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# THE MAYANS

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VADE MECUM, VOLVENTIBUS ANNIS

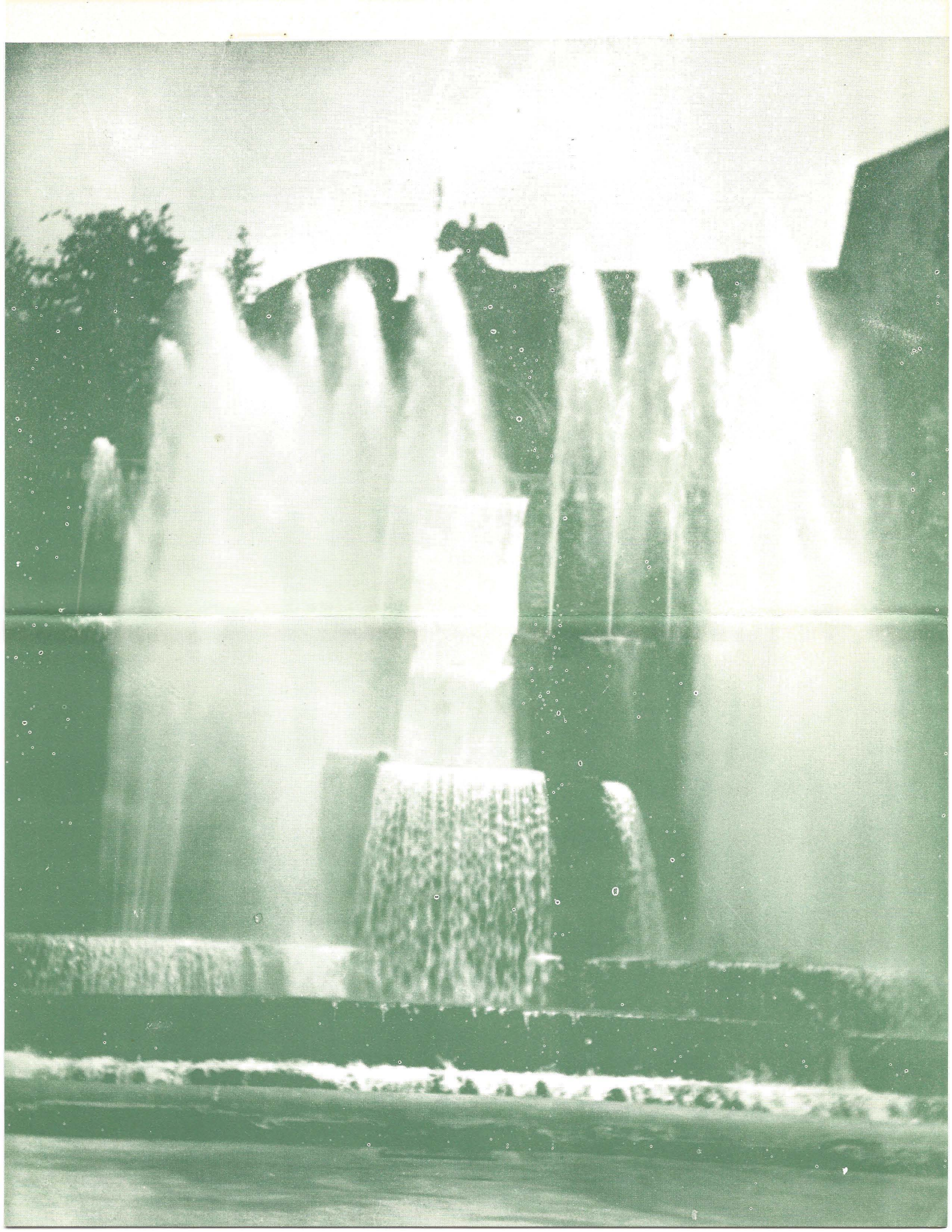
**THE MAYANS**  
**SAN ANTONIO,**  
**TEXAS**

