

COLLEGE OF UNIVERSAL SCIENCE

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Lecture No. 9

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

Johannesburg - 16th March, 1950

ARE WE HYPNOTISED BY OUR EMOTIONS?

In Ecclesiastes 10 verse 11 we read, "If a serpent bites before it is charmed then the charmer's skill is useless."

Things are not as they seem, for instance a mottled leg does not attract the eye, but cover it with a silk nylon, the attitude of mind is totally different.

Our emotions change the colour of our thinking. Can one think clearly when in a state of emotion? That is the question we must ask ourselves.

When we realize that emotion prevents us from seeing clearly, from thinking accurately and from hearing acutely we find that emotion reduces our senses to a mere fraction of what they should be when fully alert and free from inhibitions.

Emotion can create physical sensation where there is no physical sensation, where there is no physical cause for it. Emotion will also cut off sensation of a physical injury. This I have demonstrated myself and am sure that many of you have experienced the same, perhaps in other ways. The footballer will play with a broken rib right up to the end of the game, but when the game is over and the emotions subdued pain is registered severely.

When one is in a state of rage, a state of temporary insanity is often pronounced. Thus we see that the emotional pattern is stimulated while reason is totally eclipsed.

In one case pain may be inhibited, when there is cause for it, and in another case pain is created where there is no cause for it.

The question is, how is one to deal with these conflicting problems. We must treat the cerebellum through controlled and scientific relaxation and Divine reason, which balances the reflexes from brain to body and vice versa.

We saw in our last lesson how thought, emotion and sensation are linked together. Firstly our thought, whether it be conscious or unconscious, has an emotional effect which in turn affects the cerebellum causing misbehaviour there.

This misbehaviour we find is in the form of impulses through the motor and sensory nerves, and which in some cases can cause an inhibitory effect immobilizing all the muscles. This we call hysterical paralysis.

In the other way it may stimulate muscular activity in the form of St. Vitus dance. This we call hysterical muscular reaction, some call it nervous tic.

It can...

It can make you forget your name and where you live. It can make you quite oblivious to the fact that you owe the bank a large overdraft which is quite convenient sometimes. It can make you stammer and stutter. It makes you feel that you cannot remain in an enclosed space or in the crowd, etc.

There are hundreds of ways that this mischievous behaviour of the cerebellum makes your cerebrum feel what it feels and that is how you know what is going on.

It is said that suggestion and hypnotism is a cure for all these ailments. But in forty years practice I have found that this is not so. In most cases it only adds to the confusion of the pattern. For instance, take one who is a confirmed drunkard. Suggestion may be given but if the counter-suggestion is stronger there is no cure this way. (But there is a cure which we will see later). For as sure as the morning comes with the stomach churning in a nervous quiver and the hands trembling this acts as a more powerful suggestion than the verbal one, given previously and the result is the belief that a hair of the dog that bit you will cure the quiver and the hand-tremble.

We see here that a habit has been established in the cerebellum and this is carried in reflexes to the body. Therefore suggestion alone is not the cure because even under hypnosis there are artificial inhibiting impulses created, or, on the other hand, there can be artificial stimulating impulses created. In this way part of the mind may be put out of commission or, on the other hand, part of the mind can be made artificially active.

This prevents the entire mind and brain from working as a properly co-ordinating machine for the healthy stimulation of the body, brain and mind. In a state of hypnosis we can say that you are not all there.

I am not saying that suggestion is not an aid to the cure. It is certainly not the cure that remains permanent. This can only be brought about by proper relaxation and Divine reasoning.

We see that with conflicting emotion a habit-pattern is created in the brain and nervous system which throws the whole organism into an uproar, a civil war is going on inside. This proves that our emotions partially hypnotise the functions of our bodies.

In my next lesson we will see how progressive relaxation coupled with Divine reason can cure, once the self-applied technique is acquired, and the habit muscle tension is relaxed. You break down the old habit-pattern and as the cerebellum asserts itself the regular work given to it to do by the Intelligence that created it is performed accordingly as the mind assumes a true attitude towards Life.

It has also been found that certain forms of breathing help to quieten the nervous system stimulated through emotion, but as there is no room in this lecture for detailed instruction in the matter we will deal with it later.

There is one thing sure, when you acquire that balance of mind, brain and body you will speak with authority, with confidence, you will have that quiet easy assurance, a calmness that nothing can move because you will know and understand.

The blusterer is always one who is covering up a weakness. You may be sure that there is conflict going on inside. But this bluff is often unconscious. It is the habit-pattern created through conflict.

Do not criticize but see the real person behind the veneer. This is the way to free yourself from further conflict.

Very few people are completely free from emotional conflict and habit patterns created by reactions to the external world. Our movements often betray our mental state.

A person that is free will generally look you straight in the eye and we should cultivate this habit. The shake of the hand also often denotes the attitude of mind. There is the piece-of-meat type of handshake, that sloppy handshake that no one likes, then there is the crushing-to-pulp type which is even worse. The truly friendly handshake is that firm pleasant shake of the hand where you would like it to linger longer. Remember the contact of the hand can reveal your nature.

If you are aware of these unconscious habit-patterns created through your mental and emotional state, you can change these patterns established in your brain and nervous system.

To feel perfectly relaxed in the presence of others is proof that a natural state is being re-established. Relaxation of nerves and muscles means health. Those who are in tension in the presence of others often create trouble through what I call "Occupational anxiety." This state of affairs causes a change in the tissue structure, thereby organic conditions are often created.

By following what I have told you you will begin to express the true pattern of Life itself, your "will" will develop unconsciously and you can still further develop it by doing the little things you previously left undone. Practice doing everything in the right way at the right time, do not procrastinate.

When you know your condition and the cause of it, you are not so prone to bestow your attention upon it, thereby intensifying the trouble. You will know it is there but it does not mean a great deal now. Then you face the way you want to go. These conditions are your experiences, then let them be your driving power and not your stumbling block.

If you are always bemoaning the fact that you are sick or you are weak, that your efforts have been destroyed you are just seeking an escape, and when you realize that then you will devote your energy to creative work and little or none to your self-imposed condition.

I would like to call this surgery of the mind, where we begin to cut out the disease of our emotional habit-pattern, and the knife we use is our Divine reason. This is the finest lance we can ever use.

In our relation with people and things we gain experience. We get to know ourselves. If we discern deeply our thought-action, our emotions, we will free ourselves from the habit-pattern of greed, envy, cravings and dependence upon people and things. We will no longer be dwarfs in a world created for giants.

If we are hypnotized by our emotions we only find sorrow, fear and conflict which is outpictured in our bodies, our affairs, our surroundings, when this is removed things are seen as they truly are. The attitude of mind determines what your habit-pattern is going to be.

When we begin to realize that quality, that unlimited power we have to create, to do, that our efficiency is dependent upon

our power of attention, we are no longer in bondage, but this is impossible where there is strong emotional conflict. You must see that confusion of thought is bound to create confusion in your environment and life.

If you are caught up in the error you will fail to see the true. But when you see the true then error dissolves away because error has no foundation. The cause and cure is in man's own mind. Many of you in the past have been caught up in both truth and error, and this is the cause of much of your confusion. Your God is a relative God, the life in your neighbour is separate and distinct to your own.

You could not reconcile the false teaching you heard with that inner conviction of Reality, and not being able to discern the false you could not know the true. But now all this is changed yet the change will continue for it is Eternal in nature, an ever upward and onward progression unfolding more and more of the wonders set before you.

I am ~~Alfa~~ and Omega, Beginning and End.

Benediction

O Lovely One, Thou art lovely by nature, and Thou hast given me Thy Nature so that I may express It and thus be free.

Thou hast shown me to love others because Thou lovest all.

Thou hast taught me to be true to my word as Thou art true to me.

Thou hast taught me how to make others happy because Thou art the essence of happiness.

Thou hast taught me to smile, for as I look upon my face I see Thy reflection.

O Lovely One, my happiness and joy I find in others because there I see Thy Presence, my Beloved One.

M.B.

COLLEGE OF UNIVERSAL SCIENCE

Lecture No.8

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

Johannesburg, 23rd March, 1950.

IF WE ARE HYPNOTISED BY OUR EMOTIONS HOW CAN WE BE DE-HYPNOTISED?

