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# THE MAYANS

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VADE MECUM, VOLVENTIBUS ANNIS

Degree 4 - 5

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

NUMBER: SPECIAL

Supplementary Number Three

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SUPPLEMENTARY LESSON THREE

For The 4th and 5th Degrees  
Before Initiation  
Into The 6th and 7th Degrees

"SACRED MYSTERIES"

*B*eloved Companion:

The "Time" is almost here! While we await The Master's signal for your passage into Higher Degrees there is a part of your 4th and 5th Degree instruction which should be further emphasized and in which I believe it would be well for you to gain still more experience. It is the further development of that faculty of your mind used in the process called "Astral-Travel". I suggest that if you give more attention to it, and continue your practice of it while you proceed in higher instruction, it will be the means by which you will gain many wonderful revelations and that it will unlock a department of your mind that may on occasion make life now akin to the paradise of future life.

I have sent several Special Supplementary Lecture-Lessons to you during past weeks, - not because I feel that you are not prepared, but to insure your preparation to a high degree. A beginner on this path, if he were to receive this lesson without having had earlier instruction, would not be able to make much out of it. He would not be prepared; therefore he could not understand much that is in it.

This is also true of future lessons. If each lesson, each instruction, has been carefully followed, you are well on your way toward mastery of many things. If any lessons have been partially followed you are less well prepared. One who is partially prepared may miss much that is joyous, but to the degree that he is prepared will he receive. This Lecture-Lesson, therefore, also has to do with "The Way of Attainment".

You have grown spiritually, - perhaps more than you realize, for your spirit is modest. But you dwell in a physical body on a physical plane of life, so the way of attainment must be well considered. For that reason and while your patience is being tested (for it seems this is one of the tests) you will continue to evolve and grow.

As a developed being, you remain calm and poised so that even though you look forward with the greatest eagerness toward the holy rites of a Higher Initiation and a Re-birth (for in Initiations one is born again) - even though your anticipation of these honors and awards are great, you will maintain imperturbable poise as a Mayan should who is a candidate for Higher Orders.

Have you ever spent an hour alone on a mountain-top? It is an experience every person should have. The slow changing light, the majestic dignity, the

calm, the poise, the expectancy, the "patience", the strength, the inherent power of the surrounding mountains - all this can be seen, felt and absorbed in a way that will make you nobler, bigger - a greater personality.

In this pre-Initiation period I wish you to make a mental journey, in the manner you have been taught, to a high, lonely peak, and there, for a few moments at least, enjoy the grandeur and absorb some of the calm strength.

This is a higher form of Meditation.



Remember, in any mental effort results come easier if you avoid strain or stress. The imagination should not be, need not be, strained. It is POWERFUL, thoroughly capable; it works best when you are relaxed. This entire experiment in mental-journeying should be a refreshing, reviving, restoration of strength for you. Just as a vacation trip reinvigorates the physical body, so should the mental journey you are to take now, brace and regale you mentally and spiritually so that you will get the greatest inspiration possible out of the solemn work of the ceremony ahead.

You are ready? Then create these things:

Image (imagine) something like this:

- Close your eyes; sit comfortably, relaxed, calm.

Close your eyes and image this scene. It is summer. You are in a rose garden. Image this so clearly in your mind that you feel the hot summer sun. Wait until you feel it - feel your body growing warm in these rays.

Then, in the clearness of your mind, see the roses. See the countless rose bushes, clear and bright in the sun of a hot summer day. When you have received that image clearly ...

Then notice one bush, image it clearly, bring it into sharp focus in your mind's eye, keeping your eyes closed. See this one fine bush of roses in the summer sun, and now, still with your eyes closed - see one rose on that bush - a superb rose. See it very clearly in "your mind's eye" - see it so clearly that each petal is distinct and colorful. Now, bend over that one blossom you have created, and smell the perfume.



Perform this experiment now. If you do it correctly you will definitely smell the perfume of the flowers, faintly perhaps, but definitely - and you will sense the perfume of the rose you created with your physical sense of smell rather than "merely" in imagination. It is a most wonderful experiment. Try it. You can do it. Just go back to the large dot at the left of the word "Close" up above on this page; read the directions again, and then in complete absorption in what you are doing, carry out the directions.

Keep your eyes closed throughout. Put all your faculties on imaging (forming) the scene as given here. It is a wonderful experiment when you accomplish it and it is excellent for developing those subtle creative faculties of yours.

Remember, "Thoughts ARE Things."



The development you have already received should enable you to perform this demonstration with ease. But even the most highly evolved person may occasionally find "interference" (to use a radio engineer's term) is present. If you encounter interference in your first or second attempt, please put your lesson away for a while and take it up a little later.

For I greatly desire that you successfully accomplish your next demonstration; the mental journey with me. Please do not read further until you have performed the experiment with the rose. When you have done that you are ready. Then:

Seat yourself comfortably. Relax. Close your eyes.

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In your mind's eye, see the room in which you are seated.  
In your mind's eye see yourself as you appear now, - seated, eyes closed. Now, in the manner of double-exposures in the movies, see yourself, AND see your spirit-self arise and stand up while your physical self remains seated as though "it" is asleep. See your spirit-self arise and move about the familiar room.

Get accustomed to this.

Move the almost invisible self around the room while you calmly contemplate your physical self still seated in the chair.

Next, keeping the two selves apart, move the mental-spiritual self toward a window, - look out, realize that in this body you can move, in the twinkling of an eye, as far as the mind wishes to move over this physical plane's surface.

Pick out a familiar place nearby. One that you can see from your window. Now listen carefully; - Image yourself as standing there, - and instantly you are there.

Not the physical body, that still remains "asleep" inside the room. Though your invisible body is now standing at the point you imaged it, you can still see your physical body back there in the chair. And you can return to it instantaneously at any moment, any instant you desire. You will remain aware of that fact always in any "mental journey" you ever take. Impress this last sentence on your mind and in your memory. It is quite important; but do not let any fear thoughts enter your consciousness, for you are not alone.

In the manner that you are aware of your own invisible self - try now to become aware of me - your Instructor - as an invisible presence beside you, to your right, you at my left. As you become aware of my presence you should again feel the warmth of the sun and be able to smell the mystic perfume of the rose. In this way I am signaling to you now. Pause now and try to perceive these impressions.

Now rest a bit, move the physical body, open the eyes, relax, let happiness flow in, exhaltation, - rest - but do not lose the mood.

Pause for five minutes of rest.



When you have rested, and had time to meditate a little upon these demonstrations, we should be ready to attempt another exercise of your CREATIVE imaging faculties. For these astral journeys in this stage of your development are accomplished through the creative-mental-imaging powers you possess. They are REAL. But they are not physical journeys, nor does the physical body take part in them. You are exercising the powers of your higher self, the three invisible bodies of you, mental, soul and spiritual - that which is symbolized in the triangle of the Third Degrees.

Now let us make a journey together to a high mountain-top. I will be invisible, but you will sense my presence, and we can exchange thoughts. I will "project" (or radiate) certain instructive observations into the cosmic as this lesson is sent forth to you. You are to "receive" these thoughts at this point, as you "project" your invisible self on the journey just suggested.

Together, invisibly, we can speak back and forth if your attunement is perfected. Further, you are to learn in future lessons to put forth "the call" in harmonic mental attunement at any time you wish to contact the High Companions. So you perceive that this lesson and these exercises are important to you. You will attain, according to your faith and your sincere practice of these teachings.

Again seat yourself comfortably. Relax, close your eyes, and in your mind's eye "see" your physical body seated there. Breathing deeply and slowly, inhale and exhale three times, expanding the lungs fully each time. Relax, and concentrate your mind upon your physical body; "see it" seated there. Again, easily and without effort, arise in the spirit-self; (see it) - while the physical self remains seated as though it were asleep. Move about the room.

Again, seek my presence there. Again in response to your thoughts (your call) I send forth (radiate) the signals. Feel the warmth, this time within your spiritual self, smell the perfume, hear the cosmic harmony, - Take my left hand in your right hand, and follow me.

Your physical self is still seated, eyes closed, relaxed. You and I pass forth through the walls of your house into space.

You think "Where are we going?" And my thought answers you, "To a high mountain-top - together."

And as soon as you receive my thought we are there.

In mental journeys distance is nothing, nor need time nor space hamper us. Yet there is no rushing, no sense of speed. Life is like that on the higher plane - the "heaven" we were taught about in mortal life.

But now I must instruct you in yet another thing. In this stage you ask questions - mentally. The answers come - mentally. No spoken word is necessary. The thought is transmitted, the replies "received". WHATEVER you image is CREATED. As you travel with the speed of light, you also can create with the speed of light - instantly!

You are standing at the top of a lofty peak. I want you to SEE this. I want you to exercise your mind. I want you to take time to feel the coolness of the atmosphere atop this peak, to "hear" the quiet, the stillness; to BE here on this mountain's summit with all your faculties experiencing where you are. I want you to discover the distant peaks, the flying clouds, the whole panorama, in all the detail you can perceive. I want you to see it ACTUALLY during your study of this lesson and in the same manner that you succeeded in accomplishing the two preceding demonstrations.

By the Power of your mind I want you to become aware of my presence with you on top of a lofty mountain; I want you to receive the thoughts I send forth to you, as you perceive the majestic, solemn dignity of the surrounding valleys and mountains. I want you to visualize so clearly that you "feel" the calm, the poise, the agelessness, the patience of ancient Mother Earth as symbolized in the tremendous rugged strength and power that dwells in a great mountain.

And all the while we stand together up here on the heights you will see too - in your mind's eye - your physical self away back there in the room of your home, asleep in a chair.

The qualities you discover in the great mountain you can take back with you. You can take them as your own and keep them forevermore. The dignity, the calm, the strength, the agelessness, the poise, the patience, all. You may take them, as much of them as you want to take. The mountain gives you these as it gives its gold and its rivers to less developed beings than yourself, O my Beloved Companion who is now entering the higher degrees.

When you have taken your fill and when you have satisfied yourself that you have received my messages, let us return.

Move your physical body, open your eyes, take a long, slow, deep breath.

You are back - - -



Now all this is like an initiation into the Mysteries. The ancient mysteries were journeys, and tests, and consecrations - and much else. Frightening to some, but a joyous exhaltation of the spirit for the worthy ones, they readily found and loyally followed The Way of Attainment.

The meaning of the words "The Way" is a "path", a "road", but it also means more particularly a certain path, the way. Even more subtly it means the "way", the "how" of attainment - in short, the One Certain Way.

I have taken you along The Way and have prepared you in the manner in which the candidates were made ready in ancient days. I have gone along The ~~Way with you~~ and I have counted it all joy.

You are better prepared now.

You will be still better prepared when you return from this and yet another "journey" to the mountain. (Do not overlook DOING this.)

I go now to gather the Companions, for the celebration is now very near. While you wait, meditate upon all that I have shown you and all that you can perceive for yourself.

Remember the symbology of the Pyramid of your Being, how you are building it step by step. Meditate upon how like unto a great mountain is a pyramid.

I bring you now to one of your instructors in the coming degrees. But I shall be with you too, even into Higher Orders.

May The Great Spirit Bless You Always,

Your Class Instructor

THE MAYANS.

Beloved Companion:

May the Father inspire you to ever greater heights.

I have been waiting for you here on The Path that leads upward, for some time. I attended your earlier Initiations, and wrote for you some of the instructions you received early on The Path.

So it is indeed a pleasure to renew our acquaintance up here near Higher Degrees, and I give you my blessings. It is my privilege to walk with you to the gates of the 6th and 7th Degrees and with your Instructors to safeguard you through the gates and on beyond.

May the Omnipotent One inspire you to always help others in ways that are good.

Greetings and Blessings Be With You Ever.

I sign this with my seal which contains my name.

Your Instructor,

