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YOU CAN TRIUMPH

A Series of Six Lessons Devoted to:

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| I. TRIUMPH OVER ANXIETY | IV. TRIUMPH OVER GUILT |
| II. TRIUMPH OVER FATIGUE | V. TRIUMPH OVER LONELINESS |
| III. TRIUMPH OVER SELF-PITY | VI. TRIUMPH OVER TRAGEDY |



LESSON I.

Mayan Revelation Number 287

TRIUMPH OVER ANXIETY

Seek A True Sense of Values

Face Up to Your Problem

Live One Day at a Time

Let Anxiety be a Spur to Action

Go Forward With Trust

Beloved Perfectionist:

Your Instructor is pleased to bring you this Instruction for it is the first in a Series of new and very helpful monographs entitled "YOU CAN TRIUMPH". It is a Series that will open new doors to you, and will help you to master the harmful forces of life, and upon mastery of them, you will increase your happiness and well-being.

Life cannot be entirely free of the negations of anxiety, fatigue, self-pity, guilt, loneliness or tragedy; but on the other hand, your life need not be unnecessarily burdened or sorrowed with these unfortunate conditions which, if allowed full manifestation, could cause needless pain and sorrow, and could do much to delay the attainment of the triumphant life - the Life Abundant.

I hope that you will attentively follow each of the forthcoming lessons in the Series. Give all of them your undivided attention. Put other duties or tasks aside until you have read each lesson at least once. Do this and you will find them to be of special significance and great value, for they will help you to more easily accomplish your daily duties, and they will help you in your dealings with others. Moreover, you will have gained a greater knowledge of some very detrimental conditions of life, and you will be better prepared to triumph over them when they arise in your life.

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Of all the forces that pull men down, Anxiety is the most universal. Few of us are completely free from it. Boys and girls are fearful they will not pass in school, or that their playmates will not approve of what they wear, or what they do. Teen-agers are uneasy when they think they may not be able to get a "date", or they may fail to secure a job. Adults are troubled about their children, their debts, or their health. In one form or another, Anxiety plagues us from early childhood until the end of our days.

Whenever a spirit of apprehension is allowed to dominate our thoughts it can upset our nerves, affect our appetite, and cause all kinds of physical and mental disorders. Therefore it is of utmost importance that we learn to minimize the grip of Anxiety upon our minds.

While it is impossible to go through life without a certain amount of worry, we can learn to evaluate situations that disturb us.. We can find ways to tackle our problems instead of fussing over them. We can turn anxiety into a spur to action. We can claim the spiritual resources which God places at our disposal, so that with His help we can triumph over anxiety instead of allowing it to cripple our lives.

This Lesson presents the attitudes you should acquire if you would shake off worry when it threatens to torment your mind and destroy your efficiency. It suggests practical ways to do it and to find the joys of a tranquil mind.

Begin this study by making the following prayer your own.

PRAYER

Eternal God, Who hast been the hope and confidence and strength of faithful men and women in every generation, inspire me to seek Thee more earnestly and to rely upon Thee more completely. When the way seems dark before me, increase my trust. When the distant scene is obscure, give me courage to go forward as far as I can see. When I am beset by troubles without and fears within, quiet my mind. Guide me through this day, and when night comes grant me Thy peace. Amen.

SEEK A TRUE SENSE OF VALUES

You have met the person who is always anxious about something: a shower

may spoil his picnic, the plane his wife is on may crash, or a depression may ruin his business. If there is one case of influenza in town he fears he may become the next victim. His troubles are not based upon real danger, but upon imaginary disaster. He does not try to analyze the risks involved and determine whether the misfortune he is worrying about is more likely to by-pass him than to lay him low.

Some people take satisfaction in drawing attention to themselves by dramatizing their anxiety. They never ignore trifling hazards, but picture them in gigantic proportions. In every situation they manage to find something to fret over.

Since you know that chronic worry would damage your health and destroy your happiness, you will want to make a sincere effort to honestly evaluate anything that troubles you. Look at it intelligently. Don't waste your life fussing over accidents which in all probability will never occur, or over unfortunate circumstances which are only hurdles you can jump, if you don't tremble before them.

