



OFFICIAL EMBLEM OF

THE MAYANS

All material, discourses, lectures, illustrations, lessons, scientific dissertations and letters of transmittal appearing under this Official Emblem are protected by copyright. They may not be quoted except by official and written permission of The Mayans. They are not for sale but are prepared for the private use of Members of our Order. The recipient of this manuscript agrees by acceptance to hold it Private as the property of The Mayans to be delivered up to the Order upon demand. All rights in the material appearing beneath this cover are reserved by The Mayans, including the privilege of translation into other languages.

VADE MECUM, VOLVENTIBUS ANNIS

THE MAYANS
SAN ANTONIO,
TEXAS

Degree 10

Number 253

Copyright 1962 by The Mayans

PROJECTING YOUR INNER POWERS

Mayan Revelation Number 253

The Psychological Law of Projection

Putting Inspiration Into Action

The Challenge of The Instincts

Affirmation

Beloved Perfector:

We have made every effort to bring to you every type of subject matter that we feel to be needed in the business of living. And I know that most of our members have been greatly enriched in their thinking, in their life pursuits in every walk of life, in their home life, their business life, their temperamental and emotional life - all have been developed to a high degree as a result of the different types of teaching we have brought.

However, in all of our efforts to expand the departments of your life, we have never touched very much on psychiatry, nor do we intend to go into it to any extensive degree. But in the world in which we live today, where everyone is living too fast and so many are under emotional strain that they cannot always understand, I thought it might be helpful to explain the why's and the wherefore's of certain reactions a person may have as he goes through life, and to touch on why it is he has these reactions.

The value of the psychiatrist is his ability to confer with his patient, probably numerous times, and in so doing to discover those things that are responsible for some of his problems today. Perhaps in early childhood, something happened that after many years is still having its effect, which we have explained to you in this lesson and the one to follow. In them is much food for thought, because when we understand what is causing certain reactions in our lives, we know how to deal with them, and it is our desire that you, as Mayans, have a deep knowledge and wisdom to cope with these things. In that way, you will be a better person for having this understanding, and will be better able to meet these problems when they arise. In other words, you will understand what causes these reactions, instead of being puzzled by what brings on these emotional upsets you may have at times.

Perhaps it is fear or timidity or one of the many other emotional

disturbances that keep us from complete happiness or success, perhaps keep us from enjoying perfect health - many conditions too numerous to mention here, but which we will cover in this lesson and the lesson to follow.

We go into this in more detail, covering the different effects some of these early occurrences may have on our lives and how we may combat them and get them out of the way forever. When we dispel these shadowy and sometimes frightening images, our whole lives are changed for the better and we are able to go forward and accomplish the things we feel we could do, but are unable to do because of doubts of all kinds.

So, with this thought in mind, let us speak the following Prayer, as we prepare to study this lesson, which we have called PROJECTING YOUR INNER POWERS.

PRAYER

O Thou Creator of all things and all men, we praise Thee for thy gifts. The power to live, and love, and serve is from thy hand. Thou hast made us to be free from fear, and hate, and lust. Thou hast put possibilities of happiness within our beings. Help us to project thy gifts lest we die of littleness and fear, and envy. Give us hearts worthy to match thine own great heart of love. In Jesus' name. Amen.

- 0 -

THE PSYCHOLOGICAL LAW OF PROJECTION

I T is dangerous to the personality to have a talent, and not use it. It is menacing to possess inner powers, and not project them to the world around you. You are, I am sure, acquainted with many people who took music lessons for a number of years in their childhood and youth, but who in maturity put away their violin, cornet or clarinet. The piano is never touched. This must be regarded as a tragedy. Here is power and ability unused.

You surely know women who in high school and college years were brilliant students, often leading their classes, but who after marriage seldom use their minds creatively. You will know men who in their youth showed ability in leadership and in creative art, but who in maturity are satisfied to do a routine job which merely earns a living.

To have power and not project it is a waste of personal possibilities, and a loss to society. It constitutes a tremendous untapped resource of happiness and usefulness which may never be developed.

In this lesson we will examine certain psychological principles which are involved in the projection of our inner powers. You probably have power, but have never learned to use it or to project it. It is like having a running stream on your property, and failing to harness its power and possibilities to

provide satisfaction for yourself and profit for others. It is like possessing a tract of land which might produce wheat or feed cattle, but allowing it to grow into an ugly tangle of underbrush.

