



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 translations into other languages.

VADE MECUM, VOLVENTIBUS ANNIS

THE MAYANS
SAN ANTONIO,
TEXAS

Degree 4 - 5

Number 43

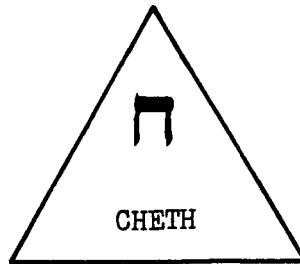
Copyright 1940 by The Mayans



PRECEPTORY NUMBER 12



SPIRIT
A MAYAN
MUST BE
PREPARED IN HIS SPIRIT



HEART
A MAYAN
MUST BE
PREPARED IN HIS HEART

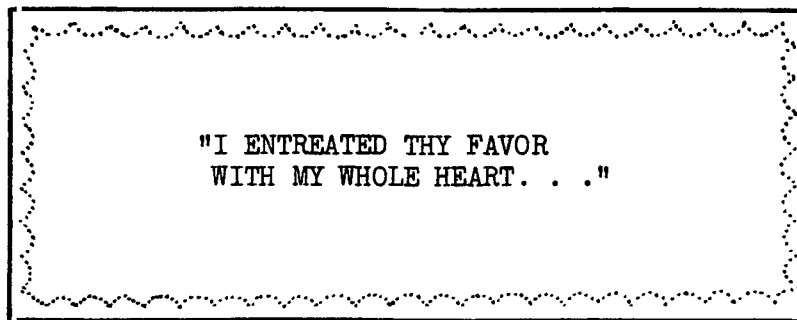
**Jehovah is my portion:
I have said that I would observe Thy word.
I entreated Thy favor with my whole Heart:
Be merciful unto me according to Thy Word.
I thought on my ways,
And turned my feet unto Thy Testimonies.
I made haste and delayed not,
To observe Thy Commandments.
The cords of the wicked have at times Wrapped
me around; But I have not forgotten Thy Law.
At midnight I will rise to give thanks unto
thee because of thy Good Ordinances.
I Am A Companion Of All Them That Revere Thee,
And Of Them That Observe Thy Precepts.
The earth, O Jehovah, is full of Thy Loving
Kindness: Teach me Thy Statutes.**

Beloved Companion:

The above verse from the immortal 119th Psalm indicates, without the necessity of pointing it out, the ancient use of the words now used in modern Mayanry.

Those outside our Order would read them, hidden in the verse, without noting any special significance. But a Mayan reading them is struck by such passages as, "I AM, A COMPANION of ALL THEM that REVERE THEE, AND OF THEM that OBSERVE (or see and live and understand) THY PRECEPTS.

There are other words of significance to Mayans in this verse. "I HAVE SAID" refers to the Oath of Promise given, of old as of today, at the Initiations into these Degrees.



It has been said that "A Mayan must first be prepared in his heart". He must be earnest, sincere, loyal, constant and devoted. These are inner things and not merely an outward, visible show of such conduct. . . "As the heart is, so is the Spirit".

- * -

Now the Hebraic "Cheth" is also given as "Hheth" in its older form, and as "Hheth" it more nearly signifies the breath, which in all ancient wisdom religions signified the Spirit.

As long as a man lived, he breathed. Some mysterious something caused the lungs to continue to pump the breath in and out of him. When he stopped breathing, his Spirit left the body and the body died. Indeed, the last action of every living thing is an exhalation; "The Ghost left him - and he was dead." From this comes the saying "To give up the Ghost", to cease to breathe; to "die".

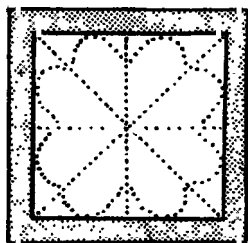
So Hheth, or Cheth, is also an inward thing; an activity of the Life Principle within; the Spirit of a man.

Thus we see that this same letter "Hheth" signified the "quality of the whole heart" and "the Spirit of a man" for a Mayan must also "be prepared in the Spirit".

