



OFFICIAL EMBLEM OF

# THE MAYANS

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VADE MECUM, VOLVENTIBUS ANNIS

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

Degree 4 - 5

Number

37

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A. L. E. P. M.

Blessed are they that are perfect in the Way  
Who walk in the Law of Jehovah.

Blessed are they that keep His Testimonies  
That seek Him with the whole heart.

Yea, they do no unrighteousness,  
They walk in His ways.

Thou hast commanded us Thy Precepts,  
That we should observe them diligently.

Oh that my ways were established  
To preserve Thy Statutes!

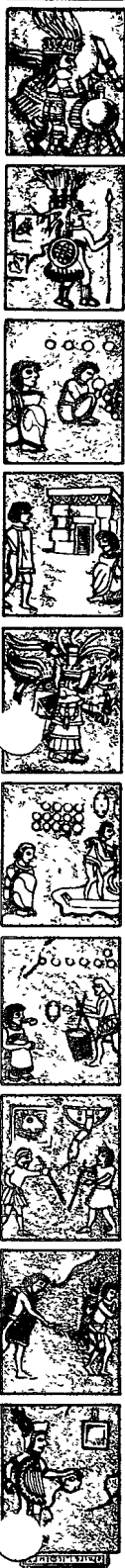
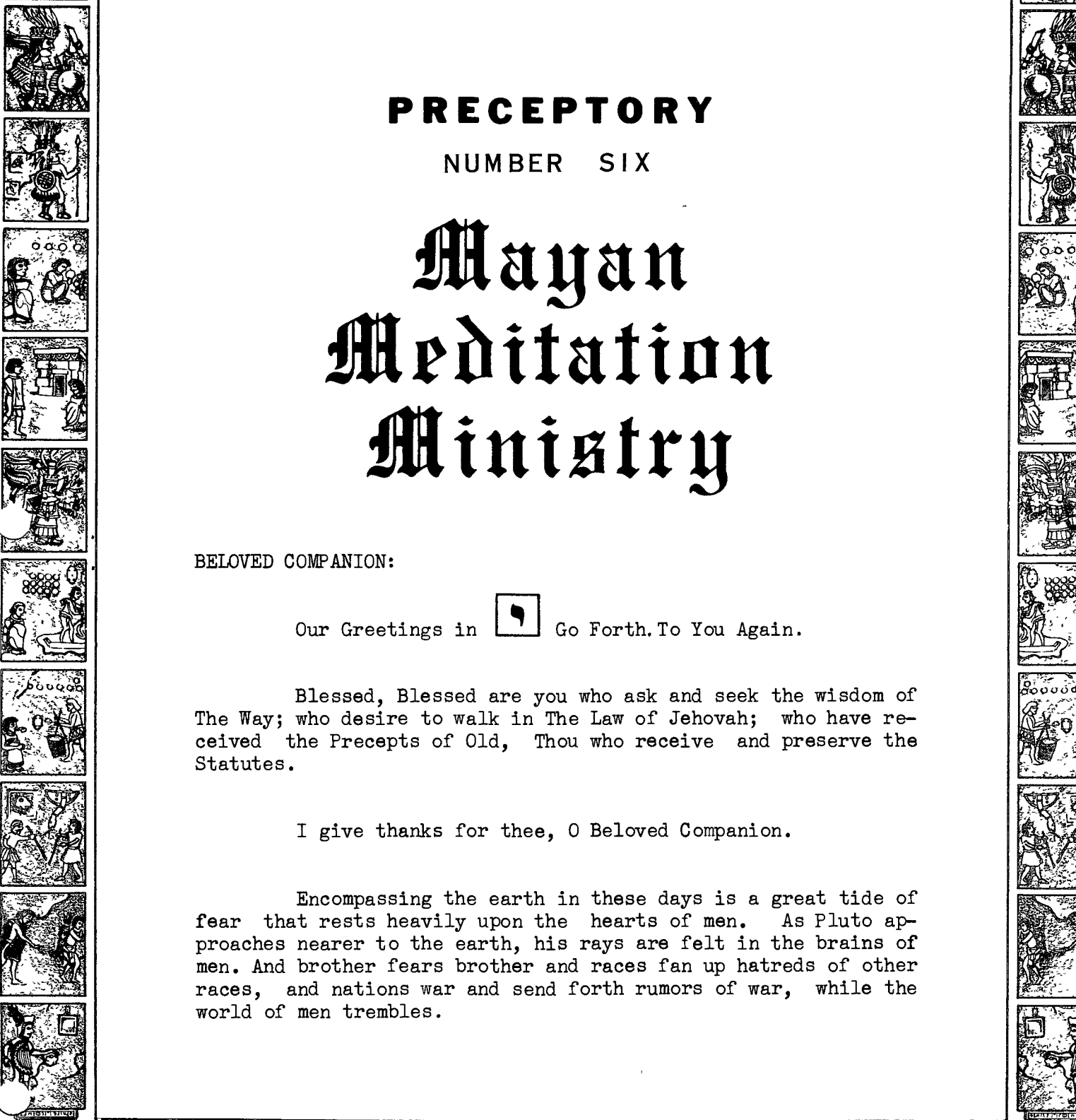
Then shall I not be put to shame  
When I have respect unto all Thy Commandments.

I will give thanks unto Thee with uprightness  
Of heart when I learn Thy righteous judgment.

I will observe Thy Statutes:

Oh forsake me not.

-- 119th Psalm




# PRECEPTORY

NUMBER SIX

# Mayan Meditation Ministry

BELOVED COMPANION:

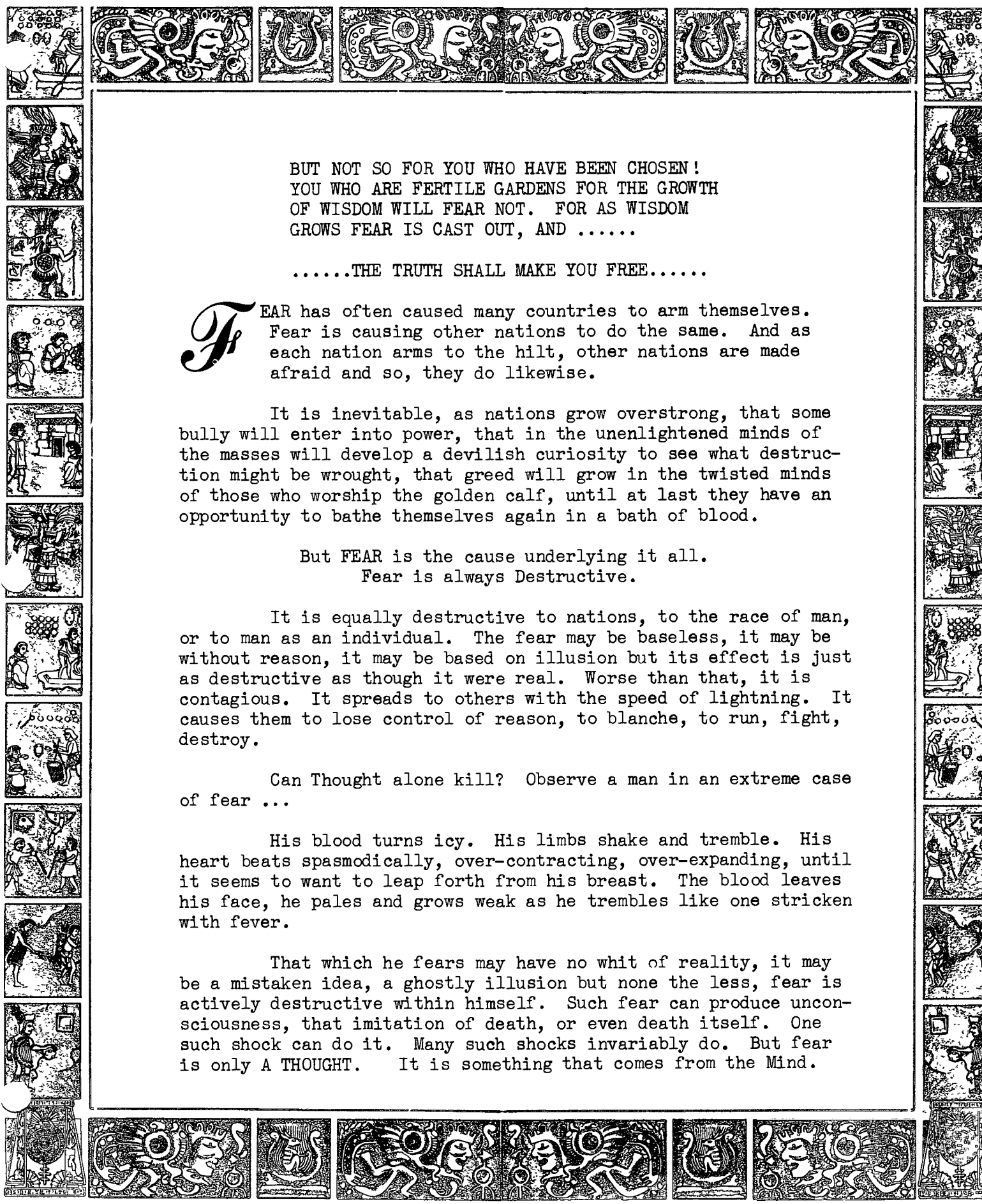
Our Greetings in  Go Forth. To You Again.

Blessed, Blessed are you who ask and seek the wisdom of The Way; who desire to walk in The Law of Jehovah; who have received the Precepts of Old, Thou who receive and preserve the Statutes.

I give thanks for thee, O Beloved Companion.

Encompassing the earth in these days is a great tide of fear that rests heavily upon the hearts of men. As Pluto approaches nearer to the earth, his rays are felt in the brains of men. And brother fears brother and races fan up hatreds of other races, and nations war and send forth rumors of war, while the world of men trembles.





BUT NOT SO FOR YOU WHO HAVE BEEN CHOSEN!  
YOU WHO ARE FERTILE GARDENS FOR THE GROWTH  
OF WISDOM WILL FEAR NOT. FOR AS WISDOM  
GROWS FEAR IS CAST OUT, AND .....

.....THE TRUTH SHALL MAKE YOU FREE.....

**F**EAR has often caused many countries to arm themselves.  
Fear is causing other nations to do the same. And as  
each nation arms to the hilt, other nations are made  
afraid and so, they do likewise.

It is inevitable, as nations grow overstrong, that some  
bully will enter into power, that in the unenlightened minds of  
the masses will develop a devilish curiosity to see what destruc-  
tion might be wrought, that greed will grow in the twisted minds  
of those who worship the golden calf, until at last they have an  
opportunity to bathe themselves again in a bath of blood.

But FEAR is the cause underlying it all.  
Fear is always Destructive.

It is equally destructive to nations, to the race of man,  
or to man as an individual. The fear may be baseless, it may be  
without reason, it may be based on illusion but its effect is just  
as destructive as though it were real. Worse than that, it is  
contagious. It spreads to others with the speed of lightning. It  
causes them to lose control of reason, to blanch, to run, fight,  
destroy.

Can Thought alone kill? Observe a man in an extreme case  
of fear ...

His blood turns icy. His limbs shake and tremble. His  
heart beats spasmodically, over-contracting, over-expanding, until  
it seems to want to leap forth from his breast. The blood leaves  
his face, he pales and grows weak as he trembles like one stricken  
with fever.

That which he fears may have no whit of reality, it may  
be a mistaken idea, a ghostly illusion but none the less, fear is  
actively destructive within himself. Such fear can produce uncon-  
sciousness, that imitation of death, or even death itself. One  
such shock can do it. Many such shocks invariably do. But fear  
is only A THOUGHT. It is something that comes from the Mind.

