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THE MAYANS

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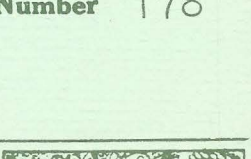
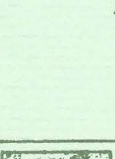
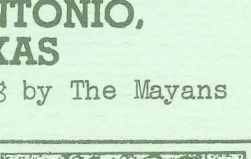
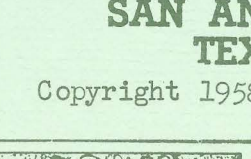
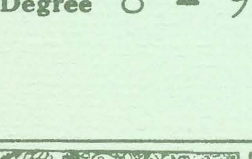
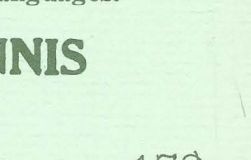
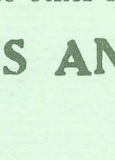
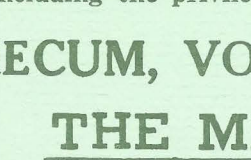
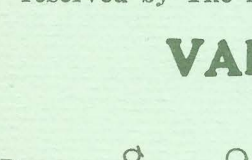
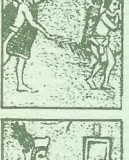
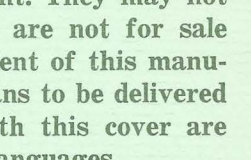
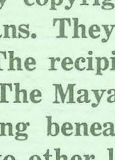
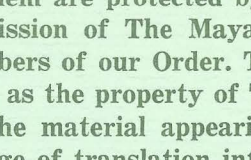