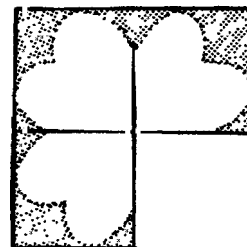
That preparation which brings kindred Spirits into Mayanry; into a Spiritual and Mental Companionship, is something that you have gathered up through the years in the part of your Being known as Character.

For CHARACTER moulds and shapes SPIRIT.

Character prepares Spirit and, as you have learned, MIND and INTELLECT shape CHARACTER.



Mind is the channel through which our inner self attains an awareness of the world and its demands. Intellect is an "Overself", a higher mentality which consults with Mind, and Spirit and SOUL, and then decides "I will do thus and so" in this or that situation.



If the Spirit (energy) is weak the Overself may decide not to enter upon a certain task "because the effort is too much". A sort of dialogue between the "selves" which compose you, takes place. "You know you really should make the effort", says Intellect to Spirit. "Yes--but I am too tired", replies Spirit to that inner You. "I don't believe I desire it badly enough to make the effort". And Intellect answers, "Well, my Spirit, if your Desire is not strong, we will just abandon it, but YOU are the loser."

Giving up is easy. It is the way of the weakling.

With each giving up, the Spirit grows weaker and Desires and Will Power less strong. After a time it becomes HABIT to give up.

The Habit of doing without, of giving up, enters into our Character and Character, too, becomes weakened. Then added to the voice of a weak Spirit is the voice of a weakened Character, and the clamor of these two help to hold back Intellect in everything Intellect would undertake to do.

If this is not overcome in time, Intellect too is weakened; it loses its virility and, with this continued loosening process, after a while all Spirit goes out of it and that Being is truly DEAD.

- * -

Life on any plane is a quickening of the Spirit. It is a demanding Desire and Will to ACTION. By action the Spirit is made stronger. By action (use) the Intellect is made stronger. By action (decision) the Character is made stronger. By action (directed thought) the power of the Mind is made stronger. Even in the physical body, by action (work) the body is made stronger and its muscles and nerves and brain become toned with VITAL SPIRIT ENERGY which is but the principle of Life Abundant!

- * -

Each wafting breeze and every summer's sun caressing all growing things is a call to the Spirit of that Life form and a demand, through its tiny Intellect, to muster its forces and make effort to expand toward the LIGHT. If its spirit is weak and it fails to put forth the effort - it, too, DIES.

Nothing stands still in the Universe. All things either respond to the Life Principle of Growth and Expansion or they shrivel and wither and die. The Universe has no use for that which is inactive, that which shrinks and says, "No, I do not desire anything strong enough to make an effort".

The mark of an intelligent person is a lively curiosity, a desire to learn more, to understand, to reach up out of the abysmal dark void into the glorious Light of Understanding. This way leads to the GROWTH that is the Purpose of Existence.

The other way leads to extinction - the only death there is.

The way back down to extinction leads through the only Hell there is, the Hell of weak living, of continual but gradual loss, the long period of torture through repeated births, in various temporary forms as, bit by bit, the glorious God-like heritage is lost, until, at last, comes merciful extinction.

If anyone would choose to live such a life, let him at least be wise enough to live it so thoroughly that extinction may be speeded up; that he may escape such tortures in as few rebirths as possible

- * -

HOW TO ATTAIN PERFECT HARMONY To those whose Intellect COMMANDS and CONTROLS the various "selfs" of their Being, there is Glorious Promise, for we are already far advanced along the Path. We may know this by our present advantages over most other visible life forms by the very intensity of our desire to know, to obtain Understanding; by the very consciousness we have of this Higher Self Within Us which we call INTELLECT.

The Greatest part of our battle against the weaker nature has already been won!

Ahead is attunement with perfect Harmony, the Green Pastures spoken of in prayer, whose perfection is such that there are no words with which to express the thought, unless it be ETERNAL ECSTASY.

For as you have been told, "Heaven is not a Place!" It is a condition of Perfection beyond our present plane of consciousness. We can no more put it into words, or even possess a clear perception of it while in this life, than we can gain a clear understanding of the meaning of Eternity, or the first beginning.