The waters of Lake Tahoe are clear and blue. The lake is inspiring to look upon. It is fed by melting snow, so pure that any visitor may safely drink from it. A few miles below is another lake, connected with Lake Tahoe by a roaring stream. This lake is stagnant, covered with scum, offensive in its appearance and odor. What is the difference? Tahoe projects itself; the other lake does not. Tahoe takes in and gives out; the other lake merely absorbs what pours into it.

A similar lesson can be learned from the Sea of Galilee and the Dead Sea in Palestine. They are connected by the Jordan River. Galilee is beautiful and inspiring; the Dead Sea is offensive and deadly. Galilee gives out the waters of the Jordan River; the Dead Sea has no outlet. It merely takes in and appropriates whatever flows into it.

Personal power is like that. If it is accepted and stored up as it is received from a divine source, and is never given out, it dies. The inner powers must be let out, or they shrivel up and disappear.

As you study this lesson you may be tempted to explain away your failure to project your powers. You may seek for excuses for holding within yourself the possibilities of usefulness. Don't be afraid to face the self you really are. Keep your mind open to consider ways by which you may give out what is within you. Possibilities of happiness beyond anything you have ever known will depend upon whether or not you learn how to live by the law of projection, opening the spiritual and practical reservoir to allow your inner powers and possibilities to flow out.

- 0 -

Contemporary psychology returns constantly to the theme of the dangers of repression to the personality. When a psychoanalyst deals with a disordered mind he searches for ideas and memories which were repressed in childhood. That is, unpleasant experiences tend to be pushed back into the subconscious. They remain there, hidden monsters which create fear, and inadequacy, and inferiority. The analyst endeavors to remove these repressions, to get them out of the mind, to project them into the real world which surrounds the patient.

All of us have repressions which go back to our childhood. Often we do not realize they are there. They may never be uncovered without the use of psychoanalysis. Yet many repressions are so obvious that you will be able to recognize them. A fear of thunderstorms may originate in an incident in childhood when, alone in a bedroom, a child was awakened to flashes of lightning accompanied by roaring thunder. A dislike of dogs or cats may have its foundation in a childhood experience when a dog barked menacingly, or a cat scratched. A fear of men and women of another color may stem from a conversation overheard in childhood in which such people were described as dishonest or dangerous. A fear of the physical expression of affections may date from a childhood experience when innocent curiosity was greeted by a scolding and a whipping.

Take a look at the fears and prejudices which surge from within you. Try and discover their source. If they began in your childhood get them out in the open. Project them into your present experiences. If it is a fear of thunderstorms go to the window when the next storm comes. Note the beauty of the lightning as it flashes across the sky. Enjoy the thunder as you do fireworks at a Fourth of July celebration. Many of the repressions which are a leftover of childhood can be dispelled by an intelligent approach to your problem.

There is an affirmative side to the psychological law of projection. Whatever we learn needs to be followed by action. The advertising world has developed this law as basic to its work. It emphasizes that no ad is effective unless it suggests action - the desire to go out and buy the product which is advertised.

A recent drama depicted the tragedy of a young doctor who for many years held firmly to the security of a hospital internship. He didn't want to leave the place where final decisions were made by someone else. He stayed in the hospital year after year, telling himself that he needed more training and experience, but actually to avoid facing responsibility. He had knowledge and skill, but he did not project it.

Personality development requires projection. When you say that a person has "an attractive personality" your measure of attractiveness is what the person does in his relationships with others. Growth of personality involves your outreach to the world around you.

All of us are subject to daydreams. In our youth they are helpful if they are the forerunner to earnest striving to reach our goal. As we grow older daydreaming becomes dangerous if we tend to be satisfied merely with dreams, and find our satisfaction in picturing life as it might have been, rather than as it is.

The widow of Henry Ford told of the time, many years before, when she had stood with her husband on the curve of the River Rouge. "There", said Henry Ford "we'll put the tractor factory. Yonder we'll erect the glass plant; over by the river the blast furnace; and across the way the stockpiles of coal and steel." This was a daydream, but it was projected into action. Within a few years the tractor plant, the glass factory, the blast furnace, the stockpiles, and the assembly unit were a reality.

