



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: Good evening my friends.

Once again, I shall take the opportunity to say a few words to you. My friends, each of you must awaken within you, the realization that now, now is the time, to bring your being into balance, to weed out of your consciousness the undesirables, to build upon that foundation that you have set. For the time draws nearer, my beloved friends, when in order to accomplish your aims, your desires, it will be necessary for you to have control. A new standard of values must be established. A goal of accomplishments should be set. A definite something to strive for.

Stay clear of that which tends to pull you down. This physical structure you now occupy, is a very intricate piece of mechanism. It is affected by many things. That which you think, has a great effect upon the movements of the electrons of this structure. Anger, hate, greed, and any of these things tend to disrupt and unbalance the electrons, causing the cells to become out of balance, and many things may result.

Learn relaxation. Be conscious of what you do, but not anxious. Anxiety, tension, brings about weakness in this structure. Learn to close these things out, by placing about you a wall of resistance. Simplicity, my friends, simplicity in your life is important. Lead the simple life, as have all of your Great Masters, for life in its purest form is simple. So let us feed our body and souls that which tends to give them strength, which tends to make them great. These, my friends, are suggestions that you might be a happier and more rounded soul. That you might attain greater heights in your growth and in your understanding. For to grow and grow properly, one must obey the Law. If one obeys the Law, the Law will serve you.

Peace be with you my friends. Peace be with you. ☸