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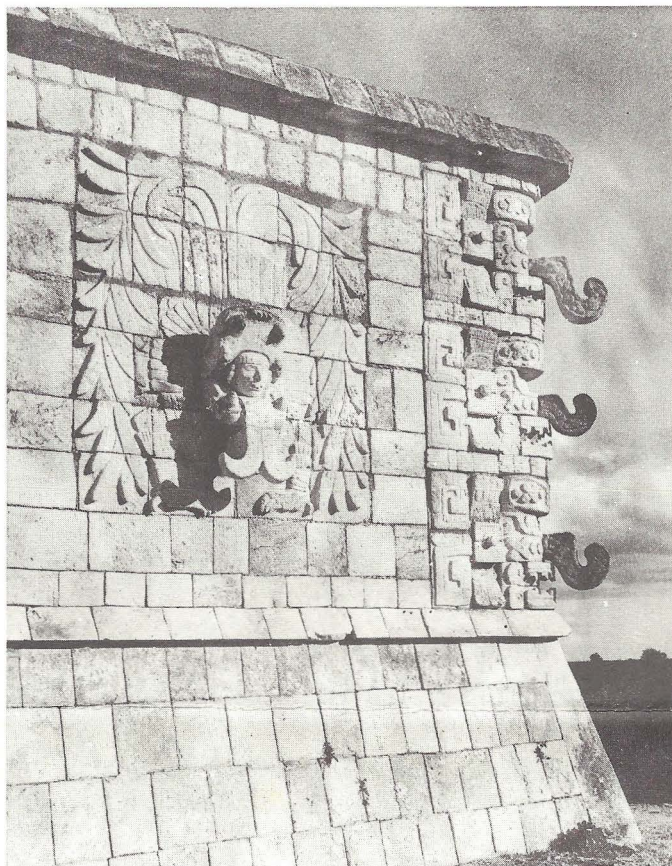
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What Are Your Plans?

Mayan Revelation Number 216

Division of Health

Your First Listed Asset

What Have You To Start With?

Keeping Well

Keep Relaxed

The Roll of Faith

If You Need a Physician

Health Is To Use

BELOVED CENTURION:

As we examine the first division of values in your inventory, which we have called "The Division of Health" it is the sincere and earnest hope of your Instructor that you will read carefully the information we have compiled for you, for it is important.

Of course, we all know this, but we are prone to forget it, especially when our health is good. Quite often, unfortunately, we do not realize the value of health until we no longer have it. We take it for granted and do so many things that we should not do.

If you will notice, more and more people in middle life are expiring from heart attacks and other illnesses that are the result of an impaired circulatory system, very often something that the victims brought on themselves, conditions that never should have been and could have been avoided.

And so many of our diseases come today from neglect of the body because we overwork our brain, not enough rest, not enough attention paid to diet, and most of all too much tension. A great deal is said in this lesson about tension and how to overcome it, which I hope you will read carefully and take the advice given in your instruction. Tension affects so many parts of the body and it creates so much destruction, and it is something that everyone can eliminate from his or her life by realizing its far-reaching effects and doing something about it.

Health is certainly more valuable than money, for in order to obtain money, we must have health. As a matter of fact, in order to attain any kind of success, the first requisite is health. And right here I would like to give a little bit of advice.

If you do not feel well and are not up to par, make up your mind that when people ask you how you are feeling, you will refuse to discuss "not feeling well". It is better never to admit it even to yourself. When you talk about a thing, it registers on your nervous system, on your emotions and, believe it or not, it has a very negative effect. Never admit even to yourself that you do not feel well, but use it as a warning and quietly see your doctor. Perhaps you need a checkup.

Always remember that your Mayan Order, while it believes that power paramount is faith in God to heal you, it also believes in doctors. We believe that a doctor who is a good man is definitely inspired, and he can help you. There will be more about that in the pages to follow. Read them carefully.

This is such an important lesson. Look to your health and if you have it, be grateful and praise God for this blessing, and take care of it. Your body is the most wonderful machine in creation. Give it the care and attention you would give a fine automobile.

