



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 be unto you, my child, peace, peace.

I am going to act as an intermediary between your guide or Teacher and you, since it is quite difficult for her to function thru this instrument. I have been asked to do this because it was preferred by the instrument and his Teacher that it be done by someone other than they.

Now, beloved one, we are channeling to you now and have been, Universal Energy by which we are attempting to bring about better balance, both in your mental and physical condition. We hope that at this moment, you are feeling results from this energy in peace of mind and receptivity. Do you feel this, my child?

Questioner: Yes.

Teacher: It is well. Now as you were told, we are going to attempt to give you somewhat of analysis of yourself, in attempting to determine why certain conditions exist. This, my child, we ask you to receive in love and in understanding as it shall be given. We realize that you are in a physical, chemical existence and that many things affect this phase of life and that many things are brought about in the early development of one attempting to exist or live in this environment. Things perhaps, that were not all together of your doing, yet, many of these conditions were brought about by your own decision before entering this life, in order to give yourself the opportunity to overcome.

Now, my child, at a very young age, you were exposed to certain conditions that caused resentment and fear to arise in your consciousness. These were due to the actions of others, yet, in the overall picture, is a part of your life here. You developed very young in your life, a resentment toward your grandfather and toward your father, due to actions and deeds which they performed which you did not like. These have carried on thru your life and has caused to be there within your consciousness, what we would term as a consciousness of resentment and fear. Over the period of years this was allowed to grow, not thru a desire of yours, but it grew as these things do normally grow, until recognized and dealt with in the proper manner. Man's three worst enemies are resentment, hatred and

fear. Now between resentment and hatred, there is a very, very fine line, almost too fine to be seen. These things bring about in man, great physical difficulties, thru the mental reactions effect upon the glandular structure of the body, causing glands to malfunction and to produce toxic poisonings to be thrown into the system, bringing about physical defects. Also, it causes reactions from what you call your subconscious, upon the functioning of your body, bringing about physical inharmony, malfunctioning of organisms of the body.

So be that as it may, your greatest need, at the moment, my child, is to attempt to cast out all fear, all doubt and all resentment. These things you see, become what is known as fixations and they must be removed and this is done thru a recognition and then a weeding out of the subconsciousness, or as in some of your studies, it is called the lower part of man, and replacing them with love, for love overcometh all things. Let nothing disturb you which another man doeth to you. Know that you are God's child, the child of the One Great Spirit of Creation and that nothing anyone can say or do can bring to you any harm whatsoever. Forget self, in the respect of being mistreated or condemned by others. Know that you are that child and that you, thru the strength of the indwelling Christ within you, can stand upon your own two feet and face the world with honor, with love and with understanding. See the good in all men. Bless them, pray for those who misuse you, forgive all men for they know not what they do. Let this become a realization in your consciousness, my child, and the world and all its surroundings will take on much beauty. Rejoice that you are this child. Give thanks with every of your being and make a joyful noise in this rejoicing for a joyful noise, be it song, shouting or whatsoever brings good vibrations to you and sets forth a vibration thru your own body which brings harmony and peace. Let peace reign supreme in your life, peace and joy.

And now my child, we would like to also make a few suggestions that may be of help to you. We would suggest that you eat as much citrus fruit as possible. Your chemical makeup is such that it may require a gradual, gradual increase. You may not be able to take too much in the beginning. If you find that it causes some reaction, take less but increase as you can and as much as you can. We would recommend nuts and

especially the almond and the raw nuts, not the artificial roasted nut and salted. And as to the citrus fruit, it must be the fresh product above all. The frozen is definitely not as good as the fresh. There are additives put into these to preserve and in the packaging which are not good. It would be better than none but anything that you eat, the nearer you can come to its natural state, the more perfect is its benefit, the better it is for you. The peanut is not a nut. It has been labeled such by your people. Nuts as would define them, grow upon trees. Peanuts grow beneath the ground and they are much more difficult to digest than are nuts.