- a negative thought - a destructive thought - a paralyzing thought but, nevertheless, a perfect demonstration of the Revelation Principle, WORKING IN REVERSE.

Believe a thing is so and for YOU it IS so. Even though that which you believe is false - to your internal mechanism it is true, if you BELIEVE it to be true.



We have all heard of the hazing given some years ago by a group of college students to a boy being inducted into a famous fraternity. The boy was blindfolded and led out at night and tied to a disused switch track a few feet from the main track of a railroad. The poor youth was terrified. He didn't understand what was supposed to be a joke. One of the boys, more kind-hearted than the rest, whispered to him that he would try to slip back and untie him before the Limited, which was due, should arrive.

Out there in the black silence, blindfolded and tied to an unused switch track, that boy knew FEAR. He didn't know that the train was on another track; that it couldn't possibly touch him. He BELIEVED that he was about to be run over.

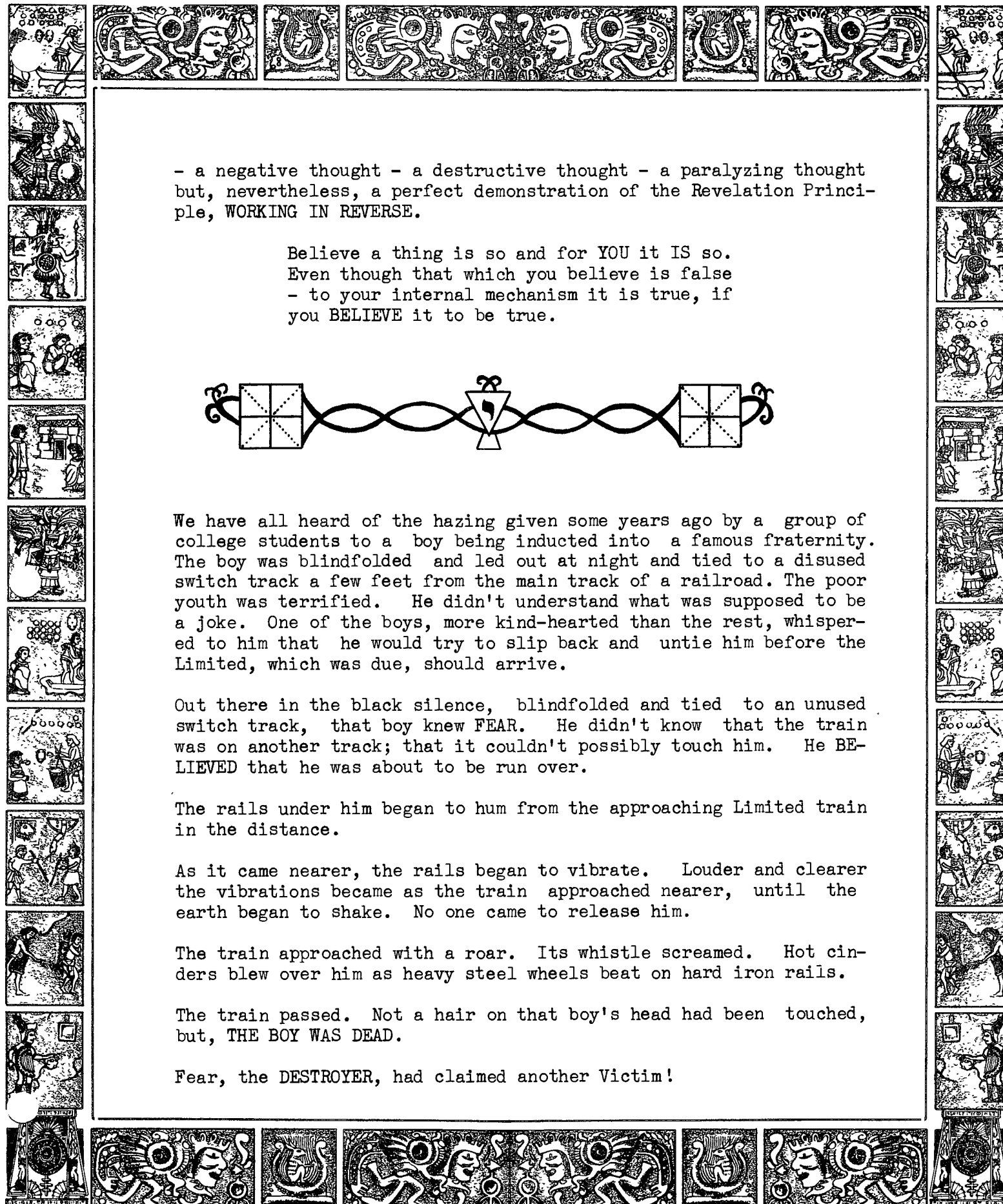
The rails under him began to hum from the approaching Limited train in the distance.

As it came nearer, the rails began to vibrate. Louder and clearer the vibrations became as the train approached nearer, until the earth began to shake. No one came to release him.

The train approached with a roar. Its whistle screamed. Hot cinders blew over him as heavy steel wheels beat on hard iron rails.

The train passed. Not a hair on that boy's head had been touched, but, THE BOY WAS DEAD.

Fear, the DESTROYER, had claimed another Victim!



**A**ND FEAR takes a toll of many thousands of lives each year. It comes in a million forms from a simple Habit of Worry that slowly and insidiously produces heart disease, to a paralyzing inability to act in an emergency such as an automobile accident.

A steel worker dances on a swinging girder high above the street but another man, safe in the window of a ten story building, feels something pulling him out through the window to destruction below.

THAT WHICH YOU BELIEVE HAS POWER OVER YOU  
AS MUCH AS YOU CAN HAVE POWER OVER THAT  
WHICH YOU BELIEVE !

This TRUTH can MAKE YOU FREE OF FEAR and  
its destroying influence.