There is very little more to be said by way of introduction to this lesson, so let us proceed by repeating together the words of the following prayer:

PRAYER

Bless me, Heavenly Father, with health of body, mind, and spirit; and help me to keep faithfully and use helpfully this priceless blessing. Amen.

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*** YOUR FIRST LISTED ASSET ***

THE first division of values we will consider and ask you to examine is health. Some might say at once that this is not the thing of first importance, being a matter of self-interest; but when the lesson is completed we believe you will agree that it is. Some might say that the welfare of the soul is the first consideration. We will agree that it is the most important thing, but here the word health applies to the soul as well as to the body. Remember that the words health and wholeness come from the same original root. Even in the New Testament the words are interchangeable.

Another point to notice is that body and soul promptly and positively react on each other in matters of health or the lack of it. A sick body impairs the functioning of the spirit, and vice versa. We have all seen what continued pain and weakness can do to one's temperament and personality; also that almost any physical discomfort can be lessened, and some even cured, by ridding the mind of debilitating thoughts and attitudes.

It is plain, then, that the acuteness and strength of much we shall say later under the head of Idealism will depend on this very matter of being and keeping well. In fact, this applies to everything we do. One may assume that when he feels well his mind and temperament will be normal no matter what his physical condition is; but that if he allows himself to become ill, or even indisposed, he soon discovers how all his powers, including his mental and spiritual ones, soon begin to show signs of impairment.

Therefore, though there are important special considerations to be mentioned later, we are placing health first on our inventory list, because without it nothing else can be at its maximum. Everything else needs to be looked at and dealt with from a healthy viewpoint. When we consider health first, we are doing as a driver does who first conditions his car for a journey, even though the journey is the most important thing.

In listing your inventory and laying out your fields of interest, then, consider your health immediately, seriously, and optimistically. Is it good? Is it getting worse or better? Is it being weakened, or has it been, by any habit or neglect of yours? Does it need professional attention? Are you giving it the benefit of right habits, including right thinking, right attitudes, and confidence in the divine love and power?

Such a survey will give you one thing at the beginning to conserve and improve

according to what your inventory reveals. Considering the management of your life as one would the conduct of a business, this is one of the most profitable things you can do. If you have not been doing it, begin now. If you have already been doing it, try, if possible, to do it even better.

§§§ WHAT HAVE YOU TO START WITH? §§§

LET us now proceed to appraise this part of the situation a little more in detail by noting some of the conditions to be found, one or more of which may be yours. We are not seeking causes for alarm, but reasons for gratitude, conserving action, or both.

Perhaps you are fortunate enough to be in perfect health as we use the term. That is indeed something to be deeply thankful for, but even so there are some points one should consider. If you have tried by normal habits of living, diet, and exercise, to keep and use the natural health God gave you, you know how to proceed and watch for ways to do even better. If you were originally blessed with sound health you may not fully realize what a priceless thing it is, or how easily it could be lost, or what a calamity that loss would be. Do not lose it, for only then would you know the extent of your misfortune. Remember that one way to hold onto health is to use it for good, worthy, and useful living.

Suppose you are in failing health or threatened with becoming so. That might reduce the present and actual value of this item in your inventory, but not necessarily its future and potential one. Do not take it for granted that it has to be or continue that way. If your manner of living is a cause, correct it. If you need help, get it. Keep your mind interested in worthwhile things and your hands busy with creative endeavors. Place yourself in God's hands and stay there. Make the best of things, but put up a fight.

If you have lost your health, do not yield to an attitude of despair. Let no one persuade you, and certainly do not persuade yourself, that there is no hope. There is always hope, and we do mean always. Never give up. To yield confirms a negative condition and makes it worse. Not to yield will always help some, perhaps a great deal, possibly enough.

If you really are a confirmed invalid, do not count yourself out. Take good care of yourself, conserve what you have, and find some pleasant, wholesome, worthwhile thing you can do with your hands, mind, or voice. Keep happily busy and throw the odds on the hopeful side. Breathe faith into your spirit like you breathe air into your lungs.

There have been people who turned wheel chairs and bedsides into centers for the radiation of usefulness or inspiration far beyond what many perfectly well people think of doing. Some have even been challenged by their physical affliction to a spiritual health that brought them blessing.

