



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.

Copyright © 2012 Clyde Trepanier

July 10, 1984

Nathaniel: Greetings to you, my beloved friends, I am Nathaniel.

I would like to say a few words on the subject that you have discussed somewhat, concerning mind.

In your studies of the past month you have read much about the power, the capabilities, of the mind. But we wonder how seriously you take this and we wonder how much you try to put it into practice.

It is not fiction, it is a fact that you are Mind and that is all you are, Mind functioning through a physical vehicle. This part of you which you refer to by many names, such as your God-Self, your Higher Self, Soul, etc., is Mind, pure Mind, created out of a part of a part or parts of Deity which is the Divine Source of all things.

Creation was done by those Creative Spirits who have, through billions and billions of years of hard work and self-development, reached the point where they can serve Deity in this way (*creation*). They themselves have returned again to Pure Mind, but highly developed Pure Minds, developed in knowledge and abilities to use this knowledge for the evolvement of Deity and the creations.

Realize, my friends, that this Mind has no limitations as to its abilities to create. It needs only to realize its potentialities and then go to work to develop them. It has been said that anything that Mind can conceive of it can create, and this is true. And being true, then you can create anything that you can conceive of. But in order to do this, you must develop and use these abilities by starting in smaller ways. Do not try to create a planet because this takes the effort of many minds, but start in smaller ways. Start by conditioning yourself to the belief and the knowing that you can accomplish and do the things that you need and want to do.

The only limitation is your doubt factor. Discourage the doubt factor and develop the belief factor. First, you must condition this Mind that works through the brain of the physical body in this environment, that you can and will accomplish whatever your goals might be. Continually tell yourself, as though you were talking to another person, that you can do this and you will do this, and that the methods that are necessary for your

action to accomplish whatever this goal might be, will come to you in clear form so that you will know what you are to do.

So what you need to do is to develop this belief. Instill it into the brain and the mind and eliminate the word "can't." This word has done more damage to the accomplishment of man than almost any other word. Constantly one hears this word said by so many. They say that they cannot do this, or they cannot do that, for some reason that seems reasonable to them.

But the true ambitious soul who wants to accomplish a goal, doesn't ever say, "I cannot do this, it is too difficult." Instead, he constantly tells himself that he can and he will accomplish his goal.

Oh, he may encounter a failure here and there, but this does not discourage him, he goes on and tries again and again until he succeeds. No great ego has ever been without failures, but he did not become discouraged and give up because he had experienced failures along the way. But rather he looked objectively at the failure and asked, "what did I do wrong? I must analyze this and make the proper correction." So he tries again, using his experience to make a greater accomplishment and to avoid the error that he may have made previously.

The reason that most people do not accomplish the things that they would like to accomplish is because they cannot hold to one thing long enough. They cannot concentrate on one subject long enough to accomplish it. But by constant practice and effort you will accomplish more and more, and as your accomplishments become greater, so will your confidence in yourself and your abilities increase. Each triumph makes us stronger as does each failure, but without the effort, nothing will be accomplished.

Too often when one is trying to achieve an accomplishment, they become discouraged and give up just a moment too soon, and when this happens they have negated and wasted a lot of energy. So if you would accomplish something, make up your mind as to what your goal is and why you wish to accomplish this goal and then go after it. First with the Mind and then with action, inspired by the Mind. As once it was said in reference to faith, "Faith without works is dead."

So, it takes a combination of mental concentration, followed by the inspiration brought about through this concentration of the necessary efforts or actions.

This inspiration may come about in various ways, through an intuitive idea, an inspiration of some kind that will come to you, or an opportunity that may present itself in the outer which you need to act upon.

So, beloved ones, when you set goals to achieve, keep all of these things in mind and remain steadfast and secure in your beliefs. Know that nothing can stop you from achieving that goal.

As I leave you, beloved ones, I extend to each of you my love, my peace and my blessings.

May each of you who hear my words, find and achieve that goal which will bring to you a greater happiness, a greater peace, and greater love.

Go in peace, beloved ones, walk in peace, be peaceful.
✿