



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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December, 31, 1971

Oxal: Greetings in the Light, my friends, I am Oxal.

Once more it is my opportunity to speak to you on the eve of your new year and again I will discuss a few of the things that you can expect for this coming year. I only wish that the picture was brighter but I am sorry to say that it is not.

You can expect more violence in nature in the way of unusual storms and earth tremors. Some of these may come closer to you than they have been in the past. Crime will still be on the rise in your nation and in other nations ... Violence in your streets shall increase ... You can expect much turmoil in your political frontiers and perhaps some surprises ... Your monetary situation may improve slightly for awhile but this will be only temporary. The foundation is crumbling beneath it and no matter how hard your power-mad leaders try to repair the situation, it shall continue to crumble.

The food situation will not improve. Your food supplies shall decrease. Neither will the quality of your foods improve. This and the increase in disease and pestilence will be your greatest dangers in the days to come. The contamination that is being absorbed in your foods and taken into your bodies is going to be one of the greatest problems that your peoples will have to face, for it is these things that are going to bring about new diseases and illnesses of the body that will baffle your medical profession.

The only guard that you have against these things as far as your physical well-being is concerned is to obtain or attempt to obtain foods that will supply you with the proper nutrition to keep your body physically strong that it might resist these things.

Your Creator placed here for you all things necessary to maintain a perfect physical body but man has not cooperated with nature. He has sought to duplicate nature in his own way. He has sought to improve upon nature, he has sought ways to avoid God's way and to improve upon it that he might produce more and thus profit more, and in so doing he has brought about inharmony in nature. Now in all life harmony is important, it is a must if things are to function properly. In all phases of nature there must be harmony and when inharmony exists, chaos results and you see this

all about you today and it is increasing day-by-day because inharmony is also increasing. Harmony must exist in your own physical structure if you are to avoid sickness, for sickness is nothing more than inharmony. The physical body is like unto a musical instrument, if one of its strings or chords are too tight or one is not tight enough, inharmony results. Where full harmony exists within the physical structure, sickness cannot exist.

You have within this physical body, as you know, the seven spiritual centers and when one is developed spiritually these centers are functioning in harmony. Each has its own attribute, as you know, each governing a spiritual attribute that must be developed in each and every individual. But beyond and above that each one also has a function for the physical body, to keep it in harmony and unless these centers or glands are functioning in harmony, the body becomes sick.

Now your Creator has put in nature, in natural foods, all of the things necessary to keep these glands in balance. But man has removed these items from the foods in order that he might preserve them longer or make them more desirable to the taste, and in thus doing he has brought about the imbalance in man. To function and function properly this balance is essential

People of Earth have been kept in ignorance of these things and instead have been fed propaganda, propaganda that has caused them to develop tastes for the unnatural foods. Taste is something that can be developed and your powers that be, through their eagerness to gain profits, have ignored the welfare of man for their own gains.

So, my friends, it is well to search out the knowledge of these things and to act accordingly if you desire to face the times ahead of you with the least suffering, and if you desire to be of help to your fellow man in the days ahead.

Now I do not wish to bring gloom to you. I do not wish to bring fear into your hearts. We only attempt to inform you of what you can expect, that you might prepare yourself and help others to prepare themselves to meet what is ahead for you ... There is much to be learned in this field, there is much one can do for themselves if they will take the time to search out the knowledge and

apply it ... With these thoughts I leave you and I extend
to each of you the light, the love and the understanding
of my people.

I am Oxal. ✿