



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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May 23, 1983

Joseph: Greetings to you, beloved ones, I am Joseph.

While you were listening to the lesson of May 14, 1983 Samuel and I passed among you and worked upon your auras, taking out some of the debris that you pick up in your daily life, and also imparting to you some beneficial energies.

Now, I do not have much to say except for a few words concerning the lesson that you heard. In it was stressed the words Love, Peace and Joy. These words, my friends, carry great positive power, and it would be well to repeat these words quite frequently.

It will help to keep you on the positive side. It is very easy to get caught up in the negative around you, to become tense, to worry and fret about things which usually do not occur anyway.

So, when you find yourself slipping into negativity or beginning to worry or fret over something that you fear is going to occur, repeat these words:

I will be Positive. I will be Loving. I will be Peaceful. I will be Joyful.

And if you view things in a positive frame of mind, you will find that there are many more things to be joyful about than there are to be worried about. The more you can keep your mind channeled in these directions the more you will attract to you the things that are positive, loving, peaceful and joyous.

Come to the realization that you are going to attract to you the conditions that you desire, the conditions that will bring you peace, love and joy, rather than the things that will bring to you worry, inharmony and depression. Lift your sights for you and you alone, can change your life and become loving, peaceful and joyous.

It is your duty as a child of the One Great Source, to do this, for only in this manner will you fulfill this mission for which you were created.

Think upon these things, beloved ones, think well and make your choice.

I leave you by extending to each of you my love, my peace and my joy. May you come to the decision to

make the effort to be loving, to be peaceful, and to be joyous.

Go in peace, go in peace. Peace. ☸