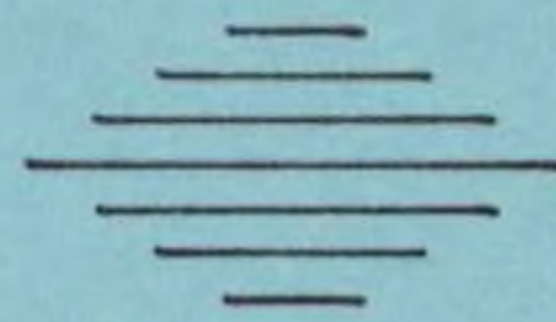


Coptic Fellowship of America

By

H A M I D B E Y

3256 Velma Drive
Hollywood, California



Lesson on

VITA, LIFE; PATHOS

(Suffering overcome by Life Force)

SELF DEVELOPMENT

In the last analysis, all true development must come from within. There are many outer ways by which one may develop himself along a desired line. However, these outer ways or suggestions must find a response in the spirit of the individual himself or they can be of no effect. This is evidenced by the fact that several persons may receive the same instructions, yet only a few may become proficient in doing the thing in which they have received instructions. These few have opened a spirit within them that reacted on the teaching they received. The others merely heard the instructions in a mental way and were not opened to let the reaction manifest. One who wishes to grow in any activity should recognize his own responsibility in promoting his growth. He should strive to contact in any outer way all agencies that may contribute to his growth. He should strive at the same time to know that he himself has to put into activity the result of the instruction that he gets through these agencies. He should be assiduous not only in practicing in an outer way the thing that is to be done, but in building mental visions of himself doing that thing. One can actually get the benefits of a certain amount of exercise and practice by going through the mental process in addition to practice in the outer.

* * * * *

All the God qualities, life, love, strength, substance, intelligence, power, etc., are embryo within every person. Through proper use of any faculty development from within takes place, just as the plant through a proper association with the earth, air, rain and sunshine, grows up out of the seed, and comes to fruition. But the life germ and the urge to unfold is in the seed and not in the outer conditions. If the seed had the power, as man has, to keep the idea within it from expression, there would be no activity, no new growth and no expression—there would be only decay, inertia and death.

LESSON TWO

We have just learned that in order to transcend everyday consciousness, it is needful to perfect the body. Now we are to learn how this perfection can be attained and, dismissing for a time the subject of mental abstraction, we are to hear of another and inestimable reward attending our success.

What this is may be indicated at once: we are to see the phenomenon of absorption at work in a directly opposite way to the one presented in our previous lesson. For there we learned how, in the great Refinery of Nature, all things that live do so by appropriating matter that is relatively coarse, and then elevating it till it vibrates to their own key. But man, though nourished upon the bosom of his parent earth, is at liberty to reach up for a higher sustenance—"a food that ye wot not of." The absorption of this higher sustenance has its material requirement in a highly complex product of human digestion, known by the peculiar term of "incipient eggs" Knowledge being the proper basis of faith, let us begin at the beginning and recall a little of the physiology that we learned at school.

After the grinding and the insalivation to which the food is subjected in the mouth, we recall that there is further grinding and dilution of it in the stomach. The pulpy mass that has resulted enters the small intestines, where it receives secretions from the liver, pancreas and spleen. Here, too, is made the final contribution of "incipient eggs"—gift of the mesenteric glands, an organ about which very little has been gleaned. The evolving nutriment plus the "eggs"—which, by the way, are unfertilized, is known as chyle; and the milky fluid is swept upward in the venous current, through the auricles of the heart. From there it is throbbled onward into contact with the lungs.

Let us recall now the well-known oxygen content of the air. Despite the fact that, at the point where we have arrived in our physiological journey, the blood stream bearing along the chyle is dark with a poisonous gas that is to be exhaled, a certain number of red blood-corpuscles are always present in it. A very necessary provision this; for these little bodies have power to draw the oxygen breathed in as a constituent of the air, clear through the thin membrane of the lungs. And hence the bright red color with which the blood stream starts out, laden with nutriment, around an organism requiring to be fed.

Oxygen, whose fiery character might be said to be symbolized in the above and other reddening effects, acts in the nutritional circuit as a burning and purifying agent upon cells that have given up their life, converting them into the gas just spoken of. More than this, oxygen is the carrier of those darting Rays that fertilize the "incipient eggs" brought in chyle to the lining of the lungs.