WE KNOW THAT ETERNITY IS:

We also know that all this which is visible to us on this earth and in the skies had a Beginning.

- * -

IN THE BEGINNING Science teaches that the firmament was "evolved out of gases floating about in space". In our human limitations we may accept that, but ask, "Where did the gases come from? How were they first created? Who created Space for these gases to float through?"

Even the first grand opening passages of Genesis in the Bible fails to reach our deepest understanding when it says, in words lovely as the tones of a Great Overture:

"In the beginning God created the heavens and the earth. And the earth was waste and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters."

Substitute the word "Energy" for the word "Spirit", for they have the same meaning and, if you wish, change the word "waters" for the more volatile fluid "gases" and you will perceive that the Bible says the same thing that science tells us about the first Creation. There is no quarrel with true science. There cannot be for Truth is Truth Eternal.

The only difference is that science states, in crude, rough, modern language, that which Moses inscribed in harmonious, poetically beautiful words thousands upon thousands of years ago; words like a Symphony, words deep with meaning, words which small minds have not yet understood any better than a howling dog understands the beauty of the harmonic tones and overtones in a great nocturne, beautiful, deep, brooding words, nobly written.

"...and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters..."

The word "moved" means the same as we would mean if we said "acted". Action, the requirement of Life, "the Spirit of God acted upon the fluid gases". All things that have being, from the seemingly changeless rock to the turbulent seas, from the vast globe of Earth to the myriads of heavens, from the tiniest electron within the smallest atom to the Infinite Universe, ALL are in ceaseless, constant, evolving ACTION.

The liquification of a melting sun, the vapors of an unborn earth, the steams of an uncreated ocean, the gasification of uncongealed rocks, the distillation of the lymph of flesh and bones, ALL are "waters".

The Spirit (Will) of God acted upon them like a wind, a breeze, a blast, a gale, a titantic Hurricane, ... A MONSOON! ... SHAPING THEM and ACTING upon them UNTIL, OUT OF THE VAST MAELSTROM, THE WORLD WAS BORN!

THE SPIRIT OF GOD IN ACTION!

We, little specks of Spirit and Intellect, have the same power to create. By the strength of our desire and will, we, too, can loose a fury of creative energy and shape material things as we will, according to the Image of our thoughts, if our Spirit is strong enough and our Character and our Will and our Desire are strong enough.

- * -

YOU MAY HAVE WHAT YOU WILL IN THIS LIFE, WITH FEW LIMITATIONS, AND THEY ARE SELDOM INSURMOUNTABLE. That is the message, My Companions, given over and over with a billion living, visible demonstrations of its absolute truth before your eyes every day.

HOW LONG BEFORE YOU ACCEPT IT COMPLETELY, WITHOUT RESERVATIONS -- WHOLLY AND ABSOLUTELY?

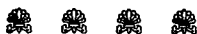
- * -

Unto YOU is given again a message to take out into all the World, a message to set fire to your Spirit, that it may burn with a strong flame and show forth a fierce Light that may guide the unenlightened and show them A WAY from afar.

To YOU is given a torch of enlightenment which your Intellect says, "Let us carry it and shine it into the dark places of the world that my brethren may be saved from dissolution and from error."

O, my Companion, may your Spirit be strong, may it not hang back and deny but may it gladly and joyously reply:

"I Will Do My Part Fully!"



"I WILL -- WILL POWER"

The wedding of the "I" that is Intellect and the "Will" that is Spirit, creates strong, masterful, Godlike Characters.

That YOU have a desire for this is proved by the fact that you have progressed this far on The Path because Desire is Spirit.

The degree of Revelation you attain is determined by your Will to search. YOU control this. No man can do your thinking for you. Your Instructor can hold high the Light but YOU are the ONE who must seize the torch and carry it onward. Your Instructor can polish the mirror and train it toward the sun but it is the mirror itself which must reflect the Illumination or remain dark.

Open your Spirit, let its fiery energy spill forth upon these pages and consume these thoughts and may this material and this moment be the means by which the conflagration of the Holy Spirit is spread to a world threatened by the tides of darkness.