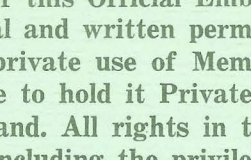
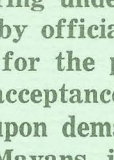
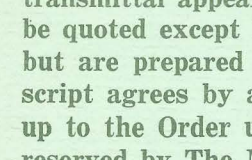
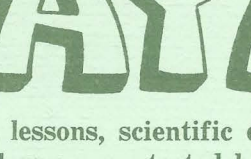
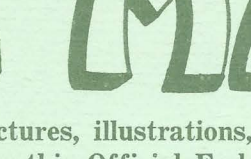
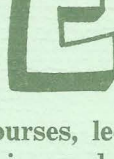
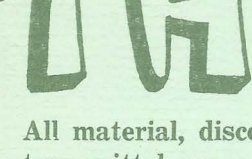
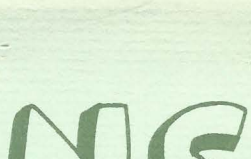
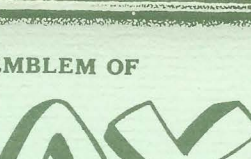
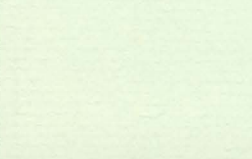
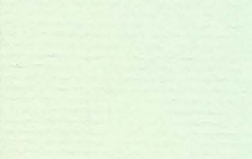
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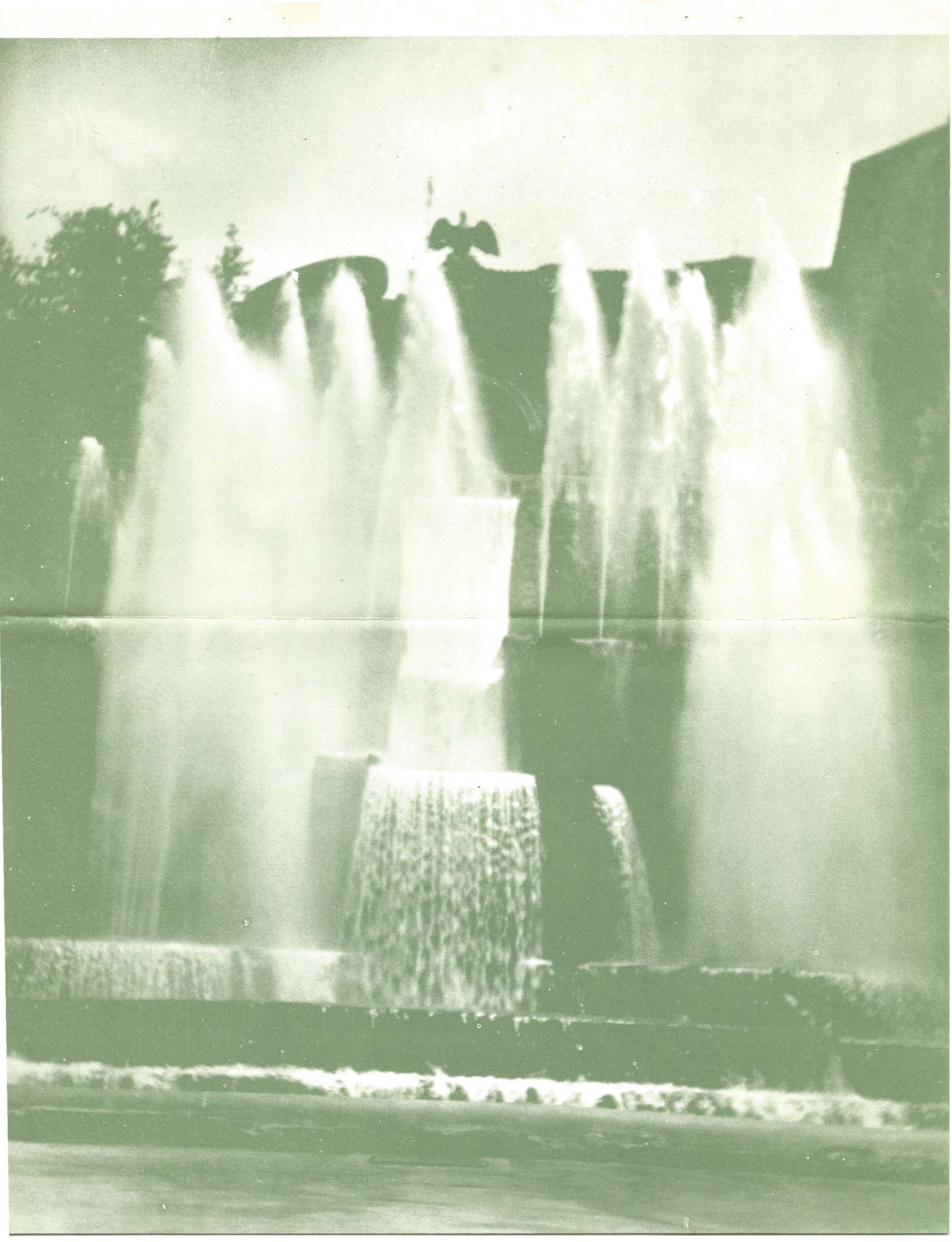
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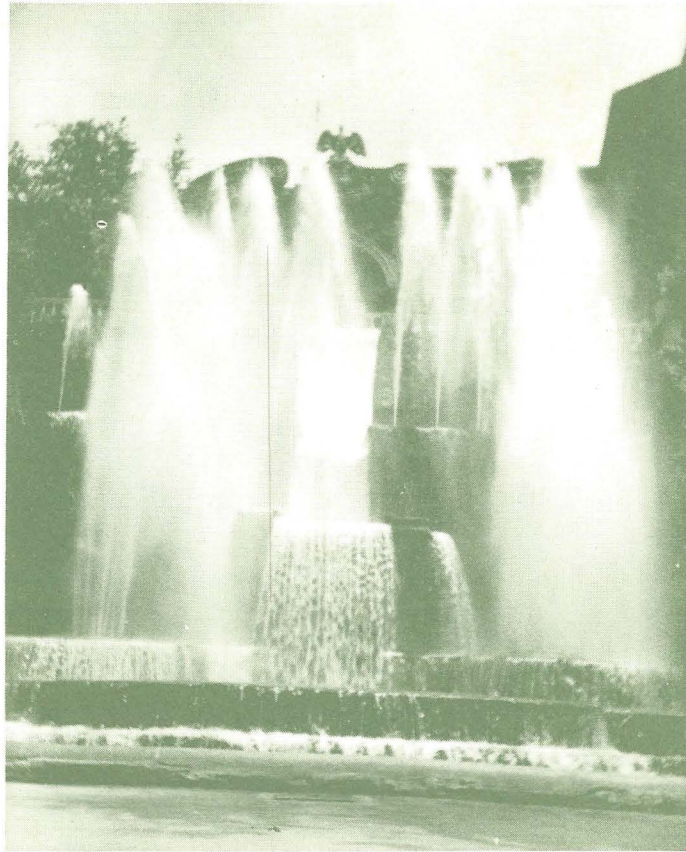
THE MAYANS
SAN ANTONIO,
TEXAS

Number 178

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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 178
DRAW ON YOUR RESERVE POWER

Second Wind

The Extra Jet

Mental Power

Strength to Endure

The Body

Fragments

A Typical Organ

Meditation

Beloved Centurion:

We come now to the third lesson in the series entitled MAXIMUM LIVING. It is called DRAW ON YOUR RESERVE POWER.

This is a favorite subject of your Instructor, and it is one I like to write about because I believe in one's ability to draw on their reserve power so completely in so many ways. In truth, one of our most important teachings has to do with your ability to draw on your reserve power when you need it.

It is my belief that not one person in 1,000 knows his or her own capabilities, which is the reason there are so many failures today. It is my earnest desire to have every member of the Mayan Order know of these hidden resources, so that they can use them when an emergency arises. If we do not know we have them, we give up. We do not have the courage to go ahead, if we do not know it is possible to overcome obstacles and if we do not know about the help which is there for us, waiting in reserve.

On the other hand, if we are familiar with these reserve powers, we have more confidence that help will be there when it is needed.

As an illustration, how often have you been at the bedside of someone who is critically ill, and the doctors had given up, saying there was nothing more could be done. Then, all of a sudden, the reserve power of the body came to the fore, and recovery set in.

I could use pages, giving you examples such as these, which of course you are familiar with, but you may not have thought of this in terms of "RESERVE POWER", but that is exactly what it is.

Most of the failures today, whether it is health, financial, domestic, etc., are brought about through the fact that the person who failed gave up, taking a "What's the use?" attitude, and in their hearts they really thought there was no use going on.

Then there are the persons who think they are not capable of accomplishing anything. It is for these people that Mayanry is designed - to help them know that anything is possible if we just learn of this reserve power and that it is there to help us when we need it.

Another example, which comes close to home in my own case, is my study of Spanish through the years, my interest in the language and, finally, my ability to speak it fluently. So many people, on hearing my use of Spanish, have said to me, "I wish I could speak Spanish like that," as though it were an impossibility for them. My answer invariably is, "You could if you really had a desire to do so and would stick to it and not give up."

Everything in life which we set out to accomplish must be given our very best, as the subject we took up in our last lesson emphasized. We must give our best, stick to it, and know that we have reserve power when it is needed.

Many examples are given to you in this lesson, and I hope you will study it carefully. While of course you are familiar with some of the instructions in it, it is my earnest desire that this lesson will impress upon you more forcefully the depth and magnitude of this power which is within you, your mind, and your body, that you may call upon it when it is needed.

All who become men and women of power reach this state of being by self-mastery, self-adjustment to circumstances, and the sane exercise and discipline of their faculties. All of this is explained to you in the following pages.

There is a great mystery in this power; in fact in all of life, and this power is one of the greatest mysteries of all. I can tell you there is great power in Nature, - the dew upon the hills, the rain moistening the roots of the trees and plants, the sunshine producing flowers, the brook babbling along - in all of Nature there is a beneficent power. It is not easy to explain, nor to understand, but it is there.

The following prayer is one which you should say every day. Say it now as we proceed with the lesson:

PRAYER

Heavenly Father, as I face the question

Of what resources of power I have to draw upon for maximum living

Let me overlook none.

Help me to find the supplies of physical, mental, and spiritual strength

I may not have known I have,

And help me to dedicate it to that triumphant living

Which is Thy glory in Thy children.

Amen

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SECOND WIND

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We have already hinted at the matter of reserve power, including second wind, in a previous lesson, and indicated that the subject would occupy an entire lesson later. We have now come to that point and time.

