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The Guide to Learning Series

LEARNING TO MAKE ADJUSTMENTS

Mayan Revelation Number 272

Monograph Two

Face the Issue

Evaluate Your Assets

Tackle the Immediate Problem

Maintain Inner Poise

Put Your Trust In God



BELOVED PERFECTOR:

We are living in an age of new dimensions. This makes it necessary for men and women to stretch their minds and hearts to keep up with scientific advancements. Old concepts are too narrow for the new day. In every area of life we must learn to make adjustments and to find fresh opportunities and satisfactions in the situations that confront us.

Nations must grow both mentally and spiritually if they are to avert disaster. Naturally this brings birth pains as they struggle to emerge from the narrow confines of their former way of life.

On the personal level, also, you must again and again break out of the old shell of familiar habits. When you were growing up you went through several periods of drastic readjustment in your way of life. There was the day when you left the protecting arms of your mother and went alone into a school room. There was the month when your father wrote the last check for your support, or furnished the last meal, and you knew you must make your own budget and pay your own bills.

Throughout our lives we confront decisive moments when we are forced to make radical changes in our thinking and in our behavior. Our happiness, and sometimes our very survival, depends upon our ability to make satisfactory adjustments.

Many challenges lie ahead of you. If you are young, you may be approaching marriage. This calls for sacrifice of self to an extent never demanded before. The birth of a child, and the crowding which comes with a rapidly increasing family, requires intelligent planning of the home life if tension and unhappiness are to be avoided.

A new job always makes unusual demands upon your time and strength. It may bring a disruption of your family life, or of your social pleasures. The change will cause exhaustion and frustration unless it is approached constructively.

Retirement puts a strain upon a person's ability to make adjustments. Coming as it does at a period in one's life when behavior patterns have been firmly established, it may lead to chronic whining unless a man or woman resolves to use both mind and will to secure new values and satisfactions.

Sickness, when it is mild and of short duration, should disrupt your life very little if you have learned how to rise above minor discomfort and to do what you are able to do today, being content to leave the rest until tomorrow. If, however, you become afflicted with a prolonged illness, or with a permanent handicap, you can still live triumphantly if you acquire skill in using all your mental and spiritual faculties.

Realize that from time to time all of us are forced to make major adjust-

ments in our way of life. As skill in swimming can serve a man well when he falls into deep water, a mastery of the principles that govern a well adjusted life can steady and guide us when we face some personal crisis.

Study this Lesson carefully to gain insights that will help you to rise above your present dilemma, or that will serve as a guide when you must step out into a new environment, or when you must surmount some infirmity.

Let us now earnestly pray:

Dear Father, I thank Thee that I need not rely solely upon my own strength. Help me to open my mind to Thy truth, and my heart to Thy love. Show me how to cope with new situations. Give me courage, wisdom, and strength to do my best at whatever task is mine. Grant me inner satisfaction and peace. In Jesus' name.
Amen.



FACE THE ISSUE

In most situations we can choose one of several approaches to the problem; but too often we see clearly only the old, familiar way. New peace and happiness await us when we break the bonds of the past, get off the old treadmill of thought, and let the light of Truth show us the joy that can be ours when we turn the corner ahead.

Comfort and physical security are not always within our reach. The times in which we live are turbulent. The demands of military service, or of industry, frequently separate men from their loved ones, or move whole families into different climates and new neighborhoods. Much as people love their home towns, they often find it is impossible for them to stay there.

A bride kisses her husband good-bye as he leaves for eighteen months in Greenland. In the middle of the year children are taken from their classes and enrolled in a strange school. Business opportunities compel men to move their families, causing many to feel lost and bewildered. Retirement usually makes changes necessary at a time when men and women naturally cling to the old, familiar ways. At some time or other almost everyone is uprooted.

