



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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Nathaniel: Greetings to you, my children, I am Nathaniel. I should like to spend a few moments at this time talking about meditation.

Meditation is little understood by most of your people, yet it is a very important part of spiritual growth. To begin with, if one desires to meditate and to grow spiritually and has not knowledge of it, they should enter into this experience very slowly. Meditation is a form of concentration and is an entire change of pace for the mind. Most minds are not accustomed to concentration and therefore must be entered into very gradually, until the mind gradually becomes accustomed to this and you become accustomed to controlling the mind.

There should be no unpleasant results from meditation, such as headaches or other painful effects. And if this does occur, then one should immediately discontinue this practice and get their physical body in order. The better your physical condition is, the more successful will be your meditations and the more fruitful they shall be. The care of the physical body is important as you travel the Path.

A great deal is said in regard to mediation, about going within, and I think that this is little understood also by most of your people. By going within, we do not mean going inward in the physical. It is going inward in the mind, for you are mind. The physical body is only being used by the mind as a vehicle in this environment in which you find yourself.

Going within is a state of consciousness, and this consciousness has many levels. To begin with, you will not reach a very high level, for this takes time and practice, dedication, discipline and concentration. There are many stages or levels of consciousness that can be reached and each level will require a greater dedication, a greater awareness and a greater state of purification.

If you would have the help of the Masters or the Great Ones, then in your meditations you should concentrate upon the Great Ones. But be very careful how you do this. It must be a concentration of desire to serve these Great Ones, to serve their cause. It must be a concentration of dedication to them. It must be a

concentration of love projected to them. There must be no thought of self, no thought of return, only a desire to serve. For if you have a selfish motive, you will not be noticed.

But if your motives are pure and simple, that light will reach them and you will be noticed, and one of them will return his love and energy to you. This will help you to gain greater understanding of self, and what you must do to gain these higher states of consciousness.

The heights of the ultimate, which you seek, take a great deal of effort, dedication and purification, over long periods of time. But each time you raise yourself to a little higher state of consciousness, you have increased your power and desire to reach the next rung of the ladder.

There will be much that you will have to overcome to reach these great heights. Many things will have to be eliminated from your consciousness and some of these things we will be talking about and explaining at a later time.

The Path to the greater life must be one of total dedication and one of service. You must have that burning desire to serve the cause of the Great Ones, to serve the Plan, to be in their service.

I leave you by extending my deepest love and my peace and my joy. And may the love of the Great Ones be bestowed upon each of you now.

Peace, beloved, peace, peace. ✿