Be realistic about the problems that are before you. Summon all your intelligence as you weigh their importance. Refuse to let your emotions be stirred up, so that what begins as uneasiness is fed by your imagination until it blocks your vision of permanent values.

It is strange how easy it is for people with good minds to allow their difficulties to appear overwhelming, when they have within themselves the power to cope with them. The president of a small manufacturing concern had succeeded in building up the business until it showed a sizeable profit every year. He was drawing a very large salary and his employees were well paid. He had every reason to feel confident of continued success, yet he fretted over each negotiation that he had to make. He suffered from indigestion and nervous headaches. Although he had every reason to be happy, he was miserable. Obviously this man needed the help which clear thinking, combined with faith, can give.

Peasants in remote parts of the world are less likely to become victims of moody depression than are we who live and work in a mechanized society. Haste contributes to a sense of tension. The variety of demands upon us tends to decrease our inner calm.

But we need not allow our thinking to become distorted. Men and women who are highly intelligent can live serenely even when the demands upon them are pressing. They can apply reason to the problems they face, refusing to hold any difficulty so close to their eyes that it is all that they can see.

When circumstances threaten to destroy your tranquility, don't become emotionally upset before you have even attempted to weigh the seriousness of the problem before you. Keep calm until you have time to study the situation; then honestly evaluate the nature of the circumstances that threaten to destroy your peace of mind. If you have been magnifying the danger, cut it down to size. Most problems shrink under scrutiny. If the situation does seem ominous, or hopeless, still look for the best as you strive to triumph over anxiety.

Remember that the future holds unexpected joys, as well as unforeseen trials. Hold fast to the assurance that God will give you strength to endure the inevitable. Waste no time or energy with anxiety over imaginary troubles. Summon your will to control your thinking. Follow this course and you will not become a victim of the worry habit.



FACE UP TO YOUR PROBLEM

When unavoidable trouble seems to pursue you, face it squarely. It is useless to deny that it exists, or to try to hide from it. It is futile to run from an issue which, in time, will catch up with you. Every hour that you attempt to do this you are likely to be visualizing the worst.

When you face up to a problem you soon discover whether or not it is serious. Psychologists tell us that nearly ninety percent of the things we worry about never happen. Look back over the past month and no doubt you will find that most of the anxieties that have disturbed your mind were not worth worrying about. So, whenever possible, find out in advance whether the situation that threatens to disturb you is serious, or is of such a nature that you are not justified in giving much thought to it. Consistently follow this practice and you will conserve your mental and emotional resources.

A certain amount of trouble must be faced by all of us. There is no advantage to be gained by attempting to dodge it. Recognize the harm it can do to you and prepare to meet adversity with God's help. Bravely face the worst and your courage and strength will mount.

Whether you face competition socially, or in business, prepare for those whom you meet. Don't worry about their criticisms, or be anxious lest you cannot measure up to your competitors in business. Know their strength, but also your own.

If you learn that death is soon to deprive you of the support of a loved one, face this reality. Do not attempt to anticipate problems the coming months will bring. When you have accepted the worst, and have reaffirmed your belief that God will be with you even "in the valley of the shadow of death", you can be free of the torture of anxiety. You can make the most of today and leave tomorrow's difficulties to be solved tomorrow.



LIVE ONE DAY AT A TIME

In the Sanskrit we have preserved for us the wisdom of a poet who lived twelve hundred years before Christ. We will do well to heed his teaching.

"Look to this Day!
For it is Life, the very Life of Life.
In its brief course lie all the
Verities and Realities of your Existence:
The Bliss of Growth,
The Glory of Action,
The Splendor of Beauty.
For Yesterday is but a Dream,
And Tomorrow is only a Vision;
But Today well-lived makes
Every Yesterday a Dream of Happiness,
And every Tomorrow a Vision of Hope.
Look well therefore to this Day!"

It is evident that you cannot make the most of today, cannot fully realize "The Bliss of Growth", "The Glory of Action", and "The Splendor of Beauty", if anxiety clouds your mind and lowers your efficiency. So make the most of today. Enjoy the work and the opportunities that each day brings. Take delight in any beauty or pleasure that it offers. Intelligently grapple with the difficulties it presents.

Bravely bear the burdens placed upon you now, but do not carry again the load that you bore yesterday, or become weary with the weight of tomorrow's responsibilities. Do not torment yourself by rehearsing past mistakes, or by grieving over opportunities you have missed. Do not worry about the future, for that would rob you of some of the satisfactions you should gain from today.

It is appalling to observe the number of lives that are wrecked by anxiety. Men and women become tense and nervous when they fail to release the weight of past duties, disappointment, or grief; or when they are continually fearful of what will happen to them tomorrow. Some victims of anxiety suffer mental collapse. Others become physically ill. Many drag from day to day when they should be living victoriously.

As a student of Mayanry you know that you do not need to drift into thought-habits that are destructive. You can summon your intelligence and use your will to shape your thoughts and actions.

Each morning resolve to use well the hours that are before you. If your

mind is centered upon ideas that are constructive, you will not be diverted by useless regrets, or be tormented by anxiety as to what the future will bring.

The Master said: "Don't worry at all then about tomorrow. Tomorrow can take care of itself. One day's trouble is enough for one day." (Matthew 6:34, Phillips Translation)

Of course this does not mean that we should neglect all preparations for the days to come. Read the Gospel record and you will see that Jesus Himself anticipated many of the things which would be needed during His final week on earth, and He made provision for them. He arranged for a colt to be ready for His use at the time of the Triumphal Entry into Jerusalem. He saw that a room was in readiness for the Passover Meal. To these matters, and others, Jesus gave forethought.

But the Master did not worry about criticism, or even about the suffering that He knew was in store for Him. He lived one day at a time, busy helping and healing, teaching and comforting all who came to Him. He taught us to pray: "Give us this day our daily bread".

God, Who gives us food for each day, will provide our other needs as well. Recall this truth each morning and it will help you to assume your duties with confidence. In the evening do not fret about future problems, but leave them in God's care, for this will help you to sleep well and to approach tomorrow with calmness and vigor.



LET ANXIETY BE A SPUR TO ACTION

You have learned that some thoughts must not be allowed to run wild or they will become destructive. Fear and worry must be controlled; and at times they can be turned into spurs for action.

Do not make the mistake of assuming that anxiety usually stimulates creative ability or productive effort. Quite the contrary! The person who has the worry habit often is so worn out by anxiety that he is neither ambitious nor efficient.

We do read of a few men and women, however, who are first driven by worry to listen to counsel, and then to find release in vigorous work. The noted Hungarian playwright, Ferenc Molnar, is a good example. When he was a student he failed one examination, and then he became obsessed with the idea that he could not do well enough to graduate. At that point he attempted to drown his depression in alcohol. Fortunately his father, a man well versed in human nature as well as in medicine, encouraged young Ferenc to unburden his mind. Then he gave his son this advice: WORK IS THE BEST NARCOTIC.

His father explained that worry is useless and that neither alcohol, nor sleeping pills, nor any drug will provide lasting escape from it. He said that there is one medicine better than any of these and it is called WORK. He told the boy that getting used to this might be hard, but that it becomes "habit forming". Young Molnar listened to his father's advice and overcame his anxiety by work - work that captivated his mind, drove him relentlessly, and brought him enduring

satisfaction.

If you are obsessed by some worry that you have been unable to shake from your mind, seek the help of a counselor, psychiatrist, or trusted friend. While it is unwise to gossip about your troubles, much benefit can be obtained from telling them to one who is sympathetic. Your burden will be lighter when you have shared it. Even as you describe the thing that has been haunting you, you may see the way to be free of the danger it poses. Too, you are fortunate to have the guidance of your Mayan Order, which wants to help you with your problems, and may be able to help direct you into the type of activity that will bring you release from the anxiety that has a strangle hold upon your mind.

Moreover, God is always ready to guide you into the ways of peace. You have only to reach out and put your trembling fingers into the steady Hand of the Almighty. Then you need no longer be bewildered or frightened of the way that lies ahead of you. With confidence you can approach the future. Without any fear you can attempt the difficult. Without temerity you can launch into new spheres of endeavor.



GO FORWARD WITH TRUST

Paul declared: "This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark." (From Phillipians 3:13,14). Paul realized that if he was to do the work that he felt called to do, he must not waste time fretting over the past, but must go forward with trust.

It was possible for Paul to do this because on the Damascus Road and throughout the years when he witnessed to his faith, he knew the Lord walked with him each step of the way.

Paul didn't burn up energy regretting the mistakes he had made in the past. He focused all his attention upon the work he felt called to do.

This should be your practice. Briefly evaluate your efforts. See how you can work more efficiently. Let your shortcomings serve as stepping stones to new heights. Ask God to forgive your errors, and then try to forget them.

Resolutely push aside regrets that serve no useful purpose. Stamp out any thoughts that might develop into full-fledged anxiety and lead to the worry habit. Replace destructive thinking by affirming your faith, or by singing hymns of assurance.

Repeat the words that Plotinus wrote in the Third Century A.D. :

"We are not cast away, not separate; ...

For the Supreme does not give and pass,

But abides forever."

Or listen to the advice of Saint Theresa of Avilla, as translated by Long-fellow:

"Let nothing disturb thee,
 Nothing affright thee;
 All things are passing;
 God never changeth;
 Patient endurance
 Attaineth to all things;
 Who God possesseth
 In nothing is wanting;
 Alone God sufficeth."

Or meditate upon the assurances given by the Psalmist. Read the 91st and 121st Psalms, as well as the 23rd.

Steep yourself in Isaac Watts' great proclamation of faith:

"O God, our help in ages past,
 Our hope for years to come,
 Our shelter from the stormy blast,
 And our eternal home."

Or let your mind be stilled as you hum the tune and think of the words of the hymn, "God Will Take Care of You".

Notice that all these writers, from ancient times until the twentieth century, had one thing in common: Complete confidence in the ability and the willingness of God to sustain them in times of adversity.

If you lack this assurance it may be because your view of the Almighty is limited. Do you doubt the power of God? Do you question His loving concern for you personally?

It is improbable that you will be undergirded by Divine Power if you have an inadequate concept of the Almighty. Sometime in childhood did you get a mental picture of God as a kind of Santa Claus who gives you the things you want? Or did you picture Him as a policeman who will punish you if you break laws?

You can gain from the Almighty the confidence that wipes out all anxiety only when you grow beyond childish or distorted images of God. Therefore, remove concepts based upon beliefs that you cannot intellectually accept, and replace them with thoughts of God.

This subject will be treated more extensively in later Lessons, but let me here state that it is of the utmost importance that you seek to clarify your idea of the nature of God until you can think of your Creator not only as all-powerful, but as consistently kind. Admit that God permits evil and that He gives us the right to make choices; but never hold the thought that God sends evil, for this is inconsistent with the principle that He loves each of His children.

Notice that the Psalmist and every one of the writers quoted in this Lesson spoke of God as One upon Whom they could depend: God is a "shelter", "God never changeth", God is a "shepherd".

As you read these declarations of faith, translate the language used by men in ancient times into words that have meaning for you. "God is my rock and my fortress", means GOD WILL PROTECT ME IN TIME OF TROUBLE. "The Lord is my shepherd", means GOD WILL GUIDE ME EACH STEP OF THE WAY.

Claim these assurances for your own and you will triumph over anxiety. Trust God as your Father and His love will cast out your fear and you will be able to attempt the difficult without having your strength undermined by worry.

To summarize:

- * Evaluate the problems that trouble you. Don't become overly disturbed by trifles. If you have been worrying over something that may never happen, refuse to let it disturb you further. Hope for the best.
- * Face up to the inevitable. If you cannot change circumstances, accept them courageously.
- * Don't carry yesterday's burden for a second time; and don't anticipate disaster. Concentrate upon the opportunity today brings.
- * Avoid fretting. Occupy your mind with constructive thoughts. Pour energy into profitable work.
- * Share your load and it will be cut in half.

Furthermore, recognize the greatness of God. Accept the guidance and support that your Heavenly Father gives whenever you sincerely ask for it. Have confidence in His love and care. Go forward with the calm assurance that even when you must pass through trials, He will lead you to safety.

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AFFIRMATION

Trusting in God's goodness and power, I will approach today's responsibilities with courage. I will direct my thoughts into channels that lead to peace and serenity.

Blessings,

YOUR INSTRUCTOR.