Freely as we use the distinguishing terms of Matter, Mind and Spirit, many of us are ready to declare that there is but One Reality—comporting Itself in an infinite variety of ways. Were it otherwise, the Riddle of the Universe would be forever hopeless. We have been studying Matter as a refining agent, working upon itself. It is plain to observation—as well as being a logical consequent of the premise of One Reality—that Mind and Spirit likewise constitute a machinery that selects and grinds; that rejects; and that even comes to a sifting as through closely-woven silk.

What Golden Grist is Instinct seeking to bring out of these untiring Mills?

The answer is that Perfected Being is at once the aim and the continuous Result. IT has become immortal, free. Infinite space is blazing with ITS light. What is IT to be called, if neither of Matter, nor of Mind, nor of Spirit?—Our scientists, forced to notice some of ITS effects, have given IT the name of Cosmic Rays. I, however, will venture to rename IT, Immortal Vitality—Divine or Celestial Energy.

Where is It Freed? We answer, from every star that stages the drama of aspiring life. It is freed from time to time upon this earth, for the reason that some of our emotions, energies and thoughts have become so purified as to persist forever; faint candle-beams amid the Splendors cast off from Sublimner Races of more ancient Earths.

And here, Dear Souls, is the Food that ye wot not of; here are the Rays that leap forth to fertilize the little eggs as they pass by in the Doorway of the Lungs.

Why! Do you know that living would stop stock-still without the presence within you of Celestial Energy? Never could unaided oxygen turn the white chyle into the red nourishment of the flesh. Back we must go in any chain of causes until we arrive at the Divine . . . But do you fear the action of these Rays, now that you have come

to learn about them? Remember from Lesson One that what they electrocute is bacteria—and nothing else. Perhaps they are more familiar to you than you guess; for there is a phenomenal or ray-like aspect to your own energies.

Perhaps, too, you are saying: Here is no new Food, but merely an unsuspected essential of body-chemistry. Or are you beginning to discern that the Divine Energy, absorbed in excess of bodily need, is the Food whereof Jesus spoke?

This is the Truth; and this Sustenance can raise the organism above the possibility of fear, sickness, sorrow and old age. It is still a matter dependent on the breath, which, however, is to become deeper, more rhythmic and more controlled when practiced for results. It should be accompanied by Will and an attentive mind, Will the perfection of your organism—or anything whatsoever you desire—and it shall come about.

As further preparation for receiving into your Temple the Finer Forces from afar, do not forget your chemical alliance with the Earth, and so cease to avail yourself of her health-giving electricity and magnetism. Drink it in water, breathe it in air, contact it in the ground beneath your feet. A refined energy (bearing two names because of its dual action), it, too, has been released into Universality. We may be proud of it—it is the peculiar product of this planet. And do not forget your chemical alliance with the Sun, a center of life-force in material space. Along with all humankind, you need his benefits—whether or not you are cultivating an individual center within yourself. Pay attention also to right eating.

Finally, there is this: in breathing in the Divine Energy, be sure that you are in a state of calm. Cultivate Joy by making the most of what you have of it. Smile the peace-smile, and rejoice to see it given back to you. For the Finer Forces themselves are in the nature of Transcendent Joys. Add joyousness to Will, and you shall realize at once a flow of new vitality in all your daily doings. It will abide with you, this renewed life—or if you find it vanishing away, you can recall it with your smile of peace.

* * * *

The Vital Force fades out of man, leaving a dead body, only because he has not held to joy. He has become dry and weary, negative, discouraged; and Life Force cannot remain in these conditions. You may ask how to account for it in the case of those who, knowing nothing of its philosophy, do nothing to invite it to them. The answer is this: That through a false supposition that ordinary food turns into vitality when merely broken down, there is an effect—not to be relied on however—of this being so. . . . The True Food is a particular kind of Fruit—the Fruit of a Vast Experience in which you may have had no share—yet whose Glorious Results are yours for the taking.

With the proper concept of Mind Messages as additional power to Breath, let us begin using these means to freedom from all negative conditions. The exercises given with this lesson are for the purpose of establishing your authority over the body. Practiced daily, they will habituate your billions of cells—filled with the instincts of their little separate lives—to the central control of their rightful owner—You.

