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FINDING INNER PEACE BY CONQUERING HATE

MAYAN REVELATION NO. 252

- I. The Sources of Hate
- II. What Hate Does to Us
- III. What We Can Do About Hate

Beloved Perfection:

Many of the members of this most advanced class, of which you are a part, have learned a great deal about overcoming Hate. You have mastered this enemy. However, we are all human, and there are times in the lives of most of us when this evil creeps in through one cause or another, a sort of "back-sliding", as it were, - maybe not for long, for you have learned what a devastating effect it can have and you know you cannot permit it to remain in your heart and in your mind. You know what Hate can do to your health, what it can do to your career, what it can do to every department of your life.

But you in the advanced class are ministers and it is one of your duties to help others. This new series of lessons is prepared largely with that thought in mind - as a sort of "refresher" in order that you may teach and lend a helping hand when the need arises. So read and study these lessons thoughtfully as you receive them.

We are living in times when the need for a Christian spirit is greater than ever before. There is no greater weapon against Communism than Christian help and love extended to our fellow men.

Let these months ahead be a time of decision for you. Make up your mind that you will be an ambassador of All Good.

I bring you this explanation so that you will know the message is not only for you, individually, but to give you a more powerful way in which to use the material for the benefit of others. After all, as I have said before, your Instructor feels that our only true reason for being on this earth is to serve - and what better way can we serve than in the teaching of Love and the banishment of Hate?

Let us here say seriously and thoughtfully the words of the following Prayer as we proceed with our lesson:

PRAYER

Dear Heavenly Father: As I begin my study of this lesson, open my heart to the gentle way of life and help me to cast out all thoughts that are unworthy, such as hate, bitterness and prejudice. Help me to benefit by the Truths that are given to me by my Instructor and be a better person as a result. Amen.

*I*N this lesson we shall examine the causes and cure of Hate. You may quickly assert that you do not hate anybody. Perhaps the word "Hate" is too strong. We shall be considering those attitudes of bitterness which creep into our thinking about certain individuals or groups. We shall include the expressions of unkindness which often reveal a hidden prejudice. None of us can achieve inner peace and calm until we come to terms with those thoughts and attitudes which can broadly be described as Hate.

A physician asked me to see a patient about whom he felt genuine anxiety. The doctor is an oculist. His treatment of the woman had been limited to her eyes. His family associates with her family in the social life of the community. He told me that she is a member of the church. Her friendliness and personal radiance had made her a welcome addition to any group. People turned to her for help and encouragement.

Then her personality had changed. She became quick to criticize anyone for the slightest, or even imaginary, mistake. She alienated a wide circle of acquaintances by her bitter words. Even her closest friends did not escape her sharp barbs of rebuke. Any endeavor to help her was immediately twisted into an attempt to dominate her life. The physician concluded by telling me that she has been in the care of a psychiatrist for several months.

When she came for a conference I looked with interest at the woman. She was attractive, about thirty-five years of age. Her smile was engaging. She spoke in a quiet voice. She gave evidence of pride when I inquired about her two children. The first sign of personality difficulties came when I mentioned her husband. Then her face tightened and her voice became sharper.

Her husband owns and operates a chain of stores. Evidently he has strained his credit to the breaking point. He works long hours every day, and is worried about what is to happen to his business ventures.

As the woman talked about her husband her anger mounted. She said, "He is never at home when I need him. If he takes a few hours off from business he goes fishing."

Then her mother's name entered the conversation. Again there were evidences of bitterness. She said, "My mother lives near us, and every day she comes over and criticizes me." She related a long list of grievances against

her mother.

I listened patiently to the woman's description of her problems, quietly asking an occasional question. Finally, she burst out: "What's the matter with me? Tell me what's the trouble." Without raising my voice I answered her: "It is difficult to make a final judgment with such meager information, but I feel certain that your greatest need is to learn to forgive. You are so full of hate that you have driven love out of your life."

With those words the woman jumped to her feet. "You're just like all the others," she shouted, her face red with anger. "My psychiatrist is right. He told me I have been submissive too long. He told me to assert myself. I'm telling you now. You are wrong. You have no right to criticize me." She stalked from the room, slamming the door behind her.

The following day she returned. She was full of remorse. "I didn't sleep much last night," she began. "You are right. I do hate my husband and my mother. You can't understand how they are ruining my life. But I need help. How can I get rid of the hatred?"

