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

It is my privilege to again come among you. I wish to extend my sincere greetings to each of you.

I should like to talk for a little while this evening about mind. You are mind and the mind is a creator, therefore you are a creator. What you think is what you will become. You live in a sea of mind or consciousness. Let us call the mind, this Universal Mind, Universal Consciousness.

You are a part of this consciousness, and being a part of this consciousness, you are also a creative consciousness, for it is through this consciousness that all things are brought into being.

Anything that man can create must first be created in the realm of thought. If you think sickness long enough, you will become a sick person. If you are a sick person and you change your thoughts to thinking that you are a well person, and concentrate upon this, you will in due time become a well person.

The Universal Law is such that when your individual consciousness puts forth a picture in the Universal Consciousness, it must return that thing or whatever it might be, to you. And the more vivid picture you can develop the more complete and the sooner it will return to you.

I am only stating a law. Therefore if you want something from Universal Mind, the greater the concentration and the longer it is held, the quicker it will return. For Universal Consciousness could be compared to a photographic plate, and when the thought strikes the plate, the image is made upon the negative, and immediately Universal Consciousness begins to bring this into being by assembling the atoms and bringing them down into a vibration that will materialize in the density in which the mind or consciousness exists which requested this.

It is not wrong to request any need from Universal Mind, but it is well to be sure that, that which you request from Universal Mind is what you want and is for your good. For if it is not, it can be more detrimental to you than valuable.

In other words, if what you request from Universal Mind is for a selfish purpose, it is not apt to do you any good and may be detrimental to you, but by law you have requested this from Universal Consciousness, and therefore Universal Consciousness must return it to you.

So you see, my friends, it is very important that we learn to think in proper terms, for when we think, we create. So if we think sickness and poverty that is what we will receive. If we think we are incapable of accomplishing certain goals, then we are incapable. But if we think in positive terms, that there is no limitation, then Universal Mind or Consciousness will support us in anything that we might attempt, any goal that we might have or any need. We cannot fail for this is the Law.

It is very wrong to tell children that they might be sick if they do this or that because their brother, or their sister, or their aunt developed a certain disease, therefore they are apt to develop it, because you are planting a seed in that child's mind that will grow and the child will begin to think that my sister had this, therefore I will have it, and sooner or later the child will have it.

**Questioner:** But if they're doing the wrong thing and not obeying the physical law, don't we have to follow this right thinking, with right action?

**Samuel:** Of course, I'm not saying that you can think positively and work against that in another way; it has to be supported. You have a body, a physical body which you are using for a vehicle, and if you think this body is sick and is going to be sick, and you are always looking for ailments and disease in this body, soon you will begin to find them. But I am not saying that if you abuse this body, it is not going to suffer from that. You could not take a club and have someone beat you, and not feel the results of this, and the same holds true in taking care of a body.

What I am saying is: thought impressed upon Universal Consciousness will in due time return this very thing to you. This applies to whatever this might be.

But you, cannot dictate to Universal Mind how this is going to come about. For instance if you have a need in life, whatever it might be, and you concentrate upon Universal Mind, and you are sure that this is something

that you need and that it will be good for you and will help you in your sojourn, then it is not wrong to do this. But you cannot say, "Now it must come to me from a certain source," because Universal Mind will decide that and will bring it about in the proper way in which it will come to you.

So it is necessary that you use the proper concentration and hold it firmly, in order for this to develop. It is a little more than saying, "Universal Mind or Universal Consciousness, I want you to do this for me," because in order to get that picture impressed well upon the Universal Mind takes concentration, and the greater that concentration the better it will be.

What we don't realize is that through our thinking we concentrate upon things many times very strongly and we begin to believe certain things are going to happen very strongly, and we continue this belief and it becomes impressed very strongly upon Universal Mind and therefore through the process it returns to us.

**Questioner:** What would one concentrate on to help alleviate and soften a karmic debt?

**Samuel:** It would depend on what the karma is.

**Questioner:** What if they needed to learn patience?

**Samuel:** Well, then concentrate upon patience.

**Questioner:** In the form of love?

**Samuel:** But also, then action. Follow with action because Universal Mind will automatically bring to us ideas of action to follow through on this and in fulfilling something that we have asked for and need. We must also follow through with action that comes to us. For instance, if you were to need a certain item and after you concentrated, an idea came to you about something you should do, that would help to bring this to you, then you would take that action.

I do not mean, by what I am saying, that this Universal Mind is going to just pop it in your lap someday. But it will bring about the action and reactions that will bring this into reality. Do you understand?

**Questioner:** Yes, thank you.

**Samuel:** So it is very important that we watch our thoughts, become conscious of our thoughts. We are apt to become very unaware of what we are thinking and thoughts that we are putting into the ethers that are negative thoughts, will bring back to us situations that are not desirable. And it is very important that children be taught this because if they are taught this from childhood, it becomes a habit for them to think in terms of this type. They are going to have a much better life, but they must think in terms of peace and joy and not in terms of violence, not allow their thoughts to react to these things. Sometimes we are prone to become very indignant and very negative in thought because of something that someone has done or said. This is something that we should not allow, because it

becomes very detrimental to us. We begin to think then in terms of anger and resentment and fear, or whatever, that only brings more of the same back to us. Fear is one of man's great enemies. It is something that man has had a great problem to overcome. He fears so many things and yet there is nothing to fear.