GIVE FORTH THE GREAT MESSAGE!

- * -

You may have what you will, O people of the Earth. It is the freedom given to you by The Father. You may choose the life of Higher Consciousness and Abundance or, denial, torture and death. THE TIME IS AT HAND.

CHOOSE! YOU MAY HAVE WHAT YOU WILL!

- * -

HHETH 8

Special Instruction

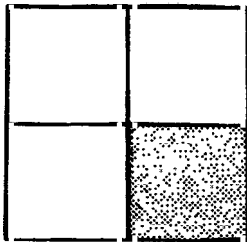
HE 5

In this lesson whose theme is your Spirit-self, it is time that you learned something of the practices and exercises used in the development of the strangest of abilities - that which some people call traveling in the Astral Body but which is really the first stages of the development of suspended animation.

You will not accomplish that in a day nor probably even in many days, but it may be accomplished in time and it is a source of inspiration above the power of words to express. The full development of this requires time and patience, perseverance and faith. Above all it requires earnestness; but an earnestness free from heavy effort.

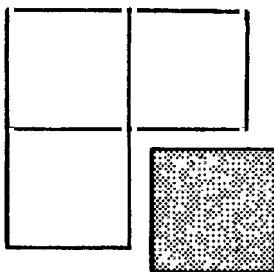
Long ago you were made aware that the greater part of You, the most

important part of your Being, is the invisible, un-material part. Your Mind, Soul, Spirit and Intellect are all invisible, un-physical parts of Being.



It is possible to separate these bodies from the physical body and, being thus freed from the limitations imposed on physical things, the greater part of You can "travel" great distances in the twinkling of an eye, as your Intellect and your Will decide.

The physical body remains behind, the processes of Nature continuing while the greater part of You - the REAL YOU - may be far away, "visiting" friends on another part of the Earth or even out beyond the Earth. The only limitation on the distance you may go, or the things you may explore, or the discoveries you may make, are the limitations imposed by the strength of your Intellect or the strength of the Spirit of your Will and Desire.



In suspended animation a stage even beyond this is accomplished, but you are not prepared to undertake that as yet. Strange as this ability is it is not as rare as you at first might think. The people who have mastered it and who practice it are fairly numerous.

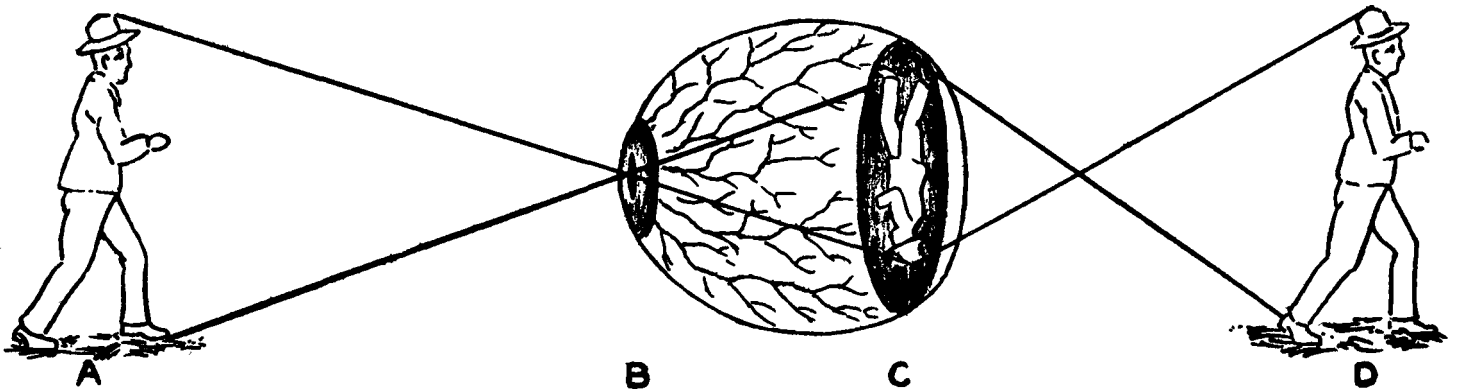
There are few books written on the prodigies of India which fail to give authenticated accounts of suspended animation, and in the land of the Maya there are many statues and statuettes illustrating an adept in the act of practicing it.

