vitality mentally and physically. Your brain will clear and your pains will disappear. You virtually squeeze the poisons out of the tissue and at the same time you create lactic acid to heal the nerves.

In the ninth step we see how to soothe the nerves, thus inducing perfect relaxation, which breaks up these habit-patterns that cause all our troubles and the pleasant external action has the effect of soothing or stimulating the mind.

Stroking the back is a lovely sensation. It may seem simple but the simplicity of it should not prevent you from using it. It has the wonderful effect of soothing the nerves of the spine and body generally as well as soothing the mind. Stroking also turns the "don't do" cells into "yes do" cells in the brain and nervous

system.

Music has also a tremendous effect upon the mind and body and has great curative powers. Relax in your favourite armchair and listen to your chosen records. Allow the music to flow over and through you, the effect is marvelous when done this way. It suggests to the mind, brain and body a harmonizing quality that cannot be obtained any other way, it is truly therapeutic.

Read also what I have said about relaxing the vocal organs in lesson 9. Your voice personality is important to you in your daily contacts. Your figure and bearing may be delightful but your voice may spoil it all. Voice personality is one of the main steps in successful living.

Thought produced in the mind of God and thought produced in the mind of man only differ in the degree as a drop is to the ocean, the action is the same. While God produces a world, a man in the material form, so does man produce his own conditions in the same substance. This Law is inherent and is within all and we find by experience the Truth of this in our daily living.

"Now we have received the Spirit, not the spirit of the world but the Spirit that comes from God that we may understand what God has bestowed upon us." 1 Cor. 2.12.

When we have broken up all our habit-patterns, when we have taken off the brakes, so shall God produce in us that which the multitude call miracles. I of myself am nothing it is the Spirit of the Father that doeth all these things.

Benediction

O Mother of Mine, beyond time and space Thou hast created me in finite form the image of Thy Infinity.

Thy Spirit invisible took shape and I came into "Being."

Thy all protecting Heart throbs in my heart, within my breast in the form of Love.

While Thy Omnipresent Infinity I fail to comprehend, yet Thou hast drawn aside the veil of mystery revealing Thy glory to me.

And Thou hast told me that which is Thine is also mine.

And now, O Mother of Mine, I am at peace with all Thy creation.

M.B.