I have shared this problem case because it suggests the situation which confronts many of you. Repressed hatred or bitterness may be the cause of many of your difficulties. It may destroy the inner peace and happiness which you ought to experience every day that you live.

THE SOURCES OF HATE A shallow approach to human problems might lead us to conclude that Hate arises out of an awareness of conduct so despicable, so selfish, so destructive that no other attitude seems possible. Yet there are numerous illustrations of the fact that Hate is bred out of ignorance.

As an example, think of our relationships with the people of West Germany. From 1940 to 1945 the Germans were the object of widespread hate by the people of the United States. An officer in the army told me that he, with others of his company, saw newsreels of German atrocities. When they returned to their quarters one of the men spoke up. "As far as I am concerned," he said, "they can line up every German - man, woman, and child - against a wall, and shoot them down." Heads nodded in agreement. Here was hatred - clear and menacing. The feelings were shared by vast numbers of people in every walk of life. Fifteen years later the people of West Germany were admired as hard-working, dependable, and freedom-loving. Had the German people changed? No, they were the same men and women whom we previously hated. The change had come within us. We don't like to face the truth, but the fact is that our hate was based upon ignorance.

Think about this principle as basic to your study of this lesson. Hate is born out of ignorance. If you understand those who are the object of your bitterness you no longer will hate.

Now we will go further and examine some of the sources of Hate, all of which have their basis in lack of understanding of ourselves and our motives, or of the individual who is the object of our hate and his motives.

First, jealousy spawns hatred. There is ample evidence that the United States is an object of Hate by a large number of people in many countries of the world. Experts endeavor to analyze the causes of these outbursts, and learnedly declare that the source is to be found in our foreign policy or in our economic program. Yet, anyone who visits Latin American countries, or countries in Africa and Asia, is aware that much of the hatred is based upon jealousy. We possess so much in material goods, compared to what others have, that such feelings are natural.

Jealousy or envy is at the root of many of our personal animosities. This danger always threatens us when we place too high a value on social position or success. A sales manager told me that he faces two major problems: (1) to drive the men under him to produce results; and (2) to keep good relationships among his men. He recognizes that the competitive urge to get business tends to foster jealousy of those whose success is greater.

This principle operates in your life every day. Whenever you make money, or social prestige, or success your major goal you are tempted to hate those who have a greater amount of what you think you want from life.

The society editor of a Washington newspaper told a group that she never knew what hatred was until she was assigned to her present position. "It is astounding what stark hatred is stirred by a seating plan for a banquet," she said. An apparently well-adjusted, successful man or woman often tends to hate someone whose position at a table indicates that person has greater prestige than he possesses.

If you are eager to learn the secret of genuine happiness continually search your thoughts to discover whether jealousy has crept into your thinking. See whether envy has warped your outlook. Hate is never far away when that happens.

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Second, personal hate is often the result of an inability to understand the motives of others. In the case we examined earlier the woman admittedly hated her husband. Her reasons were focused in the idea that he was so seldom at home, and that he used an occasional free afternoon to go fishing. She refused to face the fact that he is battling for his business life. He must spend fourteen or fifteen hours every day in his several stores if they are not to go bankrupt. It is understandable that he should want to get out on the lake fishing, there to find relief from the tension which continually presses upon him in his business, and which follows him home each night.

The woman's animosity toward her mother had a similar basis in her refusal to understand the motives involved. It is probable that her mother was excessively dominant in the years when the woman was growing up. Yet she herself had encouraged her mother to come to live nearby, and had secured a house for her even before her mother arrived. She welcomed her mother's availability

as a babysitter. She could not understand her mother's anxiety to be of assistance, trying to ease the family tensions.

Let us agree that this woman faces problems which are not of her making. We can feel sorry for her. Her lot in life is not an easy one. What we are interested in here, however, is the reason for her hate. It is explained by her refusal to recognize, or to admit, the motives which lead those she hates to act as they do.

Many of the bitter thoughts which enter your mind will be removed if you ponder as to why people act in a given manner. Perhaps their insecurity makes them overly aggressive. It is possible that their obnoxious qualities have their basis in physical illness. Often they are driven to act in a revolting manner by pressure to succeed.

Recognize now that hatred is often caused by our inability to understand the motives of those against whom we pour our angry and resentful thoughts. Look honestly for indications that your attitudes have been shaped by lack of knowledge. Face the failures without apology.