VITAL FORCE EXERCISES—(Group A)

EXERCISE ONE BREATHING TO ABSORB THE VITAL FORCE

Lie flat on your back, spread the feet a little apart, place the thumbs under your jaws, fourth fingers on your temples. Begin mentally to concentrate from your feet and gradually come upward, tensing each part and at the same time inhale. When you have inhaled a full breath, you must have reached mentally to the top of your head. At this time your whole body is completely tense and in an arched posture. Hold the breath, counting one to six; then extend your arms outright with palms up and exhale. This will give you the maximum of relaxation. To be repeated three times in succession, never on a full stomach, but at least two hours after a meal, or before. Anytime that you feel nervous, the above exercise is to re-establish mental and physical poise.

The attention throughout the foregoing is to be fixed upon the action of the breath; which breath you know to be in part composed of oxygen, the CARRIER OF CELESTIAL ENERGY.

[Vita, Life; Pathos, Suffering: Suffering overcome by life-force.]

Food is converted into tissues which repair the body waste, but air is the container of vitality; and just as bread brings vitality into the system, so does mind-power do the same in concentration on the tensions and relaxations of exercise. Here, then, are the Vital Practice "Daily Dozen," based on BREATH, EXERCISE and CONCENTRATION. They have proved of immense benefit to ailing tissues and organs of the body; and they quickly make for correct physical proportions and a youthful appearance.

EXERCISE TWO

FOR BRAIN POWER (Memory)

(a) Chin on chest, place the three middle fingers of each hand together and massage, rotating the six fingers just below the cerebellum; at the same time inhale a full breath and gradually bring your head up to a natural straight posture.

(b) Hold your breath, press your fingers without massaging, tense counting one to six; exhale and relax, taking the fingers away and dropping your chin on your chest. To be repeated three times.

EXERCISE THREE

FOR SPINAL CORD RELAXATION

(a) Extend your arms above your head, twisting your hands so the palms are to-gether, hold your head with the upper arms. Stand firmly on your feet, with legs spread apart; then gradually bend and bring your fingers to touch the floor while you exhale. Returning to your original posture, inhale a full breath.

(b) Repeat the above by touching the toe of the right foot.

(c) You are back in your original posture, then bend, touching the toe of the left foot with the fingers. Each posture to be repeated two times.

EXERCISE FOUR

TO STRENGTHEN THE EYES

(a) Inhale—hold breath. (b) Tense the head, drawing the blood upward; hold with tension, contract the eyes by squeezing your eyelids together with will power, for three successive times. Repeat this four times morning and evening before retiring

EXERCISE FIVE TO OVERCOME HEADACHES

(a) Place the palm of your right hand on your right temple, that of the left hand on the left temple. Press both hands. (b) Inhale, hold breath, gently contracting with deep attention, quickly relax by taking away hands and exhale. Repeat 4 times.

EXERCISE SIX FOR CHEST EXPANSION

(a) Stretch the arms forward, place your thumbs, fourth and middle fingers together. (b) Inhale a full breath. (c) Hold the fingers together and press with jerks. [You will notice that you reach the control of the chest muscles.] (d) Extend arms in same posture as before, this time hold the thumb of the left hand, exhale and pull the thumb with jerks.

EXERCISE SEVEN IMPROVING THE LUNGS & CHEST EXPANSION

(a) Stand firm on the floor. (b) Inhale breath, hold; rapidly rotate your right arm four times in large circles forward and backward. (c) Repeat with left arm. (d) Exhale, then once more inhale, hold your breath and rotate both arms together four times forward and backward, clapping the hands in front. Each part to be repeated three times.

EXERCISE EIGHT TO STRENGTHEN THE KNEES

(a) Jump down on the floor and sit on your heels, at the same time letting out the breath. Get up suddenly, stand still and inhale. (b) Hold breath, gently contracting the whole body. Repeat this exercise ten times.

EXERCISE NINE TO RELAX DORSAL CENTER

(a) Sit straight on a chair and rotate head left to right six times; then right to left six times. (b) Jerk head backwards. Repeat four times.

EXERCISE TEN TO STRENGTHEN STOMACH AND FOR REDUCING

(a) Lie flat on the floor, clasping your hands and place them on your abdomen. (b) Inhale a full breath, hold; tense the whole body. (c) Raise your feet and head ten inches from the floor; rock your body from right to left, forward and backward. (d) Relax, and exhale. To be repeated six times.

