



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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Joseph: Greetings to you, my beloved friends, brothers and sisters. I am Joseph. I thought I would pay you a little visit today and perhaps share a little with you.

I can see that you are discouraged with your progress in developing your ability to visualize and concentrate. Perhaps it would help if you compared that ability to a very weakened muscle that is shrunken and flabby from lack of use. If you want to bring that muscle back to its normal strength, then you must begin to exercise it by using it every day, several times a day. You must use that muscle whenever you can to exercise it and put it through its paces.

Questioner: It seems so difficult to get into that relaxed daydream state of mind that this requires, when we are so busy with other things during the day. This seems to be a problem in our civilization.

Joseph: Well, if you wanted to restore the strength of this muscle, you would have to take a little time to work with it, would you not? Now, I am sure that if the muscles in your leg had become shrunken and weakened from lack of use, you would spend a great deal of time exercising them in order to bring your leg back to its full strength so that you could function normally. This would require a great deal of time, perhaps even more than would be required for concentration and visualization exercises.

Questioner: That is a good point. I suppose we would be forced to take the time if we couldn't walk, or use our arms, or something like that.

Joseph: In this case, it is a weakened part of the mind that has become almost useless from lack of exercise. So you must begin to exercise it by the practice of concentration and visualization.

Another problem which arises is the lack of patience. We tend to expect very rapid development, and we think that we will achieve full capacity in a few weeks, but This is not the case. This faculty has been dormant through a number of lifetimes, and it requires time and effort to bring a muscle back to its full capacity when it has been neglected for such a long time.

Questioner: I guess I expected to get results too quickly, but it seemed that all of you teachers had such great hope and confidence in us. We all felt that perhaps you thought we could do much better than we did.

Joseph: We do think that you could do much better than you did. If you develop this to even a slightly greater degree, it will be more beneficial to you. The more you use it, the stronger it will become and the better the results you will receive, so you are the one who will benefit.

If you want something, then you have to work for it. You must realize, my friends, that nothing comes for free. To use your terminology, there are no free lunches. Someone must pay for them. In this case, you are the only one who can pay. payment cannot be accepted from anyone but you. You are the one who must make the sacrifices and pay the price. How willing are you to pay the price, and how great a price are you willing to pay? The greater the price you pay, the better the quality of the merchandise that you will receive, although this does not hold true in your market place, unfortunately.

Now, in this case, you will not bloom forth into full capacity all at once, for this is something that is only achieved by gradual development. However, you do not realize how much can be gained by even a minor improvement with just a small percentage of improvement, you can increase your health, your prosperity, and your ability to serve your fellow man. If you can increase it by as little as 10%, there will be a big improvement in your life. How quickly you can achieve this is a matter of individual effort and the price that each of you is willing to pay. But I do not think that the price for a 10% increase in your development would be too great.

Questioner: When I lie down to relax during the daytime, I tend to fall asleep. How can I prevent this?

Joseph: Do not attempt to do your meditation, concentration, or visualization while lying down. Sit upright in a comfortable chair, keeping your spine as straight as possible. People who meditate while lying down are not getting the benefits that they should. Sit up straight and have your feet on the floor. Have the

palms of both hands facing up so the energy can flow into them, and make your matrix and try to hold it as long as you can.

This will not happen overnight. You have allowed your minds to run rampant for so long that it will take some time to get them back under control again. But it can be accomplished if you do it under the proper conditions. Allow yourself to get into a relaxed, daydream state of mind before you attempt to form your matrix and you will find that it is more effective. Do not try to force things. Just relax and let yourself become still, and then let the vision form without putting a lot of effort into it.

Let yourself drift into that alpha state of consciousness where the mind becomes active but controlled, and then you can direct it to do whatever you want it to do. In the alpha state you are attuned to Universal Mind, you are impressing this matrix upon Universal Mind. The stronger you can visualize it, the faster it will materialize.

When you are in this daydream state, as you call it, which is the alpha state, you can visualize yourself in a certain place so strongly that you actually build an image of yourself in that place, and that image can become so vivid and so dense, That it can be seen by others. Now, if you can do it that easily just by daydreaming, why can't you do it consciously by directing it where it will do you or someone else some good?

It is merely a matter of discovering this state of consciousness and learning to control the mind so that it does not wander. The mind wanders because you are forcing it to do something that it does not want to do, and it is not used to being controlled. If you become tense and try to force this, it will negate the whole thing. You will get results much faster if you will train yourself so that you can sit down, drift into the alpha state and form a clear picture of whatever you are trying to achieve.

Do not become impatient for results, as it will take some time to accomplish this. A muscle does not recover in a few moments what it has taken a long time to lose.

Questioner: Because of the busy lives we lead, we never seem to have the time to do everything that needs to be done. Do you have any suggestions as to how we can accomplish more?

Joseph: It is a matter of setting your priorities, planning your time, and making every moment count. Many Earth people waste a lot of time because they lack organization. They do not know how to plan their time and carry out their plans. It is so easy to procrastinate. There is an old saying, "Always put off till tomorrow what you can do today," and this is the motto of the procrastinator. But the doer says, "I will not put off till tomorrow what I can do today, for tomorrow may have greater demands than today."

Questioner: What about all the interruptions that are beyond our control because they involve other people?

Joseph: Well, there are times when unexpected things happen that make it necessary to change your plans and priorities, but this does not happen all the time. If something is important, then you should make some plans as to how you are going to do it and when, and then follow through. It is very easy to put things off, but those who make great accomplishments, do so by planning and making wise use of their time.

Time can never be regained. If you waste an hour today, you cannot recapture that hour tomorrow. You will have to crowd that hour's work into tomorrow's time. It is a matter of how important the things are that you want or need to do and how badly you want to get them done.

Questioner: Often we are interrupted by someone who needs our help. It seems to be something that can't be avoided.

Joseph: Yes, but this is only an excuse, for you will find that those making great accomplishments have the same problems as you, but they have learned not to waste time because they know the value of it.

Another thing to remember is that the word, "can't," is one of our worst enemies. We say, "I can't do this, I can't do that." If we would limit our use of that word or cast it out altogether from our vocabularies, it would be helpful. There is really nothing that we cannot do if we put our minds to it. Man is a very complex being and he has no limitations. This has been proven over and over by some of the great minds of your civilization.

Questioner: Didn't it take them many lifetimes before they were able to make that kind of demonstration?

Joseph: Sometimes it did, but the point is that they never gave up. When we give up and say, "I can't do it," then we have fallen, for we have put a great limitation upon ourselves. Rather, we should say, "I can do it and I will do it, even if it takes a lifetime or more." The true researcher, the real scientist never gives up. He continues to search and if he fails, he tries again and again. He never says, "I can't do it." He always says, "I will keep on trying and eventually, I will accomplish this."

Now, I have stayed my time and as I leave, I extend to each of you, my blessings, my love and my understanding. May you make great progress in your visualization and concentration. May you find the time and put forth the effort that is required, for I know that you will reap much benefit if you do. I ask the blessings of the Great Ones upon all of us.

Go forth in peace, love and joy. Peace, beloved ones, peace, peace. ✽