Probably you have long since learned by experience that there is such a thing as second wind. Your Instructor had two friends, both of whom have passed away after living long and well, but both of whom had remarkable experiences with this phenomenon called second wind in their youth. One outdistanced a jogging horse by the length of a bridge after several miles of going. The other walking into town to catch a slow passenger train heard its whistle some three miles out, and

managed to reach the station in time to board it. Both runners gave out in the early stages, but kept going till they got their second wind. Then they ran farther and better than ever. These are not stories of luck, but of persistence.

Most people would have given up at the first sign of exhaustion. Most people do in most kinds of effort, for there is something approximating second wind in all kinds of activity and endeavor. By giving up too soon we miss two values - the success we had hoped for and the exhilaration of second wind.

In the Far East where metaphysical - beyond the physical - powers have been most cultivated and emphasized, men have been known to travel long distances on foot, leaping so high, far, and lightly that they seemed almost to fly, barely touching the ground, and easily spanning chasms, streams, and barriers. They are said to do it by going from one reservoir of power to another till their bodies almost cease to have so-called weight, as in the levitation of some material object by telekinetic force.

Second wind is not an accident nor a curiosity, but a principle of life and action. It isn't always wind, but may be any one of many forms of power. In any case, however, it is the opening of reserves of ability when we have worked at something till our energies seem exhausted. As the little journeys are for first wind, and the long ones for second; so the little tasks and problems are for ordinary effort, and the great ones for our reserve power.

The world has an undesirable name for those who quit as soon as the going gets rough. It calls them quitters. Not much of known history has been made by them, for deeds either of greatness or goodness. The lives of those who have been masters at anything remind us that one has to keep going through times when the prospect seems absolutely hopeless. One with a sense of duty dares not give up, and if he does not give up he is not likely to fail.

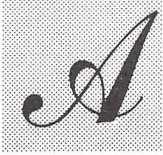
Never think you are winning while the going is still easy, or that you are necessarily losing when it ceases to be easy. The test comes when the easy part is over. It will be easier still if you keep going till the reserves of power are tapped. You will find all the power you need, so persevere.

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MENTAL POWER

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 ALL sufficient and successful doing requires mental power to plan it well and to discover and devise ways to carry it through. It is sometimes said that we have to apply a great deal of muscle oil to our physical efforts, and with some of them that is quite true. But it is even more important that we keep the mental searchlight turned on them.

That does not mean that we need to try to know everything. That would be quite impossible. Nor does it mean that we should try to acquire vast knowledge all at once. That is impossible too. It means that we need to know what we are doing and what we propose to do, and how to do them. This is a part of the needed

preparation. The what we may learn from careful thought. The how we may learn from books, teachers, and experience. But something more than that is possible. The true master keeps trying to work out new and better methods and techniques as he goes along.

In this process, when one is at it in earnest, times come when the very brain seems to reel and stagger. All have had this experience who have done things in complete earnestness, feeling that it simply had to be. One is then likely to think he has reached the end of his mental resources. The aim of this part of the lesson is to say that he has not, that probably no one has ever actually come anywhere near doing that, or ever will. The brain may get fatigued and the mind confused but their powers are not exhausted. They need a little rest and renewal at times, but their resources are not used up. They get second wind too, and often, especially after a good night's sleep, during which the sub-conscious mind can work unhindered, everything clears up and one can go on with his work better than ever.

Of course no one can count the cells of gray matter in the brain. If one could count them one by one life would be too short, the number is so vast. But it is reliably estimated that no one, not even the constant brain worker, ever uses more than about a third of his brain capacity. Not only that, but this capacity tends to increase all the time as the life of the race goes on.

So it may be said of the brain, as of any other tool, take good care of it, but use it. Use it rightly, but USE it. IT WAS MADE TO USE, AND IS BETTER OFF IN USE THAN IN IDLENESS. It will act whether you give it assignments or not, but it will act to your advantage only when you do. If you give it work to do it will serve you to any limit you will ever be able to go, but if you do not use it you may find some day that it is running wild and using you.

Keep the light turned on your road, on yourself, and on your labors. This will help you to know the kind of self you are trying to develop, the way you are trying to go, and how to accomplish what you are commissioned by Destiny to do. Draw on the reserve powers of your mind when the more immediate ones begin to falter. That is what it takes to become a master.

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THE BODY

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THE principle of reserve power is probably built into the life of the universe. For instance, we find it appearing not only in the voluntary processes of the human body but the involuntary ones as well. Many, probably most, people get some kind of a new lease on life one or more times during their earthly span, and nearly all human beings seem to get something of the kind about middle age. Most of us know people who are strong and rugged in maturity though they were frail in youth, and perhaps in childhood were not even expected to survive.

In most cases it isn't that they did anything about it. It seemed to

take place spontaneously, and had happened or was well under way before the persons themselves realized that it was happening. There was provision for all this in the physical constitution or it never would have happened. Anyway, even physical health seems to have reserves to draw upon, reserves of unknown capacity. So do not give way to discouragement in health matters. You may have a new condition coming up. If not, you can probably do vastly better with the old one than you realize.

The point is all nature is trying all the time to help us to be the best and do the most we can, and that is more than many people seem to understand. The body, which any real medical authority will tell you has a wisdom of its own, is always struggling to have and use all the power it has, to be of the utmost service to you. We should be more grateful to our bodies and the organs through which they serve us than most people are. We should be kinder, too, to them, for they are always trying to be kind to us, even when we have not been very considerate of them.

Never condemn or complain about your body, your eyes, your hands, your feet, or organs, tissues, or cells. Appreciate and praise them for what they do for you, for that is all the pay they get. Sympathize with them when they suffer and try to give them relief. They are the best servants you have, and they should receive the best treatment. At their worst your debt to them is very great. At their best it is incalculable. Your attitude may help about those new releases of power. Who knows? I consider this advice of great importance in your life. Thank God every day for your body. It is the house in which you live, and it serves you well.

You see it is not you alone who feels concern about your aspirations to be a person of the highest quality, live a life of the highest grade, and do a work of the highest worth. Countless unseen helpers are at work trying to maintain the best possible conditions in which you may work, conditions calculated to give you the greatest help in producing the best result. Not only do all these forces have help for you at any time in the smallest thing, but they always have more in reserve if the ordinary supply runs out.

You do not have to plead with nature to cooperate with you. It is always doing that. The need is for you to understand, appreciate, and rightly use that cooperation. In doing so remember that the storehouse of power is vast.

The part we know is the smallest one. There is always enough, within or without, seen or unseen, used or unused, enough to accomplish fully and well all that is necessary in working out your appointed part in the unfolding of the ages.

Honor that good friend, your body; and remember that one way to do so is keep it in condition to serve you, let it serve you, and be grateful for its service.

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A TYPICAL ORGAN

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IF you have been around old people much you have heard of second eyesight and have no doubt seen old people to whom it had come like the return of youth itself in those precious helpers, the eyes. This wonderful experience is not a condition that comes in the earlier stages of life when the eyes have not used up their power to focus images clearly and adapt themselves to distances. It comes only in the later ones when these powers have been possessed and partly lost. I remember often seeing a great grandmother, at nearly ninety years of age, sitting by the window, reading without glasses whole newspaper pages of print that baffled the younger eyes in the family.

What happens is that when people become really old the muscles of the eyeballs loosen and relax, and with this release of tension the eyeballs can resume their normal shape, so that the images that cross and are reversed at the point of the lens can focus on the retinal screen instead of before it or behind it. Thus no extra lenses are required to focus them where they should be. The eye, thus freed from tension for the first time in years, possibly for the first time in life, is able to function as well as or better than it ever did before. Notice though that is a development that comes only after the eye has apparently worn out - second wind. Even an organ like the eye has a reserve of power that opens up when its ordinary abilities are about exhausted.

Here we have it again, Nature and life doing amazing things to give us the power necessary to function as well as possible, as long as possible, and as agreeably as possible. Think what the various organs of your body have done for you. Your heart has made a stroke about seventy-eight times every minute since some time before you were born, seven days a week, year in and year out, without sleep, rest, holiday, or vacation, as many years as you have lived. That is a working record for the book, as they say.