As you become familiar with the process you will see that there is nothing so very strange about it, except as unfamiliarity makes it seem so. All things new to us or foreign to the commonplace, with first acquaintance seem unreal, strange and impossible, but as we become accustomed to them the strangeness leaves us and we use them with less and less awe.

Perhaps you remember the first time you saw and heard a radio. You were doubtless filled with wonder and many speculations upon the mystery of transporting audible vibrations through vast distances without visible connections, but a new generation is here now to whom the radio is commonplace, they see no mystery in it.

Indeed, you yourself probably seldom think about it any more as you sit in your parlor and listen to radio programs from distant stations with as much ease as you hear your companions at the dinner table. The cycle of mentation is completed from unbelief to unreal, weird, strange fact accepted, commonplace. The same thing happened in previous generations with the unveiling of the telegraph and the telephone.

True, these things are all material inventions but every invention has its counterpart in Nature. Television just recently came over the horizon of man's consciousness and is but a mechanical-electrical counterpart of Astral Travel. By it we "see" things transpiring at a distance. In television a mechanical "eye" sees what is transpiring before it and transforms the light reflected or shown by the object before it into electrical impulses of energy. This energy (spirit) is projected into the ether to be picked up by radio receivers and transformed again into visual images cast upon another mechanical eye's screen where anyone may see it. The televised objects are not visible in the air between the transmitting point and the receiver. They are not even visible in the mechanism of these machines except just before and after passing through the mechanical "eyes".



PRINCIPLE OF OPTIC VISION

(A) A man is walking. Reflected vibrations of light pass through the lens and iris of the eye (B) and are caught up on the screen (C) at the back of the eye-ball in reversed position. If we "saw" with the eye alone everything would appear upside-down, but the nerves attached to the sensitive screen in the back of the eye carry the light vibrations on to the part of the brain that is optically sensitive (D) where the image is again reversed and we see the man walking right-side-up as he actually is. Colors are reversed in the same way. Red is caught by the eye's screen as a bright green, its complimentary color, but after leaving the screen, green is reversed to red again. Color-blindness is often the result of a "short-circuiting" of this double reversal of light vibrations.

In Astral Travel this is all greatly simplified. No mechanism is necessary, not even your physical eyes. The eye of the Mind or the eye of the Intellect is used. Instead of projecting the visual image as in present day television, we project the invisible, unmaterial, consciousness. Otherwise the process is much the same.

In your first practices of the process it is important that you be perfectly at ease. There must be no strain, no fear, but instead strive for an acute awareness of inner impressions. Remember, you will not see with your physical eyes but the sight will come as mental visions. Later, you can check up on the accuracy of your impressions.

The whole success depends on the facility you acquire for attunement, just as in television.

Usually the best time to attempt these Astral Journeys is just before falling asleep at night or in the early morning just after awakening, but before you are fully roused.

AVOID ANY STRONG EFFORT.

Calmly and quietly, direct your thoughts (Mind) toward your higher self, the Intellect; recognize That as the master, YOU. Then allow yourself to become conscious of your Spirit. Let your Spirit indicate where you Desire or Will to travel, perhaps to the home of a friend or to some other pleasant place not too far away - a place with which you are familiar.

Next, with Mind attuned, it is necessary to become conscious of your Soul-body where dwells Character and Creative-Imagination.

You are now ready for your first exercise of this faculty for Astral Travel. On the wings of the Soul's Creative-Imagination, set forth on the journey to the place you have selected and, energized by the power of the Spirit Will, project these invisible parts of self to that place; Mind, Intellect, Spirit and Soul, the greater part of YOU.

At first you may, in your mind's eye, seem to walk out the door of your room and down the street past familiar houses until you arrive at the place you have WILLED to be; or your guiding Intellect may seem to whisk you off through walls and over house-tops instantly to your destination. This is all right to start with.