"Thy ear shall hear a word behind thee, saying, This is the way walk ye in it, when ye turn to the right hand, and when ye turn to the left." Isaiah 30.21 (old version.)

We found in our last lesson that our emotions hypnotized us to the extent that our senses were impaired from fifty to seventy-five percent and more, sometimes one hundred percent. The question is how can we be dehypnotized so that our senses will function one hundred percent, free from any inhibition.

Leading doctors today are realizing the great part our thoughts and emotions play in all illnesses. The idea that some diseases are organic and others are functional is fast disappearing. There can be no dividing line between the mental and the physical. The chemical changes that take place through our thoughts and emotions have the effect of changing the tissue structure which in itself is a mental phenomenon.

We have already learned that there is only one substance underlying all form and that Life built the body, brain and nerves out of this substance for its own self-expression.

The unscientific attitude towards disease is fast disappearing with this new knowledge forcing its way through the ignorant adhesion of past beliefs that matter is matter and that disease can only be in matter.

Disease has three aspects, mental, emotional and physical, the physical is sometimes only 10% of the trouble, while 90% is generally emotional and mental. Remove the mental and emotional aspects and the physical disappears.

Continuous adjustment is the function of our nervous system. Through the functioning of the nervous system the various activities within the body are adjusted; when we run fast we breathe heavily and faster, and the heart pounds, pumping the blood to the tissues with oxygen to supply the waste through exertion.

There is an Intelligence in the body which works through the cerebellum making these various adjustments. The rhythm of the heart is kept up so that the flow of blood to every part of the body is regulated. The digestion of your food, the secretion of your glands and a hundred and one other functions are kept going through the nerve centres in the cerebellum, an Intelligence is working on our behalf continuously.

Emotional stress causes a misbehaviour of these nerve centres interfering with these internal adjustments and creates physical disorder among the organs of the body. Therefore thought and emotion often cause 90% of our physical ailments.

The brain is the organ through which your mental and emotional reactions take place. It works well when you are at peace with yourself and with your environment. "I will instruct thee and teach thee in the way which thou shalt go; I will guide thee with mine eye." Psalm 32.8.

It is no joke to live with a neurotic but if you want peace in the home your job is to understand the condition that has to be cured.

A neurotic is permitting the organs of the body to dictate to the cerebrum through the cerebellum, the thinking part of the brain is suffocated, for when emotion rules, the body controls the mind. When the whole brain and body work as one unit the mind controls matter and reason prevails, so does peace.

We must realize that neurotic trouble is not imaginary, it is caused by sick nerves, and to cure sick nerves the sufferer has to be dehypnotized. In dealing with the nervous system we see that nerves outpicture our thoughts and emotions.

It is the vehicle through which our thoughts and emotions are expressed and reproduce the exact replica of the thoughts we hold. Thoughts held in the grip of emotion outpicture almost instantaneously.

Let us consider the mechanism called fear. Fear plays a part in the lives of most people. Abnormal fear is dynamic in its action and a knowledge of how to eliminate it is of inestimable value.

Animals act on instinct, action follows perception, a sort of mechanical reaction takes place. Man's perception is not immediately transferred into action there is an interval for choice between perception and action, this is when our emotion affects our imagination. Our imagination runs wild. It is in the interval between perception and reaction that fear enters, and spontaneous suggestion takes effect. We are self-hypnotized.

Ideas are set up in the mind unconsciously when fear rules and are transferred to the brain and nervous system for immediate action. We have not brought our conscious reason into action and a great deal of our mental make-up is the result of these spontaneous suggestions of which we are not aware.

These, we see, create an activity in the nervous system. The nervous system is the first to be affected, there is a disturbance set up and the cells of the body are eventually affected.

Do you ever think how dynamic are your emotional habit-patterns, how they demand expression? They are now sending streams of suggestions to your brain urging you on to some activity. Consider the habit of smoking. It may be trivial in the scheme of things in your life, nevertheless examine this habit and see what power it has over you.

Thoughts become active in the body through chemicalization, in this way thoughts change the tissue structure. Thought is spiritual energy and is carried into operation through the mind, brain and nervous system.