Also, as was suggested to you, the salt water from the ocean is very beneficial, plus the sun's rays. It is not altogether the salt. The waters of the ocean contain many elements which are not known to man, which man has not yet discovered; he has discovered many, although. But there is much that accumulates in the ocean water due to the continual evaporation, leaving the minerals in the water which do not evaporate with the water and these applied to the surface of the body, allowing the sun to dry—evaporate out the water, leaves the minerals on the skin which is very beneficial. However, the West Coast, the Pacific ocean, is not quite as good as is the water of the East Coast, due to certain elements which are not present in the West Coast water in as great an abundance.

Now, as to your treatment, if you will do as we have suggested, clear your mind by replacing these things with joy, gratitude, with an attitude of love and understanding toward all men, praising both yourself and realizing what you really are and give praise that you are such, with full knowing, your guidance shall become clear, and your steps will be guided in the right direction, but these things you must do and in allowing these things to become predominant, you lose your awareness of negativity. For the predominant things in your consciousness will control your consciousness.

Questioner: Can I be benefitted by medical help?

Teacher: There is much help available thru the knowledge of your medical profession, of all of your professions. It is appalling the competition and resentment between some of your professions, where they should be working together, taking advantage of each other's knowledge, they resent the knowledge of others and thru this very thing itself much help that they could do for people is lost. So it is very well to accept any help that may come to you. There are many drugs being used by your medical profession that in many cases are more harmful than good. It would be well, we believe, if you could eliminate especially the cortisone.

Questioner: I would like to eliminate it now if it wouldn't be harmful and perhaps make me a burden to others.

Teacher: This should not cross your consciousness in reality. Know that you are not going to be a burden to

anyone, that you are self-sufficient within yourself, that with your own Christ-consciousness you can overcome all things. But we are not going to direct you to certain medical personnel, but if you will clear your consciousness, place harmony within your consciousness, do the things which we have suggested even to a minor degree, again you will be guided clearly and positively into the right steps and things will fall in place for you. Am I clear?

Questioner: I'm not sure how many drugs I will have to take before I can change my mind?

Teacher: I said that if you will do this to a slight degree ...

Questioner: Then I'm closer to being able to demonstrate a better consciousness than I realize?

Teacher: You are close, much closer than you think or realize. You are going to receive and are receiving a great deal of help and you have only a degree, so to speak, to move in the right direction.

Questioner: I only have a good feeling about using the ocean water, oranges, etc., and not the drugs or anything else.

Teacher: Any help that comes to you, let no resentment or fear enter in. Bless this help and know that it is divinely sent to you. Anything that comes to you regarding your condition, where by placing your blessing, your divine blessings, through your own Christ-consciousness, many other blessings will come and the result of the same thing taken with this in mind, may bring about a miracle which would not come in any other way. We suggested that you eliminate the cortisone. And I am speaking of the future, of what comes to you regarding this condition in the future. Do not let it disturb you, regardless of what comes to you, bless it. Say, "This is divinely sent to me to alleviate conditions that apparently exist within my physical body. I bless this, I know that it is divinely sent and will do me no harm, that only good can come from it." This same attitude toward any Doctor or anyone attempting to help you in any way, whether it be spiritual or physical help. This attitude in itself will bring wonders.

Questioner: Would you care to make any comment about the Harmonizer?

Teacher: The Harmonizer has great therapeutic value as has many other electronic devices and electric devices which are being developed by your science this day. Perhaps, in your case, there was a conflict between the drug and we believe perhaps this was the case; perhaps the cortisone. But many people react to various treatments in various ways, due to the chemical and mental makeup of the person themselves and experimentation is necessary in many cases to find the proper reaction.

Questioner: Will you comment about the MWO?

Teacher: It is a version of the original, not as the powerful but it can be beneficial in many things, especially in healing of particular skin diseases and infected sores, things that are stubborn, you might say, in healing. It brings into balance these cells and causes them to heal.

Questioner: Blood diseases, too, like cancer, leukemia?

Teacher: In some cases perhaps it would be very beneficial, perhaps in others not so beneficial, it depends upon the chemical makeup of the person and the mental.

Questioner: Would it help my toxic condition?

