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# THE MAYANS

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**VADE MECUM, VOLVENTIBUS ANNIS**

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*Harmony - The Great Tranquilizer*

MAYAN REVELATION NUMBER 224

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## **B**ELOVED CENTURION:

In your years as a member of The Mayan Order and a Truth Student, I know that now as at no other time in your studies has there been such a great need for harmony from the standpoint of our health, our happiness, and our peace of mind, not only as individuals but as a Nation.

It has brought your Instructor a great deal of pleasure and satisfaction to prepare this lesson, which you now have in your hands and which we call "Harmony - the Great Tranquilizer", for if we were to understand and knew how to apply the principles of harmony to our daily living, we would have in our power the ability to change not only ourselves, but the world. There would be no need for sedatives or pills. When we know how to rout discord and replace it with harmony - illness, worry, hate, greed, crime can all be overcome, and in their place will be tranquility, health, happiness, and love of fellowman.

Do I hear you say, "This is impossible"? So it would seem, I know, for life is full of discord, but by forbearance and virtue and patience, the same discord can be turned into harmony. It is not always easy - but it can be done.

Lack of harmony in our own lives affects those with whom we come in contact - and that, in turn, affects the ones with whom they come in contact. And so it goes - a vicious cycle.

We find happiness only through tranquility and harmony. This is a great Truth. And we certainly cannot deny that all our happiness, physically or spiritually, is in giving ourselves to God and leaving ourselves with Him. There is no other way. I know that many of you feel this is fine for some people, but it would not work in your case, but believe me, Beloved Companion, it can work in all cases, and it is the only real solution to your problems, whatever they may be. Remember that happiness is much more equally divided than some of us may think. We must learn to work with ourselves and to think on the quiet things, rather than on those obstacles that seem to be unsurmountable.

The great blessings of mankind are within us and within our reach, but we shut our eyes and we are like someone groping in the dark, never finding that thing for which we are searching. Those whose lives are filled with discord cannot possibly be happy.

Remember every human soul has the seed of some flowers within and they would open up if they could only find sunshine and free air filled with harmony in which to expand. I have always told you that not having enough sunshine was one of the things that is the matter with the world, and one of the sure ways of attaining harmony, tranquility of mind and heart, and complete happiness is through making others happy. Real harmony is attained through the giving of loving service.

There is much in the pages which are to follow, much that you should read over and over, and memorize, and on Page 9, the 4th and 5th paragraphs, you will find a great truth that has the power to change your life and the lives of those with whom you come in contact, change them from discord into harmony.

And what a wonderful achievement this would be!

Let us proceed into the pages of our lesson after repeating the words of the following prayer:

#### PRAYER

In the discord of tangled conditions make me a center of harmony, and let the harmony I maintain radiate and grow. Amen.



#### DISCORD

**I**t seems that the more complex life grows, the more discord it tends to create; and that the more complex world conditions become the more that discord expands; and that the more that discord expands the more it works its way back to us. Thus we have a vicious circle of disorder and discord passing through our lives with its confusing and disturbing influence, unless we find a preventive.

The difficulty seems to rise from conflicts of interest, clashes of personality, and confusions of desire. As St. James says, we want things and do not have them, we pray for them and do not get them because we ask amiss, then we begin fighting for them. If we do not contend for them physically we become envious, and discontented, and unhappy. Thus the naturally harmonious symphony of life is turned into discord. The fashionable word for it now is tension.

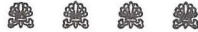
As this inner discord grows it begins to show, then to radiate. Others catch the irritant and radiate it not only to still others but also back to us. We thus get more of it seeded from our own fields, when we already have enough.

If only that were the whole story, but it is not. If only we merely radiated this condition out into the world life to be lost, but we do not. The race, in its constant efforts to achieve its idea of progress, builds up wider vortices of conflict of interest till so many things burden and baffle people that they start contending among themselves when they should understand, sympathize, and help; when they should devote their efforts to better conditions - a preventive.

