

1950

January 1950

My dear friends,

We have entered the second half of the 19th Century and I give freely of my blessing to you all that your life will be a joy to you and all those whom you come in contact with. I have written the first letter of the year on making all things new. This title was taken from the following letter I received the other day:

From O.F.S., “your newsletter means so much to me. The Sanctuary has become a vital part of my life. You have made all things new. May God Bless and keep you.” P.W.H.

From New Zealand, “I cannot tell you how much I appreciate your wonderful help. Not only has my health improved but my whole outlook in life, in fact you have done wonders for the whole family. May God bless your wonderful work.” L.J.

From England, “I hardly know how to thank you. I owe you so much for your great help, physically mentally and spiritually. God will surely bless such faith as you have given to me.” H.R.S.

From Johannesburg, “about two weeks ago I asked for help for my little grandchild who was suffering from rheumatic fever. I am grateful to say that she is now completely healed. Our grateful thanks and God bless your wonderful work.” E.N.

From O.F.S., “God bless you! Thank you a million times for all the help and kindness, the baby and I are both fighting fit and my joy is so great. L.B.

From Cape Province, “a short time ago I asked my father’s name to be put on the Sanctuary and now I thank you for your wonderful help. The doctor told us that he could never get better, in fact would get steadily worse. But now he is so well we cannot believe it is really true.” F.M.

And hundreds of others all similar, I wish I had space to give extracts from them. They are all so wonderful, giving proof of the power of the Spirit that makes all things new.

MAKING ALL THINGS NEW

We have just entered another year, perhaps a more important year because we have now entered the second half of the 19th Century, 1950.

We talk about making new resolutions yet these resolutions are of little value to us unless we are aware of the truth of our Being.

When we grasp this fundamental principle of Life there is no need for resolutions for we make all things new. Everything then is changed for us through the realization of this great living Reality that underlies all things. We recognise in every person and in every thing this eternal Substance out of which everything is made. We come to the truth of the "one" in which all things exist.

Einstein has just recently postulated certain mathematical facts to prove that there is only One and everything must be in and of this One. Now this truth has been known throughout the ages to the great thinkers in the world.

Now let us understand ourselves so that by doing so we can make all things new. We know that God alone created the heavens and the earth and all things thereon. He could only create all this within Himself and out of His own Substance, let us call that Substance "Mind" as there can be no other substance but His, being infinite in nature. Therefore we are virtually made out of His own Substance and every particle of substance must be God for there can be nothing outside Him. Paul says, "we live and move and have our being in Him." Jesus says, "know ye not I am in the Father and the Father is in me."

I am quoting these sayings to add substance to that which I wish to reveal to you for you will readily accept what the prophets say rather than depend upon your own thinking. You really accept what you read as Truth without really knowing in yourselves whether it is true or not and this is why you fail. You have never thought it out for yourselves, you have not made it your own therefore Truth to you is a relative thing and not a Reality. "I am the Truth."

Now, the great thing you want to know is, "how is mind materialized?" This subject has gripped the minds of most, especially those who wish to create for themselves. Thus the Creative Principle is turned inwards and not outwards.

One lives to create for himself, to accumulate wealth, power, prestige etc., while another creates for the sake of creation. One lives unto himself and the other lives for all. One has all the worries in the world and the other has all the joy, one is forgotten and the other is remembered. "You must remember the Eternal for it is He who gives you the power of gaining." Deut. 8: 18.

The Eternal God is the Creative Power within all and as the Eternal is "All" we gain more by creating for all and not only for the self. Thus we do not make God a separate relative thing, an idea in our minds, but He becomes the Creative Will within us. "I and the Father are one." "The Will of the Father is done in me." These statements we must make our own so as to make it real in ourselves.

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The “I”-**you** is the Creative faculty yet by itself the “I” is nothing. The “I” must lose itself in the Whole to become Real, and it is this conscious Creative “I am that I am” that truly governs, guides and directs, manipulates and materializes.

Jesus says in other words, “ask in my name and the Father will do it for you.

Ask in the name of the Son of God, the Son of the Father, recognizing the Father as the Source of your being and He will do the work for you. “It is the Father who ever remaineth within me He does the work.”

Now, there is a certain amount of training necessary to develop this power to make all things new and I will direct you to a simple exercise that will develop in you the realization of that great Self that underlies the individual self.

All Masters of Nature have at one time or another gained this realization through developing the conscious awareness of the Self in relation to all things relative to it.

In my own training I was directed to analyze the “not I” things until I arrived at the realization that my mind and body were relative instruments in which I was acting or creating. When this realization came I found that both these instruments responded to my thought and direction. My health and circumstances improved and although now in my 72nd* year I am young and as virile as a man in the prime of life.

I found that with those highly advanced, the only difference was in the degree of this realization. They were as gods as compared to the ordinary man. But the real Power does not manifest Itself until the “I” has lost itself in the great “I am” the Creator of all things.

As one develops the power to create through this realization, the attitude towards things external becomes entirely different. They become just things, effects, and therefore your reaction is also entirely different, which is one of the main points in our mental make-up. It is **all the time** the mental attitude you take towards the external that gives you power over it.

Your mind changes your body changes yet “I am that I am” never changes. This is the Real you and will always be “you,” because it is not separated from the Creative Power behind all things. “I am”—Consciousness and Life are synonymous. The name is different but they are one and the same. Then be careful that in your thinking you do not make “I am” relative, you must know it is “you” “I am” that is thinking and creating. Thus you make all things new.

* Actually his 62nd year.

“I am”—you are above all things, therefore you become positive to all things relative to you but you must first find what is relative to you by this exercise. Anything you can think about, see, feel and touch is relative. “I am”—you are negative only to the great “I am” the great Creative God who is manifesting Himself in and through you. With this understanding, whatever you ask, the Father will do for you because you are virtually one.

As you assert your authority over all things, so do you subordinate yourself to the “Greater,” the Father is greater than “I” and gladly and joyfully open your soul to the inflow of His Divine Will, Wisdom and Love and all things will be added unto you.

It is stated that Solomon asked God only for wisdom and with it all other things were added, so it is with you and me.

It is the proper use of our thought action that is essential to our health and happiness. Therefore the most important thing in our lives is to acquire a knowledge of how to apply ourselves so that we can become an asset, not a burden upon our fellows.

Therefore the first process is to have a mental house-cleaning so that you can use your mind to work through. What I mean by a mental house-cleaning is to see all that which is false, and this is not easy to accomplish at first because of your rigid adherence to preconceived beliefs and ideas, these are more often not your own but that which you have habitually conformed to for years.

Misconceptions and errors continually reproduce themselves but when we begin to think deeply and logically and think from First Cause, errors and misconceptions will naturally disappear.

If you accept something that you read or hear without applying your Divine Wisdom to it then you are bound by that which you accept. If you have been taught to conform to a certain belief through fear of what may befall you if you do not adhere to this belief then you are a prisoner and freedom is impossible. This conforming happens when the mind is young and it takes some time before you can rid yourselves of the shackles that bind you.

YOU ARE FREE NOW, But this can only be realized by knowing that God you are one and never has it been otherwise. How can it ever be otherwise when you and the Father are one and will be for ever. Your thinking power, your Creative Power comes from the Father that is within doing the work.

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Therefore any belief that separates you from your fellowman is but an illusion and is not Truth. You never quarrel over the Truth you only quarrel over your ideas of what Truth **is**. But Truth is and you are the Truth. I am the Truth. No one can deny that you are living and living is Reality, for God alone lives.

When you have cleansed your mind from all that is error and illusion then you will find that the Truth is there. It was always there, only needed uncovering and this is the cleansing process of the mind.

Now Truth is not an idea or an image neither can you create It, that which you create is not the Truth, it is only an idea of the Truth and not until you have arrived at the Truth through the cleansing process, not until then can you really create, for then there will be no doubt nor fear to hinder you.

In my next letter to you I will give you further instructions so that you will become a greater and more powerful instrument for good, not only to yourself but to all others whom you may contact. Only by becoming an active worker now can you make all things new.

Benediction

O Divine "One" who resides in all, teach us to cleanse the mind and heal the body through the Divine Wisdom of Thy Presence.

Thou art my Father-Mother, my Friend, my Beloved, Thou art myself.

Thou hast created me in Thyself out of Thine own Substance and Thy Spirit of Life is "I."

O adorable One, how lovely Thou art when I see the best that is in me.

May the halo of Thy Presence be revealed to all minds, and in all lands of earth, so that material worship be changed into worship of Thy Presence, Thy Wisdom and Love,

So that we learn to love Thee most and see Thee everywhere,

So that Thy Spirit manifest Itself in all Its Divine qualities through all mankind,

So that we learn that we are free from limitation, and imperfection and misery,

So that Thy Kingdom which is within will manifest Itself without, then I will know myself to be One with Thee.

O Beloved, Thy Love has made us "One," making all things new.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

February 1950

My dear friends,

It is a great pleasure for me to receive so many letters each month in gratitude for what the Sanctuary is doing for so many. These letters pour in daily from all parts of the world. I also feel so grateful to the great Father of us all for hearing our prayers on your behalf. It is very true that whatever you truly ask, the Father will do for you. It is the Father who ever remains within, it is He who doeth the work. How true are these words of the Master.

Here are a few extracts I would like you to read:

“I wish to express my sincere gratitude for the help you gave my mother in Switzerland. Immediately after your treatment began, my father reported improvement and since then my mother has been free of her trouble. When I visited my mother last year I saw how terribly she suffered day and night. One doctor diagnosed it as cancer, another arthritis. The treatment given by them had no effect and now by your wonderful work my mother is free again.” Mrs. E.B.

“I do look forward every month to your letter which is such a wonderful source of help and inspiration to me. I am in perfect health since you treated me, I thank our Father for you. God bless you for your wonderful work.” M. d. W.

“Thanks for your beautiful Monthly Letter. It is always a joy to read it. I am deriving happiness and peace of mind from your beautiful work. I cannot express in words what I feel about it.” O.M.

And hundreds more in a similar strain lie before me as I pick these letters up at random.

Thank you all for writing, it is a joy to receive your letters.

QUALITY IN PERSONALITY*

What we need most in the world today is an understanding of the operation of the inner laws. We need a practical working knowledge not only a philosophy of life.

The solution of every problem lies in understanding and applying a method which combines all the human elements with all that we consider

* See Notes on page 171

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superhuman. Most people have separated these two with two different natures, one operating against us, the other operating for us. But the fact is that human and superhuman are not separate agencies but both are the expression of the one Force.

Man is a combination of Spiritual and Physical. These two are but two different manifestations of the same thing and successful results can only be obtained when these two operate together for they cannot be disentangled. The Creator and the created are one.

The majority of people put this Creator outside themselves, something apart therefore making Him relative. By doing so they have lost that power to co-ordinate all things. Whatever occurs in our lives is the result of the ignorant use or conscious use of the creative power.

Now everyone wants to have satisfaction in Life, but satisfaction does not come from the acquisition of material things only for when these are gained there is still that vacuum, that feeling of inward poverty that can never be satisfied from without.

Everyone wants to attract confidence, love and success. It is the “quality” in the individual that attracts these things and without this quality there is no attractive power.

Great men and women in the world have been pointed out as examples yet we can only be great when we are true to ourselves and not the copy of another. What is necessary is to apply ourselves scientifically so that the natural law behind the individual will manifest the quality according to the special assignment given to the individual by the Creator.

First of all we must become aware of this quality and observe its action by discerning carefully our own thoughts and actions and we will observe very soon whether this quality is developing in us. The attractive power of this quality is in every individual yet it only becomes evident through practice.

First of all I will try and give you some idea of the action of this quality.

When you come in contact with this quality in a person there is a sense of rest, a feeling of peace and ease. There is nothing that makes you afraid, there is a mental telepathic action that gives you confidence yet you are unaware of how it comes about.

You will notice first of all that this person is not nervous, there is no aggressiveness nor pomp nor falseness about him or her, there is a natural easy manner, you recognise a hidden strength although you cannot localise it, yet you feel this powerful influence, this hidden force that is affecting you.

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You feel at home in this presence and this gives you confidence. You are never really the same after this contact, for you have acquired something yet you do not know what it is and you desire more and more to get the secret behind it all.

There is always a fascination about a person that is calm and powerful. This is a quality that is seldom met with in the ordinary everyday world. If you look into his eye he holds you with a kindness and love that attracts you. You know that this person is your friend and will always be your friend no matter what you do.

This sets up a definite reaction in you and this is “quality.” He looks always on the right side of things and not the wrong side and fills you with confidence because of his own understanding of the law of action and reaction. His faith is in the Absolute in Whom he lives and has his being, therefore his message to you is one of hope and courage and he helps you to help yourself through your own understanding.

He knows that hate, envy, malice and all such things destroy this quality, therefore he radiates Love only to all and minds his own business. He does not meddle in your affairs, he is too wise for that.

He understands what is driving you to despair for he himself was once without this quality of poise, peace and power. Now all these things leave him undisturbed, so he shows you the way. His peace comes from within and he shows you how to acquire it. Yes, he is like the ocean which receives all streams and rivers yet the ocean’s mighty calm is unmoved. There is that inner confidence that nothing can shake.

Now when this quality is acquired there is no hurry for he knows what he wants and he creates, no matter what the outside condition may be, the inner confidence is always there for he understands the law of cause and effect.

He stands behind the Law for the Law is responsive to him. He knows that Life made the Law and not Law made Life so he knows the result beforehand.

He sets in operation certain causes and he knows what the effect is going to be. His faith is based on understanding. He knows well also that he that has not this faith even that which he has will be taken away from him. But he that has this faith more shall be given unto him.

He knows that he by himself is nothing. It is the Father who always abides within him is active. This is the quality that is always in front, so he himself keeps in the background for he knows who the Warrior is, the Warrior

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that never strikes a blow amiss, and whatever he asks of this Warrior so does the Warrior do for him.

This is the quality that attracts friends and Love, but he is not dependent upon people and things, he depends always and alone upon the Spirit that is Ever-present in everyone and he knows the Reality of It within himself.

Now when you speak to another what do you say? Is your talk self-assertive, full of vanity of the self and your accomplishments? Do you burden others with your opinions, your desires and what you intend to accomplish? This state of mind reveals a sense of inferiority, a sense of separateness from Reality, therefore the quality is not there, this is just a lack of knowing. Yet the one who understands, understands you and can read what is behind your conversation. In fact you give yourself away when you open your mouth.

Again you will notice the one who understands is not eager to make you think of him, there is something in his make-up that pricks your curiosity.

His inward understanding enables him to express himself with dignity and power. He knows his own strength and where it lies and does not require the aid of another neither does he seek it. He knows that the Father does the work. In this way he stands behind the law of cause and effect and understands his thoughts, his motives and his emotions.

He does not seek an escape from anything, but faces it boldly knowing how to cope with any situation for he knows that all things are relative to him in the knowledge that the Father and he are one and whatever he asks the Father will do for him.

He is at home with all types of people because he understands their weakness and their strength, yet he never takes advantage. He sees the goodness in the sinner and does not look for the weakness in the saint for he knows that he himself is not without sin, so he never casts the stone.

He also knows that he cannot eliminate the negative by substituting the opposite for these are but images in the mind and the negative still remains. He deals with these two impostors in the same way by discerning them, by understanding them, for he is the creator of both.

Have you ever truly examined your thoughts and why you say what you do? If you did you would not say the things you do say. The conversation of most people is based upon escapism, when they say something about another that very thing is deeply rooted in themselves and they are seeking an escape. They tell all their secrets, it seems impossible for them to keep one, so beware never to

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tell your secrets to others, unless you know that the “quality” is there, that “quality” that gives strength, courage, confidence, understanding and love.

My success in helping others to find the way to true happiness and success is the result of understanding their minds and this is the personal picture I am trying to paint for you.

Benediction

O Blessed One, Thou hast taught me to understand Thee that I may enjoy the world.

I am becoming the Prince of Peace sitting on the throne of poise, directing the kingdom of activity.

I am no longer caught up in the whirlpool of good and evil for I witness these two as the tree that grows in man’s mind. Only with Thee I have my salvation where neither of these opposites exist.

This is the quality of that perfect personality expressed in Jesus. This is Thy Presence, O Perfect One.

MY PEACE AND MY LOVE REMAIN WITH YOU.

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #1 (11th April 1950) in book, “How To Relax & Revitalise Yourself.”

March 1950

Dear friends,

Yes, letters keep coming in daily with grateful thanks for what the Sanctuary is doing. Here are just a few of the hundreds received this month.

“I am now feeling so well. I cannot express adequately my thanks and appreciation for what the Sanctuary has done for me. Thank you, God has truly blessed you and your Sanctuary for the wonderful work you are doing.” H.H.

“A few weeks ago I asked your help and prayer for my husband to stop his drinking habits. I want to thank you for the wonderful change. He is quite different and the home life is very happy again. Thank you ever so much.” M.E.M.

“It is with great pleasure to tell you that Dr. C.E. is completely healed of his addiction to alcohol. It is now a thing of the past and his dear ones are receiving the happiness for which they have longed. I thank God for the blessings which are now flowing into his home and I must thank you sincerely, you who made this wonderful thing possible.” M.S.

“I am sending you my contribution for your great work for humanity and thank you from the bottom of my heart for the help your monthly letters give me. Any time when in trouble or I feel out of sorts I just take up one of your monthly letters and always find there the words that put me right. No wonder that we all feel so grateful to you, we all who have had these experiences over and over again.” E.M.v.d.B.

“As a family we do thank you ever so much for these wonderful Monthly Letters. It is also wonderful to read them over and over again and to hear of the good the Sanctuary is doing all over the world. As a family we read and re-read the letters and study them. Some of our friends whom we have introduced to the Sanctuary have had truly wonderful benefits in every way. God bless you.” J.L.H.

I know you would like to read more of these letters but space does not permit. I want again to thank all of you who have written to me. I thank you sincerely.

IS OUR HEALTH AND SUCCESS IN LIFE AFFECTED BY OUR HUMAN RELATIONS?*

In my last letter to you we saw the quality in personality that attracts and this is one of the links in the chain of successful living.

Now we have to understand the law of our thought-action, otherwise we will be lost in our reaction to people and things and in this way we lose the power of constructive thought which is our true creative power. To understand this thoroughly I will refer to my last letter.

I told you the Infinite Self is the only Self there is. There can be no other, being "Infinite." Therefore the Infinite Self must create everything within Himself. Therefore, "we live and move and have our being in Him." We see then that the Infinite Self must be in you and me and is the Creative Power we have, made in His image and likeness.

Science has proved that electricity in its fluidic state is everywhere in the form of the "ether" of space. We therefore live and move in a sea of energy which we are continually absorbing and discharging again in the form of thought or directed energy to be used for any purpose we please.

In a similar way this energy is absorbed from the atmosphere by the generating station and then discharged in the form of a force we call electricity which we can also use in any way we please.

When we set in motion a thought, little do we realize that we have set in motion a current of Life into action, for we are the generators for this force we call thought.

Now as we have seen that the Universal Self is the only Self, this Self must be individualized in us. Jesus gives us the key to this when he says, "know ye not I am in the Father and the Father is in me."

Thought therefore originates in the Self and is the means of "Self-expression." If our thoughts originate in reaction to the external coupled with the emotions of fear, anxiety, jealousy anger etc., our self-expression becomes complex and complicated. These feelings surround our thought, and gather together the particles of energy which often become a solid mass of matter. Matter being energy modified, the same substance changes its form accordingly.

Through our brain and nervous system we express our feelings and those habits we form become the pattern we express, and not knowing the cause in our anxiety we set in motion the vicious circle adding coal to the fire we ourselves kindle.

* See Notes page 176.

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“I and the Father are one” is the most powerful thought in existence when thoroughly understood. The mind is the vehicle of expression and with this inner realization there is a continuous automatic flow of pure thought flowing out towards people and things. Besides this there is an accumulated store of energy stored up in the soul and body which attracts more and more of the same energy from the Universal pool of life.

When this state exists, our thoughts are charged with this energy and have the desired effect on people and things. Jesus never forgot his relationship to the Father therefore he was always surcharged with this Universal Life Force. His words, “it is the Father that does the work” reveals this wonderful truth.

We also saw in our last letter how one who had “quality” in personality attracted love, friends, success, health etc. Surely then a knowledge of the operation underlying human relationship is of the greatest importance to all.

“Thou shalt then have thy delight in the Almighty and shalt lift up thy face unto God.” Job 22: 26. This is the inner confidence that nothing can shake, no matter what the outer may be like. The real Creative Power of the Self lies in the realization of the greater Self. “I can of mine own self do nothing,” John 5: 30.

When this truth is known there is no need to be aggressive and possessive. Never argue with ignorance, that is the fool’s paradise, you must stand behind the Law of Cause and Effect and see its action. When you understand the cause you will also understand the effect. Thus you are free from reaction to things and people and quickly understand the cause of the effect of which others are ignorantly afraid.

These are pertinent questions and require appropriate answers. Are you morbid and gloomy? Are you a drag upon the other person’s happiness? Are you always asking others to hold you up? Do you say you are misunderstood? Are you full of grievances? Are you a grumbler? Do you always seek flattery and are affected if you do not get it?

Unless you know whether or not you are doing these things you can never deal with them properly. One must be honest with oneself and not merely skim the surface. These emotional habit-patterns are deeply-rooted in the mind, brain and nervous system but they can be eliminated by Divine reasoning and proper relaxation of brain and body.

It is unwise for you to criticise such a person for he is really sick through ignorance of the law of cause and effect.

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Criticism to be of any value should be turned first against the self. Always apply this rule, it will help you to overcome your own weaknesses. This is always a safeguard against negative reaction in human relations.

We must not lose that quiet confidence gained through understanding that “the Father and I are one.” Mentally transfer this feeling of peace and quiet and you will be showing a greater success to others as well as strengthening yourself.

A strong person does not vent his grievances nor does he bluster or threaten, he leaves that to the weak who wish to be thought strong. When true understanding comes you have power to overcome all circumstances.

Some admit failure from the beginning, they say, “it cannot be done.” By themselves they can do nothing, but with God all things are possible. When this is thoroughly understood your condition becomes the starting point for positive action, your liabilities become your assets.

You must use this type of thinking with the Spirit of the true Presence. It offers unlimited possibilities more valuable than any previous experience has led you to imagine; a new world will open before you giving up its hidden secrets willingly.

We can profit by others’ successes and failures but fundamentally we must train ourselves to use our own mental equipment freed from all outside influences.

This new education can only be acquired by becoming conscious of our mental equipment and of that which is hindering us from using it effectively and efficiently. We cannot get this knowledge via conventional education and with a mind dominated by habit and precedent or biased through conformity for it is entirely foreign to the habitual type of thinking.

It is this new type of thinking and understanding that is capable of carrying forward all the results of the past into a scheme of Life which will establish a new day for all. The world offers glorious opportunities to make a better and more enlightened world in which to live and with it will come a new kind of education for the unfolding of a material world to fit the new knowledge and understanding of our human relations.

There is but one God, one Principle of Being, one mode of action, one true reason based upon Truth, one in All and All in One.

Benediction

Through the darkness of ignorance and error we search in vain for happiness.

With our feet on the path of selfishness we become bogged in the marsh of disillusionment.

The deceiving element of desire leads us to be smothered in the bog of possessiveness. O Divine One, light our path with Thy true torch of progress revealing our true relationship to one another.

Thy beacon light shines on the Rock of Truth so that we may reach Thy everlasting Shore of Peace and Plenty through our human relationship.

MY PEACE AND LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* This is an edited version of Lecture #2 (18th April 1950) entitled "*The True Torch of Progress in Our Human Relations.*" In the book "How to Relax and Revitalise Yourself."

April 1950

My dear friends,

This month I have hundreds of letters telling me of the monthly letters, how they have helped in every way. Here are a few extracts.

“Thank you most sincerely for the beautiful monthly letters, they are a living inspiration to me.” M.R.T.

“God bless you for your wonderful Monthly Letters. The family gather round and we read them often. We are now so happy together, loving kindness permeates the home all due to your wonderful letters. Thank you, thank you.” T.J.P.

“I cannot thank you enough for what you have done for us, my son has completely recovered. I refused to accept the belief that he could not live when I wired you. Your reply was re-assuring and now God has blessed me with His kindness. Thanks for your wonderful letters, they have been the backbone of my faith in God. God bless you.” A.L.C.

“I have been receiving your monthly letters now since the beginning and have had them bound. What a wonderful book they have made. Our friends gather together each week and we have a lesson. Our group has now grown to one hundred and what a happy family we all are. Your letters are the most wonderful we have ever read. The real Truth stands out in them all. May God’s blessings remain with you to write more wonderful letters for us.” A.T.L.

I am so sorry that there is no room for more of these wonderful letters. I wish to thank you all for your most welcome letters and although I have no room to print them in the Monthly Letter I esteem them just as much as those which I have taken at random.

My letter this month is on:

DESIRE IS A LIVING FORCE WHEN USED WITH UNDERSTANDING*

“The Eternal will answer when you call and when you cry He will say here am I.” “And evermore shall the Eternal guide you guarding you without fail.” Isaiah 58 verses 9-11.

* See Notes on page 181

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We saw in our last letter that we use a force that is Ever-present around us and in this lesson I am going to show you how desire can be made a living force when used with understanding.

The great Truth is that the Universal Consciousness gives rise to the individual consciousness and the individual consciousness gives expression to the Universal, when this is realized by the individual.

Its Creative Genius can be used by man when man becomes **conscious in the Universal Mind**. “And it shall come to pass that before they call I will answer and while they are yet speaking I will hear.” Isaiah 65: 24.

Now, desire is a mental current laden with power set in motion by your conscious awareness of the thing desired, yet few people have yet understood the action of this wonderful power invested in man.

With this knowledge we are no longer controlled by desire. For when desire takes control the individual is often the victim and slave to his own desire.

Therefore with true understanding desire becomes a conscious energy directed to fulfil what the consciousness is aware of. But before this power can be established in its unlimited nature the individual consciousness must become aware of itself.

This is not so difficult to do if you will take the trouble to cleanse the mind by discerning all the movements therein and at the same time becoming aware of yourself doing it.

A master can produce a picture before your eyes by concentrating on the object he wants you to see. But as this takes years of patient practice I do not intend to burden you with the ways and means of how it is done. Yet, in fact, you do this daily yourselves in a minor way by the power of your desire-thought. The only difference is in the degree of awareness and the understanding of the application in the process of desire.

Mind is the only substance underlying all things, things are thoughts objectified. Suggestion proves that thoughts can be objectified upon the body, and the law of auto-suggestion has proved a great ally to the one who knows how to apply it.

The consciousness not only can manipulate the mind stuff that the body is made of but can also manipulate that mind stuff that supports the body and surrounds it. This is no idle dream but actual fact and it would be wise for you to remember it. For upon this truth depends a great deal of your happiness.

Let me show you the state of the average mind when “asking” for something. When you create in your mind an image of any particular thing that you

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desire you have the image of yourself having and the image of yourself not having, the image of yourself lacking and the image of yourself possessing.

Now these two images oppose each other. Ask yourself now which image dominates you. You do not get what you want, you only get the manifestation of the image that dominates your mind. This is an infallible law of the working of the mind. Whatever the consciousness is aware of so does the Intelligence fulfil.

You will say to yourself, "how stupid of me, why did I not see this before." Yes, that is the cry of most people, yet they go on repeating the error even after they have seen it. This is truly ignorance. They have not yet fully realized the importance of practising a method that will ensure success.

Only when you have the Truth deeply established within you is there fulfilment of what you want. But you must know what you want, it must not be vague and ill-defined. "Ye ask and receive not because you ask amiss." The Universal Mind is all there is and all must be in It and of It because there is nothing outside It. Therefore you desire and create in Universal Mind, and only that substance can form the image you hold for there is no other.

Desire is a great force in your lives and it is necessary that you should know its power and how to use it, for by its misuse much damage is done through ignorance of its operation in your mental and material existence.

Let me show you how the Adept is trained in the manifestation of desire. First of all he is shown that desire is a conscious energy which he must become aware of and he must feel within himself this source of power.

He consciously becomes aware of the Universal Energy as the Life that surrounds him and in which he moves and has his being and becomes conscious of the power that is behind him. The whole Universe in fact, tends to fulfil what he is aware of, and he knows that this Intelligence will work out accurately every detail.

He holds the completed picture, ways and means he allows to be worked out by that Universal mind which knows how. His desire for wisdom comes first so that the use of the thing desired should be put to the best possible advantage or purpose.

The next part in the operation of the law of desire is to take the desire into the inner chamber of the soul there to dwell upon it. Close the door and never again speak of it except to one who understands. If you release this force in words, written or spoken, you will have dissipated the energy you have stored up. That is why many desires are never fulfilled.

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We are told by the Master, in other words, desire in secret and God will reveal to us openly the manifestation of our desire.

“Pray unto thy Father which is in secret and thy Father which heareth in secret shall reward thee openly.” (Eastern text). A prayer is desire, therefore it builds its power from within. To release this energy in words, written or spoken, weakens the internal power of that stored up energy desiring release, but should only be released through the manifestation of the desire.

The Universal Mind directs its power towards the object of the desire. It can be changed or thwarted by your own actions. You must be quiet in your strength and peaceful in the manifestation, knowing that the Father does the work. This desire becomes a living force when used with understanding. Jesus said these words, “Father Thou hast already heard me.”

It is in the Universal that you are really creating. Seeing is a sense we use in seeing things that are already formed, but true desire is seeing something that has not yet come into form. When we understand the means through which it will come into form then there is no frustration. When we know what we are doing we get good results, when we do not know what we are doing we get haphazard results.

Desire and will are interlocked in the process yet both desire and will must be free from anxiety or stress. You do not will with clenched fist and gnashing teeth but with quiet confidence, neither can you truly desire with doubt, but with that faith that moves mountains. “Whatsoever you desire when you pray believe you have received it and you shall have it.”

The great mass struggle is but the effect of individual inner struggles, in ignorance of the great Truth that desire is a living force and must be used with understanding.

A new era of great prosperity and abundance will appear when this is understood and applied. At present we are all struggling in a world sick, disabled and depressed, revealing the misuse of this great power invested in man. Its effects are world-wide, revealing the deep underlying defects in the use of this great weapon which has been wielded only for the benefit of the self, with repercussions that have astounded the world. Yet the world is still ignorant of the cause.

Let your hearts be light and glad in knowing the Truth that sets man free.

Benediction

O Divine Alchemist, Thou hast formed all things by the power of thought-desire.

Teach me to desire in Thee so that Thy great alchemizing power be manifested in my life.

And out of every seed of my activity shall grow some good. Thus Thou shalt reveal Thy magic to all who desire in Thee.

May all selfish ambitions be transformed into noble aspirations.

Teach each one to desire Thy abode first, there to transform the cloak of dark ignorance into the gold and purple cloak of Wisdom and Truth.

O Divine Alchemist, then my desire will become Thy Living Force manifesting Thy will be done on earth as it is in Heaven.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #3 (25th April 1950) in the book "How to Relax and Revitalise Yourself."

May 1950

My dear friends,

Thanks for your grateful letters received this month from all over the world. You will be delighted to know that this Monthly Sanctuary Letter is going now to twenty-six different countries.

Since its inception the numbers have spiralled by leaps and bounds each month. More and more people from all over the world are asking for them.

Here are some of the requests received:

“I have been brought in contact with your Sanctuary through Mr. and Mrs. B. . . . please send me your wonderful Monthly Letter, I have never read anything so inspiring.” S.S.G

“Please send me your Sanctuary Monthly Letter. I had it sent to me by Mrs. G from London. I was a very sick person but after studying your Sanctuary Letter I recovered so quickly that the Doctors were amazed. I showed my Doctor your letter and he said it was the finest explanation he had read and practical. He would like the letter as well, his address is enclosed.

“Some time ago you wrote to us on Faith. Would it be possible to give us further enlightenment on this subject? Your last letter on Faith was so wonderful that I gave it to the Reverend Alexander. He said it opened a new world for him. Please give us more about Faith.” A.M.S.

“God bless you for what you have done. My husband has completely recovered from his illness. To think that within a few hours after receiving your wire that you were treating him he regained consciousness and was out of bed four days afterwards yet the doctor said he could not live. Wonders will never cease. God is good. May he bless your Sanctuary a hundredfold.” GGM.

These are just a few of the many letters received this month. I am always glad to hear from you. It is encouraging to know that so much good work is being done through the Sanctuary.

EXPANDING YOUR FAITH*

I have been asked again by many to write on “Faith,” apparently my letter on Faith given some time ago had a deep effect on many readers of the Sanctuary letter and in this letter I will give you further instruction on Faith.

* See Notes on page 186

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In Matthew Chapter 8 we read these words of the Master, "Now everyone who listens to these words of mine and acts upon them will be a sensible man who built his house on rock. . . . And everyone who listens to these words of mine and does not act upon them will be like a stupid man, who built his house on sand." This is true as regards the faith I will speak to you about.

Real Faith is the practising of the "Presence of God." You will readily see that you cannot practise the Presence of God and struggle with the outside world at the same time, for this is the double-mind that gets nothing from the Lord.

Struggle with the outside world reveals a belief in separation from God, a belief that God is separate from ourselves.

Have you ever thought what place God occupies in your life and schemes? You have read about it in the man Jesus, but you have never connected yourself with God in this way. Yet only by doing so can you realize your own faith and creative ability.

When you apply this to your own life, your affairs, your body, your circumstances, you will bring into operation this self same faith that was his. This makes all things possible and God becomes a Reality in your life and experience.

We must dwell upon the faith of the Master and attribute this faith to ourselves, the law being that thoughts are things, thus we make his faith a Reality in ourselves.

When we dwell upon the unlimited nature of God, His inexhaustible resources, His Eternal Nature we make these our own, knowing that we cannot be separated from Him in anyway whatsoever.

Whatever we are consciously aware of, so is it established in our lives. You habitually weave into your minds the impression and ideas that come from the outside world through struggling with it.

If you would cease this by understanding that these are but effects and not causes, and weave into your mind what you know to be true of God, making His Presence a conscious Reality in yourself, you will find that your actual experiences would coincide with your awareness of His Presence.

Thought being the creative action of your consciousness what you then create in the inner must necessarily be produced in the outer. Thus the "Presence" would be translated into your daily activities. You will soon realize that by the practice of these instructions the faith of the Master becomes yours.

Let us look into the minds of those who are all the time struggling against sin, how miserable they become and they want everyone else to become like them.

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The cure of this is given in the Master's words, "resist not evil" but take hold of the Tree of Life and cease eating of the fruit of the Tree of Knowledge of Good and Evil—the relative world.

The Tree of Life is the "Presence," the Eternal Life, and this is behind all creation while the Tree of Knowledge of Good and Evil is what man thinks in his ignorance of the "Eternal" within himself, and so what he believes so it is unto him.

Immediately the "Presence" is realized "Faith" is established. If you are struggling to find something in the dark the struggle ceases when you bring a light into the darkness. The "Presence" is the Light of man. I am the Light of the world and he that believeth in me will not remain in darkness." You will see that this is not merely a platitude or a saying but a direction to mankind to free himself from struggle, thus acquiring the faith that will move mountains.

Our Creative Power depends upon the power of the "Presence" in our consciousness, and "Faith" is the instrument that brings forth what you desire. Just as electricity will flow into the globe to create light so does the Creative Intelligence flow into the ideas you hold steadfast in your consciousness.

We must clearly understand what is our relation to God. "I and the Father are one." "As the Father has life in Himself so He grants the son to have Life in himself." All things are made by Him and without Him not anything is made. This proves that the materialization of our thoughts is made visible by the Creative Power of God inherent in us. The realization of this Truth is the basis of our "Faith."

God is all, and the master perceived this fundamental Truth and used it. When this is established in your consciousness it will begin to reproduce its effects in the outer because the outer is but the reflection of the inner.

Thus you will see that wholeness is the secret of perfect action and the Master's words, "wilt thou be made whole" is proof of this fact. When you realize that you are made in His image and likeness then there is no need to struggle to create wholeness. **You are**, and that is all there is to it.

As your neighbour is yourself and in the light of this great Truth you should not hold an image of another contrary to what you would like yourself to be. What you hold in your mind about another is sure to be out-pictured in your own life and circumstances. The Master warned us, not to condemn lest we be condemned.

Now to repeat my words will not give you freedom from the effects of your own mental action. It is not what I say or what another may say

will free you, it is what you arrive at through your own understanding of that which is a hindrance to the establishment of "Faith" in you.

Neither can you set one idea against another or choose according to your own prejudices for this only binds you. There must be fearless honesty in your discernment of that which is a hindrance to the power of Faith.

This Faith must be free from all prejudices and preconceived ideas of right and wrong. You must arrive at that which is unconditioned and free and you cannot make it conform to your ideas or right or wrong. For this is merely struggling with the relative, and this is not expressing the "Presence," you are merely expressing your ideas and opinions and this is not "Faith" neither is it understanding.

If you try to understand what I say to you with ideas built up from the various religious conformities which are in themselves but contradictions you will see that this background impedes your true discernment, and you are no longer able to think clearly because of your beliefs.

Neither trust you accept what I say, but examine what I say impersonally, without bias, then you will discover for yourself the immanent power of "Faith." You cannot examine, criticize or question intelligently if you are attached to any idea or belief or if you are biased or have prejudices.

You will realize that this is not understanding nor thinking, you can only realize true Faith when there is no division, no distinction, no attachment, no bias, no prejudice. You have only to look into a mind in which these exist to see how stupid it is, and this is truly ignorance.

To approach or try to understand "Faith" through division is futile, even the idea of tolerance is but an intellectual invention which covers up the conflict arising out of false division. Where there is real understanding there is no need for tolerance.

You do not need to belong to any organisation and denomination or society to understand Faith. Faith is greater than all these. Faith is the realization of the "Presence of God" in your every waking or sleeping moment.

There can be no duality in this conclusion. Figures mean the same thing in all languages, so it is with Faith.

In the beginning you will not find it easy to acquire the mighty power of Faith, this Creative Power inherent in man. For fear and Faith have equal power in man. What you think in fear and what you think in Faith are generated by the same creative power. Think well over this, it will help you to gain your freedom from struggle.

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Practise your faith after due consideration, and you will begin to see clearly how to put Faith into action and it is only by understanding the Law of Faith that this can be done. Therefore acquaint yourself with the Creator of all things then you will understand the Law of Creation through faith.

“I have come that they might have Life and that they might have it more abundantly.” “It is not I that doeth the work but the Father Who ever remaineth in me He doeth the work.”

Benediction

Loving Father bless me that I may behold Thy wisdom so that my Faith be as Thine.

May it remain with me in the light and shade of my earthly life. I was long blinded by the appearance of the outside world and failed to see Thy presence.

I looked at the flowers and the trees yet I did not see Thy hidden Spirit. Even in myself I failed to recognise Thee.

But now my inner realization has been opened, keep it open always so that Thy Presence may never again be dimmed by the appearance of things.

Let me behold Thy Presence forever though the veils of matter may hide It.

Bless me with the Power of the Christ that was mine from the beginning, so that I may behold Thee everywhere.

Now my Faith is eternal in Thee, O Mighty One. My struggle is over. Amen.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #9 ‘Your Faith is Weakened by Struggling with the Outside World’ (28th March 1950) in the book “Developing Your Faith.”

June 1950

My dear friends,

I wish to thank you again for the lovely letters I have received this month. Here are just a few of them picked at random from all over the world:

“I cannot express my deep gratitude for what you have done for us. My husband who was given up by all as incurable is now out of hospital. He began to progress immediately I put his name in the Sanctuary—also the Sanctuary letter you sent last month was truly beautiful. God bless you and your grand work for humanity.” S.J.C. South Africa.

“Your Monthly Letters are the most helpful literature we have ever read. You would be surprised to see how eager the whole group is to read your letter. We live for it month by month. Mrs. B..., the lady who was so ill, has recovered and is grateful for your great help. She says your letters kept her alive all these months and we are all so glad to see her around again. God bless.” A.B. England.

“Thanks so much for the literature and your Monthly Letter. This is what I have been looking for for many years. It is wonderful to think that this grand Truth is being spread in so many countries. What a wonderful work you are doing.” J.S.T. Canada.

“I am sending you a list of names I wish to be put in the Sanctuary. I am a doctor here and believe in your work. I first became acquainted with your work when in London last year and have read all your books. They are truly marvellous, When I feel I need Spiritual help I just open ‘I am the Life’ and there I find the answer. My wife is also studying your books and wishes me to tell you that they are the finest she has ever read and what she has been looking for, for years. Many many thanks.” T.S.J. New York.

This letter requires deep contemplation to obtain its true value for it is truly:-

THE WAY TO FREEDOM

The vast panorama of Nature is being constantly changed by the change in the rate of vibration. The same process is taking place in our own minds and bodies usually unconsciously according to the prevailing mental attitude we maintain.

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That is why it is so essential that we become aware of our mental attitude, always aware, noting the kind of desires, emotions and thoughts we entertain. If we become lost in our mental attitude we are incapable of strict examination and the result we blame on others. This only adds coal to the fire we have kindled ourselves.

If we maintain a grudge towards someone or some condition or if steeped in superstition we are incapable of deeply discerning our mental attitude, the vibrations set up within are being expressed in our lives, in our bodies and our circumstances when these conditions become manifest, unaware that the cause is within, we seek outside for a cure, with the result that we never find it for the cure must come from within ourselves.

We read books with the idea that this will relieve us. Everything we do, we do with the idea of ridding ourselves of our trouble, we read our trouble into every kind of literature we can lay our hands on. We may seek relief from others who are as ignorant as ourselves as regards the cause of our trouble and who often advise us to read certain books with the result that we are very little if any better off than before, only to become more confused, for we substitute one cage for another.

Little do we realize that it is Life that is seeking freedom from this confusion. Many Truth students are moribund with affirmations and are not enlightened regarding the real truth of the real way to the freedom of Life. They keep on repeating words and phrases, a temporary relief may be obtained, but it is only temporary and many have found this out to be true.

Life itself is free and natural, it is the true expression of the Infinite Mind in the finite mind. If the finite mind is **not aware this**, we create beliefs, build images in our minds in regard to what our beliefs represent. We put Life into one cage after another. This only produces for us experiences which are contrary to our true nature, and then we rebel. We seek outside ourselves for some relief so we ask others for the bread of life but we are given a stone. We may accept what we are given but soon we find we have just substituted one cage for another, so life goes on in the continual seeking for freedom.

We carry our conditions around with us, we present them to this specialist, that specialist, this psychologist or that. Some specialists will give it a name, others will say, "I cannot find anything organically wrong with you, it is in your mind." The first has added to the harm already done by identifying the condition with other conditions which are known in our world of ignorance, with the result that we believe that all other aid is futile and resign ourselves to a life of misery.

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What the second says is partly the truth but gives little relief to a person who knows and suffers agony with no means of eliminating the condition. So we wander along to a psychologist who looks into our minds, mistaking effects for causes, trying to find this cause and if the cause is found this ends the matter.

Still we are just as bad as before because when one devil is released without putting in the Truth, seven other devils may take its place, so we try Truth teachers, and some say: "Now I will give you some books to read." So we read our troubles into the books and become more confused. Another will say, "you do not give enough. Open your purse and give and you will be free." But this is just exploitation of the ignorant who suffer, and when we do give, we find ourselves with less, materially, but just the same in regard to our trouble.

This is exploitation in its worst form and many people are bluffed by it. But the poor sufferers still have their cages. Some may give us phrases to repeat but this is just another form of mental hypnosis which wills us into a false feeling of security from which we must eventually awake.

I hope you see the point I am driving at. It is the freedom of Life and Life can only be free when the individual; frees him or herself by knowing the Truth about themselves, by discerning that which is not true and disposing of it as we would an old coat and recognising then our inner reality and freeing it from all its cages, no matter what they may be, religious or otherwise.

Error produces error, beliefs produce only beliefs. You cannot substitute one error for another error or one belief for another belief. Life does not need any of these things. It is free and wants that freedom of expression that is seen in the little child, for such as these make up the Kingdom of Heaven—the Kingdom of Freedom.

If we are uncertain of our own judgment we instantly resort to authority and tradition. This has the effect of weakening our capacity for judgment and defrauds it of its true aim.

What we need is to become more and more impersonal so that judgment becomes freed from entanglements. To become strong and free must not appeal to authority outside ourselves. We must take sole responsibility for all we do, then we begin to rely upon ourselves.

We must not run away from suffering, we must know what it is, then we shall be free from it, and this can only be done by a process of impersonal

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progressive discernment, and when we establish that impersonal outlook in ourselves we will find that we will no longer cling to authority and tradition, which are cages in which we live.

Most people are imitators. They live on second-hand ideas for the fulfilment of life. People of the same type gather together. You will notice that the greater the mass the greater the ignorance, because they have the same outlook. It is only the few who will get down to self-development, that is the only way to realize Life's purpose.

The majority think that Life's purpose is sleeping, working for material gain, eating and having plenty of amusements to drown the suffering that it brings.

The next group are those who seek relief through religion of some kind. So the great Spiritual thing in Life is standardized and the individual is smothered.

The individual is taught to want and to give but this is always a going away from oneself. It is our being we have to recognise, this is the only positive thing in us and this is what every one is seeking. To obtain it we must not depend on external things. Our wanting or giving are personal things and have nothing to do with Truth.

The majority try to buy themselves into Heaven. When we enter into this Being which "Is" we become the sunshine in which all things grow and in this Being we will find that there is nothing which is evil or good, bad or indifferent for these are relative things and we are not the subjective reality we are seeking. These things are made in man's ignorance of his true nature. We create the vibration and this produces the condition we ourselves rebel against.

This knowledge is of priceless value and by applying it we shall know what we can do. We will realize that our present physical condition and environment is the result of our thinking. Our errors are externalized by the power of the thought they engender, therefore we must examine our method of thinking.

We must remember that every thought attracts its kind and produces the vibration which we see manifested on the screen of our lives.

To make a mental picture of physical perfection is not enough, there must be a discerning of the motives and thoughts that cause these conditions otherwise we will not be free. The mental attitude which we hold will keep expressing itself in the subconscious and will show itself in the objective, sooner or later.

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We may hold a picture of the perfect physical but if the mental attitude towards others and life in general is distorted then we shall not be free. The old conditions will keep cropping up from time to time. We must rid ourselves of all these things by deep discernment.

By this method thousands have destroyed all manner of physical and mental disturbances in a few days and sometimes in a few minutes.

Benediction

O Infinite Splendour, Thy call has come to me to awaken myself.

In my sleeping mind I heard Thee whispering to me. Where I am behold Thou art there also.

Since then Thy whisper has been constantly working through my soul and body.

And now I am working with Thee through Living Eternity.

O Mighty One, I am Thy trumpet so that all may hear Thy voice and awaken with this true knowledge.

When my earthly voice can whisper no more I will still whisper through Thee so that Thy voice will be heard by every soul, O Infinite Splendour.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

July 1950

My dear friends,

This month has been truly a great one. Letters from all over the world speak of the wonderful help received through the Sanctuary. Here are a few extracts:

From London, "I wish to tell you of the wonderful help I have received through the Sanctuary. My child who has been so seriously ill has completely recovered in a miraculous way. Immediately I received your cable in answer to my cry for help I knew all would be well although there was no hope of recovery. God bless you and the Sanctuary. F.S.T.

From Canada, "your wonderful letters are an inspiration to us all. We have become such an enthusiastic body of workers that people are amazed at what has been accomplished. The truth that you teach us is beyond comparison, we are all truly grateful. Your devoted students." J.C.S.

From America, "we thank God that we have been put in contact with you. The many conflicting paths which we have in the past followed are now but a dream. Our lives have been changed and the whole family bless you. Our gratitude is beyond words." M.S.A.

From South Africa, "the help you have given us is truly marvellous! The health and happiness that you have brought into our home is beyond words. My husband and family join with me in wishing you a long life to do this glorious work. F.C.

These are just a few of the hundreds of letters received this month, and I thank you all for writing me, it is very encouraging to see how much good is done through the sanctuary. My letter to you this month is: "The Voice of the Spirit." I hope that you will enjoy it as much as you did last month's letter for which I have received so many congratulations.

THE VOICE OF THE SPIRIT*

On sitting down to write this letter I opened the Bible at Proverbs, Chapter 8, and this caught my eye, "is it not Wisdom calling, Knowledge raising her voice? On the high ground by the roadside, in the streets she takes her stand, by the gateways opening to the city, at the entries, she is crying out: 'O men, I am calling to you, my appeal is to all men!'"

* See Note page 196

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What we all need is an intelligent conception of our being. To live we must create, there is no alternative for this is the Law of Nature and we must encourage the Voice of the Spirit which forces upon us the full recognition of Itself. If we fail to do this we are forced into conditions and circumstances until we do give this recognition.

The noblest guide is the Voice of the Spirit, "Intuition," and it is by cultivating and perfecting this that we arrive at our goal, and when we arrive we find that we are the embodiment of Spirit Itself. Then all the little struggles, the little turmoil's and disturbances do not affect us, although they have their value they do not close out the Voice of the Spirit.

The way to cultivate the Voice is to be intensely interested in Life and in all the things around us. Imitation has nothing to do with it, we must be alive. So each one of us has to be an artist who creates for himself or herself, because we have been thrilled with the glimpse of the Vision of Reality.

You will find that all great men and women are in themselves great teachers, they have lost that sense of exclusiveness and have gained that sense of all-inclusiveness, that makes up all Life. They embody all things and are part of all things.

It is not that we should make ourselves fit into any mould not of our own making, nor should we allow ourselves to become stereotyped following the one path, we must see all paths otherwise we become limited conforming to a pattern. This is fatal to the development of perfect intuition, yet we must never forget that we shall all meet in the Kingdom of Heaven for this is our home.

The great hindrance to the true Voice of Intuition is that we think ourselves different from other people, we treat the world outside as something apart from ourselves. So we become exclusive, thus we destroy with limitation instead of creating through Intuition.

Intuition cannot err, it is when we follow and try to copy ideas of others that we go wrong.

I can advise you of the principle involved but to have intuition you must obey the Voice yourselves, you must develop your own intuition.

Most people are hiding behind the veil that hides the Truth. They have beliefs which they cannot respond to wholeheartedly. This is being aimlessly swept along the path of another. In this way we will never find new avenues of experience for ourselves for it is we ourselves who must listen to the "Voice."

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Intuition is the whisper of the Spirit, therefore to hear this Voice there must be harmony of the emotions and the mind, only under these conditions can the true Self express Itself.

We must have strong feelings of Love and Kindness, a person with no feelings is useless. It is the person who is hard, indifferent that cannot create or construct. There is no true creative ability when we are limited and bound in our own ignorance.

A great lover is never a small person, there is something wonderful in the expression of Love and Kindness. The more feelings we have the better. The idea that we should have no feelings or emotions is absurd and unspiritual.

The more we are bubbling over with feeling the better. We must direct the energy of our emotions into constructive channels. Otherwise we wander away on the bypaths instead of on the main highway.

We must go out and be adventurous, but in that adventurous spirit we must know where we are going, not wandering aimlessly along in the wake of another.

To be alive we must have our mind and emotions alive all day long, active not dormant. The Spirit is creative, It is action Itself. Interest comes to those who are truly civilized.

Even if we have been mellowed by experience and suffering through years of wrong application of our Creative Power, this should not now deter us but make us more eager, more interested, for the only way we can follow the Voice is through enthusiasm for the Whole of Life.

If we have this enthusiasm we will find that this Voice of the Spirit that is “restless” in us for experience, will become our guide and friend and the only authority in our lives. Then we will find ourselves one with all things and as we obey the Spirit so we will find that all Nature will obey us, she is virtually at our command. But first of all we must have the capacity to lose the sense of the separate self, for in separation there is limitation, conflict and sorrow.

The nearer we are to this Truth the nearer we are to the Creator of all things. It is only the separate self—this division which the self creates that stands in the way.

To hear the Voice we must be on the alert, even if we have to grope at first, until our interest and enthusiasm is awakened, then our vision will be clear and strong and the flame of genius burns within us.

A genius is one who sees his goal and whose enthusiasm is ever alive. The only struggle is to keep the vision undimmed by the petty things of Life,

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by family and worldly troubles. The ordinary person is smothered by the world and cannot see the way or hear the Voice. He succumbs to his environment and loses the power to create with Nature the beauty and harmony of Life.

As we read on in Proverbs it says, "O heedless souls, learn insight, O foolish folk, learn sense! Listen, for I have a weighty message, my lips open with right words, I utter what is true, false lips I loathe, all I say is honest, with nothing in it false or wrong; 'tis all plain to a man of sense, and true for those who are intelligent. Choose instruction rather than silver, and knowledge rather than rare gold, for wisdom is better than rubies, no treasure is equal to her.'

In reading this verse in Proverbs the prophet understood the true meaning of the Spirit, Life, which in Itself is everything, so the foolish separate and destroy while the wise unite with Reality to create.

Be a world lover, then we must be for everyone, only in this way can the beautiful in others be awakened. The more we have lit the light of genius in ourselves the more shall we be able to understand and serve. Service and love are the pillars we must have to make our structure secure.

When we understand the great Master and live in his world, we will also give to the world that eternal beauty that is seen from the mountain top of realization. Yet we must live in the valleys as well, because we can only be great when we can become as humble as the babe, for there is the Life in its purity. In this may we find true culture.

We can only hear the "Voice" clearly when we have this culture, this interest, this enthusiasm. Pay attention to all things physical, mental and Spiritual; our physical well-being is the reflection of our Spiritual Being, to take an interest in the body is as much Spiritual as to take an interest in our soul, for one clothes the other, this all tends to our true culture.

We must get that perfect refinement and sense of culture, Spiritual, mental and physical, for one is the reflection of the other. It is the attitude that we create through understanding that counts, not what class we are in, or what religion we belong to or what type we belong to. These are but distinctions and divisions and are only temporary things in a passing world.

Beware of the pitfall of virtues and their opposites, either is of little value to one who is struggling. Hell and the Devil are as barren as the wilderness to a struggling soul. Remember yourself when you were struggling, what was it that helped you most? Proof of the existence of the "Presence of God" in yourself. Then give it to others in similar circumstances. Lose yourselves in others and yet retain your own vision, the Voice of Intuition.

Benediction

I hear Thy Voice calling me to come out of my dream of separation and weakness.

I hear Thee beckon me to grow and spread my wings of Eternal Power in Thee. I hear Thee calling me to realize that all is Thine and to know that all is also mine.

Thou hast created me in everything everywhere, and as I serve Thee, Thou hast promised to serve me.

Thy Voice is the delight of my heart, O Infinite One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #10 'The Voice' (6th October 1949) as in the book "Developing Your Faith."

August 1950

My dear friends,

You will be interested to know that more names have been added to the Sanctuary than in any previous month since its inception and the work done has been revealed by the many hundreds of letters of thanks received this month.

Here are two of the hundreds received this month, sorry I have not room for more in the letter.

“Words cannot express my grateful thanks for what the Sanctuary has done for us. Within one week of putting my husband’s name in the Sanctuary he got the position he had been waiting for for years.” J.C.T.

“I wish to compliment you on your June Monthly Letter. Of all the excellent letters penned by you I think this is one of the best. I was particularly impressed with your emphasis that ‘authority and tradition are cages in which we live.’ ‘Freeing our inner Reality from all its cages no matter what they may be, religious or otherwise.’

“You have been a great source of inspiration to me and, I know, to many hundreds of students. You are teaching the unadulterated Truth—stripped of all dogma or religious punching.” Dr. W.

Dr. W., I am greatly interested in your letter because I have had so many letters about my June letter, therefore this month I have written another one which in fact is deeper. The understanding of it will enable you to free yourselves from destructive reactions, thoughts, and emotions that tie you up and hold you bound in a prison created by yourselves. Therefore this letter requires very deep contemplation. It must be read and studied carefully.

I know there are many who will not fully understand the meaning of this month’s letter but if they will try and understand, free from prejudices and accepted beliefs, they will obtain more results than they would from a thousand letters of telling them something that they already know.

ARE YOU CAUGHT UP IN YOUR OWN THOUGHTS, EMOTIONS AND REACTIONS?

“Call upon me in the day of trouble, I will deliver thee and thou shalt glorify me.” Psalm 50: 15.

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When conditions seem severe denying them or trying to run away from them does not alter them, only by understanding can we master all conditions.

Some will say that nervous conditions exist because of our lack of control of our mind. But when you are only controlling your mind and thoughts you are not understanding, you are merely contracting and this brings suppression which is the cause of nervous conditions through fear.

You try to control your mind because you are afraid of what your thoughts may produce. Some live in perpetual fear of what their thoughts will produce for them. This is truly a lack of understanding of the Law of Creation. Your mind is a vehicle through which many thoughts pass. When you look at them as you would look at a flock of birds passing across a windless sky leaving no trace you are free from their influence. Only when you fear them do you drag them into your consciousness. "What I feared has come upon me."

What is necessary is to have a pliable mind with understanding then there is an immediate discernment of right values. Therefore control becomes unnecessary. Controlling of the mind in this sense means limitation because it becomes dominated by the idea of fear or the idea of escape.

When ideas come into your mind you try to brush them aside, at the same time you try to focus your attention on a particular idea in opposition to the idea or thought which you wish to escape from.

You will note that is not thinking. You are merely caught up in a struggle between ideas. Thus you are causing repressions and confusion without gaining any results.

When thoughts or ideas you do not desire come into your mind do not fight with them or struggle with them, allow them to enter into your mind and discern their true value. When you receive thoughts or ideas you will notice that they are relative to you and then you can do what you like with them.

The true function of the mind is to receive thoughts and ideas without strain. Then there is peace, and turmoil ceases. Mental alertness is the state you should cultivate then you will discern what is happening. Anything that is contrary to the happiness of your fellows would then be abandoned and happiness is secured through co-operation.

Many people who think they are Spiritual are strained, they imitate and hence are caught up in struggle. "True Being" **is Living**, you do not have to imitate if you crave to be something, you will pursue your craving only to be caught up in sorrow and confusion.

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It is not a question of balancing your mind between opposites where your mind becomes the battleground for conflict. Only when the mind is free from conflict can there be peace and harmony.

If your mind is caught up in desire, craving, selfishness and separation, the ecstasy of Infinite Love and Wisdom can never be known, and whatever you seek will end in conflict.

The only foundation for true happiness is when your actions are in accordance with the highest that is within you, then your rewards are phenomenal.

When this state exists there is security, there is joy and conflict disappears. You no longer crave for qualities you think you should have or not have, you have that quality that is harmony itself.

Virtues and their opposites are but craving of the mind that is full of conflict through fear. This is separation in its most subtle form. When you are free from that bundle of "qualities" then there is no fear, no opposites, there is only love and wisdom and in Reality that is all there is. As long as your mind is caught up in false values there can be no realization of that Life in which there is no distinction, no separation, no craving, no time, no opposites. If you can grasp the true meaning of this then your action becomes pure action in which there is no reaction.

If you are continually occupied with the self, which is selfishness where there is attraction, repulsion and continual effort, then this Life that is free cannot be understood and cannot be experienced. You just put yourself in a cage which separates you from your fellows.

If you will take time to think you will see that all thought is limited by the state of consciousness of the individual who thinks. To understand that which is limitless, unconditioned you cannot have your mind burdened by the thought of the self.

If your mind is burdened with the conflict of ethics you will not understand Truth. But if your mind is no longer bound up in the self nor bound by virtues, by distinctions, by tradition and formalities then you will comprehend what I mean by pure action, spontaneous action that is free from separateness.

If you are seeking happiness then this understanding cannot be postponed. You must free yourself from false values to have enlightenment. Ignorance is not an absence of learning but the confusion and conflict of a mind that lacks true values, and the acquiring of this requires the discernment of your motives,

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thoughts, emotions and reactions. If you are continually wondering what is right and wrong you only confuse the issue and your mind is caught up in this conflict which prevents you from understanding the true ecstasy of Life.

If you are trying to imitate, trying to mould yourself after a pattern you only create an image of what you think to be the ultimate reality, so you carefully fashion yourself after it thereby losing the substance for the shadow.

If you imitate, then by what means can you realize this enduring happiness?—the Life that is Ever-present, this is enduring happiness. Life is not separate but is unbounded unity. You cannot understand what is enduring happiness while the mind is occupied with distinctions, self, and separation.

When you are conscious of an inward poverty you set up an authority and worship it. You want to lean on someone because you feel unequal to the task, not realizing that Life is real, that Life is Intelligence. So you look outside yourself for aid while Reality always abides within yourself, complete in Itself expressing Itself. So in your ignorance you want to shelter in the comfort of an idea.

Your mind must no longer be agitated by the worship of virtues and the horror of sin. For if you are moulding yourself after a pattern, there is fear. Fear disappears when you seek understanding, freed from the illusion of time and space which is separation.

The understanding of “Life” will always elude you if you follow the narrow path of ethics.

To be without fear you must know yourself to Be. Understand the meaning of illusions, vanities, jealousies, envies, cravings, you must also free your mind from the burden of longing, hope and regret.

If you can perceive your own emptiness and understand it, then you can dissolve it. Only in this way can there be true understanding of “Life” in the Ever-present. The ever expanding consciousness will always be the Reality while all that is external can be discerned with wisdom and understanding. The Infinite Life is ever expressing Itself in Love and Wisdom. You limit Its action in yourself through narrow bigoted beliefs, thus you prevent Its true expression in your life here and now.

By means of inspiration you supply the conditions so that the Life Intelligence can be received by the soul which becomes the receiving set and your body, brain and nervous system the sounding-board, thus the invisible becomes visible.

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We do not exist as separate individuals but as units in one whole. In the Bible we read, "by the word of the Lord were the heavens made and all the host of them by the breath of His mouth."

Jesus said, "let the dead bury the dead." They were those who believed in death. If you fear death you are as the dead. The "Living" do not fear death. The dead are burdened by the past, by memory, by time. But for the Living the present is the Eternal. You weave the net of time so your thought is caught-up in it.

The "dead" seek Life but Life cannot be found in the belief of death. The Timeless has neither beginning nor end. The self, the maker of time must yield itself to the Timeless.

"I and the Father are one," this reveals the Ever-present, the birthless, deathless, timeless. Oh, if I could only make you "see"! It is not by constantly asserting that you are whole that you become whole, such repetition is but self-hypnosis. To gain freedom, wisdom and love there must be true understanding and a knowledge of the self, not mere repetition that drugs the mind.

"I of myself am nothing, it is the Father who ever remaineth within me, He doeth the work."

Benediction

O Divine Nature, Thou art the essence of my soul, my wanderings in the forest of doubt delayed my understanding of Thy Presence.

As sleeping sons and daughters of God awaken, so does my greater self awaken more and more.

Sons and daughters of God understand that they have everything the Father has. "I and the Father are one." This realization gives dominion over all things even as the Father has. This is my Birthright, O Divine One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

September 1950

My dear friends,

Thanks for your many letters of thanks for the work done by the Sanctuary. It is a great inspiration to know that even so-called incurable troubles have been completely cured.

You must remember also that the help you give is largely responsible for your freedom from pain and suffering and the letter this month will help you to understand this more and more.

Here are just a few extracts from the hundreds of letters received this month.

“Your monthly letters are an inspiration to us. The whole family has become Sanctuary-minded with the result that there is now no sickness and no complaints. The home is full of love and what a joy it is to live. Our gratitude is beyond words. Thank you, thank you.” F.R.S (Cape.)

“I can only begin my letter by saying God bless you and the Sanctuary for the wonderful healing I have had. My doctor was amazed at my recovery. When I showed him your Monthly Letter of June, he said it was the most wonderful thing he had ever read. Please send him your Monthly Letters, his address is enclosed” M.R.C. (Free State)

“I cannot express my gratitude in words for the Divine work done in our family. At one time the home was full of strife, now it is full of love and understanding. God bless you and the Sanctuary.” C.R. (Johannesburg)

“I write to report that I have been completely healed of bronchitis and discharge of blood, an ailment given up by everyone. It is indeed a miracle to me and all who saw me during my illness.” T.A.O. (Nigeria)

PROVE YOUR FAITH BY YOUR WORKS*

“Thy Faith hath saved thee, go in peace.” Luke 7: 50

To sustain our faith we must use it otherwise it dies in us. To realize what Faith is we have to see clearly our oneness with the Creator of all things, “the Father and I are one.” In this way the Creator works wonders through us. The more understanding we have, the more His power is revealed.

The Master says, “it is the Father who ever remaineth within me He is performing His own deeds.” Action is needed on the part of the individual

* See Notes on page 206

who is acquiring faith. In James 2: 14 we read, “what does it profit, my brethren, that a man say he hath faith and have not works . . .” “Even so faith, if hath not works is dead, being alone.” This means that to have Faith only and not use it then it dies in us. It is the use of Faith that keeps it alive. “Yea, a man may say, thou hast faith and I have works. Show me thy faith without thy works and I will show thee my faith by my works.” “. . . But wilt thou know, o vain man, that faith without works is dead . . . Ye see then how that by works a man is justified and not by faith only . . . for the body without the Spirit is dead. So faith without works is dead.”

If you say then that you have faith, prove it by your works. You are known by your works and not by your faith only. This is the all important point in this letter. Action is needed to prove our faith.

We do not have to solve Life, we have to experience Life and the right way to do this is through action. We have to train our minds to refuse suggestions from without that are contrary to the power of the Spirit that is Life and action. Without action you could not be alive now, for God formed you and me and is ever active in us **now** and now is “Eternal.”

With this Cosmic wisdom resident within your own consciousness you can back every action without limitation of any kind, when you know this to be true. The prophet says, “he who cometh to God must believe that **He is.**” And the Master shows us that God is within us, waiting to come into action on our behalf and there can be no mental distance between yourself and the Creator, “What is Mine is thine.”

Now move into action knowing: that God is now active within you and your affairs. You must be ever watchful lest your mind be caught up in the manifestation and lose the realization of the living Presence that is manifesting in you. For if you lose the realization of that which creates, that which you create turns to ashes. “It is the Lord thy God that giveth thee all things.”

We are allowed to ask whatever we will and are given the assurance that it will be granted provided we play our part in the receiving. When we expect an meal we must sit at the table. We must arrive at the definite and permanent conclusion by our reasoning that God is present within us now, before we can act intelligently.

If you start out with certainty and then fail to continue in that certainty because the thing has not come about as you planned, then you do not understand that the Divine Intelligence is active in your affairs. The mind must be trained

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not to turn away but to know that the one Supreme Infinite Intelligence is ever active and **knows how**. The Intelligence that is greater is acting on your behalf.

This state of consciousness keeps the mind open so that the Creator can work in you to bring about the fulfilment of your heart's desire. But you must keep the consciousness open to the "greater than I" that is Ever-present in your affairs. Just wherever you are there He is. If you can be conscious of this even when things seem to go wrong you will prove your faith by your work.

In your daily tasks remember you are never alone. God works with you for you can never be apart. If you will listen He will show you what to do, and He works with you. It is a grand, grand story and is the truest and most magnificent story ever told.

So open your mind to His Mind so that your greatest Friend can help you for He knows how. Even if you do not understand all, He will bring about things in the perfect way. This is the mental attitude you must have about your problems. If you are at peace about it then the work will continue. But if you think that God has forsaken you because you do not get what you want, the mental attitude deters the perfect manifestation whether it be a desire for health, happiness or abundance.

"Acknowledge Him in all thy ways (actions)," is the secret of greatness, for He alone is great and He shall make you great also if you will but believe. Forget the self for the self always stands in the way, then your works shall prove your faith and only by your works are you justified.

The mind of man has not yet dreamed of all the good things the Father has prepared for those who love Him. To love God is to love your neighbour. If this Love is not in you how can you expect good things. Jesus said, "Father forgive them for they know not what they do." "As much as you do unto one of those so you do unto me."

Faith is built upon constant awareness of the indwelling Presence of God everywhere. This will give you the power to create without limitation because you will be constantly alive in Him.

In I John 5:14-15 we read, "now the confidence we have in Him is this, that He listens to us whenever we ask anything in accordance with His will; and if we know that He listens to whatever we ask, we know that we obtain the request we have made to Him."

Jesus and the prophets reveal God to man by their works, by their sayings, by their miracles, using them as a means of opening the door of

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the Kingdom of Power and instructing us to use the laws and methods they used so that by doing so we shall do even greater things. By their works they proved their faith, by our works we shall also prove our faith.

We are all immortal now at this very moment, there is never a cessation of activity in the Infinite God and we are moving in Him Who made us like Him with power to become active in co-operation with His will.

The Spirit of God is embodied in every living soul, this is the Reality in us all. This is the foundation of our faith. There Love dwells. This is the Supreme Power of the Infinite God, for God is Love. Every part of space and every instant of time is in the Eternal Now.

Since the Universe is governed by Love, Love is the perfect law. This Love acts on your behalf and opens the prison doors and sets you free. You may not know how it is done but it takes place in the Cosmic Presence that is "greater than I." The realization of the Indwelling Power of the "greater than I" becomes the magic power that carries over the stormy seas into quiet waters and beside green pastures. It soothes the doubting and troubled heart, it sustains our faith that produces works. In all humility we say, "in Thee, O Father of Love, I dwell. I am protected by Thy eternal Love for me."

All great achievements are gained through action with faith. If you wish to accomplish, you must be up and doing, no matter what obstacles beset you, and there will be many, they cannot defeat you when you realise the Indwelling Presence of the Omnipresence.

The unknown must be faced with confidence. On the uncharted seas make the Infinite Intelligence your guide. Scarred with experience you will rejoice in your faith that has been proved by your works. All is well with him who works with Him, who knoweth all things.

All the great of the past call to us now to free the spirit of adventure that is latent within us and through our action in faith we will be about our "Father's business." We shall forget our little selves, this is the only way, we must lose ourselves in others yet retain our own vision.

It makes no difference now what you are or where you are, you will have found the one thing in which you can live forever, now you can make others feel and live happily. This is the key to Eternal bliss, You will have proved your faith by your works.

Benediction

O Divine Mother, I was a babe in swaddling clothes unable to talk or walk.

I bleated in ignorance of Thy Divine Nature, but as I grew up I found myself.

In the realization of my birth Thou didst open my eyes to the glory of Thy Presence.

The Voice of Wisdom was heard deep in my soul and there in the crystal Pool of Peace Thou didst show me my face to be like Thine. Now even if I roam in the world of experience I will seize these vexing perplexities and timid fears and banish them forever.

O Divine Mother, Thy all-conquering Wisdom is mine for Thou hast shown me that what is Thine is mine, Beloved Mother of Mine.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #6 (7th March 1950) as in the book "Developing Your Faith"

October 1950

Dear friends,

You will be pleased to know that the Sanctuary is now working in thirty-two different countries. People from all parts of the world are writing for help and, as usual, hundreds of letters are received full of grateful thanks for what is being done for them and others. I wish to take this opportunity of thanking all who have written in. I would like to print these, but you will realize that this is impossible. Here are just a few extracts:

“Your monthly letters are an inspiration to all of us. The good they have done you will never realize, words cannot express our gratitude. Please accept this donation towards the work, very small indeed for the many blessings we have received from the Sanctuary.” F.S.C. England.

“I am so grateful to you for your wonderful help. My son has completely recovered and is back at work, all within ten days, while before his life was fading away. God bless you and thank you.” C.J.M. South Africa.

“Oh, could I write a letter to thank you for the wonderful help you have given to my husband. He is a changed man and the home is now a happy dwelling place. God bless you.” K.S.T. Rhodesia (now Zimbabwe).

“Many many thanks. Words cannot explain how grateful I am for your wonderful help. The hopeless situation in our business has completely disappeared. The power of the Sanctuary is truly wonderful.” S.T. Switzerland.

“Your monthly letters are too wonderful for words. How we look forward to it each month. We have a group of about one hundred now and I read the letter when it comes. As you can realize our first meeting of the month is a very full one. God bless you and the Sanctuary.” C.M.F. Canada.

“I have been greatly helped by your lovely monthly letter. My health has been completely restored. In the past I have suffered from asthma and bronchitis, now it has completely gone, due entirely to my changed attitude towards Life through your wonderful Truth. God bless you.” A.S.C. Australia.

The theme of my letter to you this month is:

JESUS TAUGHT MODERN MEDICINE
IN OUR DAILY LIVING*

“O heedless ones, how long will you choose to be heedless, and scoffers delight in scoffing, and senseless folk hate knowledge?” Prov. 1:22 (Moffatt)

We have already come to the realization that thinking is creative. Yet we must become conscious of that which creates, for thought is but a product of something else which is greater, which is eternal.

Thus you will see that if you are continually fighting your work you are only fighting yourself. When you struggle, you only create habit-patterns which out-picture in your body and mind, the reason is not far distant but right within yourselves.

Do you know that when you realize fully the oneness of all things you can begin to express the unlimited resources of the Universal Mind, that Master Mind that controls and directs all things large or small.

The consciousness of the Universal Mind must be the same consciousness in the individual mind made in His image and likeness, for there can be no other, being Infinite.

This must be realized before it can be a reality to you. For this alone sets in operation the process of creative genius which becomes automatic in nature and grows with understanding. Thus we realize what the Master meant when he said, “Love your neighbour as yourself.”

When we hate our enemies we are giving them power over us, over our sleep our appetite, our blood pressure, our stomach ulcers, our health, our happiness. Your enemies would dance with glee if they knew how they were worrying you to death, how they were turning your days and nights into turmoil.

If selfish people try to take advantage of you in your daily business or daily tasks just cross them out of your mind do not try to get even with them you only hurt yourself more. Remember the Master’s words, “the least you do unto one of these so you do unto me.” In other words it means the least you do unto one of these you do unto yourself.

It has been proved that in 90% of cases of hypertension, in other words, high blood pressure, the cause is chronic resentment and in many cases causes heart trouble.

* See Notes on page 211

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Here we have the habit-patterns externalized on the body. So when Jesus said, "Love your enemies," he was not preaching ethics which so many people believe, he was really practising twentieth century modern medicine.

When he told us to forgive seventy times seven he was telling us how to prevent high blood pressure, stomach ulcers, heart troubles and many other ailments.

A person came to me some time ago with a complaint which she had over four years which defied all treatment. She had had the usual X-rays etc., and all the rounds of specialists without result. When I told her as soon as she would forgive her sister and become friends the trouble would cease, she looked at me in amazement and said, "how do you know that I hate my sister and her husband?" I said, "by your complaint." She said, "if you only know what they did to me," etc., etc. I said, "go and read what the master said about this kind of thing."

After a week or so she returned to see me, practically cured, everything forgiven and forgotten. In a fortnight the whole trouble passed. She was completely cured.

Jesus was right, he was 2,000 years before his time and today people cannot see the wonderful truth in his sayings. when he said, "Love one another" he was telling us now to improve our looks.

I know a woman who is so envious and jealous, her face has become haggard with wrinkles, a comparatively young woman looks a hundred. Although she tries to patch herself up with creams and powder the disfigurement still shows through.

All the beauty treatments in the world will not improve your looks if you harbour enmity. The best beautifying treatment is the heart full of tenderness and forgiveness.

Hatred, antagonism, resentment, all these destroy our ability to think, to work, to create. You must get along with your fellows, you can prevent an inharmonious atmosphere if you will always remember the Law, always make the other fellow feel important. Again Jesus' words come before me as a guide, "do unto others as you would have them do unto you."

Your enemies would gloat over the effect they had on you by your hating them, making you tired, nervous, ruining your looks, giving you heart trouble and shortening your life. Therefore to love your enemies is not a principle of ethics but the law of self-preservation.

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If you are not saintly enough to love your enemies you can for the good of your health and happiness at least not hate but forgive and forget.

If we do not forget, than we are liable to kindle a smouldering fire that destroys our health, happiness and ability to work efficiently. I must remind you again that this is not a letter on ethics but a lesson for your daily living.

“Where there is a will there is a way,” the will is not something that we have to create, it exists as the motive power behind all Creation and when we become aware of our oneness with the Whole it operates automatically. But we cannot have this will unless we forgive. Remember when you forgive others, you forgive yourself.

To be able to forgive, we must become big in ourselves. We must become absorbed in something infinitely bigger than the narrow centred self. Then insults and enmities which we encounter will not matter. We will become oblivious to everything but our cause.

Jesus was absorbed in the cause of humanity and he is still the greatest figure in the world even today. The insults hurled at him by those who should have known better did not disturb his calm interior because he “KNEW.”

“O heedless ones, how long will you choose to be heedless, and scoffers delight in scoffing, and senseless folk hate knowledge.”

Great men will always be denounced and insulted but they are too wise to retaliate. Take some of the great men of the past and present, when they are attacked and abused they smile for they know, “a smooth tongue turneth away wrath.”

Listen to these words, “Love your enemies, bless them that curse you, do good unto them that hate you and pray for them which despitefully use you and persecute you.” “. . . so that you may be children of your Father which is in heaven.” This will give you the peace that millions have sought in vain by other means.

Getting along with your fellows is part of your regeneration. Then, “do unto others what you would have them do unto you.” You want the approval of others with whom you come in contact. You want recognition, you want at least a feeling of importance, no matter in what capacity you are at present engaged.

No matter whether your world is small or big, the same rule applies. No one wants cheap insincere flattery but you do want appreciation, so give unto others what you would have others give unto you. When and where, you may

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ask? My answer is here now, and everywhere. When your mind is trained to see the beautiful in Life you will soon become beautiful too.

A true “thank you” and mean it, for the smallest service will pay big dividends. When you have said something nice to someone which makes them happy does it not also make you happy? In fact it makes the whole day brighter and better.

A few words will make all the difference. Try this out some day and see what happens. When someone does you a turn say, “how charming of you.” “How nice of you. You are really a kind person,” etc. These act like oil in the cogs of the daily grind. No matter if you see that person daily it makes no difference. Others will like you, and you will soon begin to like yourself.

“He is like a tree planted by the stream that bears fruit in due season, with leaves that never fade; whatever he does, he prospers.” Psalm 1: 3 (Moffatt)

Benediction

Thou rarest of Hearts, amidst the prejudiced minds and bitter hatreds thou hast shown us how to treat insults, how to forgive others their trespasses against us.

Thou didst shed thy Love upon all with equality, and show us how to become attractive and sweet with loving kindness.

Thou didst love the stray as much as the good. Didst thou not say leave the ninety-nine and go find the one that is lost so that the fold would be complete.

Thou hast taught us how to free ourselves from self-torture and remorse by loving all who love us and loving all who love us not. Thank you, Beloved Master.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #6 ‘*Jesus Taught Modern Medicine and Occupational Therapy*’ as in the book ‘How to Relax and Revitalise Yourself.’

November 1950

My dear friends,

Let me again thank you one and all for your lovely letters to me this month, I feel it a great joy to be of such service to you and hope that your faith will grow through understanding.

Here are some extracts from the hundreds of letters I have received this month:

“I am so glad to tell you that my son has completely recovered. Your letters have been an inspiration and power in our trial. To think that his life hung in the balance. Our faith in God and in you has done wonders. The doctors at the hospital told me that it is a miracle, nothing less than a miracle. Thank you.” F.C.H. Natal.

“Thanks for your inspiring and comforting letters, we can never thank you enough for showing us the true path. The Minister of our church is very interested and has read your monthly letters and would like to have them each month. He is a very advanced soul, full of love and compassion. God bless your wonderful work.” J.C.T. England.

“You call us ‘my dear friends.’ It is wonderful to be a friend of yours, we are continually singing the praises of the Sanctuary for the wonderful help we have received. Your ever grateful.” M.S.C. Transvaal.

“If I could in words tell you what I feel, it would be a joy to me. Your letters and help have been more than I ever expected. When I cabled you I had no idea what would happen, but next day my mother got up out of bed and has completely recovered. The doctor says that her heart is normal and he cannot understand the sudden change. God bless you and keep you safe is our prayer each night.” J.C.M. Australia.

“Although I cannot understand the wonderful thing that has happened to me since I started to read your monthly letters it is all too real. My fears have gone, my constant pains have disappeared and now I know that God is with me always. Bless you, dear friend.” H.C.K. Cape Province.

THE INFINITE HAS MADE ME TO BE*

“In the beginning was the Word and the Word was with God and the Word was God All things were made by Him and without Him not anything made that was made, . . . and the Word was made flesh and dwelt amongst us” St. John I: 1,3,14.

When we incorporate this truth in our daily living our opportunities increase a million-fold and it takes praying more and more out of the realm of speculation and gives expectation a logical and reasonable foundation. Thus we are reminded of the Master’s words, “when ye pray believe ye have received and you shall have.”

Most people seldom think of what they have but of what they lack. This is the greatest mistake that man can make, in fact it is a tragedy. It has caused more misery, more mental anxiety than anything else, in fact has caused more physical troubles than all the diseases in the world.

The Universe is full of wonderful things patiently waiting for us to use them. This reminds me of the Master’s words, “if you have faith as a grain of mustard seed ye shall say unto the mountain remove hence to yonder place and it shall remove and nothing shall be impossible unto you.” Faith is a mental activity that is kept in one direction until the finished product is established.

In this way our images are fortified against the destructive attack made upon them by doubt, worry, fear, apprehension. It allows God to operate in our affairs, which promises satisfactory fulfilment.

The formula I have created is, “day by day in every way God is making me better and better.” Now this is a truth, for the Divine Nature is always working in us for our good. When we discern our adverse thinking in the light of this truth it tends to dissolve away, for error and truth cannot exist at the same time.

Fear is soul-murder and when we know the truth fear dissolves away. No wonder Jesus so repeatedly told us to, “Fear not,” “Be not afraid.” He knew the penalising effect of fear upon every organ of the body. He knew how it deranged the whole system, how it caused stomach troubles, the stomach becoming paralysed with the effect of fear.

He knew how the fear of lack affected his disciples for he taught them to pray believing that they had received and they should have. This same truth will

* See Notes page 216

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banish fear from the mind of man today. When you challenge these oppressors of the soul they will disappear like mists before the rising sun of faith. These fear thoughts are the enemies of man's peace of mind. But man alone gives them power and as man has made them so can he dispel them. We must be careful not to allow our consciousness to be caught up wholly in our fleshly garments but to understand the true nature of the mind and body.

We are told that in Divine Kind there is the Divine Consciousness, the Director, the Divine intelligence fulfilling the direction of the consciousness, and the Divine Substance in which all forms take place in all planes, Spiritual, mental and physical.

Consciousness, Intelligence and Substance co-ordinating in perfect unison reveal the Life, organising the atoms, cells, organs into the complete body which is the Temple of the Living God and keeps it in repair according to plan. What we have to do is to discern adverse thoughts and emotions that interfere with the Divine creation and, discerning the errors in the mind, we dissolve them.

In this higher knowledge we do not repeat hundreds of mantrams that cloud the mind as they generally bring up their opposites. For when you say, "I am well," there is something that rises up and says to you, "you are not well." If you are ignorant of the truth it is better for you to say, health, strength, life, love, wisdom, thinking of these qualities in the abstract way.

This was brought home to me very forcibly when I visited a dying man. He was trying to hold on to his body by repeating sayings and what little strength he had was being used up. I said, "what are you trying to do," and he said, "I am trying to live." I replied, "stop saying these things because you are only creating a struggle within yourself. Just breathe easily and deeply and know that breath is Life." As he started to breathe he lost his fear and life returned to the body. Had he kept on with his mantrams he would have surely passed on.

Another case of mantrams was when a New Thought student became very ill. She said, "I have repeated every saying I can think of but I am getting weaker and weaker, what more can I say?" I told her also that she was struggling inside her mind. Life was real, just breathe it in and know all is well. She also got well, but had she kept on with her mental struggle she would have passed out. There are hundreds of such cases that prevent the Spirit from acting naturally because of the struggle that goes on in the mind.

The action of Life is like a chemical reaction in the substance which blends atoms, molecules and cells and manifests Itself in the form of a body. A

continuous animation of numberless reactions is kept up. This is the action of Life yet Life is Infinite in nature and supreme. "I am the Life," the Master says, and this is the same for you and me.

We must remember that every mental state has a corresponding physical state. Change of mind means a change in the body, sorrow causes tears fear causes the body to tremble. When we elevate our minds through understanding we free ourselves from many of the perplexities that haunt us daily. We will find that heaven is in the mind, for thoughts make us miserable or happy. Jesus says to us again in twentieth century language, "the Kingdom of Heaven is within you.

Then, "count your blessings one by one," is our greatest asset, it creates mental harmony. Ask yourself, would you sell your eyes for ten thousand pounds? What would you take for your two legs and your two arms? What would you take for your children, your family, those you love and those who love you? Add up your assets and you will find that you are richer by far than if your coffers were filled with gold and diamonds.

I could tell you hundreds of stories of people who have made themselves over in a short time, just by being themselves. The problem of being unwilling to be yourself is behind many failures, many headaches, many neuroses, and inferiority complexes. The craving to be something that you are not makes you a second-rater. There is a saying that to copy another is the essence of flattery to the one being copied, but to the one copying it means disaster.

You cannot get anywhere playing the ape or the parrot. This is the safest advice that I can give, drop at once trying to be someone else and **Be Yourself**, and you will be a success. Never mind the other fellow. If his actions and ways intrigue you, they are not for you. **Be yourself**. No one wants a counterfeit coin. God has made you the way He wanted you to be, this is to be yourself.

Do not waste years of your life trying to imitate, you are original yourself and it is originality that succeeds. With all your faults, with all your mannerisms they are yours, and there your true experience lies.

In this way we progress towards the unbounded Reality of our existence. We recognise Nature's majestic handiwork of something infinitely greater that overwhelms and transcends our finite conception. Yet within each one of us is the Spiritual essence, a latent power with unlimited possibilities. Then let us find ourselves, and be ourselves, as He made us. With this understanding we will progress from victory to victory.

We will yet unwrap the material cloak that hides the perfect creation, made in His image and likeness.

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There are many who come to an understanding of this mighty power within who make serious and conscious efforts to realize health and happiness and abundance, yet they seem to be unable to bring the law into operation, this is because they concentrate on the external and miss the point that in the mind only, can conditions be created. It is not always what you want you get, you must build up within. "Seek ye first the Kingdom of God and His righteousness and all things will be added unto you."

We must first find the Kingdom within so that we can attract, build, materialize in the external. The Power is within, the Way is within, Wisdom will disclose the source of all power.

When we seek Wisdom we become creative, when we express Love we become dynamic, the greatest gift God gave to man was to create within himself first, then the external world would respond because the outer is the expression of the inner.

"Truly, truly I tell you the son can do nothing of his own accord, nothing but what he sees the Father doing, for whatever He does the son also does the same." St. John 5: 19.

Benediction

O Perfect Love, I am Thine and Thou art mine, so we are one.

Thy Flame of love has consumed me in its allness and abundance of Thy mercy and loving forgiveness.

May all souls on earth worship at Thy Shrine of Love to be purified in Thy Cosmic Crystal Pool of Thy Love. Help us to forgive one another as Thou hast forgiven us.

That we may love one another as Thou lovest us and then all souls may be strung together as pearls with the one Spirit of Love, O Perfect Love.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* Digest version of Lecture #8 (5th December 1950) as in the book "How to Relax and Revitalise Yourself."

December 1950*

My dear friends,

Loving greetings to you all! My earnest wish at this season is that you may have peace, love and abundance now, and in the years to come.

All over the world at this time millions of people are preparing to meet and rejoice. There is a feeling of goodwill, a desire to give, a desire to make others happy. There is a fever of delight, inspiration and goodwill welling up on the approach of Christmas.

The shepherds heard the heavenly host sing, "glory to God in high Heaven and on earth, peace and goodwill to all men." These shepherds were men of deep understanding and had practised all their lives communion with the Spiritual realms, for their calling had developed gifts that are latent most people.

The wise men with their gifts stand before Mary with her child in her arms. Motherhood is lifted to the highest pinnacle of human thought. The Christ is born through woman and the great truth is revealed through woman, that in every child born there the Christ dwells.

Those who believe and those who do not believe agree on one thing that on this Christmas night long ago in Bethlehem the vision of goodwill towards all men shone out over the world.

Although the world is far from the perfect vision of a world ruled by "Love" where man loves God with all his heart and his neighbour as himself, yet this overflowing Fount of Living Water is offered to mankind as a free gift leading to Eternal Life and liberty now, just as it was on that Christmas night in Bethlehem.

This babe, destined to become the leader of all men entered into a world torn with strife, separation, greed and dishonesty and although man has not thrown off these self-imposed shackles that bind him, he can still raise his eyes to see the Star of Bethlehem still shining as gloriously as it did on that first Christmas night. Not only is it still here but is brought nearer to us by the Love and Faith of the Man of Galilee who showed the way. His faith was his realization of his oneness with the Father of Love, and as the Father always did the work, that work was always done in a way that would benefit the individual most.

* See Notes page 221

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This knowing of the Master proved that his faith was not put upon any individual agency but untimely in the Father who resided within him, not as something apart from him but the very nature of God was in himself, so that whatever he asked believing that he would receive, so he should have. And the same message he gives to us, when we also believe as he did, “whatsoever ye ask, believing ye have received so shall ye have.”

Lack of understanding is the cause of our lack of Love and Faith. When we love we are on the crest of the wave that carries us on to fame and fortune. Faith is absent where there is fear of not having, this sense of not having is the seed of doubt and fear. But when we know that it is our thought that reproduces itself we see how necessary it is to follow in the Master’s footsteps.

In the Life of Jesus this truth was lived out completely. He showed in terms of simple beauty that all may follow, so that all may reach the pinnacle of perfection that he reached. Yet today we look over a world that is suffering from the scars of war and strife and still the world is quarrelling over the way it should live.

It is evident that the world has failed to understand and practice the teaching of the Master. Instead of realizing the oneness of all Life, so simply expressed in the Master’s own words, “I and the Father are one,” those who follow him have set up an image of Jesus as a form of worship instead of applying his teachings in their lives. By doing so they have put Jesus and all he stood for far away, quite beyond their reach.

Mankind must clear away the fog of this illusion before he can claim his true birthright shown again in the Master’s words, “call no man your father on earth for one is your Father who is in heaven.” In the light of this truth the miracles of two thousand years ago are possible today.

We must all realize that great truth the Master gave in simple language for all to understand, that this Truth would set us free. Through ignorance and craving, man has turned away from that ever-flowing Font of Living Water offered to him as a wonderful free gift from God leading us to eternal bliss.

Have we not all the world over erroneously exercised our Divine Gift of free will by disregarding the gift of eternal Life and Love, and we are now nearing the point where we touch the darkest depths of our own self-created misery. But this is the point where we perceive a gleam of light as we raise our eyes and see the Star of Bethlehem still shining as gloriously as it ever did.

That Vision of Perfection is still with us and becomes nearer to us and clearer to us as the effect of our own folly is discerned with understanding.

This Divine Wisdom is always with us if we will but use It, "for in Him we move and have our being." Made in His image and likeness we have also been given His free will to choose. Thus we learn through experience, and as long as we do not allow experience to deprive us of our true birthright we will know the meaning of his words, "all is possible to him that believeth," for the Divine Creative Power is inherent in us all, "what you gaze upon, you bring forth."

The Divine Light shineth in the darkness and the darkness cannot overcome it. This Divine Light of Love and Faith does not leave man alone but surrounds him even in his darkest hour. It was this that Jesus showed us so clearly in his last moments on the cross, "O Father forgive them for they do not know what they do."

The world has reached the stage in mental and scientific development where Spiritual understanding must serve the greater purpose. Failing this, mankind could destroy itself on earth through separation and ill-will. Yet by unity and goodwill, as demonstrated by the Master, mankind can reach a pinnacle unheard of in the ages past.

We have reached the stage also where we become our own evolution and it is up to us all in the world to reach out to the Star of Bethlehem and make it a reality in our lives by translating the Christ that is born in us into our everyday life here and now.

Here are some of the Master's words that I have selected for our enlightenment. "Let not your hearts be disquieted, you believe, believe in God and also in me." "If you knew me, you would know my Father too, You know Him now and you have seen Him." "These words I speak to you all I do not speak of my own accord, it is the Father who remains in me who is performing His own deeds." "Believe me I am in the Father and the Father is in me." "Truly, truly I tell you he who believes in me will do the very deeds I do and still greater deeds than these."

The effects we suffer from today are but the causes of yesterday and no matter how we treat these effects, it will not cure our troubles. Nor can we separate ourselves or close our eyes to the conflict that is going on in and around us, for we are ourselves the cause. What the individual is, so is the world. The trouble of the world will pass when the individual ceases to add to it.

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The light of the world is essentially individual in character because the individual must see the light before it can be established in the world, for the individual is the world. Therefore we must live by example and not by preaching.

The world today is divided into two armed camps, both are seeking advantage, antagonism is at its height, any moment a spark could set alight the powder magazine. We cannot have that lasting peace by threats of atomic bombs nor can we obtain it by looking down the barrel of a gun or at the point of a bayonet. Only by the free systematic unselfish co-operative tackling of the causes of war, strife, and misery can these be eradicated.

It is only when we can love each other and have faith in each other instead of hating and fearing one another can we hope to banish our self-created misery.

To the younger folk I would say, yours will be the responsibility to make a real contribution towards a better order of things. Become world citizens and direct your brain power and efforts towards security and freedom for all humanity by harvesting the world's assets for the constructive use and benefit to serve mankind and not for enslavement. Let your love for one another dominate all your actions. For love is that strong vigorous manly expression of the Christ character. Time does not change men, will-power does not change man, only the Christ Character can do that and this is your opportunity. In the years ahead the world looks to you for security and happiness.

You must then not waste time trying to patch up your old mistakes in thought and action but see the Light that shines in the darkness and which the darkness cannot overcome. Then nothing will stand in your way. True happiness only comes when this is found in yourselves first and the only instrument you can use in the process is true Love and Faith.

Action is needed, nothing can be done by just thinking about it. We must each be fired with that Divine dynamic purpose devoting our energies to constructive work, individually and collectively, to make our brotherhood complete. We must first begin with ourselves in our immediate surroundings, our homes, our associates, our business and in our everyday life. Above all let us be practical about it and not merely theoretical or visionary.

Now is the time, there can never be a tomorrow for tomorrow never comes. Now is the time for constructive work to be done in the individual and the nation. Only Love for our neighbour and Faith in God and ourselves can bring that peace and happiness that all are seeking.

DECEMBER 1950

Jesus lived to make men free, then let us follow the Star of Bethlehem, that Light that shines in the darkness and in our hearts, we will utter these words of the immortal poet Robert Burns:

“It’s coming yet for a’ that
That man to man the world o’er
Shall brothers be for a’ that.”

Yes! **LOVE** is the greatest thing in the world and the **Star of Bethlehem** still points the way.

Benediction

In the Garden of Humanity there blooms eternally a flower of great beauty and the aroma spreads all over the world.

All those who look upon this flower are no longer the same, they feel the fragrance of Love that overwhelms them.

Deep wounds of hatred no longer exist when the seed of this flower grows in the soul.

Those sweet words will also fall from our lips, “O Father, forgive them for they know not what they do.”

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours sincerely,
M. MacDONALD-BAYNE

* A Digest version of Lecture #10 ‘*The Star of Bethlehem*’ (13th December 1949) as in the book “Developing Your Faith.”