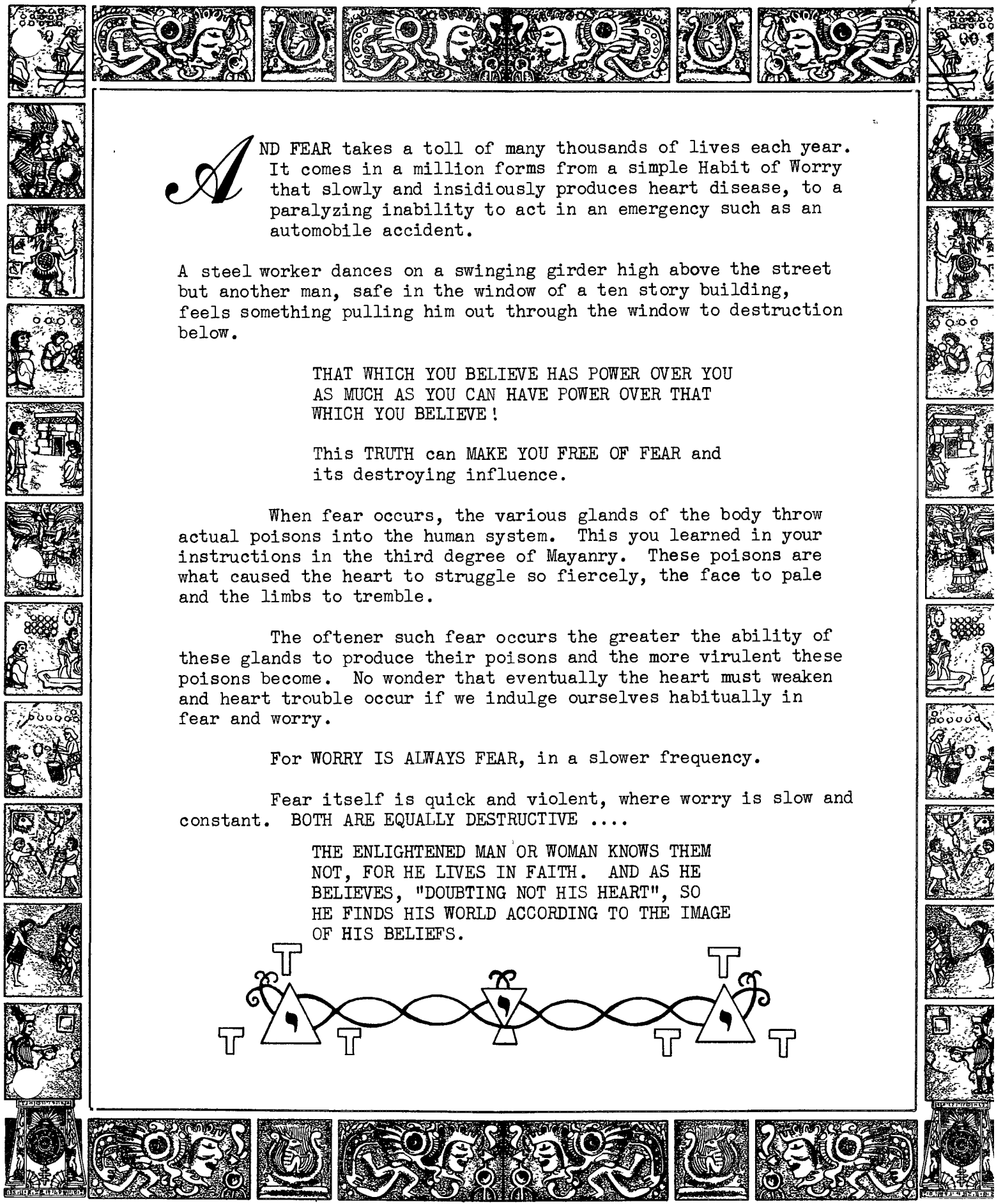
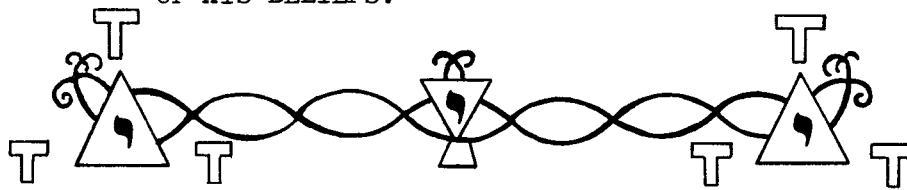
When fear occurs, the various glands of the body throw actual poisons into the human system. This you learned in your instructions in the third degree of Mayanry. These poisons are what caused the heart to struggle so fiercely, the face to pale and the limbs to tremble.

The oftener such fear occurs the greater the ability of these glands to produce their poisons and the more virulent these poisons become. No wonder that eventually the heart must weaken and heart trouble occur if we indulge ourselves habitually in fear and worry.

For WORRY IS ALWAYS FEAR, in a slower frequency.

Fear itself is quick and violent, where worry is slow and constant. BOTH ARE EQUALLY DESTRUCTIVE ....

THE ENLIGHTENED MAN OR WOMAN KNOWS THEM  
NOT, FOR HE LIVES IN FAITH. AND AS HE  
BELIEVES, "DOUBTING NOT HIS HEART", SO  
HE FINDS HIS WORLD ACCORDING TO THE IMAGE  
OF HIS BELIEFS.



You may ask, "Why are we made so that poisons that can destroy us are generated in our own bodies?"

I reply, "There is an infinite wisdom in this mechanism as there is in all things. But to understand this, let us first understand a little of the nature of 'poison'".

First, let us understand that various substances which in small quantities are harmless or even beneficial, may become, in overlarge amounts, actual poisons. Drink too much of the purest water and you produce a fever. Eat too much of even the best foods and you "poison" your system.

As the ancient Maya taught, "too much of ANYTHING is evil".

Modern psychology teaches that even too much of such a wonderful thing as a Mother's Love may spoil, even ruin, a child. There is a middle course between all extremes, a path that avoids "too much" of anything and on this path wise men walk.

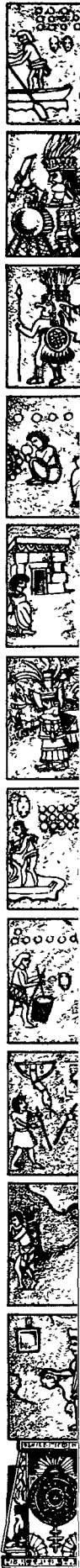
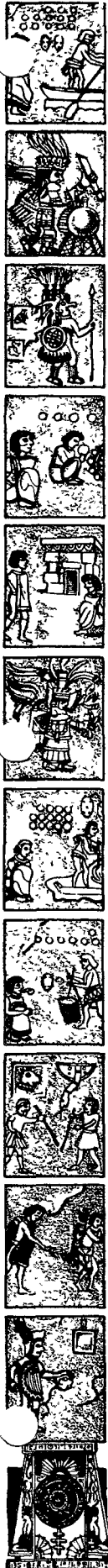
The substances generated in our bodies when fear occurs are intended to stimulate the functions, to bring added strength to resist dangers and to meet emergencies with greater awareness and keener eye and stronger muscles. This is why All Wisdom made our glands to produce this stimulating substance. It is the man who FEARS who OVERUSES THEM, who turns this blessing into "poison".

Not God, but man, makes blessings turn to toxic substance. Man, by giving way to Fear or by prolonging indulgence in the habit of worry, produces such an excess of an otherwise beneficial substance that it can destroy him!

The best way to avoid the evil effects of fear or even worry is by ACTION.

Remember the substance produced is a STIMULANT. Action releases its antidote which our system made on God's wise plan, also produces. But here again we must remember that too much action, or too violent action produces another "poison".

..... TOO MUCH OF ANYTHING IS EVIL .....



The writer of these words has always been fond of horses. No activity is more enjoyable even now, than a visit to the beautiful Mayan Ranch at Bandera, Texas, to observe the beautiful horses and to note their sensitivity to the moods and the mental attitudes of the riders.

If the rider is afraid, the horse knows it. Somehow he senses it and if it is the horse's nature to be a bully, woe to the rider! In fear, the rider EXPECTED something to happen so the horse obliges. The fear communicates itself to the horse and makes him nervous.

**FEAR IS CONTAGIOUS!**

When I was younger, I delighted in taming horses by helping them to lose their fear. In order to do that one must be not only free from fear himself but able to project an aura of security to the beast, sufficient to calm his nervousness.

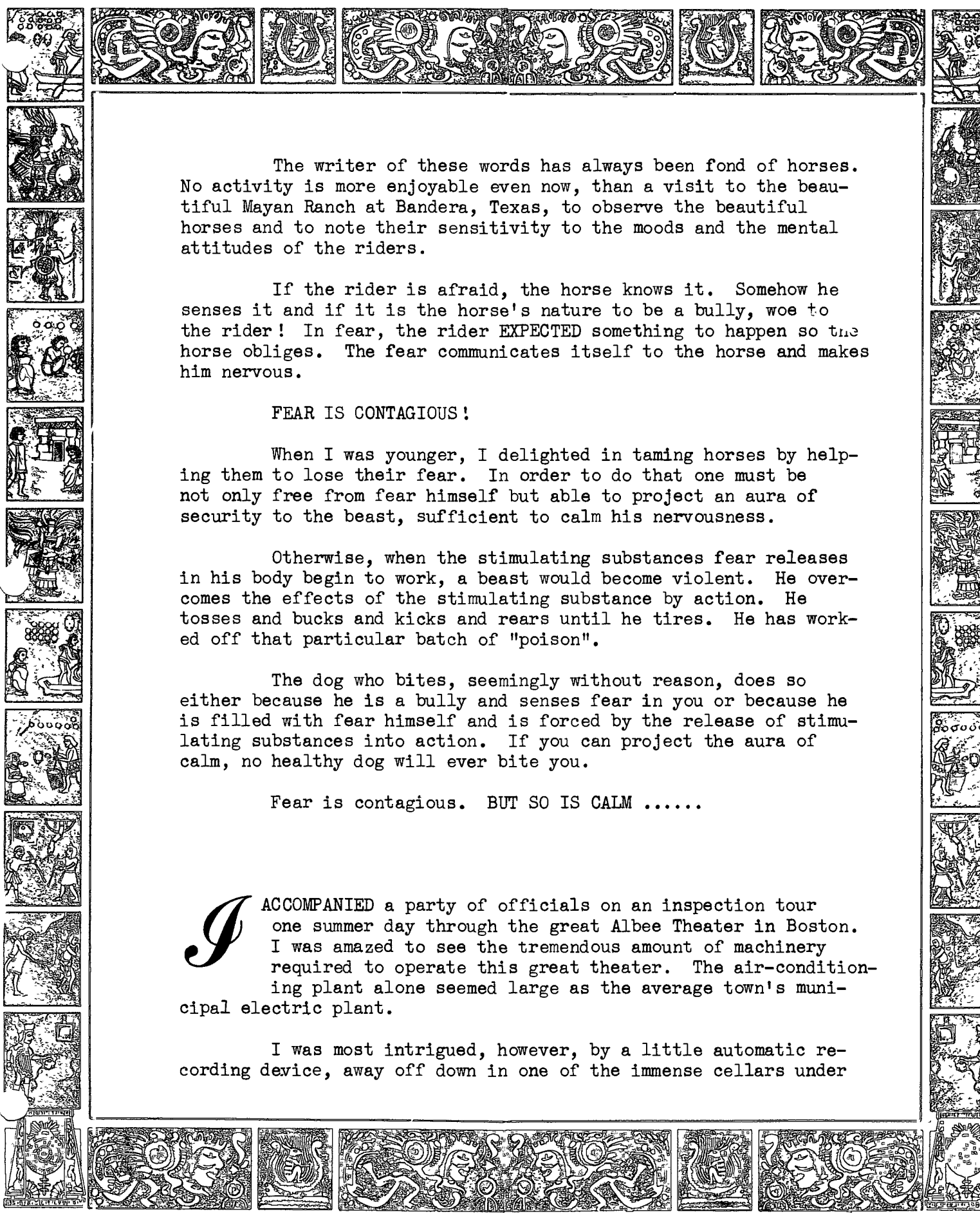
Otherwise, when the stimulating substances fear releases in his body begin to work, a beast would become violent. He overcomes the effects of the stimulating substance by action. He tosses and bucks and kicks and rears until he tires. He has worked off that particular batch of "poison".

The dog who bites, seemingly without reason, does so either because he is a bully and senses fear in you or because he is filled with fear himself and is forced by the release of stimulating substances into action. If you can project the aura of calm, no healthy dog will ever bite you.

Fear is contagious. BUT SO IS CALM .....

**I** ACCOMPANIED a party of officials on an inspection tour one summer day through the great Albee Theater in Boston. I was amazed to see the tremendous amount of machinery required to operate this great theater. The air-conditioning plant alone seemed large as the average town's municipal electric plant.

I was most intrigued, however, by a little automatic recording device, away off down in one of the immense cellars under





the theater. A device that drew wavy lines like shaky hills and dales, on a chart.

"See that", said the superintendent in charge as he pointed to a particularly high peak being recorded, "that is caused by fear. The audience upstairs is afraid that the villain is going to get the girl in his clutches. This is the big climax of the picture being shown. Just watch what happens as the audience's fear increases".

I watched the wavy line mount ever higher while automatic switches sparked and motors whined and great air vanes opened wider to take care of the "peak load", caused by the THOUGHTS of fear engendered in the breasts of an audience of some five thousand people, in the auditorium overhead. Their THOUGHTS were working all this tremendous machinery at its absolute maximum speed!

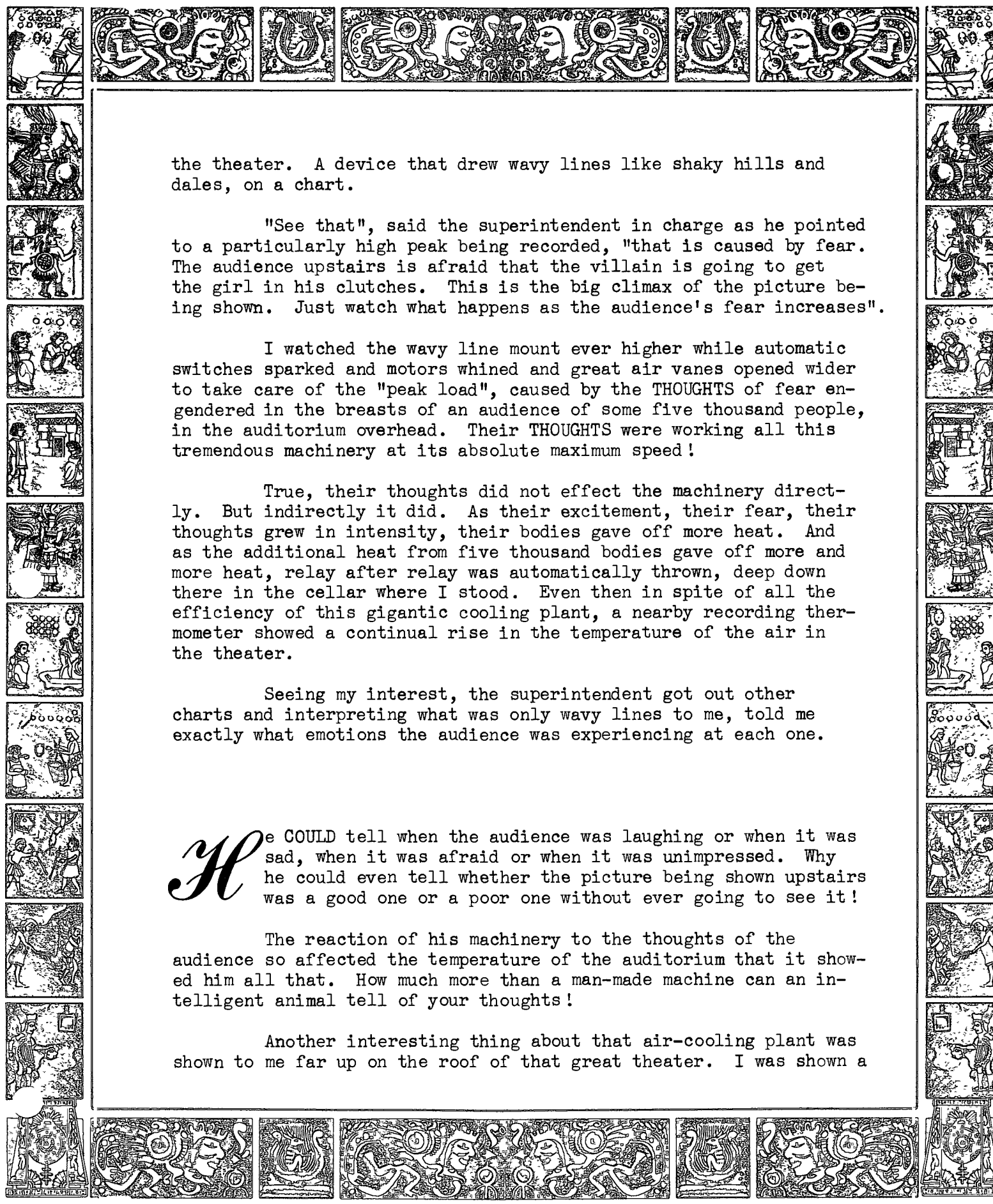
True, their thoughts did not effect the machinery directly. But indirectly it did. As their excitement, their fear, their thoughts grew in intensity, their bodies gave off more heat. And as the additional heat from five thousand bodies gave off more and more heat, relay after relay was automatically thrown, deep down there in the cellar where I stood. Even then in spite of all the efficiency of this gigantic cooling plant, a nearby recording thermometer showed a continual rise in the temperature of the air in the theater.

Seeing my interest, the superintendent got out other charts and interpreting what was only wavy lines to me, told me exactly what emotions the audience was experiencing at each one.

*H*e COULD tell when the audience was laughing or when it was sad, when it was afraid or when it was unimpressed. Why he could even tell whether the picture being shown upstairs was a good one or a poor one without ever going to see it!

The reaction of his machinery to the thoughts of the audience so affected the temperature of the auditorium that it showed him all that. How much more than a man-made machine can an intelligent animal tell of your thoughts!

Another interesting thing about that air-cooling plant was shown to me far up on the roof of that great theater. I was shown a



pipe that spouted a small stream of water and was told that that stream of liquid was the humidity that was removed from the air in the auditorium.

And at the next show when the same exciting, fear-producing sequence in the picture was being shown, I saw that small stream increase in volume until it was sufficient to have watered your garden!

But to my eyes that stream of water removed from the air of the auditorium below was not just water.

To me IT WAS ALIVE! FRESH FROM THE LUNGS OF FIVE THOUSAND PEOPLE, IT WAS A CONDENSED ESSENCE OF FEAR ... A toxin that contained madness!

*I*s THAT stimulating substance released into our systems really a poison?

Observe a man in a violent state of anger. See the contorted lines in his face, the flushing of his skin until he turns purple. His thought inflames him until his whole appearance changes so that he is scarcely recognizable.

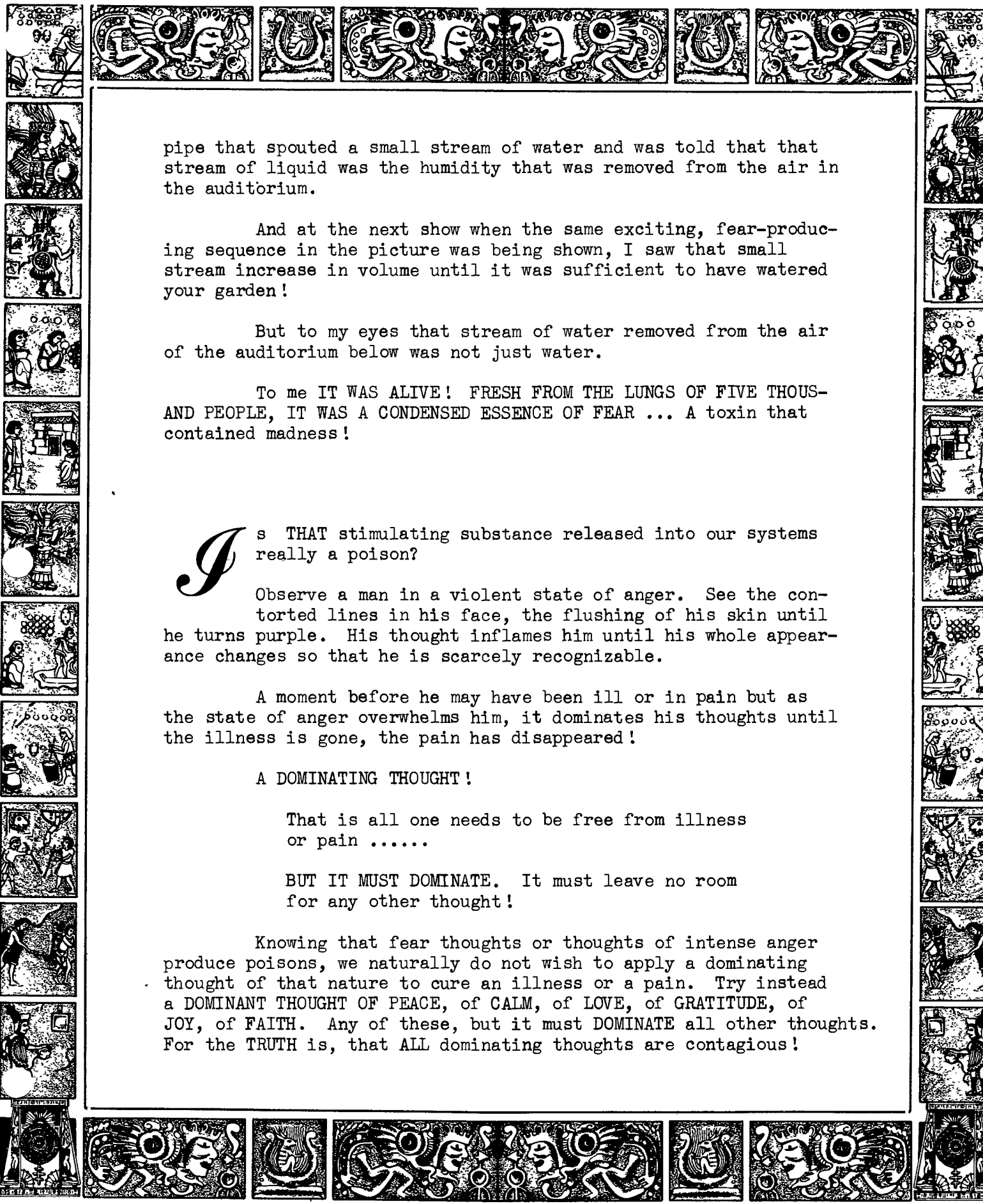
A moment before he may have been ill or in pain but as the state of anger overwhelms him, it dominates his thoughts until the illness is gone, the pain has disappeared!

