



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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Teacher: Peace to thee, my beloved.

Again tonight we are going to concentrate cosmic energy here for you, for each of you here this night has need of this. I, my beloved ones, I am going to give you a little technique, and explain to you somewhat how this is done. In case you are not aware these lines of cosmic energy are continually flowing at all times through your atmosphere, through your body. They are the life giving energies, without which none of you, nor any life, would exist. It is through these lines of energy or force that you live and move and have your being.

Now what we are doing here tonight, is causing a great mass of these lines of force to be bent in and concentrated in your midst, as we bend light. They are techniques not known to man. By bending light you can cause an object to be invisible to the human eye, for you see only the light reflected from this object, and so these lines of force can be bent.

And now, my friends, I am going to ask you to bend these lines even more and you can do this. Now, if you will become relaxed, there is no need for strain, and as you relax, visualize these lines, traveling in great quantities, here all about you, traveling through you, see them in a great mass, and then, if you will, visualize a portion of this mass of light visualize it as bending, curving, into a more concentrated mass of energy, and then visualize this concentrated mass flowing to the part of your physical structure that has most need for this help, and you can change it about, concentrating it to wherever you desire.

Remember, beloved friends, that within your thought pattern you have great power. Through concentration of this power of mind you can direct energies. You can cause things to take place that you desire. Have great confidence in the power of your mind, for in reality, beloved ones, all is mind. Now, have I made myself clear as to what I would like you to do?

Beloved friends, I am going to speak to you for a few moments on the subject of consciousness, and as I speak, allow yourself to become completely relaxed, and I, through the help of your wisdoms, will keep a concentration of this energy here, and I want each of you to practice this technique as I speak.

Much has been said in the past concerning consciousness, but, beloved ones, there is great need among all of you to realize the importance of the state of consciousness. And as an example, I will point out something that was said here just before your quiet time. I believe it was said that one can easily acquire disease. Now, my beloved friends, I do not mean this as criticism.

I say this in all sincerity and in love—but this is a state of consciousness.

For anything that plagues us continually has become a part, so to speak, of our consciousness.

Man will be exactly what his consciousness contains and can conceive of. Now, beloved ones, this may be difficult for you to accept, perhaps you shall say, “This or that is not a part of my consciousness. It is beyond my control,” But I say to you, dear ones, if you will search honestly within your consciousness, you will find that very thing existing there, and when it has ceased to become a part of your consciousness, it no longer expresses in your life.

How does man, or shall I say, how does one man express or accomplish what to another man or to a great many people, may seem impossible? Because, within his consciousness he can conceive this thing, and nothing, as you well know, manifests in the physical or into reality, unless it is first conceived within the consciousness of that person. Therefore, it is most important is it not, that we expand our consciousness continually, to take in more and more and more to widen out ever wider. And as we can conceive of these things, they become realities in our lives. But this cannot be done, beloved ones, in a half hearted manner. You must be serious and you must act. Words without action, or conceiving without action, is fruitless. What can you conceive of as a reality in your life. How far are you willing to go? This, beloved friends, is up to you, for only you can expand your own consciousness.

Those who have advanced into higher understanding have advanced only because they were able to expand their consciousness to accept the things that are now realities in their lives, and this expansion goes on and on. No, you will not do this in one great stride, but as you make the effort to do this, you will find a gradual

change taking place in your expression, day-by-day, Man, if he is to live a happy, normal life upon any plane, must be in the continual process of growing, of expanding his consciousness. For man is not truly happy unless this is taking place in his life. All of you have great need for this, as do all men, but also this must be done in a complete attitude of selfishness. Not for the power that I might gain, but rather for the understanding, for the wisdom and for the truth. Using this new understanding as you receive it for the good of your own life and the life of mankind.

Beloved friends, I was asked to speak to you tonight by the wisdom of the instrument through which I speak, and I came to you from the Tribunal of your Galaxy. It has been my privilege and my pleasure to have this opportunity to, perhaps in a small way to have been of some assistance to you. I hope you have been successful with this little technique that I have given you, and I would like to suggest that each of you practice this during your times of silence, or after you have retired to your bed. And I am sure that if you have practiced this for awhile, so that you can master the technique, that you will find great help coming to you. For this life-giving energy is yours to use, as it is all man's, and it is there in great abundance. It shall never be depleted, for the supply is unlimited. So, beloved ones, use it in great abundance, for it is yours to use.

May the peace, the love and the understanding of all the great Masters rest in the hearts of each of you, and I extend to each of you the fullest blessings and Peace of our Brotherhood.

Peace. Peace. Peace. ☸