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# THE MAYANS

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**VADE MECUM, VOLVENTIBUS ANNIS**

Degree 10

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

Number 238

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## YOU ARE A NUCLEUS

Mayan Revelation Number 238

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### KEEP UP YOUR SOURCES

Beloved Perfectioner:

You are a Nucleus. A Nucleus, as you of course know, is a center. There is hardly anyone among our large membership who is not a Nucleus for something or other. A teacher is a Nucleus. The father of a family is a Nucleus, and the mother also. And there are those who are the Nucleus of a group in the church where they worship. Or there is a foreman of a group of people in a factory or a plant - this person also is a Nucleus in that particular group.

There is even to be seen a Nucleus in a group of children - there is always a leader, one who has influence on his or her particular group. Nuclei are seen in animals - a leader, a center, one who has more influence than others. In an office there is a Nucleus - the office manager, or perhaps the heads of departments. There are what we call Nuclei - and, of course, there are many others.

YOU are a Nucleus. Perhaps it is among a group of a few friends, but someone looks to you for leadership. And it is such an important, far-reaching responsibility for we can not live only for ourselves. There are a thousand little threads that connect us with our fellow men. There must be sympathetic threads because one has very little influence upon others when he or she has no sympathy for them.

Sometimes when I think of myself as the Leader of The Mayan Order with its thousands of members, and realize that I am the Nucleus of the fine group of students and know that they look to me for guidance, it is indeed a thought that makes me pause for a moment and ask for guidance that I may be ever strong enough to maintain my position adequately as a Nucleus, for I know that my influence is far-reaching with many people - in the letters I write, the lessons that are prepared, the magazine and many other periodicals - all of these have their effect on the group of which I am the Nucleus, and I want to always give the very best that is in me to give.

You may not know it, but the spirit of your own life is always casting some power just as surely as a flower steadily throws out its fragrance on the air. No man or woman - even those of the humble sort - if they are strong and gentle, pure and good, can be in this world without someone being helped and comforted by the very goodness of that person. Truly, you are a great influence when you are a Nucleus.

A great man who has lead an active life may pass away, but the good acts he has done, or his good thoughts, will live forever as is witnessed by our many great Presidents whose lives are still a monument to goodness. The years that he was a Nucleus leaves an indelible stamp.

We have explained in more detail your obligations when you are a Nucleus and how to be an influence for good. You, as a Mayan, should exercise your most useful influence for you are learning in your studies how to make the most of life, and believe me, your power for good over others is one of the greatest achievements in living the perfect life. In no other way is the state of true happiness ever reached. In being a good Nucleus, you are acting as God's child and doing His work as He would have you do it, thereby attracting to yourself the good you do for others.

In the words of the following prayer, you will pray for strength to fulfill your position as a Nucleus with humility, but with an awareness of its importance.

PRAYER

Heavenly Father, Thou hast made me not only a part of groupings with centers but also the center of groupings, all of which have life, power, and action. Help me to occupy that place according to Thy will. Amen.

**NUCLEI IN GENERAL**

The universe, as far as we know it, is filled with stars, which are suns, at least one of which has a system of planets revolving around it as a center from which flows power, energy, and motion, to hold each in its place, as the stars themselves are held in place by some central power.

Each sun and planet is made up of atoms which are also units of violent related motion, and each of which has a nucleus or center ionized with power, and around which revolve other very small units like planets around the sun; in other



words, a nucleus which holds them together in a unit when otherwise they would separate and fly away to no purpose.

Each living organism, like the human body, is made of tissues. In turn, the tissues are composed of cells which are bits of tissue with nuclei at the center. These nuclei are made of protoplasm or living matter, which vitalize the surrounding tissue and, therefore, the body of which it is a part. Here again the nucleus performs two functions. It is vitalizing and a unifying thing.

If it were not a vitalizing force there would be no life for us to discuss, and there would be no point to anything. But this unifying force is important too, for if life forces were not held together and concentrated on some kind of purpose, the existence of life could have no meaning. What is it in the life of the nucleus of a thing that unifies and holds together everything necessary to life and its functionings? Whatever it is is certainly superhuman and supernatural.

Doctor Einstein, who did most to acquaint us with the things we have been thinking about, not long before his death announced that he had one more thing to say about the nature of the universe, and that was that it is not a vast hodge-podge of unrelated forces like so much dust thrown to the wind but that it has order and cohesion. In other words, it is a unit, held together by some vast force. Who knows but that vast force may be the most special of the manifestations of God's power, or even God Himself. It is the nucleus of all that is.

Wherever we probe, then, into life and nature we find things built in a great relationship, each unit with an empowering and uniting nucleus of power at its heart, whether a bit of protoplasm, an energy giving and holding sun, or a bit of ionization at the heart of an atom. The study of the nucleus, then, is the study of life, and the study of life would have no meaning if we stopped short of the study of the nucleus.

This is what brings power to us and makes it available, first to give life and then to sustain it and its processes. As we have to have power lines and appliances to bring the invisible power of electricity to us, and offer means through which it can be of service to us, so these nuclei everywhere are outlets, by means of which portions of the universal power are made available for us and our needs.

*y*OU ARE A NUCLEUS

We now come to the intimate and personal part of our consideration. It is the fact that there are human nuclei. At the heart of every group, every movement and every interest of the human race, we find a person who empowers it and holds it together. He is the nucleus who provides an outlet for the universal power,

exerted toward the performance of whatever the objective may be. This is as universal as life, so it includes you.

You may be the nucleus of a family, the life of a home, a school, an organization, a community, a movement, a unit of government, an interest, or any one of many other things. You need to be conscious of this because it is a trust to keep.

Whoever you are and whether you know it or not, there are things and interests that center in you, that have been built to revolve around you or have just grown up doing so. By you they are empowered and held together. In other words, your influence is their life, and they are so related to you that without you at the center they would not be. You are their ionization, their protoplasm, their central, energy-radiating star. You will find something like that at the heart of every important force in history.

No one should attach too much importance to himself because of this, for it does not necessarily make him any better than anyone else. It only makes him more responsible, for to whom much is given, of him much is required. But neither has anyone reason to think himself unimportant. Everyone counts. The only question is, how much, how well, and to what account.

You should know what these interests are at the heart of which you stand so you can discharge well the responsibility of leadership that has fallen upon you. Otherwise, how can you determine and manage what your life is counting for in the world? Movements you have built up, you know about, but you must also know about those that have attached themselves to you seeking your leadership.

Since you are a center of determining action, whatever you do goes into orbit around you. Having none is like being a childless person among other people's children. He is a sun without anything to be a sun for, a pitiful kind of futility. But it is doubtful whether there is anyone who is not the center of something which derives its life from and relates its action to him.

That is the way "becoming" takes place and destiny moves forward. Unmanaged it is chaos or lost motion. Well directed, it is order and progress. In either case it is inevitable. None of us can leave the world like he found it. There are conditions that bear the pattern of your influence on their making. That is a sobering fact, but what a wonderful one! It means that you have been such a source of power that a part of creation could revolve around you, that somewhere on it your name is inscribed like the signature of an artist on a picture.

**R**ESPONSIBILITY

You see, your life is a much bigger affair than you probably had realized.



One of the many reasons why it is a wonderful thing to live is that one becomes the center of so much living beside his own, a situation that multiplies the scope and meaning of his existence more than he can ever know. Your life is a vital part of the world life, and you can so direct it as to make it vastly more so. It takes the cell to give the nucleus of protoplasm its full meaning, and it takes the planets to give the sun use for its energy.

Friendship alone should mean that one has built around himself a congenial combination of human minds, wills, and actions which, inspired by him and by each other, represent something powerful and meaningful in the world. What its nature is to be, however, depends on the kind of life with which he chooses to inspire it. All this means that just being born and passing through an earthly life makes you an important factor in the life of the world, and lays upon you a great responsibility. A nucleus makes very little fuss, but nothing would go on without it.

Think of the responsibility the Creator took upon Himself when He gave being to the human race. It made Him the center of a countless milling mass of people and purposes to unite in the common trends of appointed destiny and keep as cooperative as possible. Each of us is in a similar situation on a smaller scale.

There is a necessary law of dominance running through life. It gets unworthily assumed and operates in the wrong way sometimes, but it is still necessary because progress requires leadership. Natural leaders do not have to be appointed. They are simply followed. You are a leader of something. Be a good one.

Even in the animal world we find some member of the group in the position of leadership. We see it all the time in groups of migratory birds like wild geese and in herds of elephants and other wild animals. These leaders are usually very competent in watching out for provisions, safety and the like. But you, as a human leader, must do more. You must lead in progress and advancement also.

No one can leave the world, especially that part of it in which his influence has been greatest, like he found it. He is the reason for at least some of the difference. The world life is not static, it is something that flows ever on; but its course is change by the elements we add to it, and what we add to it through others is what changes it most. Each must decide what the effect of his influence on that current is to be. Look into the mirror and meet a maker of history.

What we pour into the stream of human life reacts upon ourselves as well as others. Each human nucleus must take the consequences of the kind of nucleus he is. He builds a situation in which he has to live, which he has to share, and by which he has to abide. It makes one in authority more careful how he uses his power when the results will affect him as much as it does others.