Under emotional habit-patterns wave after wave of suggestion is sent to the cerebellum and from there forwarded into the centre of inhibition and stimulation in the cerebrum. Nerve impulses are sent from one centre to another creating inhibition and stimulation, with the result that partial hypnosis is created.

While the rest of the family may resent the unreasonable demands of the neurotic, the neurotic sufferer is confused and muddled up, and is the tragic victim of his or her own emotional conflicts, and is terrified by the physical sensations produced by them. Neurotics sink into despair when told that their troubles are imaginary. They are caught up in the hypnotic state of their thoughts and feelings. What they need is an explanation of their troubles, and with directions to follow that will take them out of the maze into which they have wandered and this is not difficult by any means. Rectification takes place gradually but surely until sound reason prevails once more, and relaxation and Divine reasoning is the key. This technique will be detailed in future lessons.

What I intend doing in my next series is to take you through a series of directive relaxation exercises coupled with Divine reasoning each week, taking ten weeks to complete the course. I will not ask you to believe anything only to follow my instruction and you will find that self-dehypnotizing comes as a natural sequence to this scientific application of a master technique that has healed thousands of all kinds of ailments.

Wisdom is everywhere and is man's true nature. It is the action of wisdom that makes us whole in every respect. You do not get wisdom through the senses but through relaxation and Divine reasoning. While the emotional patterns are being dissolved and broken up self-control and self-mastery takes place. The real is always there and we cover it up with error, when the error is dissolved the real is revealed.

We become channels through which the Infinite Self expresses Himself. How wonderful is the truth that in the Silence obtained through scientific relaxation and Divine reasoning, error is dissolved away. In the quietness of that peace that passes all understanding the Infinite Intelligence moves silently into action.

When we become consciously co-operative and aware of our true nature this then shall be the starting point for every thought, we will then act in accordance with the wisdom of the Almighty, bringing into our lives perfect happiness, perfect health and abundance. This is no idle dream, it is an established fact and there are thousands living today who have proved it.

It is under these conditions that we come into our Divine inheritance of health, harmony and abundance. But first of all we must give up our limitation, our weaknesses, our enslavement, our self-pity.

To our Divine nature we must hold on no matter what is taking place outside, no matter what condition we have created through error in thought and action. We will know them for what they are and while they are disappearing into nothingness from which they arose we will be thankful for the experience we gained through them.

When God made the Universe He must have had a plan
And to the earnest seeker it is in the heart of man,
Not one man only, but in the whole of mankind,
And when in relaxation with Divine reason,
God's plan you are sure to find.

Benediction

O Beloved Father-Mother Divine Parent, I am of Thy Spirit,
flesh and blood.

While Thou behold me through the twinkling stars Thou art
present in my heart.

While Thou watch me through the sun and the moon, my soul and
body are Thine.

While Thou caress me through the sun and rain, Thou lovest
me through my love.

While Thy immortality throbs in my heart my mortal frame
gives expression to Thy Voice.

While Thou help others through my hands let them realize it
is Thy touch not mine.

While Thou inspire others through my mind make them feel Thy
breath in them.

While I sing for joy in Thy Presence, complete my eternal
song in the realization of Thy Presence in me, O Dearest Beloved.

M.B.

COLLEGE OF UNIVERSAL SCIENCELecture No.9

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

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UNEARTH YOUR EMOTIONAL HABIT
PATTERNS

"He who receives a prophet because he is a prophet will receive a prophet's reward. But he who receives "Me" receives Him who sent me." This is the Master's message.

This message can be found in Matthew, 10th Chapter, I was forced to write the last verse first so as to give me the true meaning of the truth of the Master's message.

This meaning is, he that receives the Spirit of God manifesting in the flesh which is the Spirit of God, receives God through understanding. But he who receives a prophet because he is a prophet gains only a prophet's reward.

It is not the prophet that you must receive but the Spirit of God that is in him. This is the true meaning of the Master's words and he applied them to himself. "I of myself am nothing, it is the Spirit of the Father within me that doeth the work."

It is the same with us all. It is the Spirit that enlighteneth the mind, the Spirit of God is with you and within you.

The prophet is the means and not the end. The Spirit is beginning and end. So the prophet by himself is nothing it is the Father within that doeth the work.