It is important for you to learn how to quickly make adjustments. If you do not, frustration and unhappiness may cloud your life for weeks, or months, or even for years. But if you can adapt yourself to whatever environment you are in, then it will be possible for you to live triumphantly in any locality, or any condition.

Adaptation is one of the laws of survival. We find it exemplified in nature. The snow-rabbit's coat changes from brown to white as autumn colors are hidden by the frost and snow. The bear goes into hibernation when food becomes scarce. The dinosaurs failed to adapt to changing conditions, so they perished.

You have seen tragedy engulf individuals when they tried to cling to the past and refused to face the challenge of a new situation. Think of the mother who found life empty when her last child went off to school; or the boy who shunned the full responsibilities of a job and family because he had been unduly sheltered. Perhaps you know someone who was happy and vigorous until physical incapacity made him morose and sour. A teen-ager's poor complexion, or an older person's limp are only two of many physical disabilities that tend to make a person an introvert. A shrinking income may also prompt a man to seek escape in withdrawal from society. Frustration and despair cloud the lives of all those who do not learn to make adjustments.

The depression of 1929 brought a wave of suicides. Some men and women thought life was empty when their money was gone. Others tightened their belts. They ate hamburg instead of steak, read books instead of going to the theater, and spent evenings with their neighbors.

Many of those who weathered the stormy years grew strong through adversity. They not only adjusted their living to a simpler routine, they discovered new sources of satisfaction. Those who honestly and prayerfully faced new challenges, gained the good sense and the strength to meet the changing situation.

This can be your experience. The adjustment you will need to make may be on the financial level. It takes wisdom to live with contentment when your income is cut in half. It takes just as much wisdom, or more, to live happily when your income is doubled - for then there is the tendency to let material things clutter and distort your life. So whenever your financial position is marked by a drastic change, face the issue. Intelligently work out a budget and hold to it. Don't drift into extravagance, or into a deficit. Claim for yourself the peace and joy that comes when one uses whatever he has as a gift entrusted to him by Almighty God.

Perhaps the adjustment that you need to make is in your time schedule. If you become hectic and nervous because your desk is piled high with unfinished business, or your home is cluttered with half-completed tasks, that is the moment for you to quiet your mind and evaluate the work crowding upon you. Delegate more responsibilities to other members of your company, or of your household. Eliminate the non-essentials.

If you imagine that you will have more time tomorrow, when such is not really the case, face the issue before you and then make a wise division of your time. God gives each of us just twenty-four hours in a day. Don't warp your life and destroy your happiness by constantly attempting to do more than it is possible for you to do well.

On the other hand, never waste a day by failing to put into it some worthwhile endeavor. If your life has been a busy one and you suddenly find that the demands upon you have greatly diminished - or ceased altogether - don't allow yourself to become bored. Face up to the fact that no one may ask you to take on new responsibilities, you will have to seek them. When the old satisfactions are gone forever, why waste time brooding over the things you are missing? Seek new ways to use your talents. Joys you can't foresee will come when you courageously find new avenues of service.

It is important for us to prepare our minds and hearts for the fact that

sooner or later we may suffer a physical disability. Let us hold clearly before our eyes the truth: HANDICAPS OFTEN PROVE TO BE BLESSINGS IN DISGUISE. Periods of enforced quiet provide unusual opportunities for mental and spiritual growth. When John Milton was struck by blindness, he saw Paradise more clearly and was able to give us his immortal classics on the subject. Fanny Crosby refused to let blindness shut her in; instead it deepened her interest in Scripture, and led her to write the Gospel hymns that have been so widely known and sung. Countless men and women have discovered hidden talents and new springs of inner joy when declining health brought them more time for study and meditation.

When fate tosses you into a new situation, honestly face the issues that are before you. This is the first step in learning to make adjustments.

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EVALUATE YOUR ASSETS

True happiness lies not in present ease or comfort, but in finding total meaning for life. Keep this in mind as you evaluate your assets.

