



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 children. I am Joseph. I thought perhaps I should return at this time and explain to you somewhat, concerning the process that you used in programming yourselves.

Your biggest problem was that you tried too hard. You became tense over the matter to the point of trying to force. This, of course, is quite typical of Earth people to use force. The way to really program yourself for this procedure is to do it in a relaxed state. Any time that you are in a relaxed state yet still on the conscious level, quietly, gently, yet firmly instruct your subconscious to recall, and explain that you wish to bring back into your conscious state that which occurs when you are projected into other levels of consciousness.

Now this may take some time, but the subconscious is a good follower of instructions and does not question them. It is necessary to give these instructions over and over. However, you should be persistent in this, not doing it on a hit and miss, or now and then basis. Do not become anxious over whether you are going to remember, just relax and know that you are, because when you inject tenseness into the situation, you build resistance.

So, I believe that with a little practice and a little instruction you will be able to bring back with you some of the knowledge that you gained at these times. However, it is not imperative that you do this, for you will have this knowledge regardless and it can be brought forth when you need it.

I might mention one other thing that we discussed in this class that was not brought out earlier this evening in your discussion period. That was man's relationship to man and how each of you are affected by the thoughts and deeds of others. Each person in your civilization is a part of the other. There is an invisible line of energy that makes all men one. This is what your great Master meant by pointing out that when you raise your consciousness you draw all men with you. The degrees may be slight but the effect is there.

This is something that Earth man has given little consideration. He has lived for himself, not realizing that by living for others, doing good unto others he is

not only raising his own consciousness but is raising the consciousness of all of his brother men. Man is not an island unto himself, but he is part of a whole, not only a part of a whole civilization but a part of all mankind through the universe. This is important for man to realize for when he realizes this in its fullness, he will grow much faster.

There are those in other realms who are waiting and anxious for Earth people to come into this realization for when man does come into this realization, he can receive much more help from the higher forms of life. They can move in and give you the help that you need to bring about the advancement of your civilization, to bring it into a new understanding, a new and greater life and to make people of Earth more complete beings of understanding. Those who awaken to this desire shall have fulfillment. The day of reckoning is at hand. Soon Man of Earth will have his Book of Life opened for him and he shall read and know where he stands. The goats will be separated from the sheep and the lambs will be fed. They will be fed the knowledge and given the understanding they need, so that they may proceed with the New Age that is now dawning, and they shall make that Age the greatest that your planet has ever seen.

My friends, the time draws near. Keep your lamps filled and your wicks trimmed so that when the bridegroom cometh you will be prepared to enter in with him.

May the peace, the love, and the understanding of all of the Great Ones be invoked upon each of you, and may you go forth with peace and joy in your hearts.

Peace, beloved ones, peace. ♣