As I write these words I know they were for me also. It is words like these that keep one humble so that the Father can do the work. And I am grateful for the humbling process these words have on me. It reminds me that by myself I am nothing, only with the Father all is possible.

When I was in the Himalayas my teacher asked me these questions and I am going to put them to you also. These questions when answered properly to yourselves will enable you to understand yourselves and so relieve you of many perplexing emotional patterns that out-picture in your bodies. You virtually unearth your emotional pattern.

So here goes! Are you thin-skinned, that is to say do others affect you easily? Or are you indifferent to snubs as a battle-cruiser is indifferent to a pea-shooter? Are you sensitive to what others say about you? Are you boiling up within while you show an outside appearance of calm?

It is not so easy for the ordinary person to withstand the rough and tumble of the social scrum and not get hurt sometimes. But you who are growing up will see how necessary it is to understand yourselves. When you know what you are doing then you are on the way to freedom, but if you are caught up in emotional reflexes then you are laying up trouble for yourselves. Therefore I want you to think over these questions quietly in your own home and

see how they affect you.

Do you smile but secretly smart under a wisecrack, while on the outside you put on a show of indifference yet harbour enmity and revenge? This is not good for your health. If you could see what goes on inside brain and nervous system where habit-patterns are established you would "think twice."

Do you feel upset that your friends talk about you in your absence? Or have you arrived at that state of mind where you are indifferent about it, and you are not affected inwardly or outwardly? Or are you just wrapped up in the feeling of inferiority that makes you imagine that others talk about you?

Do you feel charmed or elevated when others say nice things about you? Or, when you hear the opposite, are you enraged?

Approbation is a dominant power in human nature. It is nothing to be ashamed of. Its importance lies in the fact that it is a force which we allow to work against us. Ninety-nine percent of people like to hear or tell something about themselves; the more this subtle force is used, so are we affected negatively by its influence.

Emotion is necessary to a balanced life, but true emotions are those which elevate and create ambition and action. We must cultivate these but on the other hand we must not suppress the emotions that harm us. We must understand them and not be caught up in them.

There is a word called "transmutation," it has a wonderful meaning. It means "to transform, to change." This is what we do automatically to these emotions that create misbehaviour in our cerebellum when we understand them and do not suppress them to cause delayed action. Like a delayed action bomb it may go off any time causing disturbances in the nervous system affecting the body in many ways.

Constructive emotions are those we feel when we hear beautiful music, a beautiful voice, a thrilling lecture or when we love someone, when we admire qualities in others which we would like to have in ourselves, when we see beautiful flowers.

Some people say that they are adversely affected by flowers, that they cause asthma etc. I remember a man who came to me suffering from asthma which he claimed was caused by roses. When he came in contact with roses he had a paroxysm in which he struggled for air, this was nothing more than a spasm of the muscles surrounding the bronchial tubes through an emotional habit-pattern.

I proved this, for when he came to me again by appointment I had a bowl of roses in the room. Immediately he saw them he had a spasm. But these roses were made of paper, therefore roses were not the cause. On asking him what memory roses brought him, he told me that he was engaged to a beautiful girl and every day he sent her roses, and when he found out that his beloved was untrue to him he could not stand the sight of roses as they brought up memories.

At the beginning roses did not have a violent effect upon him but as time passed and by repetition the emotional habit-pattern became established in the form of action.

When he found out that my roses were made of paper he realized that roses were not the cause, it was the emotional habit-pattern created through his disappointment in love and roses were the symbol. Scientifically directed relaxation and Divine reasoning cured him.

So there you are - that is what Love can do for you when you are caught up in possessiveness. The majority of asthma cases, duodenal ulcers, skin troubles etc. etc. are nothing more than emotional habit-patterns outpicturing in the body through nerve spasms.

Now let us get back to our questions. Have you in the heat of conversation allowed yourself to say things about others that if they were said against you you would be hurt? Yet you never think what you do to others.

Are you like leaves in the forest, wafted here and there by the wind? You must be different, never allow others to lead you into conversational traps about other people for it is sure to come to roost on your own head.

What I am trying to do is to bring you face to face with yourself. This is what the Masters call mirroring your soul; without seeing yourself, you cannot eradicate the error.