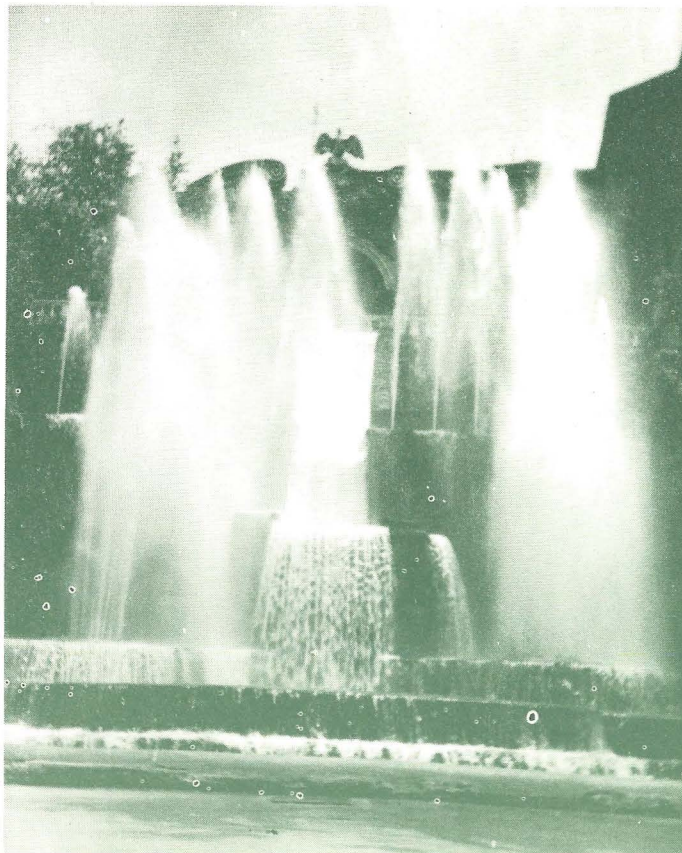
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Fountains at Tivoli, Villa d' Este  
Photo by Rose Dawn

... I will give unto him that is athirst of  
the fountain of the water of life freely.  
*Revelations: 21-6*

## **THE MAXIMUM LIVING SERIES**

### **Mayan Revelation Number 176**

#### **LIFT YOURSELF BY YOUR BOOTSTRAPS**

**You Can Lift Yourself  
by Your Bootstraps**

**Power Leakage**

**Multiplying Power**

**Sources and Resources**

**Telekinetic Energy**

**Prayer**

**A Fundamental Principle**

**Meditation**

Beloved Centurion:

All people who become members of the Mayan Order do so because they want to improve their lives. Maybe it is a desire for happier living, for more harmonious surroundings, or the ability to make more friends; perhaps it is a wish for more prosperity. Some want to know how to live more contentedly with their marriage partner; and then, of course, the great desire of most people is to learn how to attain better health, how to overcome a habit of worry and fear, which, in turn, brings about so many ills of the body.

So few people realize the far-reaching effects of worry on our bodies. It affects the stomach, the heart, the circulatory system; it affects our appearance and makes us look old long before our time; and very often it causes lack of harmony among our friends and loved ones, or in our home life.

All of these things keep us from enjoying MAXIMUM LIVING. Everyone who has ever joined the Mayan Order has done so because of their sincere belief that the Mayan studies would help them to accomplish their aims in life and help them to get the most out of life through understanding the Divine Plan and how to use it. All of this is simple when properly understood.

It is the aim of your Mayan Order to bring you instructions that will benefit you in all walks of life, and we feel after many years of experiencing wonderful results for our members that we have accomplished our aim. As you know, your Mayan Order and its teachings are not something new. It is tried and true and has been in existence for many years.

Right here I want to tell you about an incident which recently happened. One of our members came into my private study in San Antonio for a short visit with me and she said, "You know, Miss Dawn, I love my lessons and I appreciate them, but I would like to have something more difficult to study. I am familiar with all of the teachings which I have had. Now I would like to have something that I am not at all familiar with - something that would be more of a challenge for me, that would take 'more work'".

