

1954

January 1954

My dear friends,

I wish to take this opportunity of thanking the thousands of people all over the world who sent their love and good wishes during the festive season.

With these wishes were hundreds of letters telling me how they have been helped through the Sanctuary, and I am going to give you a few extracts which I will pick out at random. I regret that I cannot repeat all these wonderful results.

E.B.L., England: "My husband wrote to you to ask for help when I was ill from a seizure. You kindly put me on your Sanctuary list and told me to tune in at twelve o'clock daily. I am writing to tell you that I am quite well and I have now the use of my limbs again. All my life I have been very fearful and have always had poor health. Now I can truly say all my fears have gone and I am feeling strong for the first time in my life, and life is worth living at 60 years of age. Indeed it is truly wonderful. God bless you and keep you for many years to come to help suffering humanity."

P.G.S. of Southern Rhodesia: "The latest X-rays show that my husband is now completely healed. How can I thank you for your help. It is truly wonderful that we can resume our normal life together. With renewed thanks and God bless you."

H.G.H., England: "I wish to express my heartfelt wishes to you, my dear friend. Space cannot stop this thankfulness from reaching you. Thank God for the knowledge of words written and postal amenities which knit hearts everywhere on Christmas Day. My thoughts will be of you and your love for humanity. God bless you."

L.S.D., South Africa: "Words cannot express my feelings for the wonderful help given to me. I do not know how I can thank you enough. God bless you. I had a wonderful experience after I wrote to you. I felt drowsy and relaxed and my troubles disappeared. I enjoy your Monthly Letters and I know now that there is no separation and this gives me great courage. I have also read your book 'Divine Healing of Mind and Body' and in my opinion it is the best book of the year."

WISDOM IS THE FOUNTAIN OF LIFE*

“The lips of the wise spread knowledge;
not so the minds of fools.” Prov. 15: 7.

Electricity must exist first before we can have electric lights. We see the light but fail to realize that that light could not be, if electricity did not exist first. What we know about electricity even now with our vast modern knowledge on the subject is but a fraction of what can yet be known about it.

Light is the manifestation of electricity, just as man is the manifestation of Life, as there is but one electric power behind all the lights in the city so there is but one Life behind all mankind. There can be no flaw in the Life just as there can be no flaw in the electricity, so the Real in man is the Life, just as the real in the light is the electricity. Few ever think of this Truth because they are caught-up in their own conditioning which prevents understanding.

Electricity is not affected when the globe breaks or the motor goes out of order. Neither is Life affected when the body is out of order.

The Consciousness in man is not the result of evolution nor is it reaction to things external, it is the essential awareness of Life Itself. Man is essentially Spiritual and is now in Reality, this is his true nature, but he does not realize it because he fails to discern what is false.

Now, we know that matter in itself is powerless and we know that matter is ether modified, and ether is mind substance modified. Thought enters into mind-substance and is out-pictured in form, first in mind-substance then in ether and finally in matter. In other words, our thoughts become objectified in the physical.

Thought can arise from our reaction to the external and can create havoc in our lives when we do not understand how it originates. When our thought is reproduced in our bodies and environment we become anxious because we do not know the cause.

In the world today people are following the tradition of the past without thinking for themselves, therefore repeating the errors of the past and religiously holding on to them. We wrangle and fight over our various beliefs, so the world goes on suffering the result. It is only when we realize that we are the world and we ourselves are the cause of our suffering do we begin to think for ourselves and see the false which man himself has created.

* See Notes pages 424

THE SANCTUARY OF THE SILENT HEALING POWER

When we look into the matter freely, without prejudice, we realize that all our struggle is over our beliefs in one thing or another, whether it is religious, political or material; it is a matter of belief. Now when the beliefs cause all this struggle, would it not be a wise thing to see what a belief really is, so that we can then discard this slavery?

Beliefs which make man blind to his relationship with his fellowmen are very strong. Man, being ignorant of the true state of his being, is led by leaders who are caught-up in similar beliefs, so man follows like sheep to the slaughter because he will not discern the false.

Man lacks the true understanding of the true fundamentals of Life which is Love and Wisdom, only because he will not discern the false.

When all the carnage of death and misery dies down the victors think they can help the vanquished by sending them food and clothes. But does this fill the empty hearts? The world can only be helped out of the misery by knowing the cause of the misery.

People are looking for a great leader that will lead them out of their misery. Why do we want a leader? Is it not because we are confused and do not know the way ourselves? Is it not because we are ignorant that we want a leader? If we knew we would not need a leader and it is because we do not know that we want to be led.

The Christ is the true man and he can only be realized when the false is understood. Man will kill his brother and himself before he will give up the slavery of belief. Belief in a disease of the body will not be given up until man destroys the body, even though he knows that fighting it will bring about his destruction.

A belief is a disease like any other disease, it separates man from man and man from God. Man puts his confidence in his leaders steeped in error as he is himself steeped in error, the blind lead the blind and they all fall into the slough.

There is the leader and the follower, is not this inequality the result of ignorance? Does not the division of man deny the Real? Is not this domination and submission of man the outcome of ignorance and thoughtlessness?

Is not our social structure built upon division, the one who is supposed to know and the one who is not supposed to know? This social pattern breeds endless opposition and sets man against man, and there is no end to the conflict within this pattern and only when thought-feeling transcends this total ignorance will man find the way to freedom for himself.

JANUARY 1954

In ignorance we live in a competitive mentality, we try to grasp Reality through accomplishment, we create the high and the low, the leader and the follower, we think of Reality as a reward for righteousness, we think it can be attained through time and we maintain a constant division, the high and the low, the successful and the failures etc., etc.

The wise do not think of men in terms of division, the foolish are caught-up in the social and religious division of man, but those who are conscious of this division know it to be false and stupid and therefore it drops from them. The wise see that the misery in the world is caused by division of man into various groups, the ignorant perpetuate this misery.

We must be aware of this division of man in all planes of existence,—religious, national, social political and material. The division of man in any sphere is the result of ignorance, which breeds dependence and fear. Fear prevents understanding and puts an end to communion, to true relationship. It is a living death.

Is it not a fact that you turn to others for guidance because of your inward poverty, you turn to books, to pictures, to leaders to strengthen you? Yet you are ever in hunger, ever seeking, but never finding. In the Creative Being of Reality alone is there the cessation of conflict and sorrow, and Reality comes into being when we have discerned all that is false.

But separation and strife will ever be maintained as long as there is a “becoming.” This craving to become is born of ignorance, for the present is the Eternal. The Ever-present is the only Reality, only in the “oneness” of Reality is there completeness. This is Creative Being and there is no other but the “One.”

Only in right means can Reality be discovered for the means is the end. The means and the end are inseparable, wrong means will never end in right means. Only through self-knowledge is there the discovery of the Real. It does not lie through another. No one can lead you to it, none can deliver you from your own sorrow. The authority of another is binding; only in utter freedom from all authority, from all that is false is the Supreme to be found.

To be free we must live in time, timelessly. Then the Divine man will appear for he is here now in the Ever-present Life through which the Infinite is operating.

It is only when we understand the false do we realize the perfect Spiritual state of man. It comes forth of its own free will when there is no hindrance through separation in man’s mind. Made in the image and likeness of God we are as we really are.

THE SANCTUARY OF THE SILENT HEALING POWER

We free ourselves through the recognition of this truth, for when we discern all limitation, all separation, all sickness, all burdens, they fall away from us, they are of man's own creation. Take hold of the Tree of Life and it will be a Spring of Living Water rising up to Eternal Life.

Personalities are but the projection of man himself and are not real. The Master said, "I am the Life, the Father and I are one." "It is the Father who ever remaineth within me He is performing His own deeds." The Master showed to mankind by example, man's Divinity and Eternal Existence in the Ever-present Life.

It is Life alone in each one of us that lives, this is the one Life, and Life is God. Then let us be silent before the Almighty and we will create no more sorrow and conflict, for Wisdom is the Fountain of Life.

"Put not your trust in princes, in a son of man, in whom there is no help. When his breath departs he returns to his earth; on that very day his plans perish," Psalm 146: 3-4.

Benediction

O Eternal Ever-present "One," Thou art alone living and loving and there is none other but Thee. All live because Thy Life lives in them.

At first I was blind to Thy Presence and looked outside for guidance. In my ignorance I followed a belief created by man and kindled by hate.

Yet I found others with different beliefs which separated man from man and was confused.

It was only when I saw the falseness of all beliefs made by man did I find Thee, O Beloved "One." Now I am free for I know that we are One and I am one with all, to "Love my neighbour as myself" is to live in Thee.

In my freedom I have found joy and peace beyond understanding through Thy Love, O Blessed Eternal "One."

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #5 (12th May 1953) in the book "Wisdom is the Fountain of Life."

February 1954

My dear friends,

The months come round so fast and the amount of work done each month is amazing. When I read the many letters that you send in, telling me of the wonderful results obtained, I know that there is an Intelligence at work everywhere otherwise no results would be possible.

We begin to realize this grand Truth that God being Infinite must be everywhere and there can be nowhere where He is not and all must be within Him for there cannot be anything without Him, He being Infinite in nature.

I was struck by the many letters this month which stated how you look forward to the Monthly Letters and how after receiving them everything seems bright and Life is no longer a drudgery.

God to me is not some abstract Being away in the distance somewhere, unknown, but is the very Livingness of which "I AM" and that being so, I am always one with Him, and what I ask knowing that He is everywhere and in you and me at the same time, I shall receive, for He does the work.

I have written two new books recently both of which will be available very soon, one is "Your Life Renewed Every Day" and the other is "Beyond the Himalayas," the book that I promised I would write relating my experiences with the Masters in Tibet. When these books are ready an announcement will be made in the Sanctuary Letter.

Now that I have written at such length there is very little space left for extracts from letters received this month. Here are just a few:

"We eagerly await your Monthly Letter. It is such a joy and comfort to us for the remainder of the month. In fact we read it several times. God bless you for your wonderful inspiration." S.R.

"My dear friend, I know that I can call you my friend for you are truly a friend to us all. Your words of wisdom in your Monthly Letters are beyond comparison and such a help in our daily living. God bless you." GB.

WHAT WE KNOW IS RELATIVE,
THE UNKNOWN IS REALITY*

“Make Love your aim, and than set your
heart on spiritual gifts.” 1 Cor. 14: 1.

Are we not continually striving for an intellectual conception of the Truth, so that we can come to a conclusion? If we come to a conclusion we will never understand, for conclusions are a hindrance to understanding.

To reach that which is Real—the Uncreated, which alone is Creative, we must first put away all knowledge, all conditioned memory, all conclusions. In this alone is there freedom from the conditioning of the past, from beliefs, ideas etc. We can never realize the Timeless through time.

Can the mind ever be free from conditioning, from influence, from imitation? It can only be free from this conditioning through understanding what this conditioning is. Thought, which is a result, cannot understand that which is not a result.

It is because thought cannot understand that we come to conclusions, thus we build a wall around ourselves. If we can understand what knowledge is, what thought is, we will not be bound by it, nor shall we come to conclusions that prevent understanding.

It is comparatively easy to renounce the physical, the things of the world, but it is much more difficult for the intellectual to put away his creations of the mind.

But without the abandonment of these mental creations, can the Real which is beyond and above all creations of the mind, be experienced? Unless we can put away all our speculative thinking about Reality we will never realize Reality. Reality is only experienced when the mind is in perfect repose, when all thinking has ceased to be.

The perfect reflection can only be seen upon the lake when there is perfect calm on the surface, so it is with the mind, the mind must cease to create out of its own accumulations so that that which is Uncreated—Love-Wisdom, which alone is Creative, will be experienced.

We now see that accumulation and conclusions do not make for wisdom but only sustain the stupid self. A mind weighed down with accumulated formulations is incapable of following the swift movement of Life, is incapable

* See Notes page 430

FEBRUARY 1954

of deep pliable awareness of its own stupidity. But once the awareness of the false comes to such a mind it begins to free itself, and in this freedom there is silence and in this silent tranquillity the Real is.

When we realize what knowledge is we will see that it is imperfect. Paul says, "for our knowledge is imperfect and our prophesying is imperfect, but when the Perfect comes the imperfect will pass away."

If we look into our minds we will see that it is only the relative which we can think about. We can have ideas about Reality, but that is not Reality. In the process of our knowledge we can understand the relative. In understanding the relative we are able to discern that which is preventing our experiencing of Reality.

We have classified the mind into an arrangement which psychologists have promulgated, so we accept what they say without due examination from our own experience. What we believe to be true we accept, and our conclusions are the acceptance of our beliefs. We can see clearly now that even our conclusions regarding the relative are limiting our knowledge of the relative.

We have been told that the mind is divided into various compartments. The major compartments are the conscious mind and the subconscious mind. In our investigations we can only investigate the relative and not the Reality, but in our investigations we can to a great extent acquire a working knowledge that is not imitative, but, in a sense, free so that new knowledge can be dealt with without prejudice.

Now what I say I do not ask you to accept rigidly, but examine carefully according to your own experience. Nor do I want you to repeat what I say as absolute fact, because our knowledge is limited. There can be no finality as regards knowledge, knowledge of today is always giving way to new knowledge of tomorrow, so the mind must be kept pliable, free from rigidity and imitation.

The conscious and subconscious minds are not really separate, the one is active the other passive. What we believe consciously is accepted by the subconscious. In the subconscious is the mechanism that controls the body function through the nervous system. The brain is the root of the nervous system, the brain is also the physical instrument of the mind with conscious and subconscious activity.

Thoughts then become actions in the body through chemicalization. We have had the experience of our thoughts influencing the tissue structure,

THE SANCTUARY OF THE SILENT HEALING POWER

this we have proved to ourselves as well as through independent experiments in the research laboratories.

With this understanding we know that the mind has no power of its own because it is relative. But this belief in the power of the mind has crept into the various philosophies and psychological writings, with the result that the acceptance of this belief has prevented many ardent students from going further. That is why I say that to accept a belief of another you become an imitator which prevents the acquisition of new knowledge.

Matter has no power of its own because it is mind in a grosser form. Mind and matter are not separated, they are interchangeable. Mind is a substance in which our thoughts manifest.

Thought, to be really creative, must be free from conditioning, that is, it must be free from its own ignorance, it must be free from its own experience, its conditioned memory, free from prejudice and all that conditions it.

Thought can arise from our reactions to things and people, from limited knowledge, from beliefs, from conclusions, from fear etc. If we can discern from where it arises and how it is influenced we can free it. If we do not understand this we are led into many difficulties of our own making.

Mind is passive in nature, it accepts and reflects what the consciousness feels. Thought is the projection of that feeling, that is why we suffer from our own thoughts. So mind becomes form when thought and feeling are infused into it.

Creative thought is the Universal Intelligence in action, free from conditioning, this is Love and Wisdom. Love-Wisdom is above mind, yet mind is the instrument through which It is expressed. It comes into operation when the mind is at peace, when there is perfect stillness. This stillness is not obtained by controlling our thinking, but through the discernment of what we are thinking and how we are thinking, what our thoughts are and how they arise, when we see the false it dies, in the death of the false there is Life, Love and Wisdom.

The mind is like the ground, when we plant a seed the Intelligence produces its kind. It is our false beliefs that prevent the Real from flourishing, these beliefs are like weeds that choke the Real. Thoughts are seeds in the plane of mind reproducing their kind.

Now thought of itself is not creative, it is the consciousness that is creative. Just as mind is not creative, yet it is the means through which creation takes place.

FEBRUARY 1954

When we understand anything it no longer troubles us. It is only when we do not understand that thought rises again and again to confront us.

The Christ is the Wisdom of God in man, the Word that was in the beginning, the Word that was with God, and that Word was God. No one can take this Wisdom away from man, man is blinded for a time through the ignorance of his own accumulations, which burden that true expression of the Christ.

When man begins to understand himself, his confusion disappears and his confidence returns. Then he becomes really creative, with the result that he accomplishes all, through the realization of his true Spiritual nature, free from acquisitiveness and superstition.

To serve is to receive, not that we serve to receive for this would mean separation. To know that we are one with Reality can only be experienced when we know that which is not Reality. When the mind is free then the Infinite is realized, manifesting in Its own creation.

When the eliminating process of our bodies is clogged we get sick, so it is with the mind. There must be freedom of the incoming and the outgoing.

Through the tranquillity of the mind the Consciousness of Reality becomes man's creativeness—the channel for the expression of the Whole. It was this that the Master knew when he said, “when you have seen me you have seen the Father.”

Silence comes when the false has dissolved away. In this quietness and peace the Infinite Intelligence moves silently in Its own Creativeness. Wisdom-Love creates its own perfect state of happiness, for it is joy Itself, we come into our inheritance. “Son, thou art ever with me, what I have is thine also.”

We see then what we must do, we must give up our limitations, our enslavement, our self-pity. We will no longer believe in them. We do not put something else in their place as we are told to do by those who are ignorant of the Truth, for we would only be substituting one error for another. We will dissolve these things away through understanding discernment, then the Eternal Truth—The Ever-present—takes their place. There is no struggle to hold on to an idea, for we know that an idea is just another formulation of the mind. The Timeless is Ever-present in the Now, we do not create It.

We do not have to hold on to the “idea” of our Divine Nature, we know we are Divine. No matter what difficulties we have created through

THE SANCTUARY OF THE SILENT HEALING POWER

erroneous thinking of the past. We are no longer conditioned because we understand how we have been conditioned, and in this understanding comes its dissolution.

“He has no fear of evil tidings, he trusts the Eternal with a steady heart.” Psalm 112: 7.

Benediction

O Divine Beloved, Thou remained patiently within while I clung to all that was false.

As I ignorantly followed a pattern made by others I could not think for myself.

In the past, I was caught-up in the ideas of good and evil and reached the depth of despair.

On realizing Thy Omnipresence I saw the false was made up in my own mind. Then Thy Love and Wisdom revealed that I was one with Thee.

Henceforth, I shall watch and pray that Thy beauty alone shall shine in me, O Divinely Beloved.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #2 (21st April 1953) in the book “Wisdom is the Fountain of Life.”

March 1954

My dear friends,

This month there has been a number of letters asking for enlightenment. This is a good sign because it shows that people are beginning to think and not merely have emotional reactions.

Most people are conditioned by their fixed ideas, not knowing whether they are true or not because they do not know what an idea is. When we know how a belief or an idea arises we see that it is mental and not Spiritual. It is only when we free ourselves from these limitations that we become Spiritual.

The Spiritual side of our nature we do not create, we only create the mental side. These beliefs and ideas whether they be religious or otherwise are of the mind and only create separation. Love-Life that created the body existed before the body was created and will exist after the body has dissolved into the Substance out of which it has been created. We do not create the body, we only destroy it by our ignorance. The True thing we do not create, we only create the false which we think is true. So we quarrel over the false, our ideas, our images, our beliefs, our ideologies. We only quarrel over the things we create, we do not quarrel over the things which we do not create.

Therefore to discern what is in the mind is of great importance to free ourselves from confusion so that that which is Real, that which is Eternal and Ever-present will manifest.

What the inner is so shall the outer be. If the inner is fed on ignorance, ill-will, antagonism, so will the outer reflect what the mind is, for mind and body are interlocked. But if we see what the mind is made up of and know it to be our own creation, the result of our experiences, our memories, our beliefs, our fears and hates etc., these will drop from us and only then that which is Eternal, that which existed before the body was created, will become the inner and the outer shall reflect the Real, the Christ in man.

I have not left room for any letters this month but will give a few extracts next month from the many received asking for enlightenment.

THY WILL NOT MINE*

“The wind blows where it wills, you can hear its sound, but you never know where it has come from or where it goes; it is the same with everyone who is born of the Spirit.” John 3: 8.

* See Notes page 435

THE SANCTUARY OF THE SILENT HEALING POWER

Recently I took a look at some books on Truth, I wanted to see what the writers had to say. Everyone of them tried to explain the Truth and each had a different idea.

One said that his purpose was to reach God, all the time he was really going away from God into a maze of ideas which he formulated in his own mind. So in the end he tried to explain what God was from his own experiences.

After all, most of us are seeking a way of Life, a way of conduct. So we either look to others, to the past, or we try to find a mode of behaviour through our own experiences. But are not our experiences conditioned by the past? Therefore our pattern is conditioned by the past!

No matter how great our experiences are, they are conditioned by the past and any new experiences must only strengthen the past. If we look to another or to the past are we not forcing the extraordinary vitality of Life into a mould, a particular shape, and thereby lose the richness of Life Itself?

So we must find out clearly what we mean by a purpose. If my purpose is to reach God, I must know God, I must have the measure and depth of God, but this is impossible.

If my mind is caught-up in my experiences of the past or what I have heard from others, can I find Reality by this means? Can I know what Reality is when all I have is an idea, a belief, an experience, a memory which I call Reality? I think not.

Reality is Unknown. How can the mind that is caught-up find Reality? If my mind is clouded and burdened with the known it can only measure according to its conditioning, its own limitation, and therefore can never know the Unknown.

I can never reach the Unknown if my mind is conditioned through an idea of what Reality is. My Reality will still conform to my idea. But Reality does not conform to any idea or belief. If I free my mind from the past, from ideas and beliefs and desires that condition it, through discerning clearly that the purpose I had was measured according to the dictates of my conditioning, then discernment will lead to freedom and in freedom alone is Reality.

To find out the purpose of Life the mind must be free of measurement otherwise you can only project your own want. Your desire creates the purpose but that is not the purpose of Life.

MARCH 1954

Then it is obvious that the first thing to do is to free the mind from its own conditioning. That very freedom itself is the purpose, because it is only in freedom that one can discover the Truth of anything.

So the first requisite is freedom and not seeking a purpose of Life. But freedom only comes when we can discern what we have made up in our minds, our ideas, our beliefs, our experiences, our memories of the past, our antagonisms, our hates, our jealousies, our greeds, our craving and all the complications we create through our reaction to people and things. If Life is surrounded by all these, then we will be giving expression to them and not to Reality.

But when we have discerned that which is preventing the expression of Reality we will free ourselves. Then Life's Creativeness—Its own Self-expression—Love and Wisdom will be our experience.

Therefore it is of no value to enquire into the purpose of Life if we are not capable of understanding ourselves. Only in my relationship with others will I understand my relationship to others, to ideas, to things. How can I go further if I do not understand this?

I must understand Life around me and in me, otherwise my search becomes merely an escape from everyday action. As most of us do not understand our everyday actions and reactions Life becomes a drudgery, pain, suffering, anxiety and we pray to God for an escape from it, so what we really want is a drug to put us to sleep so that we do not feel the aches and pains of Life.

We have an ideal, a pattern which we want to follow. Surely that is only conformity, the mind seeks to be secure in order not to be disturbed, such a mind is dead. **Awareness is Life.**

Real happiness comes with understanding. If I have a true understanding of my relationship with others and with things, out of that understanding comes joy. Then Life Itself is a joy, a richness and with that richness one can go further. But without that foundation you cannot build.

Happiness comes easily when there is no friction either in us or about us, and friction ceases only when there is understanding of things in their proper place and of their right values.

To know this you must find out the working of your own mind first. For if you do not know your own mind how can you discover the right value of anything? With this understanding there is confidence. It is the lack of confidence that causes confusion.

THE SANCTUARY OF THE SILENT HEALING POWER

The more imitative we are the less confidence we have, for we have made Life into a copybook.

From early childhood we have been told what to do, we follow a tradition, a way of life laid down for us to imitate. Only when you have seen the stupidity of this can you have the confidence to find out for yourself. Then you will gain that extraordinary inward certainty to know what is Truth and what is not.

This confidence comes not from knowing what others say, but from knowing your own thoughts and feelings and what is happening in yourself and around you. When we know our own thoughts, feelings, experiences, memories, their truth, their falsehood, their significance, their absurdity, then we can clear up the whole field of confusion which is ourselves. With the end of this confusion comes confidence and freedom and in this freedom is Reality Itself. It is no longer an idea or a formulation of the mind but the Truth Itself freed from all illusions.

Is it not because we are confused that we want a leader? But can there ever be right leadership? What we should be doing is to help each other to understand the confusion that exists in the mind-heart, with this understanding comes freedom and truth.

It is only when we do not want to understand confusion that we run away from it, and turn to a leader or someone even more confused than ourselves to lead us. If we are trying to find an answer then we will be caught-up in the confusion. Only when we can look at that confusion without trying to find a way out of it can we understand how to clear it up. Then we will be as free as the air. We will love. We will not follow, we will not need any leaders. Then will come a society that will lead to permanent peace, through love and understanding.

Let us look at the world today, people are not seeking the Truth, they are only trying to find a way out of their difficulties, and that is the misery of it all. We want leaders to direct us, to pull us along, to force us, to make us conform, which inevitably leads to destruction and greater suffering.

We refuse to see the cause of suffering which is happening before our eyes. So we want a right leader to put us right. Is this not the height of immaturity? For there is no such thing as a right leader. Does not leadership denote a deterioration of society. A leader in society is a destructive element.

The world is on the verge of a catastrophe and is rapidly disintegrating and merely to find another leader—a new President, a new Churchill or a new

MARCH 1954

Stalin, a different god and so on—is utterly useless because, being confused, we can only choose according to the conditioning of our own minds, which are confused. What we have to do is to clear out our own confusion through understanding it so that confusion may be set aside. When we understand ourselves then we will begin to see clearly.

Without self-knowledge we will be eternally caught-up in confusion therefore it is most important at this time that the individual begins with him/herself and the moment we understand confusion we will be free from it.

Therefore it is not an escape from confusion we need but the understanding of the cause of confusion which is ourselves.

John 15: 5 and 10, “I am the vine, you are the branches. He who remains in me, as I in him, bears rich fruit (because apart from me you can do nothing.)

“If you keep my commands, you will remain within my love, just as I have kept my Father’s commands and remain within his love.”

Benediction

O Eternal One, Thou alone art Life Ever-present everywhere ever expressing Thyself in all Thy creation.

O Mighty One, I searched in vain in the highways and the by-ways and could not find Thee until I dissolved my own creations.

Then, O Benign One, I felt Thy Presence and knew Thy Love and Wisdom was also mine. Now I know the meaning of the words, “a branch cannot bear fruit unless it abides on the vine,” O Divine One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #1 (14th April 1953) in the book “Wisdom is the Fountain of Life.”

April 1954

My dear friends,

In Reality there is no such thing as a stranger. We are strangers to each other because we are conditioned by our religions, our nationalities, our groups, our societies. It is these false things that make us strangers. When all these things are understood we see how false they are, then we find that Livingness that we have in common with one another. When this is found then we are no longer strangers.

Revival of ignorance will not help the world, only by seeing the things that are making us strangers to one another will help the world, for the world is the people. We make the world what it is.

The cause of the strife that is happening all over the world today is deeply rooted in ourselves and not until we see that we are the cause will transformation take place, for what we are within so will the outer be.