Teacher: It would perhaps, be beneficial but it might bring about a period of very unpleasantness in the elimination of it. This often occurs with something of this nature.

Questioner: Like eruptions on the skin, cold sores?

Teacher: It could react in this way or in other ways in throwing off the poison, or it might cause the infection to localize.

Questioner: If I get myself in the state of love, forgiveness, not-resentment, than I will know?

Teacher: This is most important for you, most important.

Questioner: I would love to get the feeling back again of knowing what is right.

Teacher: This will come, this will come with the righting of the mental.

Questioner: I would like sometime, very much, if someone would talk to us about our experience in Oregon.

Teacher: If I were in your position I should write this off as an unpleasant experience in my life, perhaps needed to bring about a better understanding.

Questioner: I still feel guilty about not having enough faith to stay there.

Teacher: Remove all guilt from your consciousness because what you did was right for you. Your experiences there were brief but they are finished.

Questioner: You mean that we are in our right place now and won't have to go back?

Teacher: That is right, you have no obligation there now. This is done and past, let it be—let the dead past bury its dead.

Questioner: Then we are where supposed to be right now?

Teacher: You are. Live in the moment because there is no other. You learned a great lesson there which perhaps, the impact is not yet come to you. You have

no more obligation there, let it be gone. The only “mess” you are in is your own mental “mess.”

Questioner: Should I go exclusively on the citrus diet?

Teacher: Eat as much as you can without upsetting your system, chemical system. You may have to take less at first. Eat it up to the point of where you can absorb comfortably without “heartburn” or an acid condition.

Questioner: Would it be good for us if we could eat raw vegetables or fruit without meat?

Teacher: This would be good any time, but your fruits and vegetables are so poisoned but what you can eat and get the poison out is good. But above all, the mental is most important. Meat, fish, eggs are not necessary as nuts contain a great deal of protein. Whole grains are not necessary but are good foods, good for the roughage, supplies certain chemicals the body has need of but not as necessary as fruit and vegetables. Eggs eaten moderately are good but all things need to be in moderation. Your greatest trouble is the artificial producing of all things today including eggs, cheese, and dairy products.

Questioner: Is the sand helpful in the water treatment?

Teacher: Yes, in that it helps to concentrate to this portion and helps the pores of the skin to open and absorb after the water has dried.

Questioner: I can't take much heat, how can I avoid this?

Teacher: I believe this can be accomplished by partially shading the body, allowing the legs to be exposed. Here again, these things would have to be done in moderation and to begin with to accustom the body to these exposures.

Questioner: I hope that this will be a minor part of the treatment as the beach is so far away. If I can love enough, can this condition be gone so that I won't have to use these outer treatments?

Teacher: We hope that this will be the case.

Questioner: Is it possible for me to do this in this lifetime?

Teacher: You can do this in a week's time if you so desire.

Questioner: I was wondering if sometime, if someone could talk to us about the “Holy Spirit” that we hear so much about today, that is active in so many places. Is it possible for any of us to be cleansed by this Great Light or Spirit at this time? I would love to know more about this. I don't even know what the Holy Spirit is.

Teacher: These are terminologies applied by Earth Man which of course, have meaning and perhaps would be quite a deep subject. In fact far too complicated to attempt to go into at this moment

because I have already overstayed my time with the instrument. There are certain requirements which we must meet in functioning in this way in order to not take advantage or bring about any harmful effects to the instrument.

I hope that we have been of some help to you. I hope that all we have said has been received in love, for we meant no offense or no criticism. We have merely tried to point out the function of laws and although it is difficult for one to recognize the fixations that exist within themselves, if they can be open-minded and receptive to having them pointed out or given by another, much can be given in this way.

And now, my beloved child, I must vacate the instrument, but I shall take just a moment to again try to bring to you the blessings of those beyond:

May the peace, the love and the great understanding of the Great Masters who permeate the Universe, be invoked upon you now. And may this be a great help in helping you to dissolve your problems. So be it.

Peace, my child, peace. Let peace prevail in your heart now. So be it. Peace. ☸