This member kept on talking and the more she talked the more obvious it became to me that she did not need anything more difficult, but she needed more study of the lessons she had already received. It is my belief that even though we know our Bible thoroughly, even though we think we know the meaning of all the truths which the lessons set forth, study of the lessons keep our thinking along the lines which are needed to bring us maximum living, and if from each lesson a member receives only one small benefit it is very worthwhile. The important thing is to "keep on keeping on."

After all, there is nothing new under the sun. The Truth is the same; the only thing that is different is the presentation of it, the ability of the teacher to bring to the student the Truth in a manner which will be helpful and enable the student to see the light more clearly and be able to apply the teachings to his or her life purpose, whatever it may be.

You cannot receive your Mayan lessons and study them, and be a Companion

in this great Order without enriching your life. There isn't a day passes that we are not grateful here at Mayan Headquarters, and I, personally, am deeply appreciative, for the wonderful letters we receive every day, saying that the Mayan Order has changed the lives of the writers. I consider it a magnificent blessing that I have been called to do this wonderful work, which brings such profound happiness to so many.

As we start our new series, entitled MAXIMUM LIVING, I want to impress upon you that thoughts are powerful things; and destructive thoughts can destroy your body; thoughts can bring about war between nations, can break up homes, and can even cause slayings; while constructive or good thoughts can cure illness, can bring happiness into the lives of many, can bring about peace. There are no greater blessings than good thoughts. Few people realize the importance of thoughts and what they can do, the power they possess for good or for evil.

As we prepare to enter into the first lesson of this new series, I would like to make one more statement. In order to accomplish any good, worthwhile thing, we must first realize that while assistance from one direction or another is often desirable, and sometimes seems almost necessary, the important thing is what you, yourself, do, as you will see in this first lesson, which we have entitled LIFT YOURSELF BY YOUR BOOTSTRAPS.

Meditate on the following prayer as you thoughtfully and quietly repeat the words we have herewith given you:

PRAYER

Heavenly Father, I ask Thee to give me

A full and continuing concept of life at its best.

Help me to understand that it is Thy will that I should so live it,

For thou hast commanded holy, or whole, living by us all.

Give me the strength, wisdom and will

To bring my life to that level and keep it there.


Amen

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YOU CAN LIFT YOURSELF BY YOUR BOOTSTRAPS

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E sometimes face prospects and challenges that simply seem too much for us on any ordinary level of strength and ability. Living life as everyone deep in his heart would like to have it, at the maximum of worth, power, and effectiveness, is one of them. These lessons are to be about living life in that way and how it may be done. We here declare, first of all, that it can be done, and by you. The feeling that unusual things are impossible save for a select few is how the word can't get into the language. The

weaklings had to have a word to cloak their own defeatism and lack of purpose, and can't became that word. It is a lying word. It seeks to deceive you into thinking too little of yourself and your abilities. It is a word of surrender. It always carries a white flag.

It has champions who make it their business to go about discouraging people. If they have not yet got around to you, they will. You may have aspired to something worthwhile, and even have tried to do it; but they will tell you with great pleasure that it cannot be done, at least by you. If you listen to them till you believe them, you will lose your morale and give up without trying any more.

"You would have to lift yourself by your own bootstraps to do that," they say. The implication is that no one ever did that, or ever can. They mean that the task would require more power and ability than you possess. Complimentary, isn't it? Yet some people - not you, let us hope - not only let them utter this implied insult, but actually take what they say seriously. Consequently the credulous ones, the world, and destiny, all lose. Never listen to these people who say "It can't be done." Think positive thoughts.

It just so happens that you can lift yourself by your bootstraps, figuratively speaking. You can do it in two ways and for two reasons. First, you probably have powers and abilities you never knew you had. Second, there are vast resources of outside power available to you. Consider all these. Learn about them. Use them.

