



*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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## September 14, 1963

**Anthon:** Peace be with thee, my friends, peace, peace. Greetings, beloved ones. I could not let this opportunity go by and not say a few words to you. I shall only be a moment and then my good friend Yaum shall speak with thee. But I do wish at this time to extend my love and my blessings to you and especially to your new friends here who are approaching a new phase of their life. And I should like to say at this time to please realize that nothing happens by chance. Remember that when the pupil is ready, the Teacher will appear. Each of thee have reached a point, a turning point in your life where you have made a decision to search and seek for Truth. Do not be deterred from this desire which has arisen within you, for man will only grow with his increase of the knowledge of Truth. Truth is—you are.

You will find as you continue down the corridors of life, that if you keep your mind open and also keep the spark of desire burning within you, for the knowledge of Truth, it will flow to you in all directions. It will be almost as though your life was being directed. Truth will come to you from many channels. Books will fall into your hands, people will come into your life who will have that which you are seeking. But with all this, a word of caution: you have the right as an individual being to be discerning, to scan carefully that which comes to you, using your own wisdom and judgment as to its validity, as to its quality of Truth. This does not necessarily mean that, that which you do not understand is not Truth, but that which you do not understand does not fit into your understanding at the moment should not be rejected as an untruth but rather place it upon a shelf in your memory and sooner or later as you travel the path of searching, you shall be able to pluck this from the shelf and either fit it into the pattern as a Truth or you shall be able to cast into the fire as an untruth.

This, my friends, is very, very important to avoid confusion, for many people have become confused and discarded the search for Truth because they were not able to fit all of the segments together at one time. I hope I have made myself clear.

And now I will not take more of your time. I had not intended to take this much of your time, please forgive me. Now I shall withdraw in honor of my dear friend

Yaum, but before I leave I should like to extend to each of you my most sincere love and blessings. Peace, peace, peace.

**Yaum:** Good evening to you, my friends. It is once more my great pleasure to come among you. It has been sometime since I have spent some time with you in discussion and I thank you once more for inviting me and accepting me into your midst.

Now, my friends, I should like to discuss with you whatever you desire as far as I am able. I can only share my own experience or understanding with you and I do not ask you to accept what I say as Truth, but take it into your consciousness and if it seems as Truth to you, you may accept it or reject it. I do not force my understanding upon anyone. I hope that you shall accept my English.

I am sorry I have not greeted your new friends here although they are not strangers to me, I have known of you. As my dear friend Anthon mentioned, nothing happens by chance and this meeting is not by chance, either. Please accept this as true, if you can.

He has already told you are starting on a new phase of your life which, of course, you know yourself and I'm sure you are going to find it very invigorating and very exciting, especially if you continue your search for Truth.

Is there a special subject that you would like to discuss? If it is within my power I will try to share my understanding with you. If you have a question just state it as simply as you can and I will attempt in my humble way to answer it for you.

*(No questions.)*

**Yaum:** Perhaps, if you do not have any questions at the moment, ye could think of something that would be of interest. Perhaps we could talk about balance a little bit.

In all Creation there is balance, positive and negative. In electronics or electrical systems, things balance. Throughout all life balance is very important. In order for us to have a healthy physical body for instance, a balance is necessary in all things. Now man is a threefold being. In the human body, if we are to have a healthy body, we must maintain balance. If we would

do this, our physical body would last almost indefinitely. Man does not, as a rule in our civilization, maintain balance in his everyday living. His nourishment, for instance, is imbalanced. Either he takes too much of one or another chemical, he does not use moderation. Either he eats too much of sweet foods, or too much protein, too much alkali or something else, consequently the body becomes unbalanced and improperly nourished and certain diseases develop. Imbalance can apply to anything. Man can use extremes in anything that he does. You have a saying among your people that "all work and no play makes Jack a dull boy." This is very true, you all know this. And all play and no work also makