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# THE MAYANS

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VADE MECUM, VOLVENTIBUS ANNIS

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

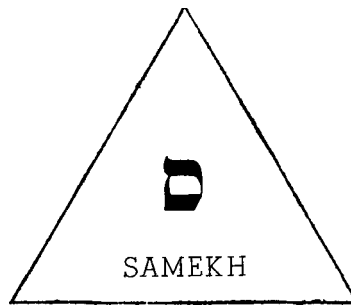
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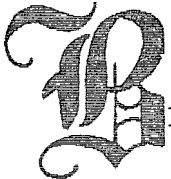
## PRECEPTORY NUMBER 20

Revelation Number 50



The 119th Psalm

I avoid them that are of a double mind  
But Thy Law do I Love.  
Thou art my safety and my Protector;  
My hope is in Thy Word.  
Leave me, those that are evil-doers,  
I shall keep the commandments of  
my God.  
Uphold me according unto Thy Word, that  
I may live; I shall never be  
ashamed of my belief.  
Hold Thou me up, and I shall be safe,  
I shall respect Thy Statutes  
continually.  
Thou hast set at naught all them that err  
from Thy Statutes, for their deceit  
is falsehood.  
Thou puttest away all the wicked of the  
earth like dross: I am here for I  
love Thy Testimonies.  
My flesh trembleth in awe of Thee; and I  
greatly revere Thy Judgments.



BELOVED AND TRUE COMPANION:

With this SAMEKH of the 50th Power, I send you my love and affection. May The Father Bless and Protect You and All Those You Love. Amen.

By this time, you should be well prepared to proceed with the exercises designed to develop special and seemingly mysterious powers of the mind. And with this communication I bring to you several interesting means toward such accomplishments. Practice them well, - and often, -- for they are important steps. By the oft repeated practice of them, you will create new channels for nerve impulses, bringing coordination of brain cells, which may be the means of astonishing accomplishments.

Remember that demonstrations of Mind Power such as you now approach the rudiments of, are not to be accomplished in a day; they are the fruit of patience and worthy effort.

In the mystery schools of India, even such secrets as these are usually not taught the Chela until after many years of service. But the world is entering a phase, where it will have great need of such as you. You have a mission before you. May you always be worthy.

It has been proven that unusual worth is in you, else you would not be privileged to read these lines. But even so, among you, even you who have been tried and found True, only a few will succeed to the full fruition.

This must not be discouraging to ANY of you. For each one will develop fully according to his abilities and according to his strength of Purpose.

There is a Power of Will which YOU possess, which will carry YOU through, come what may, - if YOU WILL IT TO DO SO.

*"According to Your Will, — So Mote it Be."*

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Before giving you the next steps and easy exercises, let us pursue a bit further our examination of Science's advancement into that special type of knowledge which our ancient ones excelled in.

You will remember in the last instructions we were looking in on the brain operations now being carried out at George Washington University by Doctors Freeman and Watts. Others are also experimenting further in this same field. Your Class Instructor feels that your knowledge should be grounded in some understanding of what modern science is doing, as well as instructions in our ancient method.

All that modern science is accomplishing with these wonderful surgical methods can also be accomplished just as decisively with the average normal person by the use of simple affirmations and by calling on The Father in faith. In the case of the sub-normal person this is perhaps less so, and for them there now appears surgery. It is well therefore that we all know what takes place when surgery is applied.

It shall always seem strange to us that science, as it progresses, is so unready to accept the part played by the mind in the results obtained while using surgical techniques. Strange that scientists should fail to recognize that always the brain is a switchboard between physical cell and unphysical mind. At least it is well established that mind creates, that mind directs and opens channels in the brain and builds them stronger with use, and that mind sends the juices and other physical material to an injured part, under certain conditions, and heals and builds it up. Science also readily accepts now that mind's power when turned into reverse by fear, phobia or worry, tears down or destroys. "As ye think, so shall it be" - is our Mayan statement of this truth.

Doctors John F. Fulton and Carlyle Jacobsen, pursuing similar experiments at Yale to those carried out at George Washington University, operated on forty different kinds of apes; some of high intelligence and some of low, and proved that the higher the level of intelligence the more readily will the mind either build

or destroy. Higher levels of intelligence for example have far more to do with the stomach than does our choice of food, they found. Furthermore, they proved that the heart and circulation can be worked just as hard from a rocking chair as from the pitcher's box on the baseball field.

John Doe, the banker, dearly loves baseball. His doctor warned him never to play the game but thought it all right for John to be a regular attendant of all ball games, even though his heart action was bad. But John's interest in the game was such that in his imagination he took part in every play. The Yale investigation discovered that John might just as well have played in the game, and perhaps it would even have been better if he had. The MENTAL part is more important than the physical. Most so-called physical troubles are really mental attitudes or habits.

Blood pressure, sweating and other automatic functions are controlled by specific areas in the brain, by built-up reflexes, comparable to the automatic mechanism used in a dial type telephone. In this latter mechanism there is no need of a human operator. You dial a certain number and automatic relays are set in motion, which, as long as the mechanism is in working order, connects you with a certain number. Brain reflexes act similarly and automatically without your conscious knowledge. Brain reflexes are built up by repetition of a thought.

Thus when we Mayans affirm a simple statement like "I am getting well," over and over again, we are building a brain reflex that sends healing parts to any disturbed area. That is what takes place IF we repeat the affirmation often enough with faith.

But, --- if a certain part of our mind holds any mental reservation, saying privately, "but I am not well, I'm sick", that affirmation starts building a brain reflex too.

The result of such a confliction of affirmative thoughts results in the creation of a conflicting set of reflexes. You will readily understand that the result can only be unhappy. They cannot set each other at naught. Each has its power according to your faith, according to your most private and secret BELIEF.

Therefore, if while you say "I am well" you think "I am sick", the latter affirmation has the most power BECAUSE, OBVIOUSLY THAT IS WHAT YOU REALLY BELIEVE; THAT IS WHAT YOUR FAITH IS.

Faith is not a matter of what you say, but what YOU BELIEVE.

What shall you do then, if faith is weak?

There are two ways to set into action this God given ability for building brain reflexes. One is to get your mind on something else, something entirely different, something that requires ALL of your CONSCIOUS ATTENTION. That something else can be anything from playing ball, hard, if your physical condition permits it, to working hard at some mathematical problem, ANYTHING that requires and absorbs ALL of your CONSCIOUS ATTENTION.

That's one method; it leaves the repairing to God, and doesn't worry about it.

The other is this: Without ANY effort to believe or disbelieve, without THINKING ABOUT BELIEF OR DISBELIEF, repeat the suitable healing affirmation. REFUSE to think about whether you believe or not, but repeat often this affirmation. Repeat it hundreds of times, yes thousands of times, always without any conscious effort to believe or disbelieve.

This method works as follows: First of all, there is NO conflict between your conscious mind and your sub-conscious mind. As you fill your conscious mind with the words of faith, your sub-conscious mind observes a sort of listening attitude. What it hears, it carries out. When it hears the upbuilding affirmation without hearing any dissenting negation, it sets to work building relays and reflexes creating what has been affirmed.

It is not what you are now but what you are IN PROCESS of becoming that is shaped most easily by affirmations. This power, this mechanism, is The Father's good gift to all living things.

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In my last lecture I mentioned the discovery of living humans whose brain was liquid, yet the heart beat, the lungs pumped air and all the physical mechanism functioned.

More strange seeming, in view of our knowledge of certain brain areas being devoted to control of certain parts of the body, are cases where up to half of the fore brain has been removed surgically and yet those men and women continue to conduct their business affairs with little or no loss of imagination or intelligence.

If the brain were identical with MIND this would not be so.

But, the brain being a switchboard for the mind, an instrument through which mind controls the physical part of being, making the body do as we wish it to, it is capable of handling the MIND'S directions from another part of its mass of grey matter. New reflexes and relays are set up. New channels and nerve paths are created. New areas are charged with tasks formerly performed by the areas now removed.

I often think that perhaps this is one of the chief reasons why, among the many miracles of healing attested to by the letters in our Order's Prayer Chapel, the most frequent spectacular healings are of those called paralyzed. I believe that in many of these cases, - cases of long standing paralysis, the cure has been effected long ago, but the paralytic BELIEVES that he or she is still paralyzed. Long after the disorder has fled, long after the person is cured, long after the mind has built new channels and re-connected the damaged nerve "wires" to the switchboard he remains an invalid bound by the chains of his belief. The cure has come so slowly he has never been aware of it. Accustomed to his inability, he BELIEVES in it and remains bound by the chains of habitual thought, an invalid still. Then comes the stirring of new affirmations, new thought patterns. An awareness of the power to feel in the long cold members comes first, then, quite suddenly, realization. Thus, full belief in his ability instead of dis-ability is born, - and quite suddenly, most spectacularly, he IS HEALED.

Such instantaneous healings are always spectacular. Think of the joy of one thus released, the happiness of his friends. For it is an instantaneous healing, even though the cure may have occurred long before. A cured man is not necessarily a well man until he becomes aware of his complete healing. As we believe, so are we.

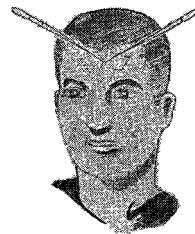
A famous writer commenting on the work of Doctors Watts and Freeman recently in one of the country's leading publications said: "Fixed conduct presupposes equally fixed pattern of brain cells that control (outbursts of) passions, desires and fears. If the brain cell pattern could be changed, the pattern of conduct should also be changed.

"But how is a brain-cell pattern fixed? By repetitive use. An idea can become an obsession if it is entertained long enough. 'I can't get that tune out of my head' we say of some haunting melody. Or we keep on repeating an odd name over and over again. A hole in a stocking, a spot on a waistcoat, makes us 'nervous'. The nocturnal wailing of a cat on a backyard fence is enough to arouse the yearning to kill. These are (fairly) mild, harmless obsessions. We shake them off. In fact we shake them off so easily that we have to nurse our wrath to keep it warm. But suppose the brain is fatigued, suppose the emotions are given no expression but are turned inward, suppose that fears have taken possession of it - the fear of losing a job, the fear that an incurable disease has been contracted, the fear that we are victims of an office plot. Such fears are not so easily shed. They plague us at night; they bob up even by day. Nerve messages bring them to our consciousness - nerve messages that flash over the same pathways again and again and that always involve the same group cells. At last the pathways and groups are fixed. To effect a cure, new pathways must be found and new cells must learn how to form new groups with the requisite fluidity of pattern."

On this basis, the psychosurgery of Doctors Freeman and Watts was founded. They recognized the twelve brains of man and distinguished the broad difference of purpose between the fore brain and that which lies behind. These two parts are severed from each other with a knife. They are almost wholly separated with two quick thrusts, one up, one down, through a half inch hole bored through the skull from either side, in the region of the temples.



1. The Association areas of the brain, the Pre-frontal Lobes.
2. The Thalamus, or switchboard of the Sub-conscious Mind.



The surgeon's knife enters half inch hole drilled in the region of the temples. The operation is performed by swinging the knife once up, once down, toward crown, toward jaw, one fan shaped cut for each side, using a knife with a 3-inch blade.

The patient is fully conscious during this operation; indeed he is kept in conversation by the surgeon while a local anaesthetic prevents him from feeling pain.

Previous to the actual severing of these two parts of brain, a long hollow needle probe has felt out the path the knife must take. First one side of the head is operated on, - then the other, so that the severance between the frontal brain and central brain is almost complete.

The writer previously quoted describes the action thus: "The man on the table does not groan or wince. Yet his mental anguish is deep as the outer world is blotted out by the towels and sheets; instruments are rattled, his skull is tapped with mallet and chisel, and the drill's burr spins into the bone. His heart beats violently and rapidly, his blood pressure rises, perspiration oozes from him. But after the fourth and last cut he is tranquil again. His heart beats normally, his blood pressure drops, his skin is flushed as it should be.

"It is strange to hear the man on the table talk while a needle and knife are thrust deep into his brain. In fact, he is encouraged to talk. 'Say the Lord's Prayer', says Doctor Freeman. The prayer is correctly recited. 'Subtract seven from one hundred, seven from the answer, seven from that answer, and so on', comes the second command. The subtractions are made correctly. There is a conversation about the last election, - logical and coherent. Then comes the last cut." After that:

"Who am I?" asks Doctor Freeman.

"Doctor Walter Kaufman," the patient replies.

"What about the relative who was troubling you?"

"He was after me."

"Are you happy?"

"Yes."

"What is a widow?"

"She is related to a man, and he went - with another woman, - and he picked up the other woman, - - - and that's all."

"What is the difference between a dwarf and a child?"

"It wouldn't hurt a dwarf and it would a child."

Half an hour later, in bed:

"Where are you?"

"George Washington Hospital."

"Who am I?"

"William Randolph Hearst."

"Say the months of the year."

"January, February, March, April, May, June, July, August, O.K., Lord deliver me."

"Say the months backward."

"December, November, October, Thanksgiving Day, the thirtieth. I go down there for mere few - last time I had to work, - and the year before that my wife hadn't got down there yet."

This nonsense reported as spoken by a man a few minutes after having had his brain literally cut in two holds many hints for earnest study by

psychologists. The first week following the operation is considered critical. The whole personality of the patient appears torn asunder and is striving to fit itself together. "It is a period of rebirth," says the reporter. "The memory suffers, there is mental inertia, lack of initiative, even pain is forgotten and the patient's flat voice and expressionless face show that the brain is not functioning as before the operation." Immediately after a full dinner a patient may ask when he will have something to eat. The sense of true space and location is impaired.

But normally, in about five days, the new personality begins to assert itself, or at least to begin to dawn. In ten days or so, he is ready to leave the hospital but it is a month or more, sometimes a year or so, before social readjustment may be considered complete.

To continue with the report previously quoted, "talking to the patients on whom the operations were performed found them normal people, - normal that is, except that worry had been cut out of their minds. The old lady who had tried more than once to throw herself out of the window had quite forgotten her morbid fears. The radio operator and I discussed technicalities of electron tubes and circuits." The housewife, the teacher, the young girl patient and the middle aged lady all appeared to have completely lost their several complexes, all fear was banished from them - mainly the basic morbid fear that caused their strange operation to be indicated.

"The big difference," says Dr. Freeman, "between man and lower animals lies in the frontal lobes of the brain. These make us aware of ourselves and give us the power of projecting ourselves into the future. Prediction is a complicated process."

The words underlined indicate the functioning for the Intellect, of the switchboard in our physical brain; The I Am That I Am in its connecting link to the physical; - "the awareness of ourselves."

The "power of projecting ourselves into the future" which Dr. Freeman mentions is not a power of brain but of mind, spirit and soul, just as the power of prediction is not a brain function but of the receptive imaging side of soul. That part of the brain is the part our Soul-Mind uses to place fore-knowledge into spoken word or action, in preparation or precaution. That is its function good doctor, the brain has no power of its own.

How near to all this amazing surgery were the ancient Maya? It is doubtful if we shall ever know. We do know that they were adept in the use of dental and surgical tools, - crude tools of course, as far as we know today, for theirs was not a mechanistic civilization as is ours. But they did perform brain surgery; trepaning, inserting bone and metal plates on occasions. Countless archaeological findings attest to the fact that countless skulls have been discovered showing not only dental inlays but also what might be called skull inlays, and the subsequent growth of bone shows that surgery was performed on living patients.

A drug like cocaine, to deaden or block off pain, was known to them; in fact the world's present source of cocaine, from the coca tree, is obtained today much in the same manner as then. Canibis Americanus, too, was known to them, and the vagaries of thought it causes are not unlike the wandering replies of the



patient described.

But our best indications of Mayan Science in this field, is in their known mastery of the principle behind the use of affirmations. There are many records of the ability of some of these old ones to cause another person's heart to stop beating, to project themselves into distant places as well as into the future, - and they were masters of the art of prediction.

Many among the Maya possessed the ability to sense another's thoughts, the ability to, by exercise of mind, cause another to fall into a deep trance-like sleep. They were masters of these little-known powers of mind and many other abilities not known to today's science.

And now, in pursuit of the revelation of some of these unknown powers, let me give you your next simple and easy exercise for developing cell-patterns in your brain, exercises to help open channels for the glorious mental powers you possess so that you too may demonstrate some of the mysteries.

When you have found that you are able to perform the "Astral Journeys" explained to you in the latter part of the 43rd Revelation, when you have checked with friends and found that usually, or often, you are perfectly able to tell them what they were doing at the time of your experiment, then you are ready for this next step. For then you will have learned to recognize the peculiar half-conscious, half-dreamlike state that is necessary to attain this "far-seeing" ability. You have learned to attain consciousness directly through your mind without making use of your physical brain, as has been your method all during your physical life. You have entered a new dimension; one in which the physical body and the physical brain are not able to go, nor are they needed.

In this and subsequent exercises we will endeavor, however, to show you how to bring "back" knowledge to the physical realm that you could not possibly gain through use of your physical senses alone, under the circumstances of these experiments.

In all of these experiments it is of the utmost importance, if you are to develop your real abilities, that you do NOT indulge in ANY form of guessing. Do not even allow the thought of guessing to enter your mind. If you indulge in guessing while attempting Astral Travel or any of the exercises to come, you will not only prevent results from coming through to you, but if persisted in you may make it impossible to even attain the results you seek.

The ability to form mental images or the ability to become mentally aware of these images does not depend on guessing. Indeed, guessing only locks them out. In guessing you set into action a wholly different set of brain reflexes and nerve impulses quite the opposite of those we seek to develop.

You must seek to be mentally receptive; not putting thoughts into your mind, but waiting for your mind to receive thoughts from your Imaging-Soul-Faculties. That faculty we refer to when we say "I had a hunch" comes close to what I mean. When you have a "hunch", - really have one, you are not guessing; you are not trying to create an answer as in guessing but, without weighing the probabilities against the improbabilities, it suddenly "pops" into your mind and you KNOW it is correct.

Later, you may find yourself applying "logic" and judgment to it and weighing the chances for or against it and perhaps reluctantly agreeing with "common sense" that it could not be correct. But later still, you will learn that what you called a hunch was correct.

Waiting for hunches to come of their own accord can be very tiring. Real hunches do not usually come with any great frequency. They only "happen"; usually when we least expect them. Seldom when we need them. The truth is, they only occur when a sort of short circuit on your brain switchboard takes place.

Consequently, the feeling you have about a so-called hunch, is considerably different than the quiet exaltation that comes with a developed ability to enter this higher mental plane of astral sensing and astral development.

Therefore, allow me to impress you again, - do not (exactly) seek "hunches". Avoid all semblance, even thoughts of guessing.

\* \* \* \*

For this exercise, which I want you to perform several times each day, use the services of some understanding friend. Much depends on who you get to assist you. He must be anxious to help you all he can.

At first use three matches. Standing before a table, place the three matches at equal distances apart, say six or eight inches apart, on the table. Now have your assistant blindfold you. If the blindfold should happen to be such that you can still see, - Don't look. Close your eyes. Avoid guessing.

Ask your assistant to hold your left wrist - lightly, between thumb and first finger.

Then instruct the person assisting you to mentally select any of the three matches. He is not to tell you which one he has selected in his mind. But he is to think of it, to WILL you to it.

Remain perfectly still for a moment, relaxed, and make no effort to guess which match he may or may not have chosen. Don't try to figure out which match might be the logical one for him to choose mentally. Don't think of anything except to be receptive to any thoughts or impulses coming from your helper.

Then, extend your right hand over the general area you know the matches are in. The other person is grasping your left wrist which you hold about at the level of your left hip, but free from the body.

Now, you explain to your assistant, reminding him that he has mentally selected one of the three matches below your extended right hand. Ask him not to change his mind, but to Will you to touch the match he is thinking of. Tell him he is to think with your mind, that is, he is to WILL your right hand to move to the left, or right, or straight ahead, until it is immediately above the match he selected in his mind. Then he is to WILL YOU to lower your hand and pick up the selected match.




Follow these directions EXACTLY and I am sure you will have success at almost your first try. Then try it again, - several times. Then STOP.

Don't tire yourself, or overdo yourself these first few experiments. Remember you are just beginning the development of a strange new faculty. Don't overdo.

The following day, try it again. When you get so you succeed almost every time, and NOT BEFORE, add a match. Then each day add one match and practice it several times. Use other people to assist you with their thoughts AFTER you have gained considerable proficiency with, say, - as many as ten or a dozen matches placed in various areas of the table. Go slow.

Read this part of your instructions over again each day before attempting to repeat the experiment, starting your reading on the previous page at the sign \* \* \* \* .

Be sure that each new assistant you use understands fully his or her part. He is not to try to fool you, he is not to change his mind after selecting, and above all HE must try to think with your brain, WILLING YOU to move your hand or stop moving your hand, as though he was MENTALLY GUIDING YOU. You, in turn, must be merely receptive to him, being sensitive to move your hand slowly but immediately when you receive the impulse, or "hunch" to do so.

At first you may notice an involuntary  of your assistant's fingers on the wrist of your other hand, when your hand is over the match he mentally selected. DO NOT IGNORE THIS. As you become expert you will find that the impulse you receive from others is the same sort of "signal" of their thoughts, - but much more subtle. Nor does your discovery of the selected match depend on physical though involuntary impulses. You will prove this to yourself when you become so proficient that no contact at all is needed. But for the present you may depend on it to guide you until much practice makes it unnecessary for you to depend on that.

You will find that this little "game" will prove very entertaining; but know you now, that the grandest experience awaits your discovery when you master this.

I ask your earnest participation in this exercise daily. Please report your successes promptly so that I may prepare your later instructions accordingly.

VADE MECUM, VOLVENTIBUS ANNIS

Your Instructor, in

THE MAYANS.