



*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*

**December 13, 1982**

**Samuel:** Greetings to you, my children, I am Samuel.

I will only take a few moments of your time, but I should like to impress upon you the importance of the powerful thought forces that you have been studying about today. As you move along the Path of Knowledge you will realize more and more what an important part these forces play in your everyday life. You are using them constantly whether you realize it or not. So why not become aware and conscious of these things and learn to use them in a proper manner? These thought forces are available to all, but how much good you receive from the use of them will depend upon your ability to use them, and this can only be accomplished through effort. Each individual must decide how much effort they want to put forth to master these forces.

They are completely mastered by the mental forces of your own mind, but this mind must be trained, must be strengthened. We have said many times that you are Mind. The mental plane is the plane of reality. The material plane is temporary. It is only a convenience for the mind when it is functioning upon a certain plane, but the mental is always there. It is the part of you that is and was, and will always be. Therefore, it behooves each individual to develop the mental, to strengthen this Mind that it might be able to use these forces for the good of yourself and mankind. It is only through the mental power that you will be able to do this. But along with the development and the increase of this power you must also develop wisdom that you might use these energies wisely and never for selfish purposes, never to gain power over others, but only for good. Your evolvment depends upon this development on the mental plane, for as you raise the vibrations through your own thoughts and deeds you evolve to higher planes. You become in tune with the higher vibrations and this is the only way that the top can be reached.

You never reach the top of a mountain without great effort, and neither will you reach the heights in the mental field without great effort, discipline and positiveness. A pessimist will never go far in this climb, but the optimist will move on and on, ever upward and onward. So it is very necessary that you remain positive at all times. Do not become influenced by the

negativity around you, rather build your fortresses against it so that you can remain positive. It is an absolute necessity if you are to move forward on the Path, to keep ever positive.

So, my friends, if you would make great strides upon the Path, then improve your mental powers day-by-day through practicing concentration and visualization, and serving others as you go along. For each time you use this Mind it will become a little stronger, your concentration, your visualization will improve. And if you are persistent, soon you will be able to attune yourself to all of these forces and put them to work for you, and for those whom you would help. The choice is always up to the individual, so each must make his own determination as to how much effort and how fast he wants to move on the Path.

I invoke the love and the blessings of all the Great Ones upon you.

Go in peace, go in peace. Peace. ✿