The next question is, have you arrived at that state where you know what you want or are you influenced by others, by the hat you bought, the dress you bought, the house you bought, the car you bought? You thought at the time they were lovely, yet your friends preferred something else. Are you affected by these criticisms or can you still depend upon your own judgment?

Are you afraid that your ideas and decisions are always wrong or can you make up your mind to make a decision and stick to it when you know you are right, or are you like the leaves of the forest, wafted by the ignorant opinions of those who do not know?

The majority of people are influenced by suggestion. Suggestion hedges us in on every side. There is the written and spoken word and pictures that suggest to you what to buy, so you buy believing what is suggested is true. But experience has taught us that all that glitters is not gold and all that sparkles is not diamonds.

Are you always looking for faults in others and are blind to your own, or can you see the big things in others and forget the small petty things that do not matter? Do you hide yourself in a corner and pray that no one may see you, because you are afraid of your own thoughts, or do you find it easy to get into conversation with others?

Would you feel out of place if you were the only person at the party not in evening dress, or is your mind big enough to bypass social etiquette and feel peaceful in your own knowing of the Truth? Can you enjoy the company of people who are less refined than yourself? And stand good-naturedly above an argument and keep that even keel that is essential to good comradeship?

Are you impatient with other people with their fads and fancies or would you be surprised if others found your conversation boring?

Would you think it was weakness to witness a depth of emotion that brought tears to a man's eyes? Could your soul reach to such heights? Do you know that he who feels deeply with understanding can rule the world?

If you witnessed the ordeal on the Cross of Calvary would you remain tearless and hard to the price humanity has to pay for this act of barbarism? If the words from his lips at that the greatest height of his suffering, "Forgive them for they know not what they do" fell upon your ears could you stand by tearless and emotionless?

It is not that we should kill out emotion but transmute and transform this energy that is misdirected by the emotions, that create bad habit-patterns from which we all suffer unknowingly.

The great harmonizing supreme emotion is within us all and thereby we bring about our own salvation.

And Paul put it eloquently to the Corinthians when he said, "I may speak with the tongues of men and angels and yet if I have no love I am a noisy gong, a clanging cymbal. I may fathom all mystery and ancient lore yet if I have no love it means nothing. If I have all the wisdom in the world and all the faith that can move mountains and do all these mighty things and yet if I have no love I have done nothing."

This is the binding quality of comradeship, that perfect ideal expressing itself on the Cross of Calvary and culminating in the words, "Forgive them for they know not what they do."

Love is impossible of analysis because it is rooted in God, the Father of all, and no matter what you are, Hindu, Mohammedan, Christian or Jew the only salvation is through that one supreme harmonizing emotion. With Divine reasoning, relaxation of brain, nerves and muscles, in this state you will say also, "Forgive them for they know not what they do."

For this was spoken of by the prophet Isalah, "The voice of one who cries in the desert make the way ready for the Lord, level the paths for Him." This is the "I am" voice that remains in each one, the desert is the mind that is barren through ignorance. Level the path by discerning the cause of misery so that the Lord Supreme may take His place in you and me. The Spirit that was with God, the Spirit that is God. I am Spirit made flesh free from all conditions.

Benediction

O Thou great Lover of error-torn brothers, the magic wand of thy words still lingers in our hearts, "Forgive them they know not what they do."

Thy trial upon the Cross proved the victory of Love over all anger and resentment and destructive emotion that harnessed man to his self-imposed shackles through ignorance.

O beloved Elder Brother, you are our example, for what thou hast done all can do, for thou hast told us so.

Wisdom obliterates ignorance. Love obliterates hatred, the Spirit obliterates death, the pain is subdued by understanding.

Let us remember thee when harshness covers up our Divine nature.

And when we are crucified by others let thy words be ours also.

Our one desire is to be at home with thee in the bosom of our Father-Mother-God that gives all birth into Eternal Life, peace and happiness.

M.B.

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COLLEGE OF UNIVERSAL SCIENCELecture No.10

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

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THE FIRST DAY OF THE WEEK

I have been asked by many students to give the Easter story and this lesson is by special request.

The beautiful story of Easter is not realized as symbolic of all mankind in showing the great truth of the Eternal Life.