This month I have had a host of letters of gratitude for help given by the Sanctuary in all sorts of troubles, from sickness, loss of dear ones to domestic upheavals etc. Here are just a few extracts:-

“I am amazed at the complete recovery of our son Jim. Only a few days ago we were told that he could not live. A friend of ours a Mr. S. . . , told us about the Sanctuary. When I wrote to you I was in a dreadful state of mind. I received your reply saying that our son would get well. At first I could not believe it but when I went to the hospital that very day our boy was well on the way to recovery. God bless you for your wonderful deed.”
S.G Transvaal.

“The impossible has happened again. You will remember I wrote to you telling that that big project was off. You wrote me saying that the project would be reconsidered and finalized satisfactorily. I did not believe you. I could not see how it could happen, but it did happen. What I want to know now is how do you do it or how did you know? Puzzled but extremely grateful.” McK. Cape.

“How can I ever thank you for your wonderful help. Our home life is now very happy, my husband has completely changed. His drinking habits have stopped entirely and now he is the lovely person he always was. God bless you.” T.J. Southern Rhodesia.

WE GIVE EXPRESSION TO THE
ABSOLUTE THROUGH FREEDOM*

“Take dross from silver, and the silver
shines out pure; . . .” Prov. 25: 4.

When we are caught-up in our own creations we lose our creativeness. Real Creativeness is feeling the Omnipresence within. Although we live in the manifested world, the realization of the Eternal Presence within makes all things relative.

The majority of people know only the objective world, a world that formulates laws, regulations, creeds, dogmas, etc., that cause separation. These people are not aware of the “One” Life that is Creative yet formless, a Life that is Eternal and Ever-present in Its Omnipresence. It is this one Life that we must realize, a Life that is free from all conditioning and which is our Life.

When we are aware of the “One” Life which is also our Life, service becomes a joy for then we will be expressing Life —translating Life into our daily living. Without this we will be continually expressing our conditioning and from which there is no escape except through understanding how it comes about. When we understand our conditioning and how it comes about, it falls away from us, then freedom comes.

Freedom is living in the Ever-present. This is living in Reality and not being caught-up in the past, or the future, or the relative world, which we think is real, when it is but the manifestation that has no creativeness of its own.

When Jesus said, “Lazarus, come forth,” he was speaking from the Ever-present Life in which there could be no limitation. If we do not understand this we will be limited by the physical form in which we exist temporarily.

As Jesus spoke from the unlimited state of his own consciousness, we must do the same, realizing the Ever-present Eternal Life now, moment to moment, I am the Life not in the past or in the future but now in the Ever-presence.

When we are caught-up in the past, in the future, in opposites, in good and evil, which we think are realities, while in themselves they are nothing

* See Notes page 441

THE SANCTUARY OF THE SILENT HEALING POWER

but the product of our own minds, in reaction to our own conditioning, we live in limitation and confusion.

Life alone is Creative and to “Be” “I am” is to create, “becoming” can never be creative. Unless we understand this we will forever live in limitation, in opposites. When we are caught-up in our ignorance we lose the creativeness that can speak the word, “Lazarus, come forth.”

When we have discerned all these hindrances there will arise an awareness which is an expression of Reality Itself. Then we will know that there is no such thing as limitation in Reality, but Reality expressing Itself in which there is no limitation. When we experience this we will know the meaning of, “When you have seen me, you have seen the Father.”

In my world of form, Reality breathes without limitation. But if I am caught-up in the form this is my limitation. Jesus said, “the flesh has no say in the matter.” This we find to be true when we are not limited by the form in which we exist.

The Absolute to me is no longer some remote abstraction but the Livingness of which “I am.” There is no separation between that which is manifest and the Unmanifested—the Uncreated, yet the Uncreated is alone Creative, this is “I am that I am.”

The Created cannot speak for itself for it has no say in the matter. When you have found this out from within yourself then you are free. It cannot be my word or a word of another, for then it would be but a belief and this is but a mental formulation, you can never experience Truth through an image or a belief.

Creativeness is within all of us and we all are expressing our Creativeness in different ways. Yet It is the same Creativeness. There can be no other for there is only “One.” But if we are caught-up in the creation we are no longer Creative, so we crave and we desire, we covet our neighbour’s goods. We battle, we struggle, we create strife, conflict and misery.

If we could but realize that we can give shape to creative ideas in which there is no separation, no limitation, for that which is working in us is that which is manifesting in the manifested Universe, then we would be free.

Life remains Itself, no matter in what form it is expressing Itself. When this is understood to the full, the release of the Creativeness from within takes place and finds full expression in form. The form is the Living

APRIL 1954

Energy in manifestation. Pluck a flower and It is there. In a handful of earth you hold it in your hand. The world about us is no longer a prison-house, the air, the sky reveal Its Presence.

Reality has ceased to become a stranger, something afar off, for we become conscious of Its Presence from which we cannot be separated.

Although we are discussing on the intellectual level it is most essential that we experience what is said, for it to merely remain on the intellectual level is of little value. We must experience in the deeper state of consciousness a Livingness that is not a limitation or a mental formulation, this comes as we clear the mind of all hindrances and this is done automatically as we see what is false, what the mind is made up of.

When we see that our mental formulations regarding matter are problematical we will cease to regard solidity as something to be carried, something to stumble over. When we realize that it is the manifestation of the Unmanifest we will free ourselves from these mental formulations that burden and limit us. We will know freedom in a free Universe when formerly there was nothing but burdens and limitations.

We can reach that state of consciousness of the Master in which the Creative Life works with effortless spontaneity to achieve the perfection of which It Itself is.

We will realize that the "One Life" is creating within us, with that effortless perfection as it is manifesting throughout the whole Universe, for there can be no separation between the Life in us and the Life that is Universal in Its Omnipresence. Wherever there is perfection there the Absolute has found release through the mind that has been freed from its own conditioning. The Absolute has found release through Its own Creation, the Creator and His Creation become one as they always were from the very beginning.

When the mind is freed from its own conditioning, its beliefs, its images, its ideas etc., there comes a Silence beyond time in which you become conscious of the Truth of your "Being." Then there is freedom and in this freedom there is the releasing of the Creative Energy in all Its own perfection. "It is the Father who ever remaineth within me, He is performing His own deeds."

In great works, in the arts and crafts, in commerce and industry, there is the hand of genius, with freedom and experience we co-operate with the Creative Genius that which is Life's expression and which amazes all who

THE SANCTUARY OF THE SILENT HEALING POWER

look upon it. This is the Creativeness within being given free expression through an unconditioned mind. The Unmanifested—the Uncreated Life manifesting in us is given release through freedom, and only through freedom is this realized.

Let us understand this clearly that man and not God made yesterday and tomorrow. God is the Ever-present Life and to live in the Ever-present Life is freedom. The Spirit of God is the Christ in mankind and is the Ever-present Life that knows no past or future being Ever-present and Eternal.

The Christ, the only begotten Son of the Father, that exists in the whole of humanity and does not age nor die, ageing and dying are man's mental conditioning. When you have discovered this through your awareness moment to moment the Eternal Christ is revealed. "As ye know me as I am so shall you be." The same Christ two thousand years ago is the same Christ today.

This Truth does not exist in the conditioned mind, yet all must come to the same state as Jesus did in revealing the Christ of God. But it cannot be done while man is caught-up in his different beliefs, in his enmity, his antagonisms. While man conforms to a ritual, to a pattern, he will be conditioned and all he can do is to express his conditioning. Not until he frees himself from his conditioning can he find the Truth that sets him free.

Man is still eating of the fruit of the Tree of Knowledge of Good and Evil. Not until he becomes aware of what he is doing to himself will he cease eating the fruit of ignorance and cling to the Tree of Life which alone is his salvation.

Man must become aware of his oneness with the Ever-present Reality and not something afar off which he can never reach. Man must become aware of the Christ filling the whole Consciousness, then we will cease to be at war with ourselves and others.

Through our true relationship with one another we will find peace and happiness. In the personal sense there is always pain and conflict. Yet through discerning thoroughly this limitation we will find the unlimited, the Beloved within ourselves. Then our affection becomes free from attachment, free from possessiveness and glorious in Its expression, for we will know our neighbour as ourselves. "Whatsoever you do unto the least of these so you do unto me."

"That which is born of the flesh is flesh, that which is born of the Spirit is Spirit." John 3: 6.

Benediction

O Ever-present Life, Thou alone art Creative. Thou canst not be antagonistic to Thine own Creation in any form.

It was the illusion of separation in my mind while in ignorance of our oneness that created my fear and loneliness.

This illusion of separation was the cause of ill-health, unhappiness and sense of lack.

But in my despair I dimly heard Thy Silent Voice say, “remove from your mind all that hinders My expression in you and We will be one as We always were one.”

Then Thy Light that shone from the beginning shone in every corner of my being. Henceforth, Beloved One, there shall be no more darkness for I shall live in Thy Presence forever, O Eternal Creative One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #2 (9th February 1954) in the book “The Spring of Living Water.”

May 1954

My dear friends,

“Your Life Renewed Every Day,” is the greatest tonic in the world. This little book I have just published is meant to cleanse the mind of all that is preventing Life’s renewing process in your everyday living and should be read in a way that enables the reader to understand the self which is the hindrance to Life’s true expression.

It will be seen that this Life Intelligence is not released through an idea of It nor what the mind makes up in regard to It. It is when the mind is freed from its own fabrication can this all-knowing Creative Power express Itself.

When the mind is confused with ideas it is like the turbulent sea. Only when this turmoil ceases does there come a silence that is not created and in this Silence only is the Creative Power realized.

The Ever-present Intelligence that built the body, the brain and the nervous system through which It expresses Itself, existed before It created the body and will exist in the Ever-present after the body has dissolved into the Universal Substance out of which it was created.

The past and the future are merely memories and ideas which exist but in the mind and can never reveal the Ever-present Reality.

Therefore self-knowledge is the beginning of wisdom and inner transformation. Transformation comes into operation without effort or struggle. It is the natural outcome of the dissolving of the false. Neither can Reality be experienced through an idea of It. It is only when ideas cease to be that we experience that which is beyond ideas.

I hope this little book will be of great benefit to you in your daily living, renewing your life every day. I should like to hear from you how this book has helped you every day. You can have an autographed copy, if you so desire, when ordering your copy.

I want to thank you for the many letters received this month. I regret that there is no room in this letter to reprint any.

THERE CAN BE NO PERFECT ACTION WHERE
THERE IS A SENSE OF SEPARATION*

“My teaching is not my own but his who sent me.”
John 5: 16 (Moffatt)

The present is the only time there is, I have often written to you about this, but I know that the great significance of this truth has not fully dawned upon you.

Starting from the beginning, all know that there is but “One” God and there is none other beside Him, there is no other “Being,” no other force. There is but one “Being” and this “Being” is our “Being.”

It must be so, for it cannot be anything else. If there is but one “Being” then we are that “Being,” therefore that Being must be you and me for there is only “One.”

If you are troubled with the past or have fears for the future you are not “Being” now. “Being” exists only in the present, which is the only time there is. You can think only in the present, you cannot think in the past or in the future. You can think about the past or think about the future, but is this not conditioned thinking? For the past and the future can only be in the mind. Pure thinking is creating in the present, not thinking about the past or the future.

Some people are always harping upon the, “if it had been this or that, things would be different now.” It is this “if” of the past that is preventing the present from being what it should be in your life.

You cannot call the Infinite good in the sense that there is evil. Good and evil cannot exist as opposing each other, they exist as opposites only in the mind.

There is no such thing as a negative power which is not of the one All-Originating Power. The negative power does not oppose the All-Originating Power, but is a complement of it just as the North Pole and South Pole are inter-related to one another to create attraction, the one force creates them both. It is the same in the atom, the electron is the product of the proton.

Similarly, Life is a higher form of action. All energy is the same mode of manifestation of the “One.” It is always making something and in so doing it may unmake something else. What is known as negative force is the

* See Notes page 447

THE SANCTUARY OF THE SILENT HEALING POWER

operation of the Cosmic Law of transition from one form to the other. When we understand this we see within ourselves the same Law in operation.

In the ordinary sense in the mind of man, good is that which gives pleasure, bad is that which gives pain, whether outwardly or inwardly, whether inside or outside the skin. That is a fact, is it not?

Pleasure is what you want, so obviously you call it good. What you do not want you call bad. Don't let us fool ourselves and spin a lot of words about good and evil or God and the Devil. If God is, the Devil cannot be, therefore it is the non-existence of the Devil that makes up the Devil. God being Infinite there can be none other than He.

Experience is essential to your freedom. Through experience you begin to realize what is behind the individual. Without experience you would be dormant, asleep in your limitation; yet experience without discernment and continual adjustment in the present is but a repetition of error, which brings frustration and misery. But through continual adjustment, through experience and understanding, there is freedom.

We say we do not want war, but we encourage all that breeds war. Being conditioned we create a society after our own likeness and having created such a society it turns and exploits us, so it is again the vicious circle. There can only be a sane society when we ourselves are sane, and this goes for all governments and councils, national and international.

You may laugh, but we are insane! For all are not clear thinking human beings, we are unbalanced therefore our society is unbalanced. The whole world is caught-up in the appalling catastrophe of antagonism and conflict that leads to war and destruction and we are the same.

A sane person does not want to break it up, he sees the cause of antagonism and conflict, and begins to dissolve it, first in himself. Not until he dissolves it in himself can he help others to do so. To say it is my country and I must protect it, is not finding the cause but adding to the conflict.

Therefore it is not a new plan or a new council we require to make us sane, but to know what we are in ourselves. What the matter with us is, that we are caught-up in imitation. We wave flags, we listen to speeches which have no real understanding in them. We just become stimulated through imitation which has all the indications of insanity.

Many people rebel against past experiences; they fight, they struggle and become emotionally upset, this is the way to frustrate the present

MAY 1954

so they become confused. If you are not confused you are tranquil, and you will not wait for another to tell you what to do, you will immediately dissolve the cause within yourself.

When we are confused in mind, we are confused in body. Most of our illnesses come from confusion of the mind in one way or another, the body is but the mind materialized.

When we succumb to conditioning we call the result bad or evil, so we create further conditioning and we resist the good. We create opposites within ourselves through misunderstanding the Oneness of the Spirit in Its complete expression. When we understand the cause of our conditioning it dissolves away and immediately we are free of opposites.

When all our experiences are dissolved in the present by living in the Presence now, all the forces of our true nature, made in His likeness, come into being. When we live in the past or the future we live in the illusion of separation, and this means struggle and disappointment.

It is the Infinite Life that is always present and is the only power there is, It is Ever-present in the individual and is not separated in another. When this is known through experience and is not merely an intellectual idea, all fear, all sense of right and wrong, all hates, all that frustrates you in the present is dissolved away. **This is freedom.**

To attain freedom you must see clearly and very definitely what is false, so that it drops away. To discern what is false you must examine deeply and observe everything that you are doing, thinking and feeling. Out of that you will not only discover what is false, but out of that will come a new vitality, a new energy that will make all things anew in mind, body and circumstances.

If you conform to a pattern you will be in limitation, and if your pattern is not unfolding there is frustration and failure. The Infinite Mind is complete Being now, in which there is no limitation, no pattern to fill; this Being must be our Being, there is none other.

In Reality there is no finite being as most people think. There is but "One" Being. We must wear down our individual existence in the consciousness through discernment of the false and that which in the mind separates us from Infinity. In this understanding only lies the purpose of our individual existence. The small "I" loses Itself in the great "I am" and I become "I am that I am," the drop becomes the ocean where there is no separation, no division, no distinction.

THE SANCTUARY OF THE SILENT HEALING POWER

All great things that have ever been done by man were done when only the present existed, with nothing to interrupt the Infinite having full expression through the individual that is in no way separate from the whole.

Your whole being is Life's expression. You do not identify yourself with Infinite Life for you are Infinite Life. To identify yourself with Infinite Life you put Life apart from you. It only becomes an idea which is not Reality. The Creator and His creation are "One."

While seeking to "become," there can never be a cessation of this continuous struggle to "become," living apart from Infinity which is an impossibility, for there is no separation in Reality.

When the "I" loses itself in Infinity there is no sorrow, no pain, no past, no future, no good, no evil, no birth, no death, there is only the presence of the Omnipresence in spontaneous action. The wall of separation has worn away through the discernment of your own formulations. When this is complete there is no longer any craving for the Spiritual or the material, for the scar of individuality in the Consciousness has ceased to be.

It is the scar of individuality in the Consciousness that is the cause of all struggle, the cause of all craving, the cause of this separate existence, the cause of fear, the cause of hate, the cause of past memories and future hopes and despair.

There can be no perfect action where there is a sense of separation. It is the same mind working through the individual, the same mind that shaped the Universe before it came into Being. There is no difference in kind or quality, for it is the same and there can be no other. With this understanding our thoughts will become the product of that which was in the beginning and will take form and shape as did the Universe, for It is the Father who ever remains within me is performing His own deeds.

"Truly, truly I tell you, he who listens to my word and believes him who sent me, has eternal Life; he will incur no sentence of judgment, he has already passed from death across to Life." John 5: 24 (Moffatt).

Benediction

O Infinite Being, I was lost in my finite self seeking Thee afar off.
While I was seeking to “become,” a never ceasing struggle blinded me to Thy Presence.

I gave up the struggle, and, O Infinite Father of Mine, Thou revealed to me that we were one.

Then Thy Peace came in me and in that Peace Thou didst work in and through me.

And as Thou didst fashion the Universe within Thy Being so didst Thou express Thy Self as my Being.

O Mighty One, I am no longer afraid for I see myself as my brother and my sister, for there is but “One,” and now my joy is complete, O Wondrous One.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #3 (16th February 1954) in the book “The Spring of Living Water.”

June 1954

My dear friends,

Thanks for your many letters received this month. Here are a few extracts that I know will interest you:

Mrs. J.C.D. writes, "your wonderful help in time of need is too astonishing. Our son Jim who was seriously injured in a motor accident has made a marvellous recovery. Words cannot express our gratitude to you and the Sanctuary. God bless."

Mrs. M.L. writes, "when my husband was taken to hospital I wrote to you for help. When he was operated upon the doctor found that he had cancer in the spleen and pancreas. As there was nothing that could be done I again communicated with you and now there has been a most astounding recovery. My husband is completely well and is picking up weight. This has baffled the doctors who say it is a miracle. God bless you and your work."

Miss D.B. writes, "how can I ever thank you enough for your help. When I came up to Johannesburg I could not find employment after several weeks search. A friend of mine told me how you had helped her and sent in my name. With the result that I was offered a position of the very kind that I wanted with good salary and prospects. Enclosed find a contribution to help your wonderful work on."

Mr. R.P. writes, "I am sorry that I delayed so long in writing to you but it was not for lack of appreciation. I feel now that I can write with complete assurance to tell you that not only have I completely recovered my health and self-confidence but my whole family life and circumstances have changed. Our business is on its feet again and doing well and the relationship between the different members of my family, where there was strife and discord, is now harmonious and peaceful. We all study the Monthly Letter together with other friends of ours and wonderful are the results."

CREATIVENESS ONLY EXISTS IN THE PRESENT*

“I will speak out what has been hidden since the Foundation of the world.” Matt. 13: 35 (Moffatt)

Experience is related to the past whether it is pleasing or not pleasing, but experience is not creative. That which is of the past is not creative, only in the present are we creative.

I am not saying that experience is unnecessary, but to depend on our experiences, on our memories, as a guide is denying the Ever-present Creative Intelligence.

Experience through a sense of separation is not the way to true expression. What I call right action is not the result of the past. Right action is an expression of the Ever-present where there is no sense of right or wrong. It is an action that is not the result of the past, the future or the external. It is only when you understand what is the past, the future or the external can right action come. If you do not understand this, your action will arise from your conditioning and not from the Ever-present Intelligence in which there is no memory, no fear, no separation.

Spontaneous action is the Intelligence expressing Itself through the individual that is free from effects of the past, free from fear, free from opposites that distort the true expression of the Christ of God in man.

If you will understand the man of Galilee you will discern the fact that he only acted from the Ever-present and not from the past nor from memory or fear, for he knew no fear, no separation, because he lived in the Ever-present.

You will probably say, as a means of escape, that he was different, but he himself said, “the things I do, greater things shall you do, if you will but believe” (understand). He never acted from effects.

The Ever-present is not an effect or a result of something else. You cannot say that the Ever-present is the result of the past because the Ever-present knows no past being Eternal and timeless. It is only when we live in time that there is the past and the future.

Living in the Ever-present there is neither the forgiver nor the forgiven for in the Ever-present Love-Life there is neither right nor wrong, it is only in your mind that this exists.

* See Notes page 453

THE SANCTUARY OF THE SILENT HEALING POWER

The Ever-present is Eternal Love. To talk of forgiving is when there is the injured and injurer. Perfect Love-Life knows none of these for there is no intention to hurt.

If we were in perfect Love there would be no intention to hurt, would there? If there is no intention to hurt there is no need for forgiveness. It is only when you live in separation that this occurs, when you live in the past, in the future and when you react to effects, living in time.

Individual existence is imperfection! And this individual existence is worn down through understanding, constant awareness and adjustment. That is why it is necessary to put aside all theories. Through theories your mind is always engaged with the external and can never find Reality, only when the mind is tranquil can Reality be found.

If you are caught-up in right and wrong you can never find Reality that knows no right nor wrong, knows no past, no future, no separation, no fear, no birth, no death.

When you are concerned only with the present, the past and the future are dissolved away, in that perfect Love-Life that is Ever-present, in which there is no distinction, no high, no low, no friend, no foe, no forgiver or forgiven, for we are one. This is the great Truth that all seek but cannot find.

I AM THAT I AM is living in the Present and is the secret of happiness because all that is thine is mine, and all that is mine is thine.

You will see that this cannot be reached through theories, cults, creeds etc., for they are the epitome of separation. You will also realize that it matters little whether the self exists or not, for when the ‘I’ realizes the great I AM then separation no longer exists. With this realization, struggle ceases as freedom is reached.

So it matters little to you now what appears external to you when the present is realized, because in the present is everything. Cause and effect are understood and with this understanding doubt, worry and fear disappear.

The material world is the revelation of the Creative Power. Visible things are the representation of the invisible, when you understand this you will understand the cause of the relative world around you and you will no longer be afraid. For the same Creative Power that formed the Universe is within all of us, when this is known, we realize, “it is the Father who ever remains within me is performing His own deeds.”

It is when we react to the external in our ignorance that we create fear and condition ourselves. We crave, we divide ourselves into groups,

JUNE 1954

into nationalities. We are caught-up in our antagonism so we create strife, war and misery. Yes, we condition ourselves through our ignorance, we live in the past, in the future, we live in separation, so we fear death.

We are inwardly poor so we desire to achieve, so we are afraid. We try to conquer and what we conquer we have to conquer again and again. Fear comes to an end only through understanding.

We are afraid of death because we are in the bondage of time. It is because we are dead that we fear death, the Living do not fear death. The dead are burdened with the past, by memory, by time, the Living Present is the Eternal. The self weaves the net of time and thought is caught-up in it.

The insufficiency of the self in separation, with its aching emptiness is the cause of fear of death and of life. Is this fear not always with you in your activities, in your pleasures, in your pains? Being dead you seek Life, but Life is not found through the continuity of the self. The self, the maker of time, must yield to the Timeless.

If death is a great problem for you it cannot be solved through explanations. You do not transcend fear through the study of explanations, the fear of death does not come to an end through a belief, for belief is within the net of the self. The very noise of the self prevents its dissolution. We consult, analyze, pray, this incessant activity and noise of the self hinders the bliss of the Real. The noise can only produce more noise, and there is no understanding.

Understanding comes when the whole being is deeply and silently aware, a silent awareness that is not compelled nor induced. In this active stillness the Ever-present is revealed and fear ceases to be. In this tranquillity death is dissolved in Life.

To be conscious of the great Ever-present we operate upon the Universal Substance as one with the Creator of all things. This reveals a greater power than any material possessions, external to the self can give. It was through this means that Jesus changed the water into wine and fed the multitude, which the uninitiated think is a fairy tale only fit for children.

When the material world appears to the onlooker as the reflection of the Spiritual, the material takes on a greater significance. Where at one time the material conveyed only a substance comprised of atoms, it is now seen as an Intelligence in expression, an Intelligence that is Ever-present and responds in exact proportion in the lives of those who live in the present with the mind freed from past or future.

THE SANCTUARY OF THE SILENT HEALING POWER

Creativeness exists in the present only and is released through the mind that is free from conditioning. The visible expression is the result of the Absolute Life being given free expression through the individual.

When man begins to see that he is one with the Creator of all things, then through man will come forth into his own life that which will be a joy unto him. But if he fails to understand this he will eventually create in his ignorance a chain of causes and effects that will bring conflict and misery.

Like a vicious circle he will be caught-up in the illusion of his separateness and limitation. Not until he is led to the Truth of the Ever-present Omnipresence will he be free. Therefore in the present and not in the past or the future lies the happiness and success of every individual.

As long as thought-feeling is identifying itself with the memories of yesterday it will ever be in conflict and sorrow and can never experience the Real.

The Real is not the continuation of identifying memory, for this is but a limiting and enclosing process. It is to this accumulation that one must die before the Real can be experienced, and the Real can only be experienced in the Ever-present with no memory of rights or wrongs.

To live in the Ever-present there can be no time, no past, no future. But most people want a past and a future, a past that they can look at with pride or apprehension, and a future which they can look at with hope or despair. This is living in opposites which can only cause confusion.

Therefore it is logically true as well as necessary for true happiness, to live only in the present which is perfect Love, loving your neighbour as yourself, then all else will be added unto you for this is the kingdom of God.

Matthew 16: 5, 8-10, “when the disciples reached the opposite side they found they had forgotten to bring any bread When Jesus noted this he said, ‘how little trust you have in me! Why all this talk, because you have brought no bread? Do you not understand even yet? Do you not remember the five loaves of the five thousand, and how many baskets you took up? And the seven loaves of the four thousand, and how many large baskets you took up?’”

Benediction

O Eternal Ever-present Presence, I lived in the illusion of my separateness until I found that we were 'One.'

My body made from the dust of eternity is scattered again to become Infinite once more.

My soul's mortal garment becomes immortal for there is nothing apart from Thee.

My body dust commingles with the dust of Thy feet and my soul merges into Thy Spirit to become the diadem of Thy heart.

My Life is Thy Cosmic Life, my breath Thy Cosmic Breath, my mind becomes Thy Mind, my will becomes Thy Will.

My hands become Thy Mighty Hand, my feet walk in Thy ways, my brain the instrument of Thy thought, my love Thy Love, to love my neighbour as myself.

After my sojourn in delusion, I come to rest in Thy bosom for evermore, O Eternal Ever-present Presence.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #4 (23rd February 1954) in the book "The Spring of Living Water."

July 1954

My dear friends,

In the next few Monthly Letters I am going to answer your letters in a way that all will benefit. I have in the past merely reproduced extracts from letters, now I feel that if I answer them in this way I will be doing more good to all those who write to me.

I: Perfect expression is always assured when Love rules, free from possessiveness, envy or hate. This is the wonderful truth, never a word out of place. As we think, so we speak and our words go forth to reproduce their effects. Therefore to express Love we must discern our thought-feeling-reaction at the moment, then we will know what they are and by doing so they will fall away, and Love, which is real will express Itself, therefore not one word will be out of place.

II: Abundance is the Law of the Universe, the vast scheme of the Universe is lavish. Wherever we look the process of creating and recreating is ever in operation. We must realize the Universality of all Substance that underlies all things. The Consciousness is the Active Principle which sets cause into motion, thus we are related to all we see, feel and desire.

You will notice that the mind is dual, having and not-having, success and failure, likes and dislikes. If your consciousness is caught-up in a mind that is double there can be no Creativeness.

III: The first thing to do with a sick person is to make him believe that he will get well. Negative conditions have no power except the power the self gives to them and the self is but a bundle of memories, experiences, wants, desires etc., etc., therefore has a beginning and an ending. But Reality, that which built the body, has no beginning or ending and existed before the body and the self came into being and will exist after all these things dissolve away. Therefore healing comes not from the mind of man but from God Who is Eternal.

WHY DO WE STRUGGLE?*

“Peace I leave to you, my peace I give to you;
I give it not as the world gives its ‘Peace!’ Let
not your hearts be disquieted or timid.” John 14: 27

When we begin to discern the activities of the mind, we find that there is a continuous struggle with opposites which means only one thing—frustration.

With most there is a continuous struggle through reactions to conditions and circumstances that surround them. This is common in all shades of life, the rich, the poor, the educated and the uneducated, the great and the small.

We have the idea of health but struggle with ill-health, we have the idea of plenty but struggle with lack. We hold the idea of success while we struggle with failure. We hold the idea of freedom while we struggle with our conditioning, we hold the idea of good while we struggle with evil.

While this conflict goes on, we create a greater burden. When one struggle is over another begins, our minds are filled with the effects of our struggle and therefore are incapable of true direction. How can this turmoil come to an end? That is the question. But the answer does not come because we are caught up in the struggle.

When we rebel against anything we struggle, do we not? So we react to our conditioning because we are conditioned. Nothing external to us has any power of its own. So the trouble lies within ourselves. We have lost our God-given power of dominion.

On the other hand, if we understood the cause we would not rebel but work from within to remove the cause. The cause can only be removed when we understand ourselves, our cravings, our desires, our antagonisms, our greed, our jealousies etc., etc., and how they come about.

The Presence is always present and there is no such thing as lack, no evil or ill-health, hate and the like, in the Presence; and the Presence is the only Reality, and all there is. Then how do these things come into being? When this is known struggle ceases.

The problem is then ourselves. But how can we dispense with this self that is the cause of all this misery? We can only do this by seeing how false the self is, with all its make-up which is illusionary. It is the illusion of the self that must be dissolved through deep discernment of what it is.

* See Notes page 459

THE SANCTUARY OF THE SILENT HEALING POWER

When this is accomplished the self dissolves away and we learn the art of pure action from within, which sets in action ways and means without struggle, knowing that there is no opposing force, no other power, therefore the law fulfils itself according to our understanding.

Pure action alone brings results without struggle, while reaction to things external is always a degree of misunderstanding. When we discover that we are always fighting reactions without understanding what they are, we will begin to wake up to what we are doing, otherwise we hold on to them. This happens whether they are pleasurable or painful.

We generally accept the pleasant and deny the unpleasant. There is very little difference between the one who is seeking pleasure through God (?) and the one who is seeking pleasure through sensate desires. Are they not both seeking pleasure through different planes of consciousness? The one seeks gratification through God (?) and the other seeks gratification through sensate things.

The so-called Spiritual person says, I do not like theatres, cinemas, physical adornment etc., and follows his ideal. He denies the worldly pleasures and follows his ideal that gives him pleasure. But the so-called Spiritual man is also seeking pleasure, as does the man who seeks pleasure through the sensate things.

Both are stupid because they are the cause of struggle and misery, not only within but without. While the one pursues the materialistic struggle, the other follows his belief, a struggle between good and evil and other beliefs. To him terms become very important. "Your God" and "my God," "your ceremonies" and "my ceremonies." "I am a Christian," "you are a Jew," "I am a Mohammedan" and "you are an infidel." Just as one creates havoc in the world so does the other. In fact the so-called Spiritual man does more harm.

It is easier to deal with the sensate desires in which one is pursuing pleasure, than one who is pursuing pleasure through ideation. The latter is much more dangerous, because he is pursuing his pleasure through his ideas that divide men more than things divide men.

The Left and the Right are pursuing ideas, not things. If they were pursuing things it would be much easier to come to terms. It is because his ideas are more important than things, and his belief is superior to yours and so on, that he lives in separation. The system becomes more important than the distribution of things. It is not things that are dividing men but ideas.

JULY 1954

There is sufficient scientific skill in the world to produce food and things for everybody. But the ideas of nationalities such as the English, the American, the Chinese, the Russians and the many different racial antagonisms are preventing man from making plans for world distribution. Therefore the struggle and misery in the world is increased.

When I begin to understand the material I can proceed step by step to the deeper things. There I can find out what is Real and what is false. But when I assume I am different because of my nationality, because of my belief, I will dwell in the illusion of separation which brings struggle and misery into the world.

It is only when I come to that point where I can find out the significance of Life, what it really means to love my neighbour as myself and not a dictionary meaning, not a theological or a philosophical meaning for me to follow, when we come to that point we can discuss the dreams of our ideals with goodwill. Therefore the understanding of what is true and what is false gives freedom and therefore happiness.

It is only when we reach the source of our Creativeness that we can sleep at night undisturbed by our success or failure, our pleasures or pains, by our differences etc., we will sleep peacefully understanding the Law of Creation, and while we sleep the "Lord" is preparing the way. The Higher Intelligence will be active in our affairs.

At first you will perhaps not find immediate results, but to be assured that the Presence is always immediately present is sufficient. One must be careful not to make the mind unstable by the conflict of opposites. "Thy faith hath made thee whole," the master said. It is this understanding faith that you must have, then the Infinite Life will be given free expression.

When you understand that it is the Father who is ever working in you, you will know that results are assured. "Whatsoever I see the Father doing so I do in like manner." If you can understand this then there is pure action, which is creative.

It is difficult for the one who is conditioned to discern the difference between pure action and reaction. We must understand that all things external are relative, and what is relative has no power of its own except the power we give to it. Remember that struggling brings frustration and fear.

When we fear, our faith is on the same yardstick. We measure them both by our success and failures so we fail to see the faith that the Master

THE SANCTUARY OF THE SILENT HEALING POWER

meant, which was the Father within us. We create ignorantly in fear and faith. What we think in fear and think in faith we equally produce because we live in opposites. So there is continual struggle with opposites.

When we are ignorant of the Truth of our Being we hang on the pendulum of both fear and faith, we swing backwards and forwards according to our reactions. But when we know our oneness, our “Being,” we see that these impostors are but reactions to our feelings—our state of mind. Therefore we understand the cause of our struggle and our struggle ceases.

Within the Presence (the Life) there is everything, therefore the “Presence” (the Life) creates by becoming the things It makes. “I am the Life.” “When you have seen me you have seen the Father.” This is not merely an idea, but an experience we have when we are “Being” and not becoming.

“The greatest amongst you is the Servant of all.” When the Master said this to his disciples, he had been explaining the law. The Servant was the Presence that knows all things, and is the Creativeness in man. You will see that this Creativeness can only come into being when you love your neighbour as yourself, for the Creativeness of the Presence is in your neighbour too.

If we condition ourselves by hate, by jealousy, by fear, etc., we will express our conditioning.

The great Truth should be our experience, as it was with the Master, “I and the Father are one.” It made him the greatest figure of all time and it can do the same for us, he told us that the things he did, greater things would we do if we would but believe (understand).

The transforming power is within all of us. It transforms our thinking. Our thoughts are turned into projectiles of Love, our faith moving mountains. As we discern all that hinders the “Presence” in us we will give up the struggle. Then the Creative Power of Love will create that which is acceptable to Him who created us in His own image and likeness, then you will be the Son of God,—son of man.

John 18: 37, “so you are a King?” said Pilate. “You!” “Certainly,” said Jesus, “I am a king. This is why I was born, this is why I came into the world, to bear testimony to the truth. Everyone who belongs to the truth listens to my voice.”

Benediction

O Son of Man, awaken to the Presence that is Eternal and Ever-present within you.

Then, O Son of Man, there will be no more struggle, for Love shall fill your heart.

The Son of Man becomes the Son of God when he loves his neighbour as himself.

The Divine Design within is waiting to express Itself when you see the false you alone have created.

Then you will be the Son of God, O Son of Man.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #5 (2nd March 1954) in the book "The Spring of Living Water."

August 1954

My dear friends,

I am glad to see that you have responded so well to my answering your letters in the way I did last month. It is my desire that the Sanctuary will be a help to all, no matter where or what they are. The Sanctuary is impersonal. There is neither high nor low, good nor bad where the Sanctuary is concerned, neither is there colour or creed, all are one in the Sanctuary.

I: Law of Life is no respecter of persons. It is in constant operation and relentlessly brings to each individual exactly what he creates for whatsoever a man soweth that shall he reap.

II: There are certain qualities which we can acquire through understanding ourselves. When we see what we are doing, then only will a change come.

These qualities come to us when we see how we are responsible for our conditioning and environment. Have you a mental attitude or are you interfering, are you a gossip, whispering stories about another which you know are not true? Even if they are true, you are destroying yourself by repeating them.

III: Your mental attitude is the general tone of your thinking. Check up on your thinking. Check up on your thought first before you speak the spoken word. Never write a word that you would not like to express. A good exercise is to sit quietly and look on your thinking for a short while each day for a week. This is your world within and it will shortly out-picture itself. Then you realize that a change of mind is essential. To become aware of your thought-feeling-reaction is most necessary if you are to revitalize your life now.

You will be surprised when you really examine your thinking courageously, regardless of how good or bad your thoughts may be, you will know what you are and knowing what you are is the first step to freedom. It is better to know what you are now than to let that self play havoc in the future.

FREEDOM COMES THROUGH THE
NOTHINGNESS OF THE SELF*

“The Father said to him My son, you and I are
always together, all I have is yours.” Luke 15: 31

Love is dynamic! It is Creative without the necessity of an object. It is immortal, It is Life and Life is Creative and Formless yet all forms are created by It and with It, and there is nowhere where it is not.

Life is not divided nor is It in one and not in another, It is in all and It is the same Life. To understand creation we must understand form and through form we arrive at the source of Creation, because we are Creation in form and through form we gain experience to enable us to realize that the Life in form is the same Life that is formless. The Life in the mortal is the same Life, Eternal and immortal.

Life and Love are synonymous because Love and Life are one. We can be sentimental over Love, but that is not Love. The idea of loving everybody has very little meaning if you do not know how to love **one**. The moment there is complete Love, there is complete communion with another. There is no special way to love, there is no pattern to follow. If you follow a pattern then there is no Love.

The idea of Cosmic Love, loving mankind while there is antagonism, animosity and separation, is just talk to cover up the lack of Love for another. It is an easy escape for the reformer, for the moralist and the righteous. How can they love humanity when they cannot love another, for is not one the Whole?

To realize Love-Life It must be stripped of all personal whims, personal viewpoints. You must not be caught-up in the opinion of what It is or what it is not.

When you hate, you find hating painful so you say you must love those you hate, thus you create duality, and because you refuse to understand the full significance of hate, you pursue its opposite. You want to transform hate into Love. You try to become loving, while you refuse to understand hate. This pursuit of an ideal implies the conflict of opposites, the Idea of something which you are not.

You are hateful so you want to become loving which you are not. You hold an ideal of Love yet you are caught-up in hate. When you understand

* See Notes page 465

THE SANCTUARY OF THE SILENT HEALING POWER

what you are actually now, your mind cannot be distracted by an ideal. Your mind must be free and concentrated and not thinking in terms of your ideal.

The pursuit of an ideal implies the conflict of opposites, the ideal is something which you are not. You are hateful and you want to become that which is your ideal. Your ideal is an example to follow which means imitation so your ideal is brought about by not understanding. When you understand, you no longer want an ideal, you no longer want to copy nor imitate, which is not thinking—understanding but merely a desire to become an ideal.

In your daily life you are full of ideals which means you are not thinking—understanding but merely imitating. In your desire to become there is imitation and therefore there is no thinking, feeling, living—therefore idealists are the most stupid, thoughtless, brutal and ruthless people. Their systems are more important than people.

Hitler was said to be an idealist. In yourself you can see the Truth of this when you pursue an ideal. When you have an ideal of a perfect State either the Right or the left, you see how ruthless you are bound to be, in achieving your ideal. The ideal, the example is the authority whether it is imposed by another or by yourself inwardly, thus there is a cessation of thinking—understanding, so there is fear.

The greatest ideal you can have is but a limitation. Freedom comes as your consciousness becomes wider through understanding what is hindering Reality from expressing Itself. Reality expresses Itself in proportion to your understanding the false. Then the Life-Love-Reality expresses Itself in Its Wholeness which is beyond the comprehension of the mind of man.

When man only creates an idea of Love, while still maintaining his hates, his antagonisms, his greeds and the like he lives in opposites which is frustration. Our social structure, our education and all our relationships are based upon imitation. Our judgment, our thought are based upon avoiding the understanding of what is false.

Look at what is happening in society, corruption, degradation and so on. Why do we not tackle all this falsehood directly instead of saying that through an ideal we will become marvellous.

When you understand the false you live dangerously, sailing the uncharted seas, being very alert and awake all the time. When you are alert

AUGUST 1954

and awake, you are intelligent, you are not exploited by others, nor do you want to exploit others, you cannot be exploited except you belong to the same club.

Reality expresses itself through the mind that is free. The great Truth is the greatest in the smallest and the smallest in the greatest, the drop and the ocean is one and the same. To feel superior you call yourself a name because you feel the sense of inferiority. So you want to become superior. Superiority is the ideal you want to become, so the more you want to become, the greater the conflict, which is thoughtless, is it not?

When we do not understand, we feel inferior to something, do we not? We want to 'become' because the whole of society is based on becoming something. As long as you are 'becoming' you must be inferior, for there is always the you and the other. If you know the self to be a nobody you will understand that 'becoming' is an illusion. When you accept that you are nothing it is really wonderful. Then you will know what it means to love. You are Love, you are Life, you are Creative.

The reward for this understanding is beyond price and cannot be classified with any effort to 'become.' The awareness and mental poise resulting from our understanding is permanently established in us, for nothing in heaven and on earth can deprive us of our birthright. I and the Father are one, through which all is possible to the one who understands the false and dissolves it, then the Real takes its place.

Jesus did not want to become something. He said, "I of my own self am nothing, it is the Father who ever remains within me He is performing His own deeds." Paul never expressed a greater truth when he said, "let the mind be in us that was in Jesus Christ." But before we can have such a mind we must become humble in knowing that the self is nothing.

The fact is that **you are nobody**. Then why not start from there and face facts directly without trying to become somebody? To face your nothingness means to be humble, and to Love. It means that you have no resistance to anyone, no barrier between you and the other, then there is freedom. In Freedom the Real is.

A person who is arrogant can never find humility however hard he may try to become humble. A person who does not recognise his nothingness, but pursues ideas is like a man who, without even knowing how to sow, ploughs and ploughs and never sows. Behind all his knowledge, behind

THE SANCTUARY OF THE SILENT HEALING POWER

all his degrees, titles and possessions there is nothing. When you really acknowledge that you are nothing you **are everything** because you know what Love is.

You want to know how to Love? If your Love is the opposite of hate, ill-will, it is no longer Love. Then your Love is just an ideal, an imitation, and the person who imitates cannot know Love.

If you are seeking how to Love, you do not know Love. You do not want to acknowledge that you lack Love, so you have an ideal to become loving. You are deceiving yourselves and cheating others. But if you understand the whole significance of “becoming” it drops away. Then the feeling of nothingness is not the end, it is the beginning of liberation.

If your Life is filled with fears apprehension and conflict it is because you want to become something. If you are stupid, cunning, arrogant, a liar, be aware of it, this is most essential. To acknowledge and live with what you are is a most difficult thing. But out of that will come real Love because it sweeps away all hypocrisy

Yes, you may have read many books telling you how to become, but you are still as far away as ever till you know yourself. If I could blaze this truth in letters of fire across the heavens I would do so, so important is the realization of this great Truth. Trying to become is an illusion.

Many who write books on Truth have not yet found the simple Truth themselves that they are nothing and when you are nothing you are free.

If you love **one completely**, you will love the Whole because one is the Whole.

Now, you want to know what will happen when you feel you are the Whole? Feeling as the Whole comes later. But first you know you are **nothing** and you are not concerned with what will come after. If you are concerned with what is beyond the nothingness of the self it shows that you are frightened of being nothing.

“Being nothing,” then Life is extraordinarily beautiful. Then you will “Be” all there is. The mind is afraid of being nothing, that is, having no security. Yet out of nothingness comes Creativeness, because you are free. Then you begin to create, then there is Reality, God or whatever you like to call It.

All ideals are tomfoolery and are of no significance to the thoughtful person. When you set them aside you will find a beautiful and indescribable Love that is not yours or mine but that which is Eternal and Ever-present in Its own Eternity.

AUGUST 1954

“Do you not believe that I am in the Father and the Father is in me? The words I speak to you all I do not speak of my own accord; it is the Father who remains ever in me, who is performing his own deeds.” John 14: 10.

Benediction

O Eternal Love, I thought I knew Thee through my ideal.

Little did I know how far I was from Thee. While I hated those who had no ideals.

In my ignorance I held ideals yet I lived in their opposites.

When I understood that I was the creator of them both and saw myself as I really was, full of antagonisms and hate, then transformation took place.

Then I knew I was nobody and my struggle to ‘become’ ceased. I really loved because I was free.

When I loved completely, O Adorable Love, I knew I was all and I became Love, one with Thee, O Eternal Love.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #6 (9th March 1954) in the book “The Spring of Living Water.”

September 1954

Thank you, my dear friends, for all the lovely letters received this month. Now I know that I am doing that which is for the good of the majority.

I: The same Life in the Father is the same Life in the son. The least you do unto one of these so you have done unto me.

Give Spiritual bread to those who are hungry. Who are you that you should say, “you have done wrong.” Did Jesus chastise the woman? No, he said, “go now in peace and sin no more. Thy sins are forgiven thee.” Whosoever drinketh the water of the fountain of Love shall never thirst anymore because it is the well of Living Water springing up to Eternal Life.

II: Our freedom comes through understanding ourselves. To merely say that you are one with God is but an idea in the mind, while you retain all your prejudices, your hates, which is yourself. Therefore take a look at yourself, this alone can free you.

You do not create the Real, the Real comes into being when you understand what you are and when you see what you are, you will not condemn another. Jesus said, “condemn not lest ye be condemned.”

III: If you do not know the difference between the Real and the false then you are caught-up in the error.

Remember, you alone create the false, the Real you do not create. It existed before you were born.

The great Truth is that everything now is complete, we partake daily of this completion, which most can only partake of a crumb at a time. Remember you live and move and have your being in Him because being Infinite there is no outside Him and being Infinite there is nowhere where He is not.

When you know that the self alone is preventing this true expression your freedom will come and not before.

TO BE FREE YOU MUST SET OTHERS FREE TOO*

John 14: 7, “if you knew me you would know my Father too, you know him now and you have seen him.” “I and the Father are one.”

Much of the teaching today, in fact most of what you hear and read place the emphasis on controlling your thoughts. Is this not living in conflict?

* See Notes page 470

SEPTEMBER 1954

Controlling your thinking is contraction. One may control ones thoughts, yet remain in limitation and separation. Unless you can discern what your thoughts are and how they arise you only put your freedom further away.

Does not most of the Truth literature you read give you instruction on how to make your demonstrations on the physical plane? There is much of this misleading material written and spoken by those who know nothing about themselves. Yet they expound ways and means of how to get things. The advocating of the so-called Spiritual Teaching is a worthless imitation of the Real.

Only when you can discern the false from the Real will you free yourselves from that which is deceiving millions through this senseless nonsense.

The world is full of these ignorant people who boast of their manifestation as a proof of the Truth, but let them lose all their possessions and see where they stand. Their foundation is laid upon shifting sands of craving. Then they will tell you that they do not believe in a God any more, they say a God of Love could not do a thing like that to me.

Their belief in their outside God destroys the experiencing of Reality. It is most difficult for people to think this way because of their conditioning, and their belief gives them a sense of satisfaction.

If they do not find satisfaction in things, in beliefs, they create the super idea of a God. But is their God not a self-made God which they have fabricated in the mind?

But if we would really experience the Unknowable which is not of time, we would not cling to a belief which is but a self-projected image.

Anything that is named is not Real, it is the outcome of memory, of conditioning, and if it is of time then it is still part of the mind for the mind is the result of the past, of the various influences, religions, social and educational environment.

If we understand the conditioning in which we live and the influences in which we are caught-up, that understanding brings about a tranquillity of the mind. Mind is not made still by force, nor can it be made still through control. If your mind could be made still in this way it would be a dead mind.

When you try to make your mind still through discipline it may be superficially still but at the same time it is in a state of agitation like a child put in a corner.

Only when we understand the whole process of belief, and the search for permanency, when we understand this whole process fully then

THE SANCTUARY OF THE SILENT HEALING POWER

the mind is quiet. You do not have to make it quiet. You are the mind, you are the thinker as well as the thought. When you try to separate yourself from your thought, you then try to control your thought, it is this that leads to illusion and fear.

We think we understand people by giving them a name, a German, a Jew, a Russian, an Englishman, a Hindu and so on. But if I do not call you by a name I am not prejudiced, then I can look more closely, and by doing so can understand you. Is it not so that you are already prejudiced when you hear the words Russian, German, Jew, English, Afrikaans and so on? When you understand your prejudice then it drops away and true relationship comes into being.

If you have a belief, are you not prejudiced against another belief no matter how you try to hide the fact? But when you begin to read your mind with all its influences you will see what lies behind your belief. Then you will begin to understand, not only yourself but you will also begin to understand the other.

So to help another I must see the other not belonging to this nationality or belief or to this or that, but to see him as he is, free. For if I am myself caught-up in my own petty narrowness, in my nationality, my belief, my society and ridiculous superstitions, my own nonsense, I see him only through my own conditioning.

To understand one another we must look at each other free from all this stupid nonsense. Then we will have relationship with the other, then only can we help one another. And this requires an awakened consciousness.

An awakened consciousness is a consciousness, that is aware of the false, aware of that which is hiding the Real. We do not create the Real, the Real is experienced only when we understand that which is not real, and how it comes into being. Not until we have a true recognition of this can we expect to have the Power, Wisdom and Love of Reality. When this is reached we realize that there is no limitation, only an expanding in Infinity in which we exist.

A God that is separate from yourself is no God at all. Yet the majority of people, including your religious teachers, are merely at this stage. This is the thing that eludes the intellectuals. Their God is a God they want to comprehend intellectually. So it is just an image, an idol, a creation of the mind. So the Reality of the teaching of Jesus is submerged in a sea of sanctimonious formalities that hide the Real. That is why many churches today are but semi-

political institutions teaching separation, distrust and antagonism. They condemn Sunday sport but engage in the diabolical sport of fostering antagonisms and hatreds. How is it possible to have peace when man's religious life is saturated with suspicion and superstition?

Matter, we find, is energy solidified in form. Energy is the Intelligence in action and Consciousness is the Director. Our relation to the Universal Mind is as ice is to water and water is to steam, therefore there is no separation anywhere. The invisible is not separated from the visible, the ice is the water as water is the ice, and water is to steam as steam is to water. With this understanding we realize the Truth of what Jesus said, "All power is given unto me in heaven and on earth."

When we understand the cause of our limitations, our feeble efforts will be dropped. Then the consciousness of Life with thought, its messenger, will be seen clothed in form. It will not be seen as something outside Reality but in Reality Itself. "When you have seen me you have seen the Father."

We must think for ourselves and not allow others to do our thinking for us. But this is what others do not want us to do. As long as you are prevented from thinking for yourself you will be dominated by others.

The Infinite and His thought are one. In this way the world system is kept in operation. This is Universal Mind in action, and is the Mind that supplies the power to our minds when we dissolve our sense of separation. As electricity supplies the power to the dynamo so does the Universal Mind supply the power to the mind of man. The switch is the consciousness that is aware.

We are not separated, and in that knowing so does the power act accordingly in the mind of man, and when we realize this we dispense with limitation because we know how we have limited ourselves.

Man is created by God, therefore God and man are one, for there is no outside of God. He could not create anything outside Himself, being Infinite in Nature.

"Do you now know that you are God's sanctuary and that the Spirit of God is His Home in you?" 1 Cor. 3: 16.

The question that arises is: Can we live without an idea? We can understand this when we understand what an idea is. Surely you have learned by now the process of ideas and how they come into being? They are temporary and changeable and pass away because you know what they are. It is only that which you "do not know" that is Real and stable, Eternal and Ever-present.

THE SANCTUARY OF THE SILENT HEALING POWER

What I am telling you is, that without knowing yourself there can be no real experiencing of the Real. It is not that you must substitute one belief for another or become an atheist, which is but another form of belief. To understand the whole process of believing is the beginning of wisdom.

Nothing can lead you to the Truth except the understanding of yourself. When you are beginning to see that which is false you are beginning to see that which is true, and that which is true has no division.

There are two sides to a coin, one is the head and the other the tail, both are on the same coin. Good and evil is the same, you cannot separate them, they are both in the mind at the same time, are they not? When you desire the good you fear the evil. When you understand this they both drop from you, and Reality, which is not of the mind, but which is Love, Wisdom and Power, comes into being.

“He who possesses my commands and obeys them is he who loves me, and he who loves me will be loved by my Father and I will love him and appear to him.” John 14: 21 (Moffatt).

Benediction

O Wisdom, Thou art my guide.

O Love, Thou art my life.

Only when I began to see the false did I begin to see the true.

When I accepted what others said I lost the power to think.

When I believed as I did, I did not know why I believed.

So I was caught-up in the net of my own conditioning.

O Wonderful Wisdom, as I opened my self to Thee so didst Thou reveal myself to myself.

O Wonderful Love, Thou didst flood my heart with Thy sweetness and I saw the beauty of Thy holiness.

Now, O Wisdom, I see my brother stripped of all conditioning as I myself have been freed.

Now O Love, my nature Thou hast made complete with Thy Sweet Holiness, O Divine “ONE.”

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #7 (16th March 1954) in the book “The Spring of Living Water.”

October 1954

My dear friends,

The membership of the Sanctuary is increasing every day and every day more and more letters are received from people who are being helped through this medium, not only physically, but also in their relationship to others through understanding themselves by discerning their own thought-feeling-reactions.

We cannot escape our relationship to people and things. Through them we gain experience but we only begin to know ourselves when we discern our thoughts and reactions. For freedom is a state of consciousness, an awareness of unlimited Reality in which we live and move and have our being and in which everyone is the same.

There is a sense of freedom with the study of Science of this new age, and many people all over the world are beginning to question separation and religion as it is taught today. For there can only be one religion, the Fatherhood of God and the Brotherhood of man in the light of our new knowledge. If this fundamental truth is rejected then there can be only sorrow and conflict for the world.

There are some who think they live a Spiritual life, so they despise the materialist. Are we not all materialistic in one sense or another? Do not think that by giving names such as “material” or “spiritual” we are going to solve the problem. By labelling this group or that group, this person or that person, we are not going to find the truth. Many people who profess God are unkind to others, this can never be Truth. On the other hand if a person has real affection, loves people, is impersonal in thought and action, he is often looked upon as **not** Spiritual, yet this person is much nearer the mark than one who professes to love God and is unkind to others. We show our love for God by our affection for our fellows.

To be aware of the “Presence” and being that “Presence” which is never antagonistic, never separated, is the essential thing, and knowing that understanding and love are its highest achievements in human life.

IS OUR CIVILIZATION CRUMBLING?*

“A man’s ways seem all right to himself but the
Eternal has the verdict on his life.” Prov. 16: 2.

Truth is not created in man’s mind, what is created in the mind is but an idea of Truth according to man’s conditioning. What the individual does is to create a civilization that dominates him.

It is the self that causes all the misery in the world. Is it not the self that has ambitions to attract social distinction and accumulate power? The individual has his own social distinctions which result in ruthless competition in every way of life.

Do we not divide ourselves into groups with social standards which only bring sorrow and conflict, without understanding, so the rot sets in. As long as we hold on to our separate groups, our divisions, we will fail to build a lasting civilization.

When civilization is built upon the false foundation of division it cannot last, it must decay and pass away. Have we not seen similar civilizations come and go for that very reason? And is not ours fast crumbling about us at this very hour?

There **is** a solid foundation based upon unity, not so-called unity which we speak about, for that is merely an escape from seeing why we are not united. We hold an ideal of unity while we still hold fast to our divisions and separations. We refuse to give up our creeds and nationalities, our political differences, because we will not discern the falseness of them all, they are but the expression of our own conditioning in which we are bound.

You can only help by understanding the cause and that is by understanding yourself, who is the cause of the rot. Whatever you understand of yourself for the time being that is Truth, that is freedom. By understanding the self you can see the false and when you see the false, no matter in what measure, great or small, it is revealing the Truth. For the Truth is not made up, the Truth does not condition you. You can discover how you are conditioned only in your relationship with one another.

As I talk to you, you listen, but how do you listen? If you are prejudiced, that is you listen, conditioned by your own background, with all your condemnation, prejudices for or against what I say, then you are not listening. If you

* See Notes page 476

OCTOBER 1954

merely lap up what I say you are not listening, you are merely accepting what I say because it suits your conditioning, then there is no relationship. But if you listen to find out about yourself, to discover yourself, then there is Truth.

I cannot tell you what Truth is, neither can anyone else. The one who says he knows, does not know. But when one knows the self and its ways then the Truth that is Eternal and Ever-present comes into being in you without effort or struggle. How is it possible for individuals to co-operate and work together if they cannot see the falseness of their beliefs, their divisions and all the creations of the mind, good or bad.

Now the majority of people will say that you must meditate to find this peace, to find freedom-Reality. Meditation is important, so we must find out what is right meditation. If we do not know what is right meditation there is no self-knowledge, and without knowing yourself meditation has no meaning.

To sit in a corner or walk about in the garden and try to meditate on unity has no meaning. Unity will merely be to you an idea. But there can be no transformation of the self through an idea. You are merely concentrating on an idea which is exclusion, and exclusion is not freedom.

As long as we retain our conceptions of individuality with its selfishness there can be no release from the conflict either in or out. Right meditation is first to find out what the false things are. We must also find out what we call meditation.

Are you trying to quieten your mind through concentration? This is generally mistaken for meditation. Do you repeat certain phrases in the hope that you will acquire meditation? This is just a form of self-hypnosis. It is merely a trick of the mind in which there is no understanding.

Meditation is not devotion to an idea, because things of the mind are idolatrous, the worship of an idol or statue is idolatrous and silly superstition. In fact all things of the mind are idolatrous. To be devoted to an idea, a picture, is not meditation, it is merely an escape from oneself. It is perhaps a comforting escape, but it is still an escape without understanding.

Are we not Spiritual slaves? We have followed, imitated, set up authorities while tradition, beliefs, divisions in society, in nationalities, have bound the mind. In thought and emotion the individual has merely conformed, while in his world of action he has built for himself a false security and in pursuing his own security he has no security.

THE SANCTUARY OF THE SILENT HEALING POWER

Most people are constantly striving to become virtuous through discipline, but this is not meditation. They are caught-up in the process which denies understanding, they struggle with the belief in sin which has no existence outside themselves. God is not sinful, man alone is caught-up in his own sin created within himself.

In seeking freedom-self-knowledge we cannot be enclosed by belief, nor hedged by an organised religion or society. When we see that self-knowledge is the beginning of meditation the problem becomes extremely interesting and vital. If there is no self-knowledge we may practise meditation and still be attached to our ideas, our beliefs, our division, our delusions. True meditation is a means through which you end these false things, so without self-knowledge there is no meditation.

True meditation then is self-knowledge by which not only does the outer layer of the mind become quiet but also the different layers of the hidden mind are revealed. When this takes place the whole content of the mind is revealed. So the mind becomes extremely quiet, the mind is not **made** quiet, nor is it compelled to be quiet, but there is a Silence that really comes into being and is not named. But this Silence is not a Christian silence or a Hindu silence or a Jewish silence. For if you can follow a path, your mind will never be silent. Therefore if we wish to find Reality we must abandon our conditioning, our background completely. In this alone shall we find our true relationship with one another. We will find that there is only "One" and in that "One" there is all and all is in that "One."

At present, is not the heart of everyone kept burning with hatreds and prejudices between one religion and another, between one nation and another, between one group and another, between one person and another, with the result that man is caught-up in hatreds and separation through ignorance of that which is false.

In John 15: 5 (Moffatt) we read what Jesus says, "I am the vine, you are the branches. He who remains in me, as I in him, bears rich fruit (because apart from me you can do nothing.)"

Here we see what Jesus meant, only upon the true foundation of the "One" Life can we bear rich fruit. "I am the true vine," not only does one nation hang upon the vine but all branches, all nations, all people, draw their Life from It. Nothing can exist apart from the one Life, all existence comes from the one Tree of Life which is our salvation.

OCTOBER 1954

Therefore we must see how security cannot be built upon division, why one group fights against another group, we will see why the present structure crumbles, and all our achievements without understanding, are but empty heights in a human progress in which we find no happiness. It is inevitable that this structure will crumble because it is not built upon the Truth of the One in all and all in One. Then a new structure will arise based upon Reality through self-knowledge, with a Universal basis and not a political one.

We cannot have affection for one another when we live in separation, in perpetuating our separate religions, our separate nationalities, our separate ideals, which create antagonisms and which lead to war, destruction and misery.

Transformation and salvation must surely come only with self-knowledge and not with ideas. Therefore it is necessary to understand oneself before we can bring about transformation inwardly and outwardly.

We must become conscious of the Presence which is never antagonistic to Itself in any individual, nor is It in opposition to Itself in any individual or group.

We must discern how and why we have been caught-up in race thought, in nationalities, in creeds, in politics, disease, ignorance and death. We will see how we have permitted these falsities to rule us, and how we have been incapable of thinking for ourselves. We merely imitated and followed, led to destruction and not to freedom.

What applies to the individual applies to civilization, they are one and the same. What the individual is, so is civilization. Our true happiness is built only upon the Presence that is Ever-present and Eternal and not upon ideas, imitations, conformity or tradition, which is perpetuating the misery of our civilization and which is the essence of its decay.

Mark 3: 24-26 (Moffatt), "if a realm is divided against itself, that realm cannot stand: if a household is divided against itself, that household cannot stand: and if Satan (of the self) has risen against himself and is divided, he cannot stand, he comes to an end."

Benediction

O Eternal One, Thou alone art the foundation of our Living.
In my ignorance I held an ideal while unaware of my conditioning,
so my conflict remained.

My meditation on Thee was an illusion for I did not know myself.

But when I understood myself my mind revealed all that I had created
therein and my conflict ceased.

In the cessation of turmoil the quiet of Thy Eternal Peace was reached
and there Thou didst reveal Thyself to me as “One” and “One” only. Then
I knew how false was all that separated me from my Brother and Thee, O
Eternal “One.”

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #8 (23rd March 1954) in the book “The Spring of Living Water.”

November 1954

My dear friends,

There have been many letters of appreciation of the method used in the last few Monthly Letters of replying to questions from readers, but also there have been letters from readers who have missed the extracts taken from letters describing the wonderful work being done through the Sanctuary not only on the plane of physical healing but also in human relations, domestic adjustments, and the business world. Here are therefore a few extracts:-

“I would like you to know that since asking for help through the Sanctuary for my school the friction that existed among some of my colleagues has completely disappeared. Now there is harmony and peace resulting in better school work and a much better relationship between the teachers and the children. Mere words cannot express my gratitude for this wonderful help, God bless you.” M.D.G Cape.

“My heartfelt thanks go to you and the Sanctuary for the wonderful help given to my daughter. The doctors were quite sure that a normal birth was not possible and feared complications. She has since been delivered of a most beautiful normal baby in a completely normal and easy birth. Truly a miracle!” R.B. New Zealand.

“My son had a dreadful accident and there was hardly a part of him that was whole, there was just no hope. My niece sent his name to you to place in the Sanctuary Register and since then he has made a recovery which seemed impossible. How can I ever, as a mother, thank you and the Sanctuary for giving my son back to me. May your work continue to be blessed so that many may know healing.” A.F. Rhodesia.

“For some time now I have been receiving your Monthly Letters and have been reading your books and I would like to thank you for the help they have brought me. My English is not good enough to express my thank you, but it comes from my heart.” H.de L. France.

“Your new book ‘Beyond the Himalayas’ has been a revelation which I could not take in in one reading. I know I shall read this book over and over again and in that reading I can feel my whole life changing. Thank you for sharing your wonderful experiences with us.” R.T. Scotland.

TRUTH IS AND IS NOW*

John 4: 13-14, “anyone who drinks this water will be thirsty again, but anyone who drinks the water that I shall give him will never thirst any more; the water that I shall give him will turn into a spring of water welling up to life eternal.” (Moffatt)

When we understand that the material things are made out of a combination of ether and thought and that the world we live in is not separated from our thoughts, for we live amongst our thoughts and emotions, we can see clearly that denying the things that are harmful does not alter them. Only by understanding the cause can we be free.

We have been told that nervous conditions exist because we do not control the mind, but in our endeavour to control the mind we are not understanding, we are merely holding the mind in subjection which brings suppression which is the cause of nervousness through fear.

Fear comes through not understanding the cause of our thought-reaction. Is it not so that you try to control your mind because you are afraid of what your thoughts will produce? What is required is an understanding and pliable mind so that there will be an immediate discernment of right values.

Controlling the mind is an unnecessary effort which brings fear and limitation, because the mind is dominated by the idea of an escape from the conditioning which you fear. What happens is when an idea comes into your mind you want to brush it aside so as to escape from its influence. But how can you escape from its influence when it remains because it is not understood.

When your thought is not understood or dealt with, without fear, without condemnation, you try to focus your attention upon a particular idea in opposition to your conditioning, thereby creating a conflict which is more harmful. You will see now that you are not thinking but are caught-up in a useless struggle that can never be creative.

When ideas come into your mind you should know them for what they are, then you will not fight them or struggle with them. You will look at them and discern their value. This is the true function of the mind and with this function developed there is no struggle, no fear, no limitation and

* See Notes page 482

NOVEMBER 1954

therefore no effort to hide away something that does not suit you. Realize that you and your thoughts are one.

A mind that is of value is one in which there is no conflict, no strain, and where there is no such struggle there is peace. You do not create peace, immediately the turmoil ceases there is peace.

Mental alertness through understanding our thoughts, our mental activity should be cultivated in our everyday life, not merely at specific times for analysis, but to be aware always in the present, then you will know what is happening. Anything that is contrary to your happiness and the happiness of your fellows would then be abandoned in the now.

Your own health, success, happiness is secured through co-operation and understanding your fellows, and this can only be done when you understand yourself. Self-knowledge is the gateway to wisdom and truth.

True Being **is**, and comes when we discern the false, then there is no need to imitate, to conform, when you know the false. For when you know the false you will know what is true. But if you crave to be something, Spiritual or otherwise, you will pursue your craving which will lead to frustration, sorrow and conflict.

Some think they can find the happy medium, a balance between good and evil, your mind then becomes a centre of conflict. The mind is free only through understanding that good and evil grow on the same tree, have the same root and this is in man's mind only. Discern what is made up in the mind and see that it has no foundation apart from man's mind, therefore it has no foundation in Truth. Truth is not made up in the mind, **Truth is and is now.**

Truth knows nothing of good or evil, past or future. Truth is the living expression of Life Itself every moment, moment to moment, in which there is no separation, no death, being Eternal. In this ecstasy there is Infinite Love and Wisdom. Your actions then will be in accordance with your living in the present always and the reward for such action is phenomenal.

With this serenity there is joy of living, there is no need of control or analysis because you are aware every moment, thus you free yourself from all the virtues you think you should have or not have, which fill you with conflict through strain and fear.

When you are free from all that bundle of virtues then there is no fear, no opposites, there is just Love and Wisdom, and in Reality that is all there is, to be truly creative.

THE SANCTUARY OF THE SILENT HEALING POWER

As long as you are caught-up in false values of right and wrong, east and west, there can be no realization of the one Life in which there is no division, no time, no distinction, no opposites. When you grasp the true meaning of this, then your action will be pure action in accordance with your realization of the One and One only, then there is no reaction.

If you are continually occupied with the self where there is attraction, repulsion and continual struggle, then the Life that is free cannot be realized. You put yourself in a cage which separates you from others and there is no relationship which brings true happiness.

It is a true fact that your thought is limited by the lack of understanding of your true Being now. To understand that which is limitless, unconditioned, your mind must not be burdened by the thoughts of the self.

When your mind is burdened with the conflict of ethics you cannot realize the truth of your Being. But if your mind is no longer bound by ethics, by virtues, by distinctions, by separation, by divisions then you will comprehend what I mean by spontaneous action, free from reaction, free from Time, free from separateness, in which there is no opposition. "My word shall not return unto me void, but will accomplish that which it is sent forth to do."

In Reality there is only the present. In man's mind is the past or future. Therefore to understand we can only do so in the present, not in the past or future. Therefore this understanding cannot be postponed. Only when we free ourselves from false values shall we be enlightened. This requires discernment, in the present, of our motives, thoughts and reactions which are of the mind. Then we will readily see that ignorance is not the absence of learning but the confusion and conflict of values.

Are you confused wondering what is right or wrong? Are you continually caught up in this conflict? Are you an imitator, trying to mould your life after a pattern? Have you created an image of what you think Reality should be, and are you carefully fashioning yourself after it? And thereby losing the substance of Reality?

If you imitate, by what means can you realize this enduring happiness of the Ever-present Life? Life is Ever-present, Life is not separation but is unbounded unity, you cannot understand this while the mind is occupied with distinction, division, separation; only by seeing the false can you realize the true.

Is it not so that only when you are inwardly poor that you set up an authority and worship it? You want to lean on someone because you are

NOVEMBER 1954

unequal to the task, you want to shelter in the comfort of an idea. This is not Reality, it is but an illusion.

Life is Real, Life is the only Reality, It is complete in Itself expressing Itself freely when the “individual self” becomes nothing. You can never know what It is but you will know that It is Real, and your mind will no longer be agitated by the worship of virtues and the horror of sin. Nor will you follow in the narrow path of ethics which prevents your understanding.

When you mould yourself after a pattern, there is fear. To be without fear you must know yourself to Be, understanding your vanities, jealousies, envies, cravings, longing, hopes, regrets and fears. Fear disappears when you seek understanding from the illusion of time.

If we can perceive our own emptiness and understand it, then we can dissolve the cause of our emptiness, then there will be true understanding of Life in the present which is Eternal. Then the ever-expanding consciousness will always be the Reality, while all external to Itself can be discerned with wisdom.

It is the one Infinite Life that is ever expressing Itself in Love and Wisdom. Only when you limit Its action through narrow bigoted beliefs do you prevent Its freedom in your own life here and now. This separation in the mind of man is surely coming to an end.

John 10: 34-36 Jesus answered, “is it not written in your Law, ‘I said, you are gods?’ If the Law said that they were gods, to whom the word of God came—and scripture cannot be broken—do you mean to tell me, whom the Father consecrated and sent into the world, ‘you are blaspheming,’ because I said, ‘I am God’s Son’?”

Benediction

Beloved Life, Thou art Real to those who lose themselves in Thee.

When I expressed my individual self I did not know Thee for I was caught-up in the worship of virtue and the horror of sin and was full of fear.

When I perceived I was following a narrow path of ethics, a path that led to emptiness, then from within me Thy Silent Voice spoke in the very depth of my Being,

“I am and I am the only One, there is none other beside Me. I live only in the present which is Eternal, there is no other time, and thou art one with Me. It is I who live, you live in Me and I live in you. Seek not virtue or reward, then My Wisdom and Love will be yours.”

I thank Thee, O Beloved “One,” I know now that Life alone is Real.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne

* Digest version of Lecture #9 ‘*Making My Cosmic Forces Your Own*’ (30th March 1954) in the book “*The Spring of Living Water*.”

December 1954

A CHRISTMAS MEDITATION

On Bethlehem Hill the shepherds gathered the flocks together, the lambs bleated for their mothers, the night was still and the stars shone overhead. The shepherds looked up to see a star much brighter than all the others. A child was born in the dead of night.

It had been prophesied that a child would be born to show the way to the Light that would dispel the darkness of the night of man's ignorance.

Hearts were filled with a longing for peace, for the world was cruel and hard. There was no hope left; what hope there had been had been destroyed by hatred, war and strife.

So He came that men might live and know the Truth—the Love of the Living God.

The Bible is rich in Divine promises of salvation. "Behold, thy salvation cometh," says Isaiah. "I will show him my salvation," wrote the Psalmist. "Now is the day of salvation," says Paul.

What is salvation? Salvation is not limited to some bliss in the hereafter, it is not limited to some future time.

Salvation is now at this very moment and the process is easy. Then we see how the Satan of the self separates man from man, at that moment the Christ is waiting to enter the heart—the Christ that liveth in every soul that lives.

Our sins we impose upon ourselves and the moment we recognise how erroneous our thinking and actions are, they fall away from us, and at that moment salvation is at hand. It was this that the Man of Galilee made plain to us: "At this very hour you will be in paradise with me."

God has promised His salvation now; Not tomorrow or some time in the future. And He fulfils His promise instantly you make a place in your heart for Him. "Rise up now and be free." "Take up your bed and walk."

"Fear ye not, stand still, and see the salvation of the Lord which He will shew to you today." Exodus 14: 13.

Forgiveness is free. "It shall be remembered no more against thee." Granting forgiveness to some and not to others is not forgiveness. Forgiveness

THE SANCTUARY OF THE SILENT HEALING POWER

must be complete otherwise there is no forgiveness. Forgiveness must be within and not without, otherwise how can we expect forgiveness unless we are free ourselves by complete forgiveness of the whole world.

The Christ Spirit is within and is the very Spirit of forgiveness that can say at the hour of greatest trial and pain: "Forgive them for they know not what they do."

We must banish from our hearts every iota of resentment towards any person or state of affairs. Only then are we filled with that sense of freedom that enables that surging impulse of Spiritual energy to fill our Being as we free ourselves through forgiveness. When you are no longer the central figure in forgiving, when there is no longer you and the other, only then is there freedom in forgiveness.

To measure up to the Divine standard, our forgiveness must be full and complete and it is at this time that the wonder of a forgiving heart is born on Christmas Day. To remember those words that fell from his lips, "Father, forgive them for they know not what they do," revealed the Love of God.

With this comforting Presence of the Father, my Father, your Father within me and you, we will never be depressed or cast down by any inharmonious situation that involves us or our loved ones. I turn to my Father, your Father, and see that the Christ Spirit is born again in me and you. Thus I am comforted by His love and you know that that Love is for you also.

Behold I am the Son of God. I am not subject to any weakness of the mind or body for I know that my Father's Life is my Life, His Love my Love. Then I share His deep everlasting Love towards all. I set everyone free by His Love as I free myself by his enduring Love.

God's help is always at hand, He responds immediately you make a place for Him, your receptive state permits the flow of His Wisdom and Love to fill you to overflowing. You are no longer impeded or frustrated by conditions for you have seen the Light of the World, that Light that lighteth all who come into the world.

"Draw nigh to God and He shall exalt you," says James. In the 91st Psalm we read these words: "I will set him on high because he hath known my name."

Exaltation is a state of Being we attain through true meditation, a meditation that frees us from the self.

DECEMBER 1954

“I of mine own self am nothing, it is the Spirit of the Father within that doeth these things.” Therefore we know the answer to every problem when the self has died in the Life of the Father. By this we increase our faith so that nothing is impossible to us when we are one with Him.

It is this that we see in the life of Him who came that Christmas Day, and because we are not separate from him, what is his is ours also.

Say in your heart: “I am filled with Thy Presence, direct every action that I may become the channel for Thy perfect expression. My Father and I are one and He is within me. He is mighty, His pure Love animates all Creation. His Love is expressed through every action of mine for He is forever true and everlasting.”

“I shall put my spirit in you, and ye shall live,” Ezekiel 37: 14.

At this time of the year there is the desire to give. There are some who possess much and there are those who do not possess much material means. Yet there are countless ways of helping, blessing, serving and spreading Love and cheer without giving a single material gift, and much of this is more beneficial, for it is the Christ way of giving—the giving and sharing of the inner Spiritual gift of Love and service. These gifts are permanently helpful to all.

There is no limit to our capacity for giving spiritually, for God gives to us abundantly according to the blessings we bestow on others.

We have often heard the words, “I like to be in her or his presence, I feel so at peace.” “I feel rested, I feel renewed.” “There is something about that person that is filled with the Spirit that makes the world look good after all.”

Thus Love, Peace, encouragement, is sharing the gifts of God and through the heart and soul God speaks and acts, He Loves and blesses.

The Spirit within, when freed through Love, is continually giving out the blessings of God to all who come nigh.

Your particular gift may be comforting the sorrowing, encouraging the disheartened, sharing the burden of another, giving a smile or a kiss, speaking a prayer of abundance, doing a service whenever the opportunity arises. This you will do for your own happiness and for the blessings of others.

Jesus did not keep great material wealth at hand to share with others, but those whose lives he touched could not be more greatly enriched if he had been possessed of several fortunes to share with them.

THE SANCTUARY OF THE SILENT HEALING POWER

In all our giving at this time and even throughout the year it is to give lovingly of the Christ-self that blesses and encourages others, for thus we emulate the Christ in our giving, and we have the joy of knowing that out of all the gifts we can offer we have given the best that can be given.

Paul says, "faith is the substance of things hoped for, the evidence of things not seen." This is seen where the Christ-self is freed from the bondage of the personal self that hides It. Then faith has tremendous power, and is equal to every demand that I make upon it.

Faith is always active where there is Love, Peace, Wisdom, joy, courage, strength and all the qualities of the Christ-self within, and as you receive Christ so shall you walk with him in Love and Faith that comes from knowing all that is false. "Let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God." 1 John 4: 7.

"I will be with thee: I will not fail thee, nor forsake thee. Be strong and of a good courage." Josh. 1: 5-6.

Then do what it says in Hebrews 10: 22: "Draw near with a true heart."

How shall we know that our heart is true? Only by seeing the false that we have accumulated through the self and when this is seen free from fear, condemnation or criticism, then in this freedom we will find that which is true in our own hearts. Therefore my prayer for today is the joy that comes from the knowing of the birth of the Christ in all who can look at the Cross and be free; the Cross that holds within it the bondage of the self. Yes, I may be crucified upon it but in that crucifixion I am freed through the Christ that dwells within.

In the past I have declared my faith in God, I have acknowledged Him as the Source of all good things. Nevertheless I now see that I have had merely a limited conception of God, I have pictured Him far away beyond my immediate reach. But now I find that in my own heart He dwells, He is the Christ that liveth forever. I now see that I can never be separated from Him for I am His Son. Now I rejoice in the greatest gift that can ever be bestowed upon man, "my Father and I are one."

Today, this Christmas Day, let the world rejoice that the Christ is born, Christ born in me, in you, born in every heart. The Livingness of God, the Perfectness of Himself is embodied in all that He has created. In my heart, in your heart and in the heart of all there is that Christ,

DECEMBER 1954

and when freed from the bondage of the self a new world will arise not in time, but now! Immediately! For “I and the Father are one.”

So let the Sons of God—the sons of men—greet each other this day with joy and love because we are all filled with that Holy Presence, the babe in swaddling clothes, for such as these make up the Kingdom of Heaven. Unless we become as little children we shall not enter therein, only when the self dies the Christ lives.

We will have found the Christ, the Holy Child—the symbol of the Divine Perfection—dwelling in our hearts as our Divine nature is revealed in our gifts of Love to one another. What greater joy could the world have this day than the gift of Divine Love in the hearts of all who live on earth.

What greater joy can we have than when we can say the Christ liveth in the hearts of all men this very day. We stand on the threshold of the New Year with our hearts and minds filled with Love—the solvent for all problems great and small. For this is the only way, and as Love enfolds us we are more like Him who made us in His own likeness.

Therefore bless each day of the New Year with words of Love and Peace to all men of every land. Comfort those who are not yet free. Bid them look within to the Christ that liveth now, and gives healing to every heart. Then your own life will be rich and free. “I will walk with Thee, my joy shall never cease, my spirit uplifted for I know Thy holy peace.”

“I am the way, the truth and the Life.” John 14: 6.

Benediction

O Divine Father, Thou lovest all Thy children and each is my brother and sister.

Teach me to love and serve as Thou dost love and serve all.

Then I will find my happiness in the joy that Thou hast in Thy Love, Divine Father of Mine.

MY PEACE AND MY LOVE REMAIN WITH YOU

Yours very sincerely,
Murdo MacDonald-Bayne