You will recall the fact that the use of perspective contributed to the advance of the ancient Mayan civilization. Historians have found evidence that the Mayan mathematicians climbed the highest hills and focused upon the far horizon to test and perfect their theories of calculus. Mayan wise men and philosophers led the people to see the present in the light of eternity.

We who live in the space age can learn much from our Mayan forefathers. Let us, as they, seek the long view. When we count our assets let us never hold present handicaps - or good fortune - so close to our eyes that values of lasting worth are hidden from our sight.

Consider a specific case, and let it prompt you to re-evaluate your own problem. (The names, of course, are fictitious):

James and Minnie Bert were in despair. Since the day their Marilyn had run off and married a poor factory worker, the couple had been estranged from their daughter. Now a grandchild was expected.

"I can't stand it any longer," sobbed Minnie. "After all we've done for her, how could a child be so cruel?"

"Think of all the money we spent on her," whined James. "Giving her a college education, and all. Why couldn't she have married someone we'd be proud to introduce to our friends?"

James and Minnie were thinking only of the past and of the barrier which they had erected to keep out their son-in-law. Then Minnie's voice broke. "We must do something to bring Marilyn back," she cried. "It will be terrible if we can never hold our own grandchild in our arms!"

The moment that couple put their future happiness above their

old pride they were able to see assets that had been obscured. Their daughter had not forgotten all they had done for her. She was as eager as they were to mend the breach. The son-in-law whom they had despised was kind and generous. He would make a good husband and father, and possibly comfort them in their old age.

When we count our assets we should not measure them by past standards, or even by present worth alone. We should see them in the light of their long-range value.

Knowledge, friendship, family loyalty and peace of mind are only a few of the unseen forces you want to put on the credit side of your ledger. As you think of your assets, seriously consider the fact that in any situation the experiences of all who are involved often outweigh material things. A child may appreciate ten minutes of Dad's or Mother's attention more than he would the gift of a new toy. An understanding word can cement friendship. Sorrow draws families close together.

Be aware of the intangible forces that give life meaning. Count as assets Courage, Patience, Sympathy and Love. Develop whatever talents you possess: Your ability to teach and to plan, to listen and to give encouragement, as well as any manual skills. When you are young, physical stamina is a great asset; but as this dwindles, sagacity and faith may more than compensate for the loss.

Resist the temptation to overrate material things and physical pleasures. Put high on your list of assets those intangibles that bring enduring satisfaction.

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TACKLE THE IMMEDIATE PROBLEM

When we face a new situation, the demands upon us may appear staggering. There is the tendency to magnify the hardships and to underestimate our ability to meet them. Brooding can lead to gnawing worry, and worry to exhaustion. So we must not dally. The psychological moment at which we can best grapple with fresh responsibilities is the day they are placed upon us.

When you have been uprooted and you are forced to make adjustments, tackle the problems that are immediately before you. There is truth in the old saying: "An ounce of prevention is worth a pound of cure." One direct attack upon your problem will puncture the cloud of apprehension that is gathering - whether it is knowing how to organize a new business, or what to do with an empty day that lies before you.

Hold in your mind the thought:

I DO NOT NOW HAVE TO SOLVE ALL MY DIFFICULTIES. I WILL DO WHAT I CAN DO TODAY, BELIEVING THAT TOMORROW I WILL BE GIVEN FURTHER WISDOM AND STRENGTH.

Earlier in this Lesson we stressed the importance of clearly seeing the

issues that are before us and then counting the resources upon which we can draw. Once we realize our full potential, we should be ready to tackle the task before us.

Emanuel Swedenborg, the great Swedish scientist and philosopher, taught that triumphant living springs from understanding life, and then having the will to live by one's insight. Obviously it will benefit you little to gain in perception if you do not apply your new knowledge to day-by-day living. So when you have faced the adjustments that are necessary, and seen them in relation to the long range purposes of your life, summon your will to trigger you into action. Let seeing lead to doing. This will not only help you to surmount the hurdles, it will have a therapeutic effect upon your mind and your emotions.

