



*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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**Nathaniel:** Greetings to you my beloved brothers and sisters. I am Nathaniel.

**Questioner:** Would you please talk about positive thinking.

**Nathaniel:** One must be willing to put forth the effort to control one's thoughts and be positive and to claim your rights. Sometimes it is easier to follow one course of action or thought than another. Many times we take the line of least resistance. To conquer, takes courage and strength and we can either increase our courage and strength through positive action, through determination, and will, or we can give in to the old habits and take the easy route. This only leads us to more problems. Nothing is gained without effort. Nothing comes for free.

As your Master that you all admire has said, "As a man thinketh within his heart, so is he." So we must think in terms of who and what we are. We must claim our right, our heritage. We have all the power necessary to accomplish anything that we wish to do. All that we have to do is to determine that we are going to do it and you can do it. These things you must repeat over and over. You must be serious about it. Let these things sink into your inner most being until that light begins to dawn. It may come as a tiny flicker to begin with and gradually get brighter and brighter. Or it may come with a burst of light that will bring you to a realization, a real realization, of who and what you are.

It looks as though the "burst of light" would be the easiest way but not necessarily the best way. For things that come slowly, sometimes are much more lasting. Sometimes when a realization bursts forth, it is more difficult to really absorb its true meaning and to gather it all together and to put it to work. It is better understood and longer lasting when it comes gradually, step by step, rung by rung, with a new realization and higher faith and hope.

So do not be discouraged if you do not suddenly have all of your problems solved. The main thing is to know that the God within you has the power to solve your problems and that you put your trust in this God within you. Let God go before you and make clear your way.

Believe that and know that this is true and it will be true.

Let every day bring you closer to your God, your true God that dwells within you. Ask for this help and know that it is there and new ideas will spring forth. You will begin to see things in a different light. You will see the true beauty that surrounds you. You will see the beauty in other individuals. You will see the indwelling Christ in them, as well as in yourself. These things need to be repeated and dwelled upon. To see the Christ in another, is to see it in yourself. As you meet with other people, try to see the Christ in them, the best in them.

Every moment of the day you can use these thoughts. It does not have to be in a given time. Every thought can be a prayer. Every thought is a prayer. Long dissertations to God beseeching this or beseeching that are not necessary. Your whole day is a prayer, for every thought that you think is some type of prayer. Prayer can be negative or positive. So keep your prayers positive. Keep your thoughts positive, in other words. For every thought that you think is putting God's law into motion, therefore it is a prayer. This is a good thing to remember. Anything that puts God's laws into motion is a prayer. Prayers are answered. That is why we have the Law of Cause and Effect and this is why a man is what he thinks.

**Questioner:** What happens to the energy that is created when we have a thought?

**Nathaniel:** Once it leaves the individual it goes into the ethers and is registered on the akashic record. Whatever thought that you have concerning another person goes out as an energy to that person and really has an effect upon that person. Now the effect can vary in different degrees, depending upon the receptivity of the individual themselves. It will have some effect. The stronger the thought of the person sending this thought, the more effective it will be.

If, for instance, you are thinking hate towards somebody and you are concentrating on how much you hate that person, you are sending negative vibrations of hate to that person. This is going to create more hate within that person. They will start to vibrate within the vibration range of the vibration that you are sending them. The same thing is true of love. Love projected to

an individual who might hate you, can soften this hate. Eventually, if you continue doing this, it will practically dissolve the hate in that person. It is a case of a higher vibration working against a lower one. Sometimes a person might hate to work with another person who is obnoxious and very hard to get along with. If the individual that has to work with that person uses the right method of being pleasant to him and sends love on a mental level and does not react to his negativity and continually sends positive thoughts against his negative thoughts, eventually he will come around into being a very nice person. Sometimes this can turn into a very nice friendship. By returning the same type of negative thoughts to this person, the situation will get worse and worse.

**Questioner:** When you have good positive thoughts throughout the day, how do these thoughts make your day better?

**Nathaniel:** These thoughts make it better because you are living and moving in a positive vibration. You are viewing everything in a positive way. When you have positive thoughts you are continually stirring up the positive nature of yourself. This positive vibration that you have set up around yourself keeps negativity away from you. You do not have all these negative things happening. Everything goes smoothly for you.

Some people seldom have a bad day and that is the reason. They do not allow these things to interfere with their positive attitude. They take a positive attitude towards everything. This positive attitude, increases the vibration that they live in and it keeps negative things away. With positive thoughts, you are setting up a positive vibration around you. If you take a positive attitude towards everything and do not let negativity affect you, then you draw all the good things to you. Negative vibrations can cause negative things to happen, the same as positive vibrations cause positive things to happen. A positive thought draws positive vibrations to you.