The fact that we cannot think of anything that does not exist or anything that cannot be accomplished is an inherent law of the Consciousness of God in man, and when we see this cannot be otherwise we see the grand story of Easter as a guide to all mankind.

I want to tell this story in my own way as if I was present on that first day of the week.

Early in the morning while the darkness of the night was fast fading into the dawn of the morning Mary of Magdala came to the tomb where Jesus was laid and when she saw the stone was removed she ran to find Simon Peter and John, two beloved disciples of the Master whom he loved much, and exclaimed with breathless anxiety, "They have taken our Lord out of the tomb and I do not know where they have laid him."

This was as much as Peter and John could bear after the ordeal they went through during the past week so they ran to the tomb. John outdistanced Peter, being the younger. John looked into the tomb and saw the linen cloths lying there but he did not enter in. Then Peter came and entered into the tomb and saw the linen cloths lying there. The burial napkin, which was bound around his head, was not with the linen cloths but was wrapped up and put in a place by itself. This significant fact is not recognized or understood by those who are not acquainted with materialization and dematerialization.

After some time the other disciples came and entered into the tomb and saw for themselves, yet they did not understand it fully until later when the Master appeared to them by means of materialization.

The great significance of this act was to show that Life was not interrupted by the event called death.

So the disciples, after seeing the empty tomb, went away again to their lodgings in complete wonderment at this mystifying event that took place, the meaning of his words dawned dimly upon their minds, they were beginning to see the meaning of, "A little while and you will not see me and again a little while you will see me." "You will be sad but your sadness will be changed into gladness."

Mary...

Mary of Magdala did not leave the tomb but remained, weeping bitterly and with tear-stained eyes she looked into the tomb and there she saw two angels in white sitting one at the head and the other at the foot where the body of Jesus had lain.

They said to her, "Woman, why do you weep?" And she answered, "Because they have taken away my Lord and I do not know where they have laid him." They said, "Weep not for he liveth." She did not realize what had happened. And as she turned round she saw someone standing there. For the moment she did not recognize him, she never expected to see Jesus. Then Jesus said to her, "Why do you weep and whom do you want?" With eyes dimmed with the tears streaming down her cheeks, she thought it was the gardener that spoke. So she said, "If you are the one who took my master away, tell me where you have laid him and I will go and take him away."

Then her deep sorrow was turned to joy for Jesus spoke to her and said, "Mary," and she turned round and said to him in Hebrew, "Rabbuli, Rabbuli" which means, "My master, my master." Her cup was overflowing with happiness and she stepped forward to take hold of the Master, but Jesus stopped her by saying, "Do not touch me now for I have not yet ascended, but go to my brethren and tell them and say to them I am ascending to my Father your Father, my God and your God."

It is well-known that those who have passed from the flesh-body, often appear to their loved ones. I have had many experiences of this when people have passed.

This brings to my mind a lady whose son was killed in action in the last war. It was in the early hours of the morning, he came to her about 5 o'clock on the 13th of October. Two days later the family received a wire and was keeping it back from the mother when she said, "I know it is about Rusty," as she called him, "he was killed in October on the morning of the 13th." They all looked aghast at her, she was quite calm and told them what happened on the morning of the 13th when Rusty came to her and stood at the foot of her bed. There are many other instances I could relate even more accurate than that which proves beyond doubt the truth of the survival of the soul after bodily death.

But let us get on with the story of the "first day of the week."

Mary Magdala in all her excitement and joy, and what a wonderful privilege to be the first Jesus had spoken to, and she to be the first to speak to him after his rising, with this in her heart she ran as fast as she could to tell the disciples that she had seen Jesus and what he had told her.

It was evening time of the first day of the week, in the dim light the disciples had closed the doors of the house they were staying in for fear of those who were antagonistic to the Master and his disciples. Then Jesus came and stood amongst them and said to them, "Peace be with you, it is I be not afraid." It was after he said this he showed them his hands and his side, they could hardly believe their eyes but when they saw it was truly the Master they rejoiced, their sadness had disappeared, as the Master told them before his crucifixion.