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MAINTAIN INNER POISE

Transition cannot be avoided. Both nations and individuals go through one crisis after another. It is useless to strive to avoid change, and we must learn to maintain inner poise during the stress of adjustment. This will help us to cope with each new challenge as it appears.

Think of Washington and the cold, ragged soldiers who valiently stood their ground at Valley Forge. Think of the pioneer men and women who - armed with courage and a Bible - braved the dangers and discomforts of Indian country. Think of the first young men to don space suits and rocket into the heavens. These, and others who have paved the way into the unknown, launched out bravely and were calm under stress. Why? Because they had learned to maintain poise while making the adjustments that were necessary in their zero hours.

Consider some of the factors that will help you to maintain inner poise while you adapt yourself to a taxing situation:

1. A recognition of the fact that security does not depend upon land, houses, and money. All of your personal things could go up in flames and you would still possess most of life's priceless treasures.
2. An acceptance of transition. It is useless to cling to the past. You cannot hold onto it, even if you would. Look for the good in any new situation. When a corner hides your view, still believe the future holds new opportunities and satisfactions.
3. Confidence in others. One factor that will contribute to your inner poise is faith in your family, your physician, and your friends. Even when you do not fully understand why they make certain decisions, never doubt their good intentions.
4. Confidence in yourself. When circumstances force you to make major adjustments, affirm the truth that outward change need not destroy your inner calm. Hold this thought upper-

most in your mind. Strive to preserve your self-confidence by constructive planning, by concentration on the particular task before you, and by dwelling on the things you can do, not upon your obstacles. Keep relaxed, realizing that as long as you are doing your best that is all that is expected of you.

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PUT YOUR TRUST IN GOD

Courage springs more from the Spirit than from the Will. When Columbus heard his men screaming for him to turn back, he dared to go forward because he believed God was leading him. You can confidently brave the unknown if you first put your hand into the Hand of God. You will not falter when you put your trust in Him.

The Apostle Paul said: "I know both how to be abased, and I know how to abound . . . I can do all things through Christ which strengtheneth me." (Philip-
pians 4:12-13) Trust in God gave Paul courage to address the learned men of Athens, to sing and pray when he was in chains, and to carry on in spite of an infirmity that he called "a thorn in the flesh." Faith enabled Paul to adjust to one difficult situation after another. It can do the same for you.

Only meager satisfactions come to those who try to "play it safe." Anxiety binds a man, robbing him of the joyous adventure that should be his. Without faith, a man hesitates and stagnates.

Trust in God sets men free. It fosters spontaneity and the spirit of adventure. It is the armor of the explorer and the support of the scientist. It is light for all those who cannot see what lies ahead.

So, like a child, rely upon the Father's love and care. Then any new challenge will seem less frightening. With divine guidance and help you can make whatever adjustments are required.

Why hesitate to take up advanced studies, or a new hobby, or some position of leadership? You need not measure your stamina by your own strength alone. With God's help you can do far more than you imagine. Put your trust in Him. He will give you power beyond your own and He will show you how to make all the adjustments that are necessary.



SUMMARY

Clearly see the issues before you. Make a keen analysis of your situation and then face up to the personal adjustments that are necessary.

Count your assets, the mental and spiritual, as well as the material.

Take a positive approach, for this will supplant worry. Do the one thing

that needs to be done first. Other difficulties will appear less formidable as you prepare to tackle them singly.

Avoid the tension that saps strength. Keep a relaxed frame of mind. Maintain inner poise, remembering that this will help you to make adjustments.

Trust God. Let your confidence in His goodness undergird you. Keep your faith in the Eternal interrelated to the situation you face today.



AFFIRMATION

With God's help I can make all the adjustments that are necessary. Today I will live triumphantly.

Blessings,

YOUR INSTRUCTOR.