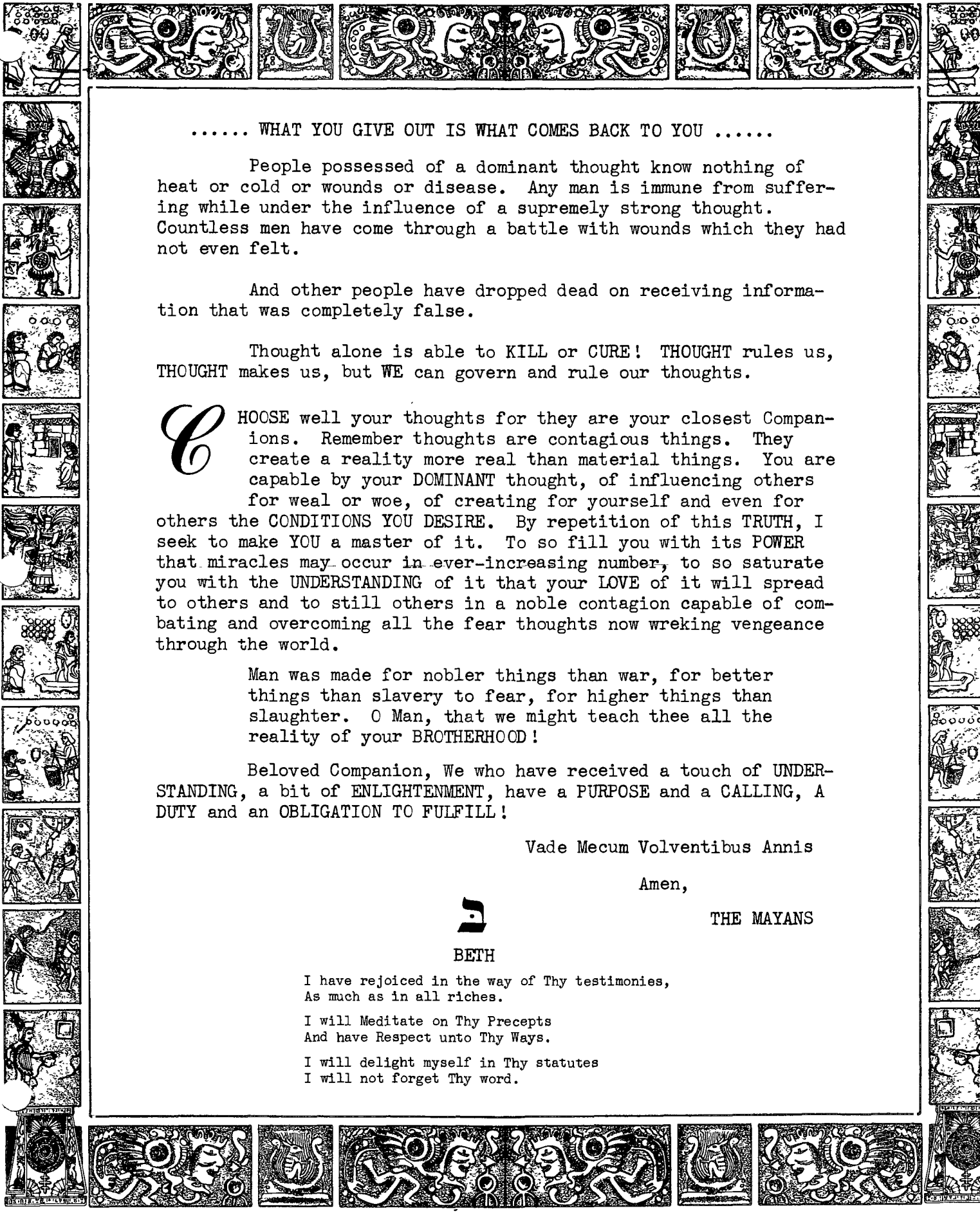
A DOMINATING THOUGHT!

That is all one needs to be free from illness or pain .....

BUT IT MUST DOMINATE. It must leave no room for any other thought!

Knowing that fear thoughts or thoughts of intense anger produce poisons, we naturally do not wish to apply a dominating thought of that nature to cure an illness or a pain. Try instead a DOMINANT THOUGHT OF PEACE, of CALM, of LOVE, of GRATITUDE, of JOY, of FAITH. Any of these, but it must DOMINATE all other thoughts. For the TRUTH is, that ALL dominating thoughts are contagious!





..... WHAT YOU GIVE OUT IS WHAT COMES BACK TO YOU .....

People possessed of a dominant thought know nothing of heat or cold or wounds or disease. Any man is immune from suffering while under the influence of a supremely strong thought. Countless men have come through a battle with wounds which they had not even felt.

And other people have dropped dead on receiving information that was completely false.

Thought alone is able to KILL or CURE! THOUGHT rules us, THOUGHT makes us, but WE can govern and rule our thoughts.

**C**HOOSE well your thoughts for they are your closest Companions. Remember thoughts are contagious things. They create a reality more real than material things. You are capable by your DOMINANT thought, of influencing others for weal or woe, of creating for yourself and even for others the CONDITIONS YOU DESIRE. By repetition of this TRUTH, I seek to make YOU a master of it. To so fill you with its POWER that miracles may occur in ever-increasing number, to so saturate you with the UNDERSTANDING of it that your LOVE of it will spread to others and to still others in a noble contagion capable of combating and overcoming all the fear thoughts now wreking vengeance through the world.

Man was made for nobler things than war, for better things than slavery to fear, for higher things than slaughter. O Man, that we might teach thee all the reality of your BROTHERHOOD!

Beloved Companion, We who have received a touch of UNDERSTANDING, a bit of ENLIGHTENMENT, have a PURPOSE and a CALLING, A DUTY and an OBLIGATION TO FULFILL!

Vade Mecum Volventibus Annis

Amen,

THE MAYANS



BETH

I have rejoiced in the way of Thy testimonies,  
As much as in all riches.

I will Meditate on Thy Precepts  
And have Respect unto Thy Ways.

I will delight myself in Thy statutes  
I will not forget Thy word.