



Caveat: These communications are informative teaching instructions for those who seek to increase their understanding of themselves and the magnitude of the future lying before us all. These lectures are not of a religious nature but rather deal with the science of human potential and evolution. This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited.

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Yaum: Greetings to you, my friends.

I thought I would drop in and spend a few moments with you tonight, and I see you have a rather cozy little group here.

Questioner: Yes. As you probably heard, we were just discussing and reading about the Resurrection and the events that followed it.

Yaum: Yes, your people are making a big celebration out of this with bunny rabbits, baby chickens and so forth. Sometimes it is a little difficult for me to see what all this has to do with the Resurrection. I guess people just like to celebrate and will use any excuse. Also, it makes for a lot of business, you know.

Questioner: We are prepared this evening and have our list of questions ready for you, but first we would like to visit a little. How are things going with you in your work?

Yaum: There is not much to tell you about me. I am the same old person doing the same old work. Sometimes it gets rather dull, for the same old things have been going on for century after century. They do not seem to change much except for the methods. Perhaps in the time to come things will change.

Questioner: We were also discussing the prediction in the Bible that there will only be about 144,000 people left after the cataclysms, and we recalled that you had said that included those in the astral realm. That seems like such a small number of people to rebuild a civilization.

Yaum: Well, great things are always done by a small number of people. Big things are never accomplished by the masses, you know. The masses are always led by a few. Every great improvement that has come about in your civilization has been brought about by a very small minority, has it not? And this is ever so.

Questioner: A member of our group recently photographed a cloud, that appears to be a spaceship hovering over a mountaintop near here. It stayed in one place for several hours, while other clouds passed by and disappeared. One of the two photographs taken clearly shows the branch of a tree, which partially

disappears in the next photo taken from the same position. Can you comment on this?

Yaum: Ships often sit over mountains and draw energy from the rock in the mountain. You probably saw a ship setting there recharging itself with the energy. There are many energies that your planet possesses that are not known to your people. The light energies given off by these ships can have strange effects upon your photographic film. This could cause the branch to not register on the film if it were between the ship and the camera when the photo was taken. These ships are sitting over mountains much more often than you realize, but they ionize the air around them, which causes them to appear to be a cloud. People don't usually look long enough to realize what they are looking at, and most people do not observe much of what goes on about them anyhow.

Questioner: Some time ago, we encountered a philosophy which teaches that one's soul is living several different lives in different physical bodies on this planet all at the same time. It did not seem right to us that one's soul could be divided in that way. Could you comment on this?

Yaum: Quite often individuals reach out far beyond their understanding. Sometimes they even stretch their imaginations. This is true whether they be on the astral plane or on the physical plane. If this teaching were so, you would find it in the deeper teachings. Have you ever found it there?

Questioner: No, we haven't.

Yaum: A teacher would be very unwise to give this information out to the general public even if it were so, for it would be beyond the comprehension of the general pupils. You are going to find many things of this type being brought out by certain so-called teachers and much of this is being done to confuse people. This is definitely coming from an astral source, and you often find things of this type coming out of astral teachers.

It is possible for one to extend his consciousness into more than one place at a time, but you would have to be well advanced in Occult knowledge.

Questioner: Do you think that this is a case of deliberate misinformation?

Yaum: Perhaps this is not being done deliberately. There are many teachers here in the physical who are teaching religions and are sincere and believe what they are teaching, but they have been misinformed themselves or have gotten this knowledge from someone else who was misinformed.

To know, and to know that you know, is a lot different than to know not, and to know not that you know not! The latter is often the case, and I'm sure that you see this about you all the time.

Questioner: Would you define for us the bodies which an entity occupies in an incarnation upon our planet, so there will be no confusion on this?

Yaum: The physical body is only a vehicle to clothe the soul so that it may function upon the physical plane. The astral body was created to clothe the soul between incarnations, and it is often referred to as the ego. It is that memory bank that holds all of the memories of your Earth incarnations. It is from this astral body that you actually draw your memories during a regression, for instance. It does not come from the physical mind. It comes from the astral mind. This astral body can only function in the Earth's environs. If you were to travel beyond the Earth, you would have to leave this ego here.

Now, the spirit is another, higher part of man. It is really the true man. You see, as spirit came down into the lower vibrations, it had to have other vehicles to use. For instance, the soul had to be created for the spirit to function in the realm of soul.

I don't like to get into this too much as you tend to get all confused by terminologies and various functionings. As you become ready for these things and your understanding and your consciousness have increased, you will be able to understand it all.

Questioner: I would like to clear up one point in my mind, if I may. If the ego or astral body is unable to leave Earth, then what will happen when entities are transported to another planet of appropriate vibration at the end of this Age?

Yaum: The ego can be transferred to another planet but it will have to be done by the higher beings, for instance in a spacecraft with the proper vibrations for that. They can then be taken to the environs of another planet of similar vibration. Then it will have to take on a body of proper density to function there. It will be necessary to create a body that is suitable to that environment in order to function in that atmosphere, gravity, etc.

These are not things that you should be concerned about yet. Your main object and your main function here upon planet Earth is to overcome the self. One must master the lower self and overcome emotions

such as anger. One must develop love, tolerance and compassion. These are the things that you need to concentrate on here on planet Earth.