Your eyes, being more delicate, have had to have some rest in sleep and momentary closing of the lids; but in spite of this they too have served you long and well. On top of all that they bless our older years with a period during which they give better service than ever. This is just one of the countless advantages we have been given in our struggle to make life mean as much as possible to us and through us to others. If the eye could speak, it could tell us something about reserve power.

Speaking of the eye, how much more than willing it is to work to the utmost of its power instead of giving up when its energies are only half exhausted! A certain man was told to give his eyes a rest. He tried to do it, but they only became inflamed and sore. Only when he put them back at normal work again did the condition clear up.

Rest is good in its place, but the body does not respond well to needless idleness. The graves of people who went suddenly from busy employment to idle retirement bear testimony to that. The body likes to work, and we should be grateful to it. We should also give it plenty of opportunities to show how much it can do and how well it can do it, - also what reserves of power and added

measures of ability are available to those who will use them.

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THE EXTRA JET

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YEARS ago, before the days of automatic transmission, I was making a short trip with a friend in the friend's new car. The vehicle started up a long, hard slope. Two thirds of the way up it began to weaken and threaten to slow down. Suddenly the riders could feel the engine give a new surge of power, after which it moved steadily on to the top of the hill.

I asked the driver how all this came about and why. "The carburetor has an extra jet", he explained. "When the first supply of gasoline begins not to be enough, the second breaks in and adds enough power to make the climb or pull the load." "But don't they operate at the same time on the level road and thus waste power?", I persisted. "Never", was the answer. "The construction is such that the second jet never cuts in till the first one is no longer sufficient." Always, you see, reserve power is for the moment of emergency need. It would do violence to the plan and whatever its mechanism may be to draw on it before it becomes necessary to do so.

That is just the way we ourselves are built, and just the way the mechanism of life too is constructed. There is always enough power to see us through, no matter what are the legitimate needs of what we should undertake - but none is wasted. The reserves are called upon whenever there is no other way, and not before. With confidence and endurance we will be able to do whatever we ought to do and need to do, but we will never be given extra power till we have used what we already had. This was automatic in the carburetor of the car, and it is automatic in the scheme of things.

We should therefore face the tomorrows with a great faith in our hearts. Like a schoolboy with all the instruments for his work in his pencil box, or a carpenter with all the essential tools in his box, or the physician with all the instruments he is likely to need in his kit, we are sent out to face the adventure of living and challenged to do it in an eminent way, with everything provided that will be necessary. When we have used all we can see, we have the means to tap resources that we do not see till we have all the power we need, both to do and to endure.

"I didn't think it was in you," one friend often says to another who has just succeeded in some unusual, spectacular, or supposedly difficult undertaking. "You outdid yourself." "I didn't think I could do it either," the champion is likely to think, whether he gives the thought expression or not. "I certainly did outdo myself, so much so that it didn't seem myself doing it."

What a pity it is to go through life without knowing about that extra jet in the carburetor, without thinking of it when the hill is too hard to pull or the load too heavy to bear! Yet that is just what people do who take the easy, purposeless way. They may get through life without ever lifting a load, but they will discover at the end of the way that they did not have any worth lifting.

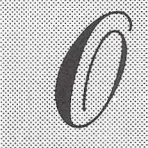
Strength for living is different from the power of gasoline in one way. Using it not only does not exhaust the supply, but actually increases it. The more one uses of the resources of mind and spirit the more he has.

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STRENGTH TO ENDURE

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 ONE day your Instructor was looking at a section of steel cable for a great extension bridge. There were enough steel wires woven together to make a cable thirty-six inches in diameter. To look up into the air now that it is in place, supporting the vast weight that has been swung upon it, it is unbelievable, but that is its size. These thousands of steel wires do not have merely the strength of all of them added together. Any one of a number of wires wound together has many times more tensile strength than one alone.

You see, there is the added strength of union. The factor of organization, the element of union, has to be counted in. That is what makes the strength of the cable far more than enough to support the great weight it will have to carry, to bear the tremendous strain it will have to endure. A boiler is built strong enough to stand much more than the steam pressure in it is intended to be. A locomotive is constructed to pull much more of a load than is likely ever to be demanded of it. Practically everything has a nominal capacity, but has built into it a reserve for emergency or special need. You are often kept out of trouble by the fact that your automobile gas tank holds more than the nominal capacity and contains more at a given time than the indicator shows.

What we are getting at is that we are given power not only to function but also to endure. Life puts plenty of stresses and strains upon us, and they seem to increase as things become more complex and highly organized. In our work, and in the ordinary round of life whether we work or not, we have things to endure. The process of trying to make more of life itself calls for more endurance still.

You can count on it too that all this has been thought of before you ever opened your eyes on this world. It is a part of the plan of creation. We have to have enough tensile strength to take whatever strain life puts upon us. We need, and like the bridge cable we have, enough more endurance for emergency and the needed margin of safety. We never know what we can take till it becomes necessary, and when it is over we wonder how we took it. While the strain was on, however, we managed a great deal better than we would have thought we could.

This is sure to happen in times of great emergency, great peril, or great sorrow. Many people who have gone through the peril of flames, flood, or wreck, and saved others cannot tell afterward how they did it. It hardly seemed to them to be themselves in action. They were scarcely conscious that they were doing it. That was because they were not working with their ordinary sources of power, but were drawing on reserve strength, some reservoir of energy and resourcefulness outside of self.

People who have passed through sorrows constantly say they have endured

it as they never would have thought they could. Some new strength came to them and sustained them. People in danger like soldiers in battle do not know afterward how they faced it. They never could have done it had not the cable that held them been woven stronger than is usually necessary. You may not think you can take it or do it, but you can. Life is built that way. You draw on your reserve power.

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FRAGMENTS

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W E close this lesson with a few random thoughts too brief for larger space but too important to be overlooked. Some are addenda. Some perhaps are restatements to place added emphasis on something already said.

A muscle is the body's power mechanism. It grows in size and strength by use, and loses in size and strength by the lack of use. It is like the talents in the parable - to him that hath is given, and from him that hath not is taken away, even that which he seemeth to have. All life's forms of power operate the same way - skills, talents, capabilities, qualities, capacities for improvement. In any case we keep or lose, and what we keep is added to like money drawing interest.

Your powers need to be used. That is what we have them for. A machine, a tool, a body organism, an individual organ, or an ability, is at its best only when in normal use. In idleness it promptly begins to fail and degenerate. All these need normal rest, but listless idleness is not normal rest. It is decay.

You will find that you can quicken, sharpen, and increase both your conscious and your reserve powers by normal exercise. Practice at whatever thing you have undertaken till confusion gives way to order. Think and study till you understand what you are doing and how you propose to do it. Observe and consider until you are familiar with your duties and resources as you might be with so many friends who were once strangers. Study the ground you move on till it is familiar. Whether by study, instruction, or experience, one is free only as far as he knows.

Remember that you do not have to search for the necessary reserves of power. No one is going to hide them or withhold them from you. They are yours, and when you need them you will find that they are ready. When you have exhausted what you have, they will come to you. When they do use them without fear. They will make the effort easier and not harder.

Remember that a low purpose is a liability and hindrance. It has a drag, like a ball fastened to your foot by a chain. It holds you to the mire and clay, and impedes your every worthwhile move. With a worthy purpose it is just the other way. It has inspiration in it, and it gives your spirit wings. It always impels you in the right direction and the right way.

That is why small beginnings do not necessarily signify anything. A poor young man wanted to be a soapmaker. He had to start with a single kettleful but he resolved that it should be as good as soap could be made. He lived to make and to give away many millions of dollars to good causes, and left behind him a vast and successful organization which still operates and expands. William Colgate did not try to do it all at once, and he did not quit when hard problems arose, as they did. He went from small things to great ones because he strove to do things as well as they could be done as he went along.


You stand at the base of a spiral. Where you stand the occupied space is small, but as the spiral of possibility rises it expands. That is your Jacob's ladder, and you can begin your climb when you are ready. The sky is the limit!

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MEDITATION

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 see that my present conscious power is only a hint of what is available to me. I understand that I can always have a supply equal to my need and my capacity for use. I hereby lift my gaze from my limitations to my possibilities, realizing that the limitations are small, and the possibilities vast.

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