EXERCISE ELEVEN TO STRENGTHEN THE COCCYX CENTER

(a) Stretch both arms forward, right leg backward; standing on one foot. With quick action, bring the foot forward and hand backward. (b) Repeat same with left leg backward. Repeat each part of exercise six times.

EXERCISE TWELVE CONTROLLING OF SEX ENERGY

Inhale through the nose a slow deep breath, and bring at the same time both arms into a horizontal position; while inhaling imagine and feel the Sex Life Energy coming up from the base of the spine through the spinal tube to the top of the head, tense the body and relax, exhaling through mouth. Exercise to be done three times. At each time in reaching the top of the head mentally circulate seven times to the right holding the thought of control of sex energy.

SPECIAL EXERCISES FOR REDUCING—(Group B)

It is uppermost important while doing these exercises to co-ordinate a rhythmic breathing.

EXERCISE ONE FOR SPINAL CORD RELAXATION

Lie flat on the floor, inhale a full breath and hold it. Place your hands at the sides of your body, then pull up your legs, keeping your knees straight, and alternating legs touching the floor with the toes six times. Go back in original position. Exhale. Start over again and repeat three times.

EXERCISE TWO

Take same position as above, inhale a full breath, and hold it; bring your legs without bending the knees, together, touching the floor with the toes at the same time. Again the original position, exhale; repeat six times.

EXERCISE THREE REDUCING HIPS

Lie flat on the floor, inhale a full breath, hold it. Place hands on the floor above your head. Bring the whole body resting upon your neck, touch right hand with left foot and left hand with right foot, three times each. Go back in original position; exhale, repeat six times.

EXERCISE FOUR TO REDUCE THIGHS

Lie flat on the floor, clasping hands in back of the head, inhale a full breath, hold it; bring your left knee to touch the right elbow, then the right knee to touch the left elbow. Two times each, and repeat six times.

EXERCISE FIVE FOR REDUCING WAISTLINE

Lie flat on your back, inhale a full breath, hold it; then draw your body up to rest on the neck and shoulders as previous exercises. Place your hands to support your back, then bring both feet backward, touching the floor with the toes of both feet; from this position spread one leg to left, then take back your position, spread the right leg to the right, go back in original position. Exhale. Repeat three times.

EXERCISE SIX STOMACH EXERCISE

Lie flat on the floor with legs spread apart, clasp your hands above the head, inhale a full breath, hold it. Raise up, touching with your hands the left foot and your head touching the knee. Go back in original posture, now come and touch the right foot with your hands, and right knee with your head. Go back, exhale. Repeat six times.

EXERCISE SEVEN TO REDUCE WAISTLINE

Place left foot on a table, with hands on hips. Bend head down to touch the left knee, without bending the knee; then twist body to the front as far as possible, trying to touch the right knee with the head; then return to original position and bend the head to left knee again. Repeat with other leg. Exhale going down and inhale when coming to original posture.

EXERCISE EIGHT TO REDUCE HIPS AND PELVIC BONE RELAXATION

Face back of chair. Hold top with left hand. Throw left leg over, letting go with left hand, and grabbing with the right, and reverse.

EXERCISE NINE FOR REDUCING ABDOMEN

Sit on knees with hands on hips; inhale a full breath, hold it, then bend backward, keeping the knees on the floor; touch the floor with the head. Come back up without removing hands from hips. Repeat exercise three times.

EXERCISE TEN TO STRENGTHEN KNEES

Jump rope while in squatting position. Jump the rope backward, as long as you can hold the breath without raising body up. Repeat at least three times.

EXERCISE ELEVEN STRETCHING TO REDUCE THIGHS

Stand erect against wall with feet spread about twelve inches apart, put hands on hips. Without bending knees, touch the left knee with the head. Return to standing position and touch right knee with the head. Repeat six times.

EXERCISE TWELVE TO STRENGTHEN STOMACH MUSCLES

Standing about two feet from a table, place your hands upon it. Swing right leg backward rapidly, kicking your back with the heel. Repeat with the left leg. Repeat five times with each leg.

The above exercise teaches you to revitalize and rejuvenate any part of your body. Whenever you concentrate on any desire or need of your body this energy will electrocute bacteria and prevent enemy disease.