You must take one thing at a time. This is the problem with so many of the so-called Truth seekers. They get too far ahead of themselves and become so confused, so wound up in trying to find out what is way out there, when they have not taken care of what is here. You should live in the now and take care of that. You can't do that if you are way out there, you see.

Now, in the case of false teachings, you will find more and more of these things cropping up because the dark forces are going to try to confuse people in every way they can. The more they can confuse people, the more turmoil they can create. But if you stick to the fundamentals, you are not going to go too far wrong.

Questioner: I have a question on the subject of acupuncture. There is a school of thought that says that the needles used actually kill the nerves, and that acupuncture is really detrimental in the long run.

Yaum: I am not an expert on the subject of acupuncture, but it is a method that has been used successfully for thousands of years in the Orient. It is like anything else. You have to know what you are doing or there can be damage done with it. In the proper hands it can also do much good.

The Oriental people who have used it do not claim that it will cure everything, and it is possible to destroy a nerve end with acupuncture used in the wrong way. However, in cases where it is used as an anesthetic, if it had killed the nerve you would never get the feeling back, would you? It is used successfully as an anesthetic all the time, and it leaves no aftereffects like your anesthetics do.

Questioner: I understand that it operates upon the energy fields of the body. Is this correct?

Yaum: Yes. One has to know where these points are in the body, and a great deal of good can be done by merely using pressure on these points. Acupuncture has its good uses, but in the hands of the wrong people, harm can be done. There are a lot of people using this now that are not really qualified or thoroughly trained.

Questioner: Do you think that regression under hypnosis to reveal the cause of a disturbance in this life can be beneficial?

Yaum: It can be. Often times it can relieve or clear up a situation that has been carried over from a previous lifetime. Many things are carried over and can cause physical pain because the mind is still carrying that pain. However, if there has actually been damage done to the body in this life and it is causing pain, that won't clear up, of course. The mind can do very strange things, and in those cases where there is no physical

defect present and the pain is caused by the mind, regression could bring relief.

Questioner: Can hypnosis be helpful in overcoming habits such as smoking and overeating?

Yaum: It can be. It depends somewhat upon the individuals themselves and whether they are sincere in trying to cooperate. It can be helpful in giving them extra strength in overcoming.

Questioner: I have heard that there is a danger of becoming unconsciously influenced by the hypnotist's thoughts and feelings due to a psychic bond that is established between the hypnotist and the patient during repeated sessions. Is this true?

Yaum: There is a danger of this if the hypnotist does not guard against it. Many hypnotists are not aware of this. This is something else that gets down into the hands of people who are not qualified to handle it. Often they are experimenting.

A Master can use hypnotism and he will do no harm in any way at all. He will not transfer anything for he knows what he is doing. He knows the complete art of hypnotism. Many of the hypnotists do not have this knowledge, and this could happen from continually working with the same person. But in one or two sessions, I don't think there would be much danger of this.

Questioner: Is the help obtained from biofeedback only temporary?

Yaum: Very temporary.

Questioner: I have heard that this can be dangerous also.

Yaum: This is the problem with all of those things. They get into the hands of people who are bent upon making great discoveries and experimenting. They get careless in what they are doing and they do not really study in depth. When you get into the higher learning, these things become more clear, and they are taught by people who really understand what they are doing. What is needed more than anything else is for people to realize the necessity of overcoming themselves.

Questioner: Is it alright to use autosuggestion to overcome bad habits?

Yaum: Yes, this can be done. Actually you are using this all the time in an unconscious way. This is not the same thing as someone putting you into a deep trance.

Questioner: It has been suggested that the Russians have used some of Tesla's ideas or inventions by which they are able to control the weather. Do they have anything to do with the change in our weather?

Yaum: No, they do not. They are experimenting with many things and have gone to great lengths to try and get some of Tesla's experiments and information on them, but they have not caused your weather changes.

This is due to changes taking place in your planet. We told you many years ago that these things were going to happen. This is due to your having upset nature more than anything else.

Questioner: There was a television documentary on Russia sometime ago, that included a former member of Russia's Secret Police. He had much knowledge of the methods of mind control which were developed and used in the Soviet Union. Shortly after he defected to the West, his hair began falling out and he became quite ill for a time. Was this a case of psychic attack against him?

Yaum: Yes. The Russians are advanced far beyond your country in psychic experiments. They are going into the Occult Sciences, but they are using them for negative purposes which makes it Black Magic. This will turn on them eventually. It may take time, but when you use these forces wrongly they will turn on you and destroy you. I would not want to go into some of the things that can be done, but as I say, if you use these forces in this way, you will pay a great price.

Questioner: Have you any predictions concerning forthcoming earthquakes?

Yaum: No, I'm not going to make any predictions, but you are going to have many more severe earthquakes and you will have some pretty close to home before too long.

It has been my pleasure to have this time with you. If I have been of any help I am grateful. As I leave you I extend to each of you my love and my blessings and I ask the blessings of all the Great Ones.

Go in peace, my friends. Go in peace. Peace.

April 9, 1977

(Excerpt)

Questioner: We wondered about John the Baptist. Do you know how his work is progressing at this time?

Yaum: He is working quietly among your people and doing what he can to raise the consciousness of your planet. His work is in several fields. He is trying to make people more conscious of the need for both self-improvement and mass-improvement. Also, he is very concerned about your planet as a planet. It saddens him, as it does all of us, to see an entity planet treated the way that your peoples have treated your planet. It has become a very sick entity as a result of this, as you already know. ♀