



*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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**August 29, 1960**

**Teacher:** Peace be with you, my friends.

Again it is my pleasure to speak with you. Again I have the opportunity to bring to you my comments, and I hope that I might be of some service to you.

My friends, since there are but a few of you tonight, and this is as it should be, I wish to state that we are at this time attempting to bring to you, on your level of life, some individuals or beings, whatever term you should like to use, who might be of some service to you by bringing to you their concepts, some of their techniques, which might be of some assistance in helping you as individuals to expand your consciousness. We hope that each of you and many others, will find in these opportunities something that will be of some little benefit to you, and we shall attempt to continue this type of thing from time to time.

But friends let us always remember that the most important place for us to seek enlightenment is within our own consciousness, and all that anyone can do is to help to bring to us techniques that might help us in doing this. We can seek hither and yon, far and near, for truth intellectually. But until we can become quiet and go within and there, in the quietude of our own being, start to expand our consciousness. We can try to realize that all is consciousness, all is consciousness, and where our consciousness lies, there are we experiencing and experiencing that which our consciousness will allow us to experience. Beloved friends, there is no need to experience that which you do not desire to experience, for you experience that which is uppermost in your consciousness. For you are creating that which you are conscious of. So let us see through the illusion or the dream in which we are living. Let us expand our consciousness beyond these things and build a new world for ourselves. You are continually building, creating, according to your consciousness, for nothing comes into being without first becoming a part, or being a part of your consciousness.

You live, my friends, much more controlled by your subconscious, as you call it, than you do by any superior being. Realize your power of creation.

You are a creator and are continually creating situations, experiences, so to speak. That is why we say so often to be careful of what you think, be careful of the words that you speak, for as you think and speak, you create.

I have often said to you to become a student of nature. See how nature stays in tune and then attune yourself with nature, with the universal mind. There are many ways of doing these things. Each finds himself more or less drawn to certain techniques. Once you have started on the path of seeking and realizing that the responsibility is with you, realizing the power that lies within you, some of these, many of these techniques shall be made known to you. If you so desire, and through your own efforts, you will find what is best for you.

We can only help by bringing you the opportunities that you might take advantage of them. The rest is up to you, and many times you will find that through your own efforts, these opportunities will come to you. In other words, my friends, we expect you to put forth some effort in bringing about these things.

Your efforts spent here tonight (*preparation for a lecture was being made*) in bringing some of these things into being, are efforts that will bring you results, for nothing, my friends, is gotten without effort. I know to you, it sometimes seems rather useless, but beloved friends, if your efforts are sincere and your purpose pure, results will come. So I say again to each of you, attempt daily to expand your consciousness. Extend it out into realms heretofore unknown and in due time, through your own efforts, you will experience great peace, great bliss. You shall experience health and plenty, for the only lack that you can have is in consciousness.

For all things, including a healthy body, is available to you if you will but expand your consciousness to include these things.

My peace, my love and my understanding I extend to you.

Goodnight, beloved ones. ✨