A certain family learned with dismay that a crushing experience had befallen an aged relative living some distance away. As quickly as possible two of them drove to her home to encourage her, but they returned with the report, "We went to comfort her, but she comforted us." She had learned a great secret that any of us

may share. Take what your inventory shows you have in the way of health. Do what you can for it and with it, but never count yourself out.

KEEPING WELL

IF anything goes wrong with our health, we should, of course, try to get it set right, for health is something everyone needs in the business of living as well as any other business. This may require treatment or it may not, but we need first to do our best not to allow any such necessity to arise.

In the old country communities where many of us were born and reared the people thought a great deal about health, that of themselves, their families, and their neighbors. If a parent were sick the work and income of the entire season might be wrecked. If any member of the family were sick treatment was not easy to obtain. Besides, there were love's anxiety to bear and the possible danger of bereavement. If a neighbor fell ill others in the community wanted to know so they might see that he was cared for and that his family did not suffer want. It was natural, therefore, that they should keep informed about their own and each other's health. No wonder that when meeting they were likely to greet each other with something like the question, "Do you keep well?"

Keeping well, especially at first, may not be a matter of medicine and special treatment; and it is never a matter of worrying about it, fretting over it, and making it worse with anxiety. The great first aid treatment for most of the body's ills is right living, by which we mean normal or natural living. Do nothing, drink nothing, eat nothing, use nothing, and think nothing injurious to any tissue, organ, or process of the body. Keep on an even keel, and let God's healing power flow to you and through you in nature always, and through supernature when necessary. Work on the principle that prevention is better than cure.

The writer has remembered gratefully for years a lecture of Doctor Richard C. Cabot of the Harvard University Medical School on the subject "The Intelligence of the Body". The theme was that the body in every part and process has an intelligence of its own. It is constantly making choices and adjustments and carrying on activities, like the beating of the heart, the rushing of antibodies to points of injury or infection, or the control of actions through emotions stimulated by the flow into the blood stream of the products of the ductless glands, even the repair of injured tissues by healing processes with which we have nothing to do. If all this had to depend on our intelligence we could not long survive.

In other words, God has so created the human body that it supplies what we lack in knowledge and will, and is always trying to keep us well. Then He gives it special help and care when they are needed. Our part is to feed, care for, and protect that marvelous piece of equipment, the body, so it can continue to have and serve us with these amazing powers it has for us. If you do your duty toward your body it will do its part in serving you well. If you keep it in condition you will be well repaid. The power by which your body serves you is the divine power working through nature, and what a miracle it is!

Taking care of one's self does not need to be either difficult or expensive if he is careful not to let emergencies develop. In fact, it is easy and inexpensive.

It is even harder and more costly to do the things that are destructive of health than not to do them.

*** KEEP RELAXED ***

ONE of the most common symptoms of disease is tension. It has long been so, and it seems to become more so all the time. It is also one of the surest causes, because it breaks down resistance and often keeps the body in an unnatural condition of pressure and ever partial paralysis. To allow business anxiety, concern about problems, and such emotions as fear, anger, hate, envy, and worry, to stiffen our tissues, irritate our nerves, numb our heart action, and impede the normal circulation of the blood, is to invite trouble. To do so as a habit is a sure way to invite serious consequences to health, usefulness, and happiness.

This really amounts to something more damaging than it sounds. It impedes and often prevents the very thing we have just been mentioning, the intelligence of the body and its ability to maintain, repair, and heal itself. Tense, stiffened, bloodless organs, tissues, and nerves, are like manacled limbs, or a clamped tongue, or blindfolded eyes. They cannot function; and if the tensed condition is in a motor area of the brain controlling the action of the heart or the lungs, you can see what it may mean.

But all this has an even more serious feature. It is that it actually tends to shut the door against the power of God to help, heal, and sustain. How can even the divine power be effective when there is no response to it, establishing contact so God's will and ours can meet and form a circuit? This is true whether the divine power is building up an improved health condition or seeking to help us meet some serious emergency.

