



*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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**September 22, 1961**

**Special:** Peace to thee, my friends, peace to thee.

On this night the numbers are few, thus I shall speak of the things that I know are near and dear to the heart of each of you. Each is seeking to find that peace within himself and herself; a peace that brings understanding. So we shall speak of the preparation necessary in bringing one's house to order and finding this peace that brings serenity to man. If one is to find this peace that rests deep in the soul of all, there are certain things that man must do. There are things that must be eliminated in the consciousness of man.

Within your race consciousness exists a great deal of resentment, judgment, and what is known, I believe, among your people as self-preservation. Many of these things rest deep in the consciousness of man of Earth, and it is necessary that these things be brought out and eliminated from the consciousness of man. Man must maintain an attitude of forgiveness, an attitude of thankfulness or gratefulness. Now, it does not seem at times that we have anything to be grateful for, yet, if we will but review our circumstances, we will find that we have many things to be grateful for, many things to be thankful for, and we find as we take on this consciousness of gratitude, it begins to grow, and we find more and more to be grateful for, and we find more and more flowing to us to be grateful for.

Now, beloved ones, this is not a matter of, in flowery words, giving thanks to some Deity, but rather a state of consciousness, something that becomes a part of us. It is a continual thing, something that flows continually through our consciousness. And then, my friends, we must examine ourselves and see if we are allowing resentment and prejudices to creep into our consciousness. These also, we must eliminate, and at times, beloved ones, some of these things are quite difficult to recognize, for they have become such a part of us, that unless we look carefully, we do not know that they are there. When we find that we are showing prejudice or resentment toward another, let us immediately replace this with a blessing for this one, and a shower of love, and as we do this, soon we find that we no longer have these things, but rather we are maintaining an attitude of blessing and love toward all man.

Let us at no time allow anger to enter our consciousness. Here again, we can use a blessing, for when one offends us, let us smile and allow a blessing to flow silently from our heart to this one. We need not defend truth for truth needs no defending. We need not defend our actions when they are in truth, for nothing done in truth, beloved ones, needs defending. So what is there to defend, what is there to become offended about? All of these things, beloved friends, when they are allowed to grow in the consciousness, become festering sores that bring about many physical disorders of many natures, and we are not—we are not looking for things that bring these conditions, but we are looking for the things that bring to us peace and understanding. I say to you, my friends, If you will but practice these things diligently, you will find you will reap great rewards.

Also, beloved ones, discipline is very necessary. Man must learn to be master of his own emotions, his own physical desires. For if you are to allow them to rule you, you will not find the peace for which you are seeking.

All things that have been placed for your disposal by your creator are for your good, your happiness, and for your pleasure. But moderation is necessary in all things. Man must learn to use moderation in all that he does. Man allows his appetite for food and drink to rule him, to destroy him as he does many other things. So you see, my friends, it is very necessary at all times to keep this in mind, to remember that you have the potentialities within you of any of the great Masters and of the creator himself.

Self condemnation should never be a part of any man's thinking, but rather he must have respect for himself, he must realize his potentialities, his greatness, but realize it with humility, always he must maintain humbleness, humility, and love, yet realizing that he is an all powerful spiritual being, with all the powers of the universe at his command, but realizing, too, that these powers must be used with moderation, with wisdom, with love and with understanding.

I have concluded my talk with you. I hope I have been of some help to you. May my blessings, my peace and love and understanding rest in the hearts of each of you. Peace be with you.

Peace, Peace, Peace. ♣