The result is increasingly a race of neurotics. Most of us are caught in this net and get fresh shots of the poison every day if we submit to it. We have to face it, for we can neither escape nor retire from life. A radiation has a way of seeking us out and getting into our systems whether we will or no. Wherever we go we see victims of this condition, and wherever we stay we find it beating upon us. We are all constantly under attack, and the only help is an antidote.

The result is a wave of so-called tranquilizers, chemicals that are claimed to and do quiet the nerves, sometimes not enough and sometimes too much. Physicians are writing prescriptions, and drugstores are handing out formulas, on all sides, at an increasing rate. People are taking these things home and trying to drug themselves into quietude. For the help they get they trade a little interval of their lives, a little bit of their vitality, and run the risk of making themselves victims to the habit of thus admitting their own helplessness.

All this is a search for life's lost chord of harmony. This lesson is an attempt to call attention to this well-known need and to offer the suggestion of an antidote - harmony. It seeks to indicate something of what this harmony is and how it may be found. Somewhere and somehow we must find a dependable source of tranquility that is not a liquid, a tablet, or a powder. We now proceed to try to explain.



## HARMONY

When we call harmony the great tranquilizer we hint even more than that. Harmony is the essence of tranquility itself. But harmony is not mere weakness or quietude. It is power, and it is the greater power because at the point where they harmonize all vibrations are completely concentrated.

Hold your hand against your radio set when harmonious music is playing. At points you will notice the whole body of the set jarring with violent, sometimes even audible, vibration. That happens when the tones in the music and the elements in the casing come for a moment into perfect harmony. Hence the force.

The same thing happens even more startlingly when various tones are being sounded, and at once a glass on a shelf breaks and falls in fragments. That happens when a note is sounded in perfect harmony with the substance of the glass. The same thing happens when a stringed instrument answers when a note is sounded anywhere near in perfect tune with one of its strings.

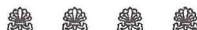
When we see, hear and feel such things happen, the story of the falling of the walls of Jericho as the priests of Israel marched around them blowing their ram's horn trumpets, should cease to be incredible. When we see an untouched glass broken by the vibration of a certain pitch of sound, we have seen on a smaller scale what could very well have happened to the walls of Jericho. Everything in creation is constructed according to law, and responds to its law.

For ages it has been considered a mystery how the great blocks of stone in the pyramids of Egypt were moved from the quarries to the building site. Some thoughtful scholars have expressed the idea that the power of exactly pitched sounds might have added enough to the strength of the men to do it. Harmony is

not weak. Instead of detracting from power in the life of the world or of any one of us, it can add immeasurably to it. It is discord that weakens, because it scatters forces and breaks them up. We will not go into it here, but there is a question as to the difference in the many possible effects on things of rhythmic, harmonious music and off-beat, discordant substitutes for it.

Harmony is cooperation either in sound or action, and we have all seen how much cooperation can do and how little the lack of it can do. The Book of Ecclesiastes remarks that a triple cord is very hard to break. A bundle of sticks, any one of which can be easily broken, will defy the strength of a man. Take a number of fragile strips of wood, any one of which a few pounds of weight would break, and build them into a grillwork like a furnace air shaft in a floor, and you can safely roll a heavy piano across it. All this shows the strength of cooperation, and harmony is cooperation, while discord is weakness, futility, and loss.

You see, weakness ends and power begins at the point of harmony which is strength added to strength. A prophet said "In quietness and confidence shall be your strength" Tranquility is always confident.



## AREAS OF HARMONY

When one speaks of harmony he may mean any one of many kinds of it, but most people mean most or all of them jumbled together in what he calls "just harmony". As you analyze yourself and your relationships, however, you come upon a number of possible areas of discord, each one indicating the need for a special kind of harmony to take its place.

One of these is harmony of mind. Confused-mindedness comes about from a clash of viewpoints and opinions indicating that at some times and about some things one does not know what he thinks. Some try to think it out haphazardly. A better way is to line up the opposing viewpoints in thought, or possibly in writing, and consider which group carries most weight. It is said by some that a still better way is to write down the reasons pro and con, put the paper away, and go about one's business till he finds that his subconscious mind has the answer ready. God may use this facility in answering prayers for guidance. When harmony comes and there is no more feeling of conflict, one has the answer.

Another kind of harmony is that of desire. We get confused from wanting so many things, or wanting one thing when we know we really should want another. We get nowhere in any direction till we get rid of this discord, want one thing, and know it is most worth the wanting.

Another harmony is that of the will, which may be the same or nearly the same as that of desire. Desire and will are likely to be in agreement, whether right or wrong, till they are brought under control by the sense of duty. In our conflicts between duty and inclination; right and wrong, flesh and spirit, generosity and selfishness, nothing comes right till harmony is restored, and nothing

but the right harmony is really harmony.

The two preceding areas of harmony are closely related because they are both forms of one's harmony with himself. We all discover sooner or later that after we have learned to get along with others we may still have to learn to get along with ourselves. Harmony with and within ourselves is necessary if we are to have harmony at any other point.

Harmony of action is, of course, the result of the working out of all these inner harmonies of thought, impulse, motive, interest, and desire. If one cannot achieve harmony between flesh and spirit, heart and head, and getting and giving, he has small chance of release from his conflicts.

In some cases harmony must come not by the reconciliation of two contending forces, but by the victory of one over the other. There are conflicts between right and wrong, love and hate, forgiveness and resentment, justice and injustice. When one of these wins the other has to lose. In these cases the problem is not to find harmony by reconciliation but by overcoming.

We must more than know we have these inner conflicts driving us to seek tranquilizers. We must range them before us, see what they are, and add enough of our own choice and loyalty to throw the greater weight on the right side. This is one of the most important things we ever do.



## TRUTH

**M**any, probably most, possibly all, these conflicts are phases of strife between the confusion of the false and the harmony of the true. This harmony is not an impossible problem at all. It is simply a matter of finding what is really true. When there is discord between two or more viewpoints or interests, perhaps in two different people, it is because each has a different idea of what is so. That means that one, if not both, is mistaken. There can be division only where there is error. If all would learn the real truth there would be nothing left to differ about.

Imagine, if you can, a time so far back in the past that the knowledge of number had not reached simple addition. Several would-be mathematicians are trying to settle the question of the sum of two and two. One says it is four, but all the rest differ. After a long and intense argument they try again, and this time they all agree that the answer is four. Each proves his work and makes sure of it, so there is no more disputing. There is nothing to differ about on that point, and the world has had peace about it ever since. There will always be discord as long as opinion is taken for fact, for opinion is not always correct. Only one answer can be true, whatever the question. Let all concerned discover what that answer is, and that discord at least is ended.

Let us pause here a moment to observe that the above indicates how all

the discords of opinion in the world will ultimately disappear. This is the way it will happen. We cannot force people to think, believe, or do alike; but as they find the light of truth they will, for truth is one. The whole problem of unity in every area and at every level of life is solved by the meaning of these significant words, "Ye shall know the truth, and the truth shall make you free", or as the philosopher Spinoza put it, one is free as far as he knows. Free from what? Confusion and discord, and that freedom is peace, unity, and tranquility.

As we have said, the universe, nature, and life, operate by the precision of truth. Therefore they cannot be changed, but must be lived up to. Truth has countless laws. It appears in countless forms from the most simple to the most elaborate and complex. No power can change it, and to oppose it means defeat. Accept truth and disregard all opposing claims, and you will have peace at that point, and so on with the others. That peace will be tranquility.

Among the ideas, concepts, and interests, moiling around in our lives we need only to determine which ones are true and we have the key to freedom, the open way to tranquility. When we can eliminate the false, deceptive, misleading, temporary, and unreal, we can build the houses of our lives on solid rock and rest assured that they will stand. Only those whose houses are built on the shifting sand of the deceptive have anything to lose sleep about at night.

Sand is broken rock as error is broken truth; but we must not break truth for it is what holds our common world and our individual worlds together.



## RAPPORT

Have you ever watched a child in a swing or a pendulum moving back and forth in its regular rhythm, and discovered that your attention was so deeply absorbed in the motion that you were swaying with it? That is what psychologists call empathy, or letting the rhythm of an observed motion get inside of you.

Rapport is a step beyond empathy. It is mental rather than physical. It is a condition in which, for the time being, two or more minds become practically one, in which people think and feel together.

This is the basis of what has come to be known as the crowd mind with its collective comprehension and possible action. It is different from what the reaction of anyone in the crowd would be if he were alone or unaffected by impact of other minds. It is the combination of two or more minds thinking and acting as one. It is the basis of the hysteria at a ball game, a mob situation, or the reaction of a crowd to a frenzied speaker. Yet it also takes place in perfectly calm situations where minds become fused in their reactions.



A large number of people, even a whole nation or a large part of a generation, may catch an idea, emotion, or attitude, from a leader or from other people, and it sweeps them as a gale blows dust across a field. It becomes a kind of mental epidemic. Political campaigns are often conducted on the basis of it.

If you can manage your thinking and emotions rightly you will find others entering into rapport with you, and if you will use this fact rightly you can do much good by means of it, for when it prevails harmony has been established between you and others. In private situations it is likely to be a very quiet process. If you seem to try too hard or are violent enough to confuse the other person or to awaken antagonisms, you will fail. If you are calm, or filled with good thoughts and intentions, anyone in rapport with you will be the same, even though neither of you speaks a word.

Love has its special rapport. It has been referred to as "two souls with but a single thought". When love fails to hold up before or after marriage we say it was because of this reason or that, but it was really because something broke the rapport between two mental and emotional lives.

The account of the Day of Pentecost in the Second Chapter of Acts is a study in rapport. A hundred and twenty people still under the influence of the personality of the Master spent ten devotional days together in an upper room in Jerusalem and found a great spiritual power taking hold of them and augmenting their combined minds. They were so inspired that when one of them stepped out and spoke to the crowd outside, four thousand of them came into the same attitude. The key to it all is in the simple statement that "they were all of one accord in one place".

The point is that rapport with the tranquil is a great tranquilizer. If it is the rapport of inspiration, that tranquility is vibrant with power. It concentrates a great idea or ideal as a glass concentrates sunlight on a piece of paper. Rapport with someone who has harmony will obtain it for you. Then rapport with someone who needs it will enable you to pass it on to them.



## THE SOURCE OF TRANQUILITY

We mention many things as sources of tranquility but they are seldom the ultimate ones. We know the tranquility of calm water, tall trees, towering mountains, and quiet gardens; but the truest tranquility is that of the spirit, something that proceeds from us. We can catch the idea from some of those who have mastered it. Often it is mastered in tumult. It is real only if it proves strong enough to endure stress and trial.

There is an old story about two pictures in which the artist had tried to express the idea of peace. One was a picture of a perfectly still body of water. Not a ripple showed on its surface, and not a sign of motion appeared along the shore. This was not a picture of peace, but of stagnation. Real peace is not lifelessness in a lifeless setting. It is alive and alert.

The other picture was different. It was a shore with a storm beating on it. Trees were swaying in the wind, and clouds were being driven across the sky. But in a little niche in a rocky cliff, calm, quiet, fearless, and untouched by the tempest, nestled a solitary bird. Here was not stagnation, but the peace of refuge and adjustment to the situation, however stormy.

The great souls of the world have demonstrated the real source of tranquility, finding it themselves. How did the heroes and martyrs walk the path of duty calmly, even when it led them to danger and pain? What they had to endure was secondary. At the depths and the heights all was well. In the ultimate sense there was nothing to disturb them. Their minds were keyed to eternal things. They were calm and tranquil because they were tall enough to see that the wider scope was undisturbed. Like the bird in its rocky niche, they occupied a vantage point where even their trials were part of their triumph.

You have walked in groves of great old trees and felt their silent voices speaking to your mind. Perhaps it was a grove of redwoods, some of which were looking up at the stars that shone on the old Roman and Greek civilizations. They have stood undaunted even by fires that tried to consume them before the coming of the white man. They have passed through war, strife, and change, paying no attention to the storms below while they were watching the sky and the wider reaches.

The truly tranquil spirit is so because it is anchored to the eternal. It is deep like the calm water of the sea underneath the billows and unaffected by them. Strife and confusion are for those whose conception of things is less ample. The breakers of life too are on the surface.

This is the key to tranquility because it is the key to harmony. From the viewpoint of the truly great, all the universe and all of life have a common heartbeat. Keep yours at the same rhythm and try to extend it where confusion reigns about you, and you will find yourself attuned to the Universal and walking with the Eternal.



## WATCH

The next time you go to a symphony concert notice how careful the players are to make sure their instruments are in perfect tune. First they have a general tune-up. Then after the performance has started, a violinist will turn a critical ear toward a single string and at the first pause give one key a very slight turn to correct a discord which probably only his sensitive ear would notice. Then a member of the brass section will snatch an interval in the score to adjust a pitch ever so little. The kettle drummers have to be especially watchful, for the adjustment of tympani slips very easily. You may even see one striking a drum with one hand and adjusting its tension with the other. It takes perfect harmony in music to keep an audience, the players, and especially the critics, tranquil.

Remembering that we are all players in the great symphony of life and the yet larger symphony of time, we have to watch with great care the parts we play and keep them in perfect harmony. It is no small matter when one lets the harmony of his life get broken, and the misfortune of it is that when harmony breaks it becomes discord. When that happens it breaks the harmony not only for us but for the rest of the players, and in this case that is everyone near and far. When a discord is sounded the instrument may be tuned, but the discord becomes a part of history, and in some cases it is a very serious part. We never know how deep the hurt may be, or how far it will reach, or how long it will last.

This is an age of psychology, and a reverent psychologist can be a very great blessing to disturbed and confused people. But many people could find the help they need if they would take a little time regularly to meditate on some great affirmation, such as: "Thou wilt keep him in perfect peace whose mind is stayed on Thee" or "Surely goodness and mercy shall follow me all the days of my life".

One day a certain man had a disturbing chest pain which persisted even though he was under treatment for it. He happened, not for that reason, to pause and mentally repeat the Twenty-third Psalm. With the third sentence the pain ceased and did not return all that day. He felt it stopping just like something that had been out of adjustment slipping into place. That pain was coming from some disharmony, an organic one in fact, and may have been amplified by some disharmony of thought or feeling. At any rate, though he did not know it, the calm confidence of the opening passages of the Shepherd Psalm was just right to put the instrument back in tune.

When we think of this collectively we can see how tranquility could be restored in all kinds of conflicts and relationships: social contentions, wars, class conflicts, neighborhood disturbances. Personal and group tranquility are so related that each helps to make the other possible.

Second thought would do much to promote all this. Many of our unhappy feelings and damaging treatment of others spring from thoughtlessness. A moment's realization of how wrong they are and how much better life would be without them would apply balm to some wounds and prevent others altogether. The great tranquilizer is at your disposal, and you will do yourself a favor to use it.



## AFFIRMATION

I keep watch in my life for discord, and seek quickly to restore harmony if discord threatens. Thus I have tranquility always within my reach.

Blessings,

Your Instructor.