Some of the situations rising from your influence in a group will be deliberately patterned after your viewpoint and desire. Others will become so in the very nature of things. In that measure, then, the world life will bear you image. That is a sobering fact, but what a challenging one!

**A** COHESIVE POWER

Why do the planets not all fly apart and go whirling away at random? Because the sun holds them in place by certain forces and counter forces. Each is always trying to fall into the sun, but the law that a body set in motion continues in that direction until and unless some counter force changes or stops it, enters the picture and, trying to propel it forward, strikes a balance and holds it in orbit. This is but one of the delicate balances in creation that show how great an Intelligence devised it. Stars are held in the larger courses in some similar way. The nucleus of a tissue cell is held in place by the surrounding substance. Something divine then holds everything together, as Einstein said, in a vast unity.

So are you a cohesive force among the lives and forces that center in you. There are people whose personal worlds you are holding together now, and there are influences that are effective because your influences are keeping them in the right relation to each other and to the larger group. Every personality, like every bit of matter, carries a certain attractive force of its own. It may be that something at the center, again perhaps the Divine or Universal Power, holds it all in balanced relationship. It means more than most people realize to be made in the Divine Image.

This cohesive magnetism has several forms, one of which is personal and psychological. People in problematic situations see you meet similar ones, perhaps master them, and keep going, at least not allowing them to master you. These people decide to try your way, and find that it works for them too. So you keep building a unity of attitude and plan in your group.

Life forces, like physical ones, have to be concentrated by unification and relatedness. Concentrating and relating them is what your life, spirit, and example, are doing all the time. Passing through the forces of your influence they are concentrated in power like light passing through a lens, or broken up into greater beauty like light passing through a prism. Otherwise they would not have anything like the power they have. A personal nucleus, like the sun with the planets, is sending out power all the time.

Looking at the total scheme of life from this viewpoint, surely you can see that you are not an unimportant person and that, in fact, there are no unimportant people in the world. Some may not have realized their importance, and some may not be using it well, but it is there.

All this has a certain relation to freedom. Cohesion limits freedom to safety. If all the planets exercised freedom they would wreck the solar system in a little while. It is the same with people. We all remain free by not acting too free. Freedom is free to break the chains of oppression. It is also



free to weld others on. It is even free to destroy itself. Cohesive unity limits freedom so we can remain alive and enjoy our freedom. The world condition now is one of exaggerated freedom going to seed in slavery. We must temper freedom with restraint.

ALL LIFE FROM LIFE

An old formula among biological scientists is *omne vivum ex vivo*, - all life comes from life. Wherever life is involved, and influence is a phase of life, the matter of origin has to be considered and the origin is life. Wherever there is life there was life before it and there will normally be life after it. Whatever action has you for a nucleus is alive. It gets its life from you, and will have to get it from some living person as many generations as it goes on. This is mentioned to remind you that one of the things your living influence must do is to provide and empower someone to follow you. So the succession must go on.

One's influence in the world has to be powered, just as an engine does. It has been handed down from the beginning of whatever the interest is, and will have to be handed on. For instance, the fathers of our country passed on to others the zeal to continue their work, and if that succession ever breaks the nation will suffer. It is so through even a larger period with the Church. In taking the Hippocratic Oath every young physician pledges himself to teach his art to others which is now done by providing schools. So it is throughout the many living interests being carried on in the world, including any of which you are the center.

We all remember someone back among the years who fired our hearts with a zeal and our minds with a purpose. They have done it quietly, even without knowing it. We may have started certain forces and interest revolving around and centering in us without intending to, but they made us more of a force in the world, perhaps as Tennyson wrote, "A light in this dead world to lighten it, a power in this dead world to make it live". It is for you not only to pass it on, but also to have someone to whom to pass it on. His life in this area must come from yours.

Being a nucleus, you see, is a matter of leadership. You may not have realized that you were a leader, but you are. Everyone is. We should perceive, these interests centering in us, and try to give them the most and the best power we can, provided they are worth it. Then we must also try to provide for their perpetuity. Take the forces of which Jesus was the center, for instance. Not only have leaders appeared to carry them on, but they have increased through the centuries not only in power but in number.

There must have been numerous times when a new viewpoint and purpose became a part of your life, and one such time that outmatches all the others. When that



experience occurred you were just going into orbit around the central personality from which it came, and if you followed through, times came when other personalities were going into orbit around you.

No one can manufacture such occasions or start them going. It starts going wherever there is the power to start it, just as there is a whirlwind wherever wind goes into action. It must be life from life, you providing the starting energy. This is true because a nucleus is always a life source and a cohesive one. It empowers things till they become forces and then holds them together for concentrated actions. See that both these influences live in you so that others may catch them and go into orbit to become added causes of some great effect.

## THE POWER OF CHOICE

In the final analysis anything is only as good and beneficent as the use to which it is put. Purpose and use provide the difference between good and evil, any good thing can be misused to produce effects that are bad. That makes any blessing a great responsibility, and it is as true of being a nucleus as of anything else. The fact of being a center of power and action is not one to let run riot or to use for any selfish purpose. It is to dedicate and use for good. You will always share in the good that results, which is your reward.

The leader of a hoodlum gang, adult or juvenile, is a nucleus and is probably using ability that could be put to better use, and he has chosen a negative purpose so that the greater his ability, the worse his influence and the results of his work. It is better not to have an ability that to have it and put it to wrong use.

In a certain prison for serious cases and three-time offenders, or habitual criminals, a certain convict had great influence among the others, but not for good. One Saturday a letter from his wife told him that their son, graduating from high school, had on the strength of his record been awarded a scholarship in a neighboring university. This started him thinking. Then on Sunday morning he went to the chapel, and the chaplain said something that further committed him. He said afterward, "My boy's old man is not going to let him down any more." Suddenly his great influence among fellow-convicts changed from bad to good. It depends, you see, on the nucleus.

If you are known as a leader, consider whether you are helping those you lead backward or forward. Do not be a blighting nucleus but a saving one. Do not be a neutral one either, for that is almost as bad as being a negative one. Let the virtue that goes out from you, to be absorbed by more people than you know, be one of power to make something or other better than it is.

Make up your mind that whatever revolves around your life and centers in

your spirit and attitude shall go out from you to represent you for better conditions, greater happiness, and increased welfare in the truer sense, for those who have been drawn into the combination of which you are the actuating influence. Know when you finish a day's work that there are people whose hearts are happier, whose burdens are lighter, whose discouragements are fewer, and whose lives are more worthwhile because you are living in the world, because of something you did or said, or was.

Our nation is what it is because of the great and good men who have been at the center of its life. It is the same with the world life itself. More good nuclei at the centers of its action are its hope. This is not done by those in high places alone. It is also proceeding from the lives of people who are scarcely known. Humble nuclei around whom revolve redemptive forces are even more necessary because it takes more of them and there are more people who will respond.

*K*EEP UP YOUR SOURCES

When the engine of your car turns over more and more slowly each time you know your battery is running down, and that you must charge it or your motor will stop responding altogether. Energy is stored like anything else, and as it is used up it must be replaced. Moreover, its level must be kept high so no emergency can cause it to be exhausted in some embarrassing way.

Every nucleus we know is really a battery charged with some kind of power. This is as true of the protoplasm in a cell, or the sun in the center of its system of planets, as of the battery or dynamo that activates a motor. If the work of that power source is to go on, its energy must be kept up and the source of that energy must be kept in good repair. This applies to our physical energy, our mental energy, and the energy with which we empower any interest or activity at the center of which we stand.

In the processes of daily living we have to keep the sources of physical energy active, like keeping an electric circuit available and the battery charged, or like keeping a fire under the boiler of an engine. The flywheel that drives the belt and transfers and distributes the power where it is needed looks like it is moving automatically, but it isn't. It is moving because somebody is keeping the fire going under the boiler. In other words, he is maintaining the source.

When we see someone giving out a great deal of effective influence, who has great driving power and is able to transfer it to others and waken them to more active responsiveness, we may assume that it is only his nature to be so. It may be his nature in the sense that he has sensitive reactions, but even they do not function unless something gives them the power to do so. He, like every one else, has to look well to his sources of energy, for nothing provides its own.



This is as true of the actions and reactions of the mind and spirit as it is of the operations of a machine or the much more complex functionings of the human organism. The operation may be invisible, but so is the energy.

There are a number of fuels with which we feed these fires, and one of the most potent is enthusiasm. You can always get results if it abounds, but there is little or no reaction where it doesn't. Few people ever fail who are enthusiastic about their work, and few people exert small influence who are enthusiastic about living.

We discover as time passes that our forces are not as vital and abundant as they were. They no longer propel themselves so vigorously so we have to keep them going. This cannot be done on an occasional basis. Like a flame or a body they have to be fed every day.

On the other hand we can accumulate supplies of capacity for power if we will do it as we go along by using a little less than we gain. Our influence may lose a little of its brilliance that way, but it will gain in strength, which is more important.

Do not seek dominance for its own sake. You have it in some relationship already. Just use it well, and give it exercise. You will not only marshal power for usefulness, but you will help others to see the same processes working in their own lives.

#### AFFIRMATION

God has built a part of His plan around me, and I try to empower it and hold it together for self-realization and usefulness.

Blessings,

YOUR INSTRUCTOR.