No one ever knows what he can or cannot do till he tries to the limit. No one ever knows what resources of power are available till he has sought, found, and tested them. Among them are far greater resources of power than it would take to lift himself by his bootstraps. One alone can move mountains.

We have to get ourselves on higher levels, out of the mire in which we get bogged down. We have to grow wings for thought and faith, means to carry our ideals high and realize them there. Who is to do it but ourselves? Is that not lifting ourselves by our own bootstraps?

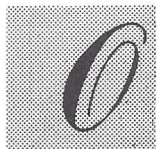
The level you have reached in the quality of your living is not the crest of your possibility. It is only the point of attainment thus far. The place where you stand is the one you have had imagination to see and will to attain. You lifted yourself by your bootstraps to reach it. Now you can lift yourself by your bootstraps to surpass it. We now proceed to examine some of the reasons why and ways how.

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POWER LEAKAGE

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NE thing to do is to prevent power leakage. You have had the experience of finding that your car was not taking the hills so well or making the customary speed. It showed something like the decline of age. You

found that one or more of the spark plugs was not functioning, or that carbon had collected in some of the cylinders till the valves leaked power or the pistons could not move up and down to make it. You were not using your power, but losing it.

This can and does happen when we allow our physical bodies to get out of repair, and do not attend to the matter in the sensible, practical way we do when something goes wrong with a tool or a machine. The remedy is evident.

It can also happen from allowing our daily affairs to get so out of adjustment that friction results. Friction will do to your life exactly what it does to a machine, except that it can hurt more, cost more, and be harder to remedy. Irritation will ruin your work and break down your abilities. This and other conditions can get in your way like roadblocks and stop your progress as effectively as the uplifted hand of a man in uniform. The result is the spoiling of the benefit of the power you have at your command if the obstructions were out of the way.

It is a pity how much of this goes on. It is something we have to find ways to prevent. How well you can do this will have much to do with determining your destiny. Is there a habit, a condition, an association, a situation, a wrong notion, or anything that is causing a power leakage in the living of your life? If so, figure some way to change it, so you can get on. To help you to do this is the earnest endeavor of your Mayan Order. It was organized for this purpose and we can say with great pride and great humility that we have helped thousands to discover their abilities and hence a new way of life.

Maybe it is a negative condition. A sense of vacancy where something should exist and does not, or should be done and is not. Such a condition is like a part left out of your motor. Take steps to supply the need so you can be on your way.

In the living of your life and the doing of your work, be sure you do not give up when you have only begun to swing your abilities into action. Exercise your strength and skills, and they will increase instead of decreasing. Only to half use them is like stopping with only a half tank of gas, and then standing still for fear you will run out. The half tank might take you where you are going. At least it would get you nearer to a supply. When you feel like giving up, don't. See if you cannot push on at least a little. That little may be enough.

A venturesome young woman insisted some years ago on scaling one of the continent's highest mountain peaks in midwinter. As the cold began to overcome her she did what it is so easy to do in such circumstances. She lost her power of will, and wanted only to rest and sleep even though that sleep means certain death by freezing. If she would have kept going just a little longer, she would have been rescued. Instead of that she gave up, and her body was brought down the following spring.

The use of that last bit of ability is usually what brings us to the maximum point. It is what gives us the right to say we have done our best. Never give up till you have used it.

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## MULTIPLYING POWER

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**A**NYONE has strength enough to lift himself by his own bootstraps, but the problem is not one of strength. It is one of leverage. Archimedes is credited with the statement that if he only had somewhere to stand and place a lever he could move the earth, which no doubt he could. We do not care to move the earth. What we want to do is to move our difficulties out of the way, - to get past our barriers, - to find or build roads to the goals we want to reach.

The problem is not lack of strength, but having the ingenuity somehow to apply leverage. In moving the earth that seems impossible, but in the living of life it is not. You can apply leverage to your problems and tasks if you will. Are you doing it, or figuring out ways to do it? Think what Edison and the Wright Brothers did in their fields. They figured out new ways of using old energies. That can be done with the problems of living, getting on, and realizing purposes. So what are you waiting for?