Sick or well, it is a good thing to have periods of relaxation with a sustained consciousness of the divine power flowing through the body and concentrating especially wherever there is a center of disturbance. It is well to sit relaxed in a comfortable chair, and better yet to lie relaxed, preferably on the back. First, let yourself go till there is not a point of rigor or tension anywhere in your body. Then hold in your consciousness God's healing power. Feel it flowing through you like a gentle warmth or a soothing quietness.

You may be able to visualize a shaft of light falling upon you. Welcome it and try to hold it for awhile. You can hold it if you remain relaxed, but if you let the tensions return it will fade. What you see is no phantasy. You can know that because you can feel it going through you and the rested, adjusted, well feeling you soon begin to have. At the end of what you think is a proper period, give thanks for the blessing you have had and go about your further affairs. But keep doing it regularly, and see if you do not feel better.

You may help others to do the same thing and find themselves helped. But do not take the credit. You are only the instrument through which God works. Always make it clear that only a relaxed body can respond well to this marvelous corrective and tonic energy with its gift of peace and rest.

THE ROLE OF FAITH

WE have already referred to the role of the divine power in making and keeping one healthy, and therefore having a basic place in any program for constantly expanding and improving the business of living. Its conductor into our lives is something called faith and defined in Holy Writ as "the substance of things hoped for, the evidence of things not seen." It means that, as would be true in any father-child relation, what we can expect from God is simply what we have enough confidence in Him to welcome and admit into our lives.

This is shown repeatedly in the healing work of the Great Physician. His first question to an afflicted person seeking healing was usually something like, "Do you believe that I am able to do this?" or "According to your faith be it done unto you." It is similar to the law we must observe in the use of electric power. The result depends on the current, and the current depends on the contact. If there is no contact, there is no power, and vice versa.

Even a competent physician or surgeon uses this principle constantly in his work. He tries to win a patient's confidence in himself and in the medicine or treatment prescribed. It is known that what a patient does not believe in seldom has much, if any, effect and that the percentage of cures is highest where this faith is present even in human means of healing.

We must, of course, use the term "human means of healing" understandingly, because there are reasonable grounds for doubt whether there is any such thing. Even in the methods we devise and think are human, it is probable that divine help through faith has a great deal to do. God was probably working in what we thought were human efforts. He has provided and probably guided the means and the skill. Is it not to be expected that He would empower what He provides?

We have spoken of the necessity of contact. Many of us believe in what may be called the healing touch. By that is meant that the touch of a hand may carry spiritual forces. The old custom of anointing people with oil and laying on them of prayerful hands in asking the Unseen for their recovery, which has so often proved successful, may be based on this very principle of contact. The value in the anointing may have been mostly the touch of hands through which power might flow. The test is not whether it sounds credible but whether it works.

A certain minister was caring for a church while it was waiting for a permanent pastor and he was waiting for the time appointed to take charge of a permanent parish. One day he was asked to see a woman whose life was almost despaired of. Her condition was worsening because she could only toss and turn without sleep day or night and her strength was nearly spent.

He sat and talked with her quietly a few moments, then told her he was going to pray and wanted to hold her hand while he did so. He stood, took the wasted, feverish fingers in his hand, and simply and briefly asked to send His power and peace through her body. By the time he

had finished his short prayer she was asleep. He was told later that she slept for many hours, and wakened calm and free of fever. When he visited the place a year later, the healthiest looking person in the congregation introduced herself to him as the woman whose hand he had held while he prayed.

Faith may travel without a conductor, but it travels better with one.

*** IF YOU NEED A PHYSICIAN ***

ALL this is not saying there are not times when any of us, including you, may need a physician to advise us what is wrong, administer any medication or other treatment needed, and advise us concerning diet and other living habits calculated to lead us back to the road of health and keep us there. More and more generally medical men do only the latter thing, as the medical profession constantly uses less drugs and more counsel toward right living.

A really able physician is expert at laying out these programs of healthy living, including mental and emotional control. Many splendid doctors do not hesitate to recommend to patients in critical conditions to ask the help of God in getting past a crisis and in healing and recovery processes.

Recently, in a town which happens to be an important medical center, an elderly man fell ill of an infection which became general. His age and general frailty made him unable to combat the condition from his own vital resources, so it worsened to a dangerous point. A group of eminent physicians including a noted diagnostician conferred. At a desperate point they called the worried wife and told her the only hope was to inject a strong antibiotic into the blood stream. The question was whether, in his weakened and poisoned condition, he could survive long enough for it to take effect. This, they said, was beyond their skill, and the hope was the power of God. They would do their part; hers was to pray. This with the help of friends, she did. The crisis was passed, the patient began to mend, and in a few weeks was up and about. God and the doctor can work together, and often do.

Do not fail to take care of yourself and do your best to keep well, but do not fail to ask the power of God to work with you. If, in addition to this, you need a physician, get one. Do not feel guiltily that you are using a substitute for God, but that you are providing one skilled in working together with God. Do not entertain the idea that employing needed medical aid is denying your faith. On the contrary, it may be proving it. God's power is unailing, but our faith is not so perfect that a bit of human aid is not useful. God is not so childish as to depart when a helper comes in. He will do His part all the more readily and effectively when you do yours also.

If you need a physician do not merely call a number in the telephone directory or someone an acquaintance casually mentions. Call one who is also a good man. A doctor who does not trust in God and is not concerned about you is not the one. Let him also be one you trust, for what helps in healing must be something we have faith in. Call a doctor with a keen sense of human values, who cares what

happens to you or a loved one, and one who knows that he too must sometimes seek help at the throne of grace. The medical profession is not superfluous. It is one of our great blessings, to be used as a service to God.

*** HEALTH IS TO USE ***

IN closing this lesson let us make certain we know what health is for.

It is not just to enjoy, and it certainly is not to waste. The body is a machine, and machines are made to use in the accomplishment of definite and valuable purposes. They must be kept in condition, they must not be abused or neglected, and they must have their periods of rest; but they must be used. They will fall into disrepair much more quickly and ruinously standing idle than doing what they were made to do. The older generation had a saying that it is better to wear out than to rust out. They knew that a machine not kept in use will rust out and do so more quickly and irreparably than it would wear out in normal operation.

Man has been overworked, and has overworked himself, so long that a life of ease looks very enticing to him. He even dreams of heaven as a place of complete and eternal rest. He may not know it but he would not really like such a condition very well either here or hereafter. Deprived of something to do, he would soon grow very unhappy. He is really best satisfied with something worthwhile to do, and working at it in such a way that he will neither wear out nor rust out.

Very few idle people are healthy, and healthy people who become idle and continue so do not remain healthy very long. It takes an accepted task to keep the mind alert and content, it takes action of some kind to keep the body in repair, and it takes the sense of achievement to make life seem worthwhile.

Retirement for an older person may be either an opportunity or a pitfall. It may be made a time when he can enjoy doing some of the more important and desirable things he has long wanted to do and could not command the time before. In this way he can have contented, yet vigorous, older years and save himself from the regret and disappointment of never having been permitted to have a try at them. Some might even find their true vocation thus in later life, for instance like Grandma Moses with her painting. The thought of something done is a satisfying and healthy one, and it has kept many aging people smiling and hopeful.

On the other hand there are those who allow retirement to be a real calamity to themselves. They quit work and seek for it no substitute suited to their temperments, conditions, and aspirations. Soon they begin to rust out like machines left standing in the shed. Idleness permits their bodies to grow stiff and flabby, their minds lazy and dull, and their vital organs so weakened through inactivity that they perform their functions poorly or not at all. Their lives drift into invalidism, are shortened, and made unsatisfying while they last. They do not respond to treatment, for the only physicians who could do them much good are Doctor Interest and Doctor Action, both of whom know exactly how much to do and how to do it well.

Here, then, is one of your most necessary departments of life to inventory

and plan for, the one without which none of the others can do well.

Keep as well as you can, and make use of your health in doing something worthwhile. That will not only make it a happy possession, but one that will be with you as long as you are in the business of life managing.

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AFFIRMATION

I am shown the ways of health and well-being,
and I travel in them that I may be strong to
live life well.

Blessings,

Your Instructor.