



*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

**June 28, 1982**

**Nathaniel:** Greetings to you, beloved ones, I am Nathaniel.

I have a few words to say in regard to what you have been studying today. I know that all of you here are aware of the fact that there is an exchange of energy in individuals. It is very necessary for you to be aware of these things to protect yourselves and not allow your own life energies to be drained from you by those who would live entirely on the energies of others. So often you find yourself being drained and you do not realize why at the time. You do not realize at the time that this is happening until later when you find yourself depleted. No one is required by law to sacrifice themselves in this manner.

In regard to the elderly that you discussed: surely they must be taken care of. But those who give this care and work in this field find themselves being completely depleted ever so often. They then find it necessary to replenish themselves. Some do not realize that this is happening at all, and find that their own physical health and well-being are lost and know not why. If one is to work in this field and not suffer the consequences, then he needs to be aware of how to handle the situation and of what is taking place.

So often people are carried away by sympathy. Sympathy can be a very dangerous thing. Compassion is not sympathy. Too often in sympathizing we get lost in sympathy and find that we are sacrificing ourselves needlessly. Often elderly people who are in ill health or unable to care for themselves are kept alive longer than they normally would live because they are drawing energy from those about them, and their misery is being prolonged. They do not realize this and cannot be held accountable. But as I said before there is no law requiring individuals to sacrifice themselves in this manner.

So if you are going to be in a situation of this kind you should know how to protect yourself without losing all of your energy. You will lose some, of course, but if you learn to protect yourself, you can work in these situations without being depleted and still be helpful to the patient. These are things that are necessary to know with these people and in your association with all

people in general. If you are aware of these things and know how to protect yourself, you can save yourself a lot of energy.

Now most people who draw their energy from others are those who find it necessary or desirable to be around other people, to associate closely with other people all of the time. They know not why that this makes them feel better. These people have not learned to be able to live with their own thoughts, their own desires and their own creations. Most Earth people do not spend enough time alone. Time spent alone can be very beneficial. It is a rejuvenating period: for one thing, as it gives one a chance to digest the things that they have learned, to contemplate how to put these things into action. They can learn to be independent of others and other things.

The only way we can come to the realization that we are indestructible, and that we need not put our dependence upon other people and carnal things, is to become capable of finding our joy, our peace in our own creative thoughts, in our inspirations. This is not to say that we should give up the society around us or our friends, but we should not become dependent on them for peace of mind or our happiness. Friends come and friends go, and when we become dependent on these and they leave us, we find ourselves very unhappy. But we must realize that life is a continual change. Our closest ones may find it necessary to make a transition, and if we have created our life around these individuals, then we find it very difficult to continue, and to find our happiness and our peace.

These things, such as friendships, families and all of that, are very, very necessary in our development. But we must also learn to be able to release them without losing our own peace and joy.

The only place that we will ever find this peace and this joy is within ourselves, created here within ourselves. When we begin to depend on outer things for that peace and joy, we begin to find that it is a false peace or joy, and fades with their disappearance.

This is what the Nazarene meant when he said, that you should build your treasures in Heaven where moth and dust doth not corrupt. The treasures that last are those that are built upon the mental and the spiritual

level. Those are the only lasting treasures, the treasures that will lead you into the Kingdom.

This is something to remember. Too often people find themselves collecting their treasures of earthly things, but all earthly things sooner or later will pass away and what will you have left?

Beloved ones, go in peace, go in peace. Find that joy and peace within yourself, for that is the only place where you can find lasting peace and joy.

May the love and peace of the Great Ones be bestowed upon you.

Peace, peace, peace. ☸