Nearly fifty years ago a young man stood in the doorway of a small retail lumber store, situated at a crossroads. Close by there was a garden, and the tiny house where he lived humbly with his wife and family. He dreamed of building a city which would have broad and well-lighted streets, public buildings of beauty, churches and schools which would be ideal in architecture and usefulness. The artist, Robert W. Grafton, was acquainted with that young man. He painted R. A. Long as he had seen him stand in the doorway, his eyes seeing the city of his dreams. Now the city of Longview, Wash. has become a monument to the projected personality of R. A. Long. He was not satisfied merely to dream; he made his dreams come true.

Dream as you wish, but take a step in making your dreams a reality.

Project your personality to the world around you. Use your gifts, large or small, in whatever way may open before you. Happiness will elude you if you hold fast your treasures. Give of yourself in whatever ways will help to fulfill your dreams.

PUTTING INSPIRATION INTO ACTION

William James, of Harvard University, used to say to his students: "If you get an idea from a lecture, put the idea into action before it leaves you."

If you study a lesson which gives you an idea about a change in your way of thinking, put the idea into action immediately. If you hear great music which gives you joy within, share that joy even if it is only with a smile or kindly word to those you meet. If you read a book like "The Tale of Two Cities" by Dickens, and you are moved by the sacrifice of Sidney Carton, make some personal sacrifice which will help others. If you look upon a great piece of art, project that beauty into your personal life by living with greater serenity. If you feel a great love for husband, wife, children, or friend, express that love in greater thoughtfulness and consideration.

William James went on to be more specific with his students. "If you hear a lecture about international understanding," he said, "then say something good about Mexico to your roommate." He tried to make it clear that ideas are either useless or dangerous if they are not projected into action.

If you hear a lecture about child psychology, then at least put a good book in the hands of a child. If you hear a lecture about drama which impresses you, then at least take your wife, or a friend, to a good play. If you hear an address about the starving people of the world, then at least give some money to feed a few of those who are hungry.

Put your inspiration into action. This is the Law of Projection.
It will bring you happiness, and will enlarge your personality.

THE CHALLENGE OF THE INSTINCTS

The instincts are those fundamental drives which are part of our heritage. The law of projection must apply to our instinctive drives if we are not to imprison forces which can be a source of personal satisfaction.

The Instinct of Self-Assertion:

When we were babies we expressed this instinct by crying or by beating the air. While sometimes the cry of a baby is an indication of discomfort or pain, the psychologists agree that usually it is a demand for attention.

As a child grows he uses other methods to assert himself. The boy who asks continuous questions is motivated less by curiosity than by a desire to be the center of interest. Many case studies have revealed that a child will often do something naughty because that is the surest method he knows to gain the

undivided attention of his parents.

In adulthood we use other methods to gain recognition. Some people weep, having discovered that tears bring sympathy and interest. Some clown in a group, knowing that eyes and interest will be fixed upon them. Others talk constantly, hoping for an audience. The person who opposes a project to which there is almost unanimous agreement is often motivated by a desire for attention.

Project this drive of your instinct for self-assertion by developing some talent which is worthy of recognition. Teaching a class in a Sunday School may seem a burden, but it may be just what you need to satisfy your inner-desire for recognition or for influence over other people. Growing beautiful flowers may satisfy your need for the approval and praise of your friends.

You possess the instinct for self-assertion. Numerous disappointments may have led you to repress that desire. It is better and healthier to project the longing for recognition by discovering some area of your life where you may deserve and receive the praise of those about you.

The Instinct to Create:

As children, we have the instinct to create. We make mud pies, build castles in the sand, draw crude pictures. Later boys build a shack in the back yard, make whistles out of willow-reeds, create a battle ground with toy soldiers, or, on a rainy day, use blankets to make an imaginary house in the corner of a living room.

All of these activities are prompted by the instinct to create. As we grow older we find great happiness when we project this instinct. Some by sewing or baking, others by wood-working, or by planning a home. Many find it in their life-work.

Bill Stout, one of the foremost designers and builders of airplanes, tells about a day when, as a four-year old boy, he walked along a beach with his father. Overhead white-winged gulls were floating and soaring in the sky. His father said, "Willie, someday men will fly and soar like that and you may help them to do it." That incident created within him an eagerness to fly. He built a model airplane from plans suggested in a boy's magazine. In school he concentrated on courses which would add to his knowledge about flying. He projected the instinct to create into the area of aviation, and became one of the outstanding figures in this amazing field.