As you continue to practice this exercise, you will soon learn that such gradual traveling is not necessary.

The habit of traveling in the physical body, and habit alone, makes you take the path that is aware of physical distance, separating you from the object of your journey. All this becomes unnecessary and you may go direct, with the speed of light, or the speed of thought, to arrive instantly.

Suppose that in your first attempts you merely undertake to visit a dear friend, to note what he or she is doing and to return to possession of your physical body. The process is accomplished by the steps I have just described.

It is a Mental, Intellectual, Spiritual, Soul Journey only.

The physical body and the physical senses are left behind. Only their un-physical counterparts are used. The journey may seem like a dream or a vision, or even like the workings of your imagination. That is all right. Remember that Imagination is a Creative faculty of the Soul, but there is this significant and important difference:

After you have made a number of the Astral Journeys, do this: Telephone the friend whom you visited. Ask him, or her, as the case may be, to tell you what he was doing at the time you tried the experiment. Get him to describe, as accurately and as detailed as possible, his exact actions at the time.

When you have practiced this a bit and learned by practice exactly HOW to do it, you will find that YOU CAN TELL HIM WHAT HE WAS DOING AT THAT PARTICULAR TIME!

He will not need to tell you, but you can tell him what you SAW him doing. When you can do that you will need no further proof of an ability you have developed and now possess - an ability beyond simple imagination - yet, seemingly, very like it.

Of course you should select an understanding friend or your first attempts might bring ridicule and the whole experiment be spoiled.

It should be undertaken in a deeply serious and scientific attitude of mind. The efforts should be repeated and repeated, remembering that WILL is the projecting force, the Soul is the Imaging screen and the Mind and Intellect the seeing, scanning EYE.

Your consciousness may be directed towards these parts of your Being in the same way that in a lesson long ago you performed the experiment called "The Psychic Bath", wherein, by simply directing your consciousness to a certain part of the physical body, you relieved it of a feeling of fatigue.

- * -

This is the first experiment in a series along this line which, when completed farther along the Path, should enable you to perform wonders that seem impossible to others.

Let me repeat once more that which I have told you before: "There is nothing Super-natural in all existence". There are, however, many strange things, some of which you will learn, but they are strange only because they are not generally known and are not commonplace.

- * -

There are many names by which man refers to the Creator. Whether God is worshipped by the name of The Father or Jehovah or The Great Spirit

or simply as Nature does not matter greatly. But know this: GOD IS NATURE and HIS CREATION IS NATURAL and THERE IS NO SUPER-POWER OVER GOD, THE ALL IN ALL. Therefore there can be no "Super-Natural".

ALL THAT IS, FROM THE MIRACLE OF SIGHT THAT ENABLES YOU TO SEE THIS PAGE TO THE ABILITY TO READ MY THOUGHTS AS WRITTEN UPON THIS PAGE, TO THE ABILITY TO TALK WITH GOD -- ALL, ALL OF CREATION IS NATURAL.

Within YOU is placed some of His Powers, to use or not to use as YOU choose.

Use them and develop New Strengths, New Abilities. Progress, and Evolve and Grow Nearer in His Likeness.

God Bless You,

THE MAYANS

REPORT ON MY EXPERIENCES

Final Instructions: It is desirable that you gain some experience in the conditions termed ASTRAL TRAVEL before more advanced experiments are attempted.

Therefore it is important, for your own advancement and for the advancement of your fellow class-members that you report promptly on the results you obtain in this experiment.

Please describe fully all the details of each successful experiment. While it is not contemplated that we publish any of these early experiments even among our members, still we would like to have your permission to do so when you send in your report. Should you not desire this, please so inform us when you send your report. In reporting, please state the time of the experiments, the feeling you had while attempting it, the visions you "tuned in", the results of your checking for accuracy of these visions, and the names and addresses of the friends taking part. It is not necessary that you report all of the journeys; merely the outstanding ones, or those of greatest interest.

Thank you,

INSTRUCTOR D

Date _____

Time _____ A.M.? P.M.? Weather Conditions _____

Description: