



THE PSYCHIANA Bulletin

May 1951

pamela dawn says . . .

Say -- Not a Word!

DO WE ever hear any one trying to emulate Jesus in the matter of "holding their tongue?" Or, does the idea seem a bit shocking? Yet, Jesus told us "that the works that I do shall ye do also; and greater works than these shall ye do."

Way down deep in our heart how do we feel about all those ultimatums we issue as we go through life? Whether they be extremely serious, or ridiculous, haven't we wished afterward many times that we had KEPT STILL? For we have so often had to eat our own words! About one of the longest lists in the world is the list of things people wish THEY HADN'T SAID.

Centuries ago Cato wrote, "* * * He approaches nearest to the

gods who knows how to be silent, **EVEN THOUGH HE IS IN THE RIGHT.**"

Having had to "buck" the business world for a livelihood since teenage, "keeping my mouth shut" was very difficult self-discipline. Especially when a situation arose wherein I KNEW I was in the right! It seemed as though I just had to put in my "two bits worth." But time and again something way down deep within would warn me: "hold your tongue."

Some fifteen years ago I secured a transfer to a city half way across the United States, to what seemed to be a splendid position. In fact, it was such a dignified appearing organization that I was prayerfully grateful

This Month's Thought to Remember . . .

"Nature is a volume of which God is the author."

—Harvey

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for my good fortune, and entered happily into my new work. But alas, I had been there hardly twenty four hours before I discovered that it was a veritable hornet's nest of dissension; that the BIG boss was tricky and maneuvered his employees like puppets.

The whole situation was so unjust that I was on the verge of rebelling in no uncertain terms, when the assistant, a very kindly man, advised: "No matter what threatens here, I want you to remember to say—NOT A WORD! Do not enter into any fracas with anyone." Then he added with a little chuckle, "Remember, you will never be hung for what you DON'T say!"

I kept a memorandum of his words in my purse as a constant reminder during the three years I worked in that storm center. At times I felt inclined to resign and seek other employment. But that inner guidance urged me to stay on until I had freed myself from its lessons—lest I "jump from the frying pan" into a worse situation!

I never felt that I was making a door mat of myself by refraining to comment on various issues, or that I was acting like a dumbbell. Rather, I felt more


queenly *by keeping my own counsel*. Finally the opportunity came to make a desirable exit from the trials of those 36 months. I have since wondered if my release would have worked out so magically had I not learned to work prayerfully — and say—NOT A WORD which would be involving.

Subsequently I have grown to realize that it is not only the BIG issues that should be met in Jesus' way but the minor happenings in our homes, schools, churches, and other community affairs. Anywhere and everywhere that things seem not to OUR particular liking. If we can help to improve situations—well and good. But if our criticism and comments merely add fuel to the fire it is better to say—NOT A WORD.

Many times when I felt inclined to criticize my family, for instance, because their tastes were just the opposite from mine, the old nursery rhyme "Jack Sprat could eat no fat, and his wife could eat no lean" proved beyond a doubt that a difference in tastes could result in a "togetherness" in even culinary matters. Through that viewpoint I have since noticed many instances that a certain harmony resulted because of wide differences, which at first looked like an ugly breach.

I therefore began to analyze various incidents that often beset me. It wasn't the incidents in themselves that irritated so much, as the monotonous repetition that seemed to "get my goat!"

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Those who walk with God

WE hear many talks and read a variety of articles these days about "recreation," and how important this subject is in conjunction with our living habits. Recreation—now, this probably has lots of different meanings for just as many folks. To me, recreation was something in which all the kids indulged as soon as school was out in the spring. It was something for the younger people, or so I thought.

A few years ago I happened to be at a dinner, and the subject of the main speaker was *Recreation*. And from that talk I definitely learned that recreation was more than just "something for the kids." The speaker informed us that recreation, according to the dictionary, is a "re-creating; a refreshment of strength and spirits after toil; a diversion or a mode of diversion." The speaker said that to work and labor without some form of recreation would wear us down both physically and mentally. He said it was necessary for us to "refresh ourselves after toil," both bodily and spiritually.

A model-T Ford can only be driven so long at top speed before the driver has to pull over and let this relic rest. So it is with us. We should re-create, divert our thoughts, refresh our spirits and bodies, or just plain simply "play" if we do not want our physical jalopy to get run down and in need of major repairs.

Every so often we should "pull over to the side of the road" and watch the rest of the traffic go on its merry way while we replenish our strength.

My wife and I are going to visit some friends up in Canada this June. And while we are there they promised to take us fishing at a little lake about 400 miles north from the border, where not too many people go. For us, this will be pure recreation, and we know that after returning from Canada our physical and mental outlook will have been refreshed and our vigor renewed through this simple but sometimes understandably difficult activity called "recreation."

"As is a tale, so is life: not how long it is, but how good it is, is what matters."

—Seneca

the wayfarer talks about. . .

Deep Satisfaction

AROUND the world, geographically, there is sadness and bewilderment. There is pathos in the far corners of the world when war devastates communities—and it is the children who suffer the most. There is no economic ease anywhere. Freedom is being strangled at many places. I know there are some philosophers and some statesmen who do not know at what islands to anchor their boats as they drift about between them. Sometimes I think both chart and compass have been lost.

Housewives are unhappy at prices when they go shopping; newlyweds are thwarted at rents or costs of new construction; young men are frustrated at the prospects of the military draft. Even religious folk are deeply hurt at the divisiveness of their beliefs. Unrest is everywhere.

The writer has the feeling that this unrest stems from a more deep unrest than is at once evident. He holds it rises out of a great personal bankruptcy of belief in God. When men cut adrift from the sole CHANGELESS ONE they are truly out adrift. Putting themselves and their incompleteness first, naturally the banners they unfurl to themselves, or to their causes, must carry the limitations of the people themselves. Imperfection cannot ever create perfection. Confusion and fragmentation cannot ever produce wholeness.

That is why the world is so bankrupt in morality and in happiness at this time.

An ancient Hebrew poet discovered this a long time ago, and from his heart and lips have come one of the great confidences of all time: "God is our refuge and strength, . . . therefore will we not fear, though the earth do change, and though the mountains be shaken into the heart of the seas, though the waters thereof rear and be troubled. . . ."

He who turns to God, conceiving of Him as eternal and perfect and powerful, has found the answer to his deepest yearnings. For God desires of everyone goodness and not evil. He yearns to have us ask that we might receive and seek that we may find. The availability of His power for us is limited only by our faith. Even when we cannot understand our limitations, nor compute His total goodness,—perhaps, I should say, because we cannot do these things—we can place utmost confidence in God.

Let us contemplate Him and His goodness more and more. Let us take time each day to "sit in His presence" quietly, with the jangles and the confusions of the world shut from our ears. Let us ponder His everlasting and wonderful consistency, in that He never changes in His

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marcus bach . . .

Living Thoughts for Better Living



"Words without thoughts never to heaven go."*

IN ONE of his personal letters to me, Dr. Robinson said, "I will tell you a great secret for the prayer that gets results. *Pray aloud.* There is something about the spoken word that makes contact with the Power of God. If you want effective prayers, pray aloud, but *be sure your thoughts are in the words.*"

I do not know whether he had Shakespeare's reference in mind or not, but the great dramatist puts the same idea inversely when he causes the king in *Hamlet* to say, "My words fly up, my thoughts remain below; words without thoughts never to heaven go."

There are then two qualities in the technique of prayer to bear in mind. Pray aloud. Be sure your thoughts are in the words.

Speech is the revelation of an inner potential. Audible repetition of affirmations is more effective than merely "thinking the thoughts." Words have power both over one's self and over others. They express an inward activity of the mind and they

awaken unseen forces into action. Certain religious leaders insist that if silent mental activity has its influence, then words activated by this same mental impulse will have an even greater efficacy.

2.

I witnessed a demonstration of this one evening in the healing of a woman.† She had told Psychiana's founder about a certain affliction and said that she had been praying about it and studying Psychiana and other teachings.

He said, "God can heal you instantly. He has made you in His image. He is as close to you as the breath you have just taken into your lungs. Do you believe that?"

"Yes, surely," she said.

"The power of Almighty God is in you," he went on. "Do you believe that? Are you sure of that?"

"Yes."

"Do you believe that His power can heal you fully, completely?"

*Shakespeare

†Reported in the author's "Report to Protestants"

"Yes."

"Do you believe that He can heal you instantly, right now?"

"Yes, I do!"

"Well, then," he said in a strong, loud voice, "be healed!"

Because the woman was helped, I asked Dr. Robinson what he had to say about this experience. He said that he had "felt a power go out of him" and this led into the subject of how that Power is contacted.

"I am convinced," he explained, "that the voice speaking aloud, crying aloud to God is more effective than silent prayer. *A man must speak aloud the words of faith.*"

3.

Let us put that down as a most vital consideration. A special mystical power seems to reside

in the spoken word. Scripture is full of the evidence of this. "Divine healers" have known its power. When we draw apart into the quiet places and really "talk with God" we find special help in words that are made audible. Now, obviously, one cannot go around praying at the top of one's voice. The publican did that and was tagged as a bigot. If we did it we would very probably be locked up. Let's not delude ourselves. We know that true prayer is an act of the soul. It is the instinctive turning of the innermost self to God. It is an inner experience. But if you are praying for someone, or if you are praying for something for yourself, or if you are praising God, you will find that it is highly efficacious if you can un-

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The Last Reminder - - -

This will be your last chance to extend or renew your subscription at the special rates listed below. After June 1, 1951, the new subscription rate for the Bulletin will be \$1.50 per year.

However, we are allowing our subscribers to renew their present subscriptions at the special price of \$1.25 a year. This special price of \$1.25 will be in effect *only* from April 1, 1951 to June 1, 1951. After June 1, 1951, the yearly rate will be \$1.50. For your convenience in renewing your subscription please use the following rate schedule:

1 year	\$1.25	THESE SUBSCRIPTION
2 years	2.50	RATES GOOD ONLY
3 years	3.75	FROM APRIL 1, 1951 TO
4 years	5.00	JUNE 1, 1951.

After June 1 1951, the subscription rate will be \$1.50 for 12 issues.

Questions & Answers

(This section is devoted to questions which have been sent to us by our students. If you have a question, the answer to which you feel would be of interest to other students as well as yourself, send it in to us. We reserve the right to choose those questions which are published.)

Does Psychiana suggest any specific type of funeral service?

No definite or set type of funeral service was ever discussed by Dr. Robinson in his writings for the simple reason that he did not consider funeral services to be part of the overall work he was trying to accomplish. As we have no representatives or ministers, it would be difficult indeed to prescribe a definite kind of service for members of Psychiana. Many times Dr. Robinson stated that he felt funeral services came under the scope of the organized clergy only, and should be conducted by them, even though he did not agree with some of the present-day forms used by certain groups.

I know in many instances he suggested to those who wanted advice on this subject that undoubtedly they had a minister-friend to whom they could outline the exact type of service desired. Then, too, a member of the immediate family would be a

Psychiana member while the others would not be members. During the difficult time after the loss of a loved one, harmony and smooth relations among members of a family help to heal the void. Therefore, in cases like this, the wishes of the majority should prevail.

In the majority of instances, ministers will conduct the funeral service and deliver the brief comments in exactly the manner in which you wish. And since this method of handling funeral services was suggested by Dr. Robinson, we can only say that we feel his comments should constitute the way to be followed should any of our members have to arrange this service.

A Brand-New Edition!

THROUGH WAR TO GOD has been revised and is now available to all of our members.

The present-day world conflict is better understood as Dr. Robinson unfolds amazing facts to you.

This is a book you will be proud to have in your Psychiana Library.

Price: \$3

bach. . . (from page 6)

der the proper circumstances
PRAY ALOUD.

Evangelists have known that. Reformers have known it. And they have not been far wrong. They have asked their seeking converts to "Pray through to victory." They have urged the sick, the sinful, the frustrated, the confused to "Speak out! Praise Him! Tell it to God!" Have you ever tried it? Have you ever gone somewhere where no one would hear you, where no one would be disturbed or think you silently mad, and have you ever tried saying a few words out loud to God. Dr. Robinson used to make it a practice to go into the woods and pray. He used to pray as he drove along the highway or country roads. He said there was unusual strength in giving voice to one's thoughts about God and life, and many who have tried it will agree.

But always remember: vocal prayers are meaningless and ineffectual if not supported by an actual yearning to talk with God.

"Words without thoughts nev-

wayfarer. . . (from page 4)

promises to us if we but ask and seek. In Him is the great limitless Resource for motive and for strength. He is infallible. He surprises us every day, who contemplate His unchangeable stand in our behalf. Early in the morning, in the heat of the day, and in the cool of the evening we should walk with Him and be at peace.

Let us never waver from the

er to heaven go," but thoughts of the heart expressed in words that are spoken have wings that reach the throne of God and return laden with blessings and rich reward.

"Lord, what a change within us
One small hour spent in Thy
presence
Doth avail to make;
What heavy burdens from our
bosoms take,
What parched grounds refresh
as with a shower.

We kneel and all around us
seems to lower,
We rise, and all the distant and
the near
Stands forth in sunny outline
Brave and clear;
Why should we ever do our-
selves this wrong,
Or others that we are not al-
ways strong?

Why should we weak and help-
less be,
Anxious or troubled,
When with us in prayer,
And joy and strength and com-
fort are with Thee."

(To be continued next month)

concept of the innate good in our friends and neighbors—no matter what they do that seems to contradict that goodness. Some people have mixed motives from their environmental confusions (the tumult and maladjustments of war, or of tenements, etc.); others are struggling for truth and must experiment as their inner drives (perhaps, conscience and ambition) dictate; even the worst sinner has his strength

and good points. Love and goodwill from us to others is the redemptive force that transforms us, too. Confidence in others, no matter what they have done to disappoint us, stems from the great assurance we have in God, who made all mankind and who endowed all with inalienable rights and liberties and characteristics.

Begin where you are. Do not wait until tomorrow, nor until some more favorable time arrives. God understands your present plight, and He is adequate for your happiness — no matter what. Remember that. God is adequate. Indeed, He is both a refuge and a strength—FOR YOU, and NOW. Trust Him and delight in your neighbors. Have no fear. Whittier had it right in a brief poem, part of which reads:

"I know not where his islands lift
Their fronded palms in air;
I only know I cannot drift

Beyond his love and care."

God's assuring love is like the tides of the ocean. On schedule, rising and falling, they move in and out of all the shorelines. They can be counted upon, unfailingly. And this is true no matter what problems men have upon the shoreline, or upon the surface of the ocean. Storms at sea do not materially affect the tides. Barricades erected by man or made through the unruliness of nature, along the shoreline, are nonetheless touched by the tides. God is our overcoming strength. He is our refuge. He sustains us. Men and women very close to us sometimes will mislead us or disappoint us in their understanding. Neighbors will talk unnecessarily. But God remains non-confused. He loves us. He will keep us forever.

"When other helpers fail
And comforts flee,
O Thou, Who changest not,
Abide with me."



Letters

FROM MEMBERS

El Monte, Calif.
March 16, 1951

Dear Friend,

... I am so grateful to your father, for the wonderful lessons and all they have done for me and mine. You would hardly believe that I am the same person

I was a year ago, before taking up my studies. I thought then I was the most miserable person on earth; now thanks to Psychiana, everything has changed and I have a new out-look on life.

I think that through the years I have unconsciously used the Law as it seems that some power

had always provided and looked after us. I have nine children and have raised them with very little sickness and even in the hardest times we always managed. I have four children at home, five married, and I have nine grandchildren. People guess me to be 35 years old. All the children see the wonderful change in me, but when I try to explain, I can't. Why is it I can't express myself? I know what I think, but I can't explain it to anyone; words fail me. To myself, I

know the God-Law exists and I would be very happy if I could tell everyone the importance of finding the real God.

I can't even write to you the things I feel for there is so much in my heart. . . .

So in closing may I wish you the best in your efforts to carry on in your wonderful work and that someday it will find its way into every home. . . .

Sincerely yours,
P. H.

dawn. . . (from page 2)

For instance, when a loved one selected the easy chair in the living room as a throne for nail-trimming (and usually right after I had vacuumed) I wanted to point at the ivory half-moons menacingly and NAG! Instead, I found that by getting on my knees and picking each one up gently into a dustpan, and saying—NOT A WORD, the practice was soon terminated peacefully.

Condemnation or nagging will never bring freedom from anything or anyone. VICTORY MUST BE WON IN THE SILENCE OF OUR OWN SOULS FIRST. And, as Cato also said, "Closed lips hurt no one, speaking may."

But there is another and most powerful way that this technique of Jesus' can also work for us. It is the greatest boon in the world toward the fulfillment of our hopes, our dreams, our very creations. Do productive inventors run around telling the world

of their brain-children? Oh no! They "tell no man" until their inventions are safely patented!"

Our ideas—your's and mine—grow and take form as does the chick in the shell; or the seed in the ground. BE STILL — DO NOT TALK about those wonderful prayer-ideas in process of development. Lest our neighbors kill them with their probing.

When the book, or picture or the invention is conceived we should "ponder it in our heart." TELL NO MAN must be brought to us repeatedly, lest the Herod comes forth and attempts to destroy the idea before it is able to stand alone. We do not have to tell—the world will shout for us when it has become a reality.

As THE POWERS OF LIFE AND DEATH ARE IN THE TONGUE, a whole new world can be opened to us, a world of faith in completed dreams. IF we will practice the example of Jesus and wisely say—NOT A WORD!

Frank B. Robinson. . .



The Silent Partner

UNION with the Spirit of God means many things. The more you realize just what you are when unified with God, the greater you become. You become a great power. You become a fathomless ocean of love. You are wise beyond your day because the wisdom of the ages, the wisdom of God lives with you, *in you*, and, being able to draw upon that bottomless treasure house of spiritual knowledge and wisdom, and power, and love, you are changed into the very image of God.

That is what God wants you to be. The Christian bible tells us that God created man in God's own image and gave him dominion over all other forms of created life. Man has certainly lost that dominion. He does not have it over his own life, let alone other forms of life. But he will have that dominion, when through the indwelling Power of the Spirit of God *in him*, he becomes once more, *King upon his own throne*.

When you are fully conscious of your relationship with God, your physical self begins to fade into insignificance. You still live physically, of course, but the life of God, in you, is the controlling impulse of your physical life.

You do not make a move unless that move has its originating impulse in God. In other words, you are a physical being, fully realizing that you have, living in you, *all the Power of the God who created you!*

It's something like a reservoir filled with water. That reservoir provides water for hundreds of thousands of homes. According to the size of the pipe, the flow of water is controlled. A small pipe will carry only a small amount of water, while a larger pipe can carry a larger volume. The water is the same. The flow can be great or small. Now in the Realm of the Spirit of God, the amount of Power you absorb from God determines the amount you may give out to others.

When your physical life is so completely overshadowed by the Life of God *in you*, then you have an unlimited supply of the Power of God, great enough for every need, no matter how great that need may be. For God is the Creator of the universe, and the only limitations on you are the limitations you place on yourself, by limiting the ability of God to manifest His Power through you.

A Word of Explanation

1) It requires approximately two weeks for the Bulletin to reach our subscribers. Please do not write in about your issue *until* you have allowed plenty of time for it to reach you. We mail the Bulletin every month on or before the 1st day of each month.

2) If you have moved or intend to move, *please* let us know your correct address. We cannot always provide additional copies of the Bulletin in case you moved and neglected to inform us of your new address.

3) When your subscription to the Bulletin is about to expire, we will notify you *two months in advance* by inserting a notice with the next-to-last copy you are to receive before your subscription expires. This will enable you to renew your subscription and not miss any issues.

4) If you receive *any* renewal notices enclosed with any issue of the Bulletin or in a separate letter, please disregard them *if you have already renewed your subscription*. This is especially important as we cannot always check our subscription list against the latest renewals.

A look at next month's bulletin . . .



An important announcement about Dr. Robinson's recordings will appear "Can't we emulate the lilies?" asks Pamela Dawn The third in Marcus Bach's series on "Prayer" is in the June issue "When the bride says 'yes'" is the title of the Wayfarer's article.