You may not possess qualities of brilliance in any particular field. But you have the instinct to create. Project that drive into whatever areas may open before you. It may be with material things, or it may be with your mind. You are fortunate if you have a natural skill in the use of your hands. With such skill you can easily project your ability into making something both useful and beautiful. Yet outstanding skill in the use of the hands is not necessary. I know a woman of very mediocre talent who has received immense satisfaction from making hooked rugs. Her instinct to create has prompted her to make patterns in each one.

You may give expression to this instinctive drive in quite a different

way. A man of my acquaintance cannot saw a board or drive a nail. He is one of those persons "with two left hands." He would have difficulty making anything but he has projected his instinct to create by collecting clocks. They are so arranged in his home that they create an almost magical atmosphere. People come from miles around to see the results of his adventure in expression.

Don't bury your creative urge. Find some way to project it. You will discover that few pleasures in life will exceed that which comes from the satisfaction of your desire to create.

The Instinct for Religion:

Within every individual there is an instinctive desire to know and to worship the Creator. No primitive civilization has yet been discovered in which religion did not have a central place. You were made with a desire to know God.

You will be able to observe numerous methods which individuals use to repress this instinctive drive. Sometimes it is an intellectual repression in which men and women shortsightedly argue that material things and the physical world came into being by chance. Sometimes it is repression based on selfishness since they are aware that faith in a divine being will cost a great deal, since they must hold fast to standards of what is right. Sometimes it is repression based on prejudice against an institution. Because they identify religion with the church, and they are dissatisfied with some individuals whom they find in the church, they shut out all religion from their lives.

A study of history should convince any thinking individual that people grow degenerate and purposeless, and civilizations decay and die, unless the instinct for religion is projected into individual lives and into society. Moral standards wither and oppressive fears take over unless there is vital faith in a divine power which shapes the universe.

Many unhappy people are in that state because they have not projected the instinct for religion which is within them. Many of those who are neurotic or introverted are what they are because they have not given this deep instinct of human kind some sort of expression. Each primary instinct must serve its purpose. This principle is fundamental. Any psychologist will testify to its validity.

The religious instinct in you ought to be projected in worship, in prayer, in reverence, in love, in aspiration, and in faith. You will be happier, more at peace with yourself and with those about you, if you will project this basic instinct into habits of regular devotion. A person can argue against religion, or against belief in God, but they cannot escape it. A desire to understand the mysteries of the universe is as much a part of you as the beating of your heart or the functioning of your senses and if one shuts out or represses that instinct he does so at the peril of his health and happiness.

You must avoid one danger to your personality. If you accept the fact of God, and recognize the obligations of faith, yet fail to project that faith into your daily activities, you are at the mercy of two powerful tugs, pulling in opposite directions. This will destroy your peace of mind.

Recently I addressed a large gathering. I spoke of the hungry people of

the world; of the hundreds who die every day of starvation in countries of the Orient. After the address the audience filed out to a nearby dining room to enjoy a luxurious meal. All except one woman. Her personality was radiant. It was easy to see that she was a person with great powers of leadership. She said, "I can't eat my dinner until I have done something about the needs of our world." Then she talked of plans to enlist others in deeds of service.

That woman is happy and radiant because she insists upon projecting the ideas which come to her. Others were stolid, unmoved. They will never know the zest, the enthusiasm, the concern, the happiness which floods her life. She "did something" about her urge to serve.

Start today to put your convictions into action. Project your faith into deeds. The law of projection is basic to personal happiness.

- 0 -

There is no adequate way to measure the powers which are within you. Perhaps they have been shut off from life by repressions which began in childhood. Let them out. Share your powers with those about you. Don't let your abilities stagnate. Let your impulses surge out into your daily experiences.

Whenever you project your inner powers you open wide the gate which will allow additional power to flow in. Your personality will grow, too, however youthful or aged you may now be. Happiness awaits any of us whose powers and possibilities are released to enrich the lives of others.

- * Powers which are hoarded tend to die.
- * The Law of Projection is psychologically dependable.
- * Your instinctive drives are released when they are projected.

AFFIRMATION

Knowing that a radiant personality is dependent upon my projection of the self, I will put my worthy impulses into action today.

Blessings,

YOUR INSTRUCTOR.