Have you watched the workings of a winch, or a lifting crane, or a rope and pulley? They lift fabulous weights with apparent ease. They almost seem like tricks of nature, but they are not, though they really are miracles - ways of letting nature show what she can do to cooperate with us. They are means of making the most of energy that was available all the time by multiplying it like numbers on a blackboard.

It is true that these are matters for engineers, but after all you are an engineer of living. You have your problems to solve and your work to carry on. As an engineer you want to get maximum results from the resources you have. Busy minds have worked out ways of multiplying physical power. You need similar methods in the living of your life. Find them, and you will do a great service for others as well as for yourself. See if you cannot figure out ways of conserving, increasing, and making more effective use of your strength, time and ability.

Taking good care of your health will conserve your physical and mental energies, increase them, and help you have the will to use them effectively. That is one way of multiplying power.

The cultivation of such skills as you have by means of education, training, and practice, will increase their effectiveness and keep on doing so. From the old things you learn you may be able to work out new combinations that will be surprising. That is the way the world moves on, and of course we move with it.

Relating your abilities and efforts to those of others may be done in such a way as to form combinations of power far beyond the mere sum of them. There is an added strength that comes from union and organization which is not mere addition but multiplication of a high order.

Keeping an orderly mind which does not confuse efforts and scatter forces will prevent many a failure and make possible many a success. It makes



possible a concentration of forces as different from ordinary efforts as the gathered rays of sunshine through a lens is from ordinary sunlight.

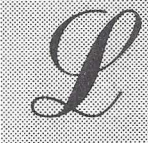
This is only a beginning. The ocean is deep, the sky is wide, and the possibilities of human effort are incalculable. There are countless ways of multiplying power of which no one has yet dreamed. See if you cannot capture some of them and put leverage under what you have to do, levers like prayer, and faith, and inspiration. See too if there are not better ways of using them.

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SOURCES AND RESOURCES

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ET us make a little differentiation of meanings here, a definition of terms. We shall be using the words sources and resources frequently for awhile, but we shall not mean quite the same thing by them. The word sources will be used to mean the powers that we possess within ourselves. The word resources will be used to mean the powers we may draw upon from the outside.

First of all, you have a reserve supply of energy, ability, and capacity on which you may draw. This will occupy a whole lesson later in the series, so we will do scarcely more than call attention to it now, and to urge it as one of the sources to draw upon in this figurative process of lifting ourselves by our bootstraps. One might call it the philosophy of the extra tug, or the doctrine of getting one's second wind.

Most of us have had some experience to show that there is a mysterious reserve of power that makes it possible to start all over again with the freshness and vigor of the beginning when it seemed that we were through. We discovered that this renewal, or second wind, comes only when the situation begins to seem desperate and ordinary indications are that we cannot go on.

We are now ready to consider the fact that when all our abilities are really exhausted we still have supplies of power outside ourselves to draw upon. When we have used our own abilities to the utmost and have thrown the package away that is no time to give up, for there is another package on the shelf, maybe several more, for who can say that even second wind is all there is? Probably it is not, for which statement we shall offer evidence later. Don't give up when your ability seems exhausted. That is just about time to find a new and unexpected supply.

Let us turn back for a moment to the figure we used about stopping with only a half tank of gas for fear of using up the supply. Here is an illustration to show that there isn't even that much to rely on.

Your instructor was once driving across a wide expanse of desert country in the West. There where towns are few and far between the wise driver will have his tank filled to capacity every time he passes a filling station. But that morning I was so sure the next town was not far away that I failed just

once to do that. After a while the gas began to run low, but the road ran on and on. I became apprehensive. The indicator showed low, and then empty, which meant that there was only a little of the fluid left with which to reach help.

But no help was in sight and had not been for a long time. What might a trip on foot for gas not mean in such a region? At the foot of a little hill I thought of stopping, but did not for fear that would waste what little I had left. I decided to try to reach the top of the hill, then I could coast down the other side and be that much farther. I made it to the top, and at the foot on the other side was a filling station. It pays to keep going as far as you possibly can.

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TELEKINETIC ENERGY

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We shall now notice briefly one of the mysterious forces lying even beyond your reserve energies. Telekinetic force, or long distance energy, appears to come from outside ourselves and to be independent of us, except that some magnetic force in us appears to attract it.

By means of it objects are lifted by no visible means and to move about without being touched. Magicians have created illusions of it by tricks of legerdemain, but honest investigators have seen demonstrations of the real thing too. No doubt there have been many cases of producing the appearance of it by fraud, but there is no reason for fraud for the force really exists and has been seen, examined, and tested by many honestly scientific people as well as studied in standard research laboratories.

In the Orient where the powers of mind and spirit have been cultivated, demonstrated, and used, more than elsewhere, cases have been known of living people being in one place at one time and in a place far removed from it a little later, and that where present means of fast locomotion were yet unknown.

This process is called levitation, or making a thing light, and it is a phase of the operation of telekinetic energy. The fact is that there is a force about us, and even perhaps within us, by which things get done. There was a time when electricity was no less a mystery. It too is an unseen force which no one, even yet, can really explain.

Nothing has ever been done about this telekinetic energy, or with it. It still remains a curiosity which some do not believe and for which others see no particular use. That too was once true of electricity. But here is a power which many of us have seen operate both under laboratory conditions and in private experimentation where we know there was no trickery or deception. We know that incredulity does not meet the situation, and are inclined to think the power was made for use.

Who knows, then, but that this force may yet be harnessed to do things more amazing than we would now even dare to dream? This was done with electric

energy yesterday. It is being done with atomic energy today. Who knows but that it may be done with telekinetic energy tomorrow? It might take some time to develop the knowledge of how to use it at high capacity, but that has been true of these other forces also. Surely it is good for something more than lifting tables, tipping chairs, and floating objects about in the air. It appears to be another one of those forces lying beyond the boundaries of the known, forces of a cosmic nature, and suggestive of the divine energy itself.

If all these forces exist, within us and outside of us, is it not reasonable to wonder if there may not be still others that will in time be discovered and put to use? Is there any reason to suppose that there is any limit to their number and possibility? Certainly we may assume that when we ask God for power to go on and accomplish things that are good, right, and acceptable to Him, we are asking One who has that power to give, and who has it in many forms and measures so it can be suited to our needs. And, dear bootstrap lifter, it is yours for the using.

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PRAYER

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HEN we talk about power we always get around to prayer. We must, for no discussion of power is complete without it, and in the realm of spirit prayer is its most familiar form. When we speak of asking God for the strength and wisdom we need to realize our aspirations, we touch the heart of the power question.

Electric, atomic, and kinetic energy have to be differently classified. They are external, mysterious, and powerful; and they can be dangerous. No one should work with them who is not acquainted with their possibilities unless under the guidance of someone who is. We shall know more about them as time goes on. Meanwhile they are not for the amateur.

But when we pray we are at the controls of all power, and asking that it be chosen and given by the One who knows all about all these forms and can channel them to us in the forms, combinations, and ways that are best. Too, in effective prayer we call into action that greatest force of all, the power of faith. That force explains more great achievements in history than anything else does, and the equipment for using it does not have to be bought; it is built in and portable.

Prayer seems such a simple thing that many people assume it does not possess the power it does. But so is throwing an electric switch a simple thing, or pressing a button, or triggering a charge of atomic power. The greatness of a power and what it can do is not measured by the impressiveness of the operation by which it is released. It is the result, not the show of producing it, that counts.

At first all that was known about electricity was that it released enough force to disturb dust particles and that it gave off a little spark, but

take a look at its great power and the number of ways it is harnessed to serve us now. At first atomic power was only known to make a great explosion that wrought terrible destruction, but then plans were made to set it to work in many ways for the service of mankind, that presumably is only a beginning. Telekinetic energy is still regarded as either a hoax or a curiosity. Its development for practical purposes is yet to come, but perhaps it will come, and in higher forms than those served by any of the other forces mentioned.

But prayer wrought only good from the beginning. It never hurt anyone or created any disorder. It only healed, and helped, and blessed; and it still does.

It takes years to become an electrical engineer. One of the leading authorities on atomic energy recently said that as yet we know very little about it. Concerning telekinetic force we know even less. Therefore, only the few are qualified even to try to work with these forces.

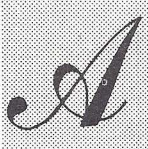
But how different it is with prayer, the greatest of them all! No one has to be a master of the theory of prayer to pray. It is safe and good for all, and the only necessary qualification is willingness to lift up the heart in faith. One may claim to be an efficiency expert, but he isn't unless he prays. One may claim to have made the most of his opportunities, but he hasn't unless he prays. One may think he is getting ideal results in living, but he isn't unless he prays.

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A FUNDAMENTAL PRINCIPLE

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FTER all these considerations does it not seem pretty weak and foolish to make a few little efforts and then throw up one's hands and say a thing cannot be done? Some good things do not get done, but any good thing can be. We should give thanks for this, for it is our great safeguard.

Suppose you try as you may, and nothing happens. Suppose you plead as you will, and nothing takes place. Do not start saying that either work or prayer is ineffective. Rather be grateful that God has declined to grant a mistaken request, or to do a thing that looks safe and good enough but isn't. Suppose your child complained and discounted your goodness for refusing to let him play with a sharp knife or a loaded pistol. If you try to lift yourself by your bootstraps in the wrong way, at the wrong time, and with the wrong motive, let us hope nothing will happen and know that if nothing does it is all to the good.

So much for the negative phase. Now let us turn the shield and see what is on the positive side. What marvelous things have been accomplished by the labors and the prayers of faith! How many people have subdued kingdoms of wrong and built kingdoms of right with their bare hands, and often with many hindrances, because they did it by the power given them through their faith!

They believed in their causes, asked God for strength, and poured that faith into action.

Now back to the negative side for a moment. The number of such things that have remained undone for the lack of faith and courage would make a pitiful list indeed. Most of the people responsible for these unrealized possibilities never got as far as the consideration of faith in the love and power of God. They had nothing to start with, because they did not believe in themselves. They said the proposed effort was a good thing but it was doomed to failure, that it was needed but impossible. What a pity if their words were true, but they are not. Others have accomplished far more difficult things because they made faith their victory.

Now for the principle. It is one of the most important ones this series, or any writings, can set forth. Consider it well. When you have accepted it, then engrave it on the tablet of your mind and keep it there. Think on it when the going is hard, and failure threatens, and above all when you are attempted not to proceed with a good plan. Here it is, briefly stated -

#### NO GOOD THING IS IMPOSSIBLE

Hunger has its answer in food and thirst in drink. Love, faith, the conscience, all the natural needs of life, have their answers. If a thing is needed the possibility of it exists. If it is good, it can be done or had. It may not be easy or quick, but it is not impossible. A thing may be too bad to be true, but nothing is too good to be true. There is a way.

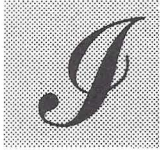
Think of all the things from which the mercy of God has saved you when you thought you wanted them very much, and be grateful for their withholding. Remember that MAXIMUM LIVING DEPENDS NOT ONLY ON THE ENERGY THAT EMPOWERS, BUT ALSO ON THE WISDOM THAT DENIES. Whatever needs doing can be done. The way may not be apparent NOW, BUT THERE IS ONE. KEEP TRYING TO FIND IT.

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MEDITATION

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 REALIZE that God is on my side, that His love and power are at my disposal, and that I need not want for any good thing. The sources and resources are available to enable me to attain and maintain the maximum life, and I now commit myself to the fulfillment of that good purpose.

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