Then Jesus again said to them, "Peace be with you just as my Father has sent me so I send you." He gave them courage. He said to them, "Now receive the Holy Spirit, the Spirit of Truth and Eternal Life." They were amazed at the immediate transformation that took place from within themselves for it was as if a great Light shone from within.

So Jesus again instructed his disciples, "If you forgive a man his transgressions they shall be forgiven to him." Love and forgiveness was the key to all power and glory. "Whatever you ask in my name henceforth so shall it be done unto you. My Spirit is your Spirit, my God your God, my Life is your Life, follow in my footsteps for they are the true print of my Father in heaven and your Father also."

Now Thomas was not there when Jesus appeared to his disciples in the house. When the disciples said to Thomas, "We have seen our Master, Jesus," he did not believe them and said, "Unless I see in his hands the places of the nails and put my finger in them and put my hand into his side I will not believe."

How many people are like Thomas, how difficult it is for them to understand, they only believe what they see through the senses and what they see is but the effects of that which is unseen. What faith they have is built upon the shifting sands of doubt.

Eight days later the disciples were gathered again in the same house. This time Thomas was with them. While the doors were locked and windows barred Jesus came again into their midst and said again, "Peace be with you." Then he said to Thomas, "Bring your finger here and put it into the wounds in my hands and bring your hand and put it into my side and do not be an unbeliever but a believer." And Thomas answered and said to Jesus, "O my Lord and my God."

Jesus then spoke to his disciples and especially to Thomas, "Now you believe because you have seen me. Blessed are those who have not yet seen and have believed."

Jesus continued to do many wonderful things in the presence of his disciples and he does these now for you and me, if you just ask him.

The Christ is the Son of God, the Word that was in the beginning the Word that is made flesh and dwells with us here and now.

A few weeks later Jesus showed himself to his disciples by the sea of Tiberias. His disciples were fishing, Peter, Thomas, Nathaniel, and four others were in a boat, all night fishing but caught nothing. When morning came Jesus stood at the sea-side but his disciples did not recognise him. So Jesus said to them, "Boys, have you got anything to eat?" And they said, "No." So he said, "Throw your net on the right side of the ship and you will find." So they threw it and were not able to draw the net in because of the many fishes which the net had caught.

This lesson we can take to ourselves, we can also have our nets full if we cast on the right side of the ship.

Then John said to Peter, "There is our Lord." Impetuous Peter jumped into the sea and came to him but the others came by boat.

When they landed Jesus said, "Bring some of the fish you have caught and break your fast." And Jesus drew near to them and broke bread and fish and gave it to them." This was the third time that Jesus appeared to his disciples. In that short space of time so much had taken place it would fill a whole book.

The disciples were first afraid, when they saw Jesus they trembled. It is the same with most of us when we see a loved one who has passed we tremble. My experiences in this direction have been perhaps more than most, for far away beyond the Himalayas I have seen the Master face to face, many of you have seen him also face to face here in this room, because he has spoken to you.

Then...

Then Jesus took his disciples out as far as Bethany and spoke to them saying, "Go into the world and tell the glorious truth that as I live so shall all live and with this truth in the name of the Christ of God you will lay your hands upon the sick and they will be healed, disease and pestilence shall not come nigh you for I am with you always even unto the end of the world." With these words Jesus disappeared from his disciples. They returned to Jerusalem with great joy. Their eyes were opened and the Truth of Eternal Life was revealed to them.

The greatest part of this great play on the stage of humanity was that which happened on the first day of the week.

Benediction

O Good Shepherd, there is but one flock for all live in Him who is all in all.

Thou wert sent to shepherd the wandering souls who are bleating for the one fold.

We hear thy loving call in the atmosphere of Infinite Kindness, although we may be on the outer side of the fold feeding on strange pastures yet all are attracted to thee for thou standest in the centre radiating thy magnet of Love and Peace, dissolving all that which prevents the gathering of all souls into the one fold.

I hear your words calling, "Love all who love you and love all who love you not."

This is the first Day of the week, the everlasting day in which the sun never sets again but spreads into the Eternal Christ-oneness.

We rejoiced in your coming, were sorrowful and fearful in our belief that you had left us.

But now our joy is everlasting in the understanding that thou livest forever with us, O Good Shepherd.

M.B.