**Questioner:** May I ask you a question about the technique? A child has said to me, "I do not want to be angry but I am angry before I know it and I don't know how to be nice to this person." What would one say?

**Samuel:** I would explain to the child that when you think in anger you only draw more anger to you and bring harm upon yourself. Explain the situation.

**Questioner:** I have explained that, but through habit, the anger comes, the hitting, the angry retort comes, and it is done. And so how do they prevent it from happening again?

**Samuel:** The only way that you can prevent this, is to come into the realization of what it is doing to you. Ask the child some questions such as this: "What does anger do for you? What does it do for you when you are angry? It causes you to become very upset. You feel badly and often you are punished for it. After it is all over, what have you gained? It has brought you only trouble, only ill feelings and sadness. Wouldn't you much rather be joyful, enjoy life and not have these periods? Then by so doing you avoid these things." Sometimes it takes a great deal of working with and it has to be done in love and in understanding. The more deep seated these things become the harder they are to overcome.

**Questioner:** This is what I was going to ask you—in an adult or someone who has been conditioned all their life in these habits of retorting and resentment and so on, would hypnosis or auto-suggestion help to hasten the process of overcoming?

**Samuel:** I doubt this very much, I doubt it very much. It might help for a time but unless the individual themselves recognizes this, it is a big problem, you see. We will not recognize our weakness. We only try to excuse ourselves. "I do this because of this or because of that and I cannot help it." This is only an excuse. You have to face up to yourself and determine that you are going to overcome the situation. And this is true of any weakness that any individual has, whether it be vanity or whether it be self control. No individual who does not have self-control is ever successful in life.

**Questioner:** What about the emotion of jealousy? How does one ?

**Samuel:** That is a part of the same thing.

**Questioner:** Yes, but how does one replace a thought when one recognizes it as jealousy? What do you suggest?

**Samuel:** Replace it with a thought of love, that you cannot be jealous of this person or of any situation because they cannot hurt you. You tell yourself this. Nothing can harm you, only as I allow it to. If I am jealous of another person, I have to release that person.

For instance, if I have a wife and I am very jealous of her, and I get upset every time she does something that I think she should not do, then I have to say to myself, "This is foolish, I am not helping her, I am only making myself miserable. I must release her and let her go. She is an individual and she has a right to do whatever she wants to do, and I am involved in trying to persuade or control this person."

But the main thing is we must face up to these things and all of these things must be overcome before you can ever enter the Brotherhood. The Brotherhood will never accept anyone who does not have a high degree of self-control.

**Questioner:** Samuel, once we've face up to our weaknesses, aren't these techniques of self-hypnosis, auto-regression, aren't these techniques of overcoming once we've found our weaknesses?

**Samuel:** All your hypnosis is you are telling yourself not to do this and replacing it, you are getting yourself into a subliminal state and telling yourself this. That is OK, but unless you put forth some effort yourself consciously to overcome this, it is not going to help you. You have to follow through with some effort of your own. It's like asking me to remove your affliction or your fault or whatever it might be. That would not do any good, unless you have overcome it yourself.

**Questioner:** But we can ask to have the help of the Christ, the God-Self within us, to give us strength.

**Samuel:** That is you, my daughter, that is you. In the Lord's Prayer Jesus said, "And when the tests come, give us the strength to overcome." You can ask, yes. You can ask Universal Consciousness for this help or strength to help you. There isn't anyone sitting up here on a throne that is going to help you with this, but you can, through Universal Consciousness, get help, but without action of your own, that help will never come.

**Questioner:** This is why I feel so sorry for a child when they say, "Well, I am trying and I still do it." They just don't seem to have the capability and they get discouraged when they see the results, so what else can one say but to ask Jesus to help you or pray about it?

**Samuel:** That is fine because they believe. When they do that they are asking Universal Consciousness to help them and they believe that this will happen and if they believe this strong enough and concentrate upon it strong enough, the help will come and come quickly. It will come as quick as they are able to concentrate upon it.

**Questioner:** I don't think children have this ability to concentrate.

**Samuel:** Children have a greater ability to concentrate than do adults, because their belief is stronger. Belief is concentration whether you know it or not because when you are believing something very strongly, you are concentrating upon that thing and you are saying, "I believe this and this is the way it will be," and that is the way it will be.

**Questioner:** Well, all I've been able to say to a child is: that it takes time, to just keep trying and some day you will succeed.

**Samuel:** But occasional suggestion is not enough in the case of a child. They need to be worked with, with their parents, lovingly. If the parent themselves are going to get angry and cause all of this turmoil, how can they expect the child to get over it? The reaction one brings on the other, you see. If I say something to you which angers you and you come back at me angry then I come back at you angry and it goes back and forth, neither one of us gets anywhere. So if we want to help a child, we have to set up a situation where the child can begin to realize that this is not necessary. If we are trying to help a child, we have to set the example for that child. How can you teach anything other than by example?

I think we have spent a lot of time here, I know your hour is getting late. It has been my pleasure to spend this time with you. If I have been of any help, I am thankful. I do not wish to try to force my understanding upon you, and please understand that I am only sharing my own understandings and beliefs. If they are helpful to you, then I am happy. If not, I am still with you.

May the blessings of all the Great Ones be invoked upon each of you now and may each of you, as you go forth in life, grow ever closer to the workings of Universal Law. May the peace and love of the Great Ones go with you. Walk in peace, my brothers and sisters, walk in peace. ✽