**Questioner:** How long does it take for a positive thought to change a situation?

**Nathaniel:** This change can come about very quickly. It will depend somewhat on how efficient you are in projecting these positive thoughts and not letting these little negatives sneak in there. If you take a positive attitude and project that in your own personality and your relationship with others, things will usually work out much better. It is important to continually monitor yourselves so that, as much of the time as possible, you think and act along positive lines. As you do this, more and more, it will become a habit, the same as negativity can become a habit. There are people who are negative all the time. They are never anything else because that has become a habit with them. They do not seem to think that there is anything else.

The same thing is true with positive thinking and action. It becomes a habit and you do not particularly have to monitor yourself all the time because it comes naturally. You just naturally do things the way they should be done because you know the results if you don't. You do not let little things bother you. You see everything in a positive light and things respond to that. Both things and people respond to this, especially people. It is much more noticeable in people. Positive thoughts do not affect "things" themselves, but these vibrations do affect your connection with things. There are people who always seem to be happy, outgoing, joyous and to them, it does not matter what the weather is. To these people, everything, rain, snow, heat or cold is all beautiful. They smile and laugh. Joy is a part of living. You were not created to be miserable. You were created to be joyous and happy. To live an abundant life and enjoy it.

Man makes himself miserable. God does not make him miserable. God never intended that man should be miserable or that he should be hungry. Joy and happiness is living and man was intended to have that joy and that happiness. Man has been given everything necessary for his happiness and his well-being but man himself is the one who, as you say, has messed things up. Upon this Earth is enough for everyone to have plenty. Enough for no one to ever be hungry and or for there to be a lack of clothing. There is enough to go around but man uses the wrong methods.

You cannot suppress people. You are your brother's keeper. Mankind will have to, if he is to succeed, learn to live together and to do the things that are good for all. You will have to see that your brother man is educated and has the opportunity to learn and that he has the opportunity to live a full life and be taught responsibility from childhood. The reason that people are not responsible is that they were never taught responsibility. Man has only himself to blame for these things and he goes on following in the same footsteps so much of the time. Gradually it is dawning on man. It takes so long for mankind to evolve and learn his lessons thoroughly and to begin to understand himself, where he came from, where he is going, who he is, what his responsibilities are, and what his potentials are. Man's potential is unlimited.

There is no limit. God did not put limitations on man but he had to give him free will. To take away man's free will would be putting limitations on man. So we are free when we want to be free, to express in our own way. No two of us are exactly alike, therefore it is necessary for each individual to express, to learn and to evolve in their own way. That is the right way for him. That is why, when an occult teacher takes on a student, the first thing that he has to learn about that student, is what is the right way for him to evolve. How must he be taught. How fast can he be given. Each individual is taught according to his own abilities and leaning towards certain things.

How much better would your world be if when children, at the age of four or five, could be analyzed and determined as to what their major abilities and talents were, and then be trained in that field. You would not have, what you call, round pegs in square holes.

Man should have joy in his work. He should enjoy his work and if it is something that he is adapted for, he will enjoy his work and he will succeed. Now every lifetime may not be the same because we have to experience and learn to do many things, over a period of time.

Each lifetime we come into with certain talents accentuated and those are the things that we should develop in that life time. That is why some of the highly advanced Masters, that have come to your planet, were so adept in so many different things, like art, music, chemistry and other studies.

They might exceed in a number of these things because they had learned them well in other lives. They carry this knowledge with them from one life to the next. Nothing is ever lost. Anything that you accomplish is never lost. It is buried down there somewhere in that record book of yours. You can call it the subconscious and can, at the right time, be brought forth.

For instance the man that you call St. Germaine, which was not his name, was a highly advanced medical man, highly advanced in chemistry, in art, music, and several other talents. He amazed those who knew him at that time with the things that he did. He was not popular with the medical profession because he was healing diseases that they could not heal and that they thought were impossible to treat. He had learned all of these talents in other lifetimes.

So you can see how much faster our civilization would advance if this were the case. But man does not function that way. However he is fast coming to that time in evolution, where this will begin to happen. Man will learn how to analyze a child and draw out his talents and determine what will be his course of learning and growth.

I extend to each of you my most sincere love and blessings. May each of you come into a greater realization of who and what you are, of the powers that are retained within you, and the capabilities that you have through this God presence in you.

The realization that you are endowed with all the powers of this Great Universal Consciousness known, to you, as God.

Peace beloved ones, peace. Go in peace, Walk in peace. Be joyful. Be happy. ☸