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Thirdly, our own insecurity is frequently the source of our bitterness against people. We tend to grasp for reasons to explain our failures. Sometimes we resent a person who has succeeded where we failed. We build imaginary grievances against that person. We dwell on the thought that they had more influences to aid them than we had. We twist the situation to make it appear that their success was achieved dishonestly.

I know a young man who plays football. In his high school days he was an outstanding player. He became accustomed to the adulation and cheers of the crowd. In college he was not accepted as a star. He was merely one of many good players on a large squad. His coach discovered that he possessed every quality to succeed except a willingness to give his best to help the team. The coach passed him by in favor of those who would give their best whether winning or losing. The young man felt insecure when he was assigned to the second team. He searched for a scapegoat, and found him in the coach. He decided the coach was unfair, and would not let him become a star. The young man's dislike then deepened until it became Hate.

This problem is not a rare one. It occurs in businesses and in factories. It is frequently a part of the struggle for social recognition. It even occurs in family situations. We tend to escape from our insecurity by blaming some other person for our failures. Unworthy blame easily dissolves into Hate.

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Fourthly, Hate is often the product of longstanding and deepset social prejudices. Many of the Eastern industrial cities had to combat hatred against immigrants who spoke a different language and came from a different social background. The history of the last century is blotted with accounts of street fights, and conspiracies to force certain groups out of communities. The mayor of New York City said recently, "Hate based on prejudice is New York's Number

One problem."

We all have to battle with suspicion and prejudice against minority groups which press for equal rights in employment, housing, and education. Our struggle for a balanced point of view is made more difficult by the humorous stories which caricature certain groups of people, making them appear ignorant or inferior.

We are fortunate to have the teachings of the Christian faith, and the laws of an advanced form of democracy to put a firm check upon our prejudices. We may have been brought up to be suspicious of minority groups. Our feelings may be reduced to Hate. But we are not comfortable with such thoughts. Balanced thinking always drives us to the conclusion that our privileges and our heritage are the only real mark of the difference between us and those we tend to despise.

This is a basic principle of human relations. You will find it difficult to hate anyone when you are aware of the lack of opportunity which so often has made him what he is today.

Finally, Hate is often created by selfish interests which shape our thinking by the use of subtle propaganda. When Adolph Hitler came to power in Germany he used the radio and the newspapers to build national hatred against the Jews. In his "Mein Kampf" he had declared that if you hammer the public with propaganda - whether it is true or not - the people will finally accept the propaganda as truth. Hitler followed that method. He filled the airways and the press with vitriolic hatred of the Jews as the cause of all Germany's troubles. Within a few months hatred became a national characteristic of the German people.

We are bombarded with the propaganda of those who want us to hate certain religious groups or nations. I have observed that bitterness against a certain organization always can be traced to a single source. Whether the hatred is expressed in New York, Texas, or California, it always stems from a single group which by lies and half-truths endeavors to control the thinking of well-meaning people. These people never pause to ask what profit there is for those who spread the hate. They never consider that the propagandists will grow in influence only if they can destroy the organization they attack so viciously.

If you are seeking the happiness which makes for triumphant living you will find it helpful to examine carefully the propaganda which is designed to create ill-feeling and Hate. Ask whether or not it is true. Do not accept statements as valid merely because they are in print. A mature personality requires the ability to look calmly at every situation. The price of Hate is greater than you can afford to pay.

WHAT HATE DOES TO US Hate is a poison. It attacks not one part of your system, but spreads like a disease to affect all your organs. Hatred is a leftover of savagery. If one is a savage he can hate and it may not affect his health. But when savagery has been refined by religious faith,

Hate results in physical illness. Nagging headaches and sleeplessness are only the minor evidences of the tension which Hate creates. More serious are skin infections and malignant growths. Modern medicine does not yet fully understand the relationship between what goes on in the mind of man, and the diseases which affect his body, but enough is known to indicate a close connection.

I was called to the bedside of a woman who was close to death. She had always appeared to be a calm, quiet person. She was a good mother, and an excellent housewife. Her faith was genuine and real. When she became ill I attributed the disease to those uncertain factors which are always present in our daily lives. I thought she had contracted an infection through contact with someone already exposed, or that she had a susceptibility which had led to her becoming ill with the disease. In the final weeks of her hospitalization she talked frankly about her life. I was amazed to learn that for many years she had buried deep within her a hatred of her husband. He was unfaithful to her, and she had known it. His success in business was achieved by ruthless methods. The Hate had never been expressed. She had remained the calm and loving wife and mother. But the hatred had taken its toll.

We cannot afford to dismiss the possible consequences of our Hate. Our bodies will inevitably reflect the sickness which accompanies such destructive feelings.

Hate takes its toll on our minds. A prominent psychiatrist, who is the director of a large mental hospital, declared that 85% of all mental patients are victims of guilt, jealousy, or Hate. We hate only at the peril of our own mental health.

Hate shapes the entire personality. It makes for hardness, cruelty, and coarseness. It pushes us back toward the animal. Look at a mob in the grip of Hate. It is more like a pack of wolves than like an assembly of men. What is true of a group which becomes a mob is no less true of an individual who is in the grip of Hate. He takes on the characteristics of an animal. He feels the urge to destroy, to hurt those he despises.

The price that Hate exacts in mental and physical health is beyond what you can afford to pay. However much you possess in material goods you cannot buy the right to hate. A HEALTHY BODY AND MIND ARE A POSSESSION BEYOND PRICE. DO NOT DESTROY THEM BY HATE.

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WHAT WE CAN DO ABOUT HATE There are certain steps which, if followed, will get rid of Hate. They require discipline, but the rewards in inner peace and happiness are beyond measure.

First, try to understand the reasons why the individuals you despise are like they are. In the case of minority or racial groups such explanations are easily discovered. Lack of education, cultural training, and opportunity are usually at the root of the qualities which seem unpleasant. The hatred which creeps into family or business or social contacts is usually more difficult to

understand. The motives may be deeply buried. People act unpleasantly for many reasons. Their parental training may have been faulty, making them spoiled or selfish. Certain physical handicaps may have made them overly aggressive. They may have pressures at home or in business which lead them to act unfortunately. The basis for your hatred will often be removed if you understand what makes people as they are.

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Second, practice the act of forgiveness. Hatred can often be avoided if you forgive those whom you are convinced have wronged you. Without this attitude a single act of injustice can grow and fester until it becomes a reason to hate. Never go to sleep at night without experiencing the release which follows a willingness to forgive those who are irritating to you, or who have wronged you that day.

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Third, endeavor to help and encourage those whom you look upon with a prejudice which borders on Hate. A cultured woman told me of the struggle she faced to overcome feelings of hatred against those of a minority group. The feelings had been a part of her life since childhood. She had heard her father and mother talk about these people as animals. She had learned to fear every contact with them as a possible source of disease and crime. In maturity she felt she must overcome this prejudice. She offered her services as a volunteer in a clinic which served children of all races. Her work brought a transformation in her attitude. She became aware of personal needs which she could help to meet. Slowly her bias was dispelled, her hatred was overcome.

This principle applies no less to the situations in your life in which Hate is involved. Try to help those against whom you feel animosity. Keep trying even when your efforts are rebuffed or resented. Develop your love for people until it is big enough to overcome every prejudice. Your own attitudes will be changed by your efforts.

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Finally, accept and practice the teachings of Jesus. No one can hate when Christ's spirit is in control. Not one of us has cause to despise others which compares with the reasons why Jesus might have hated those who plotted against his life, and who carried out the cruel sentence of the cross. All the major religions except Mohammedanism recognize the dangers of Hate to the life of the soul. Christianity goes farther than any other in the example and teaching of Christ, but almost all religions encourage their adherents to accept release from inner tension by driving out Hate.

Hate is real. It creeps into unsuspecting lives to sow its havoc. Do not surrender all claims to peace within and to happy relationships with people by failing to deal with it. Make a start today in the struggle against this dark peril to happiness.

This lesson will contribute to help make your life a daily joy if it aids you in understanding the nature of this monster which steals relentlessly into millions of lives. Overcome bitterness and Hate, and you will be well on the road to a deeper contentment than you have ever known.

Every time you become aware of even a trace of Hate creeping into your mind:

1. Try to understand the thoughts and motives of those who provoke or irritate you.
2. Practice the art of forgiveness.
3. Help and encourage those you are tempted to dislike.
4. Let Christ-like love so dominate your thinking that there will be no room for bitterness.

Follow these four steps, dear Perfector, and as you banish all traces of ill-will you will be ready to assume the responsibilities of an ambassador of Goodwill. You will do your part in establishing the Peace which this earth so desperately needs.

AFFIRMATION

I will so fill my mind with loving concern for others that there will be no room for prejudice or Hate.

I will speak kindly and act generously.

I will claim for myself the Inner Peace which comes to men of Goodwill.

By precept and example I will teach others to banish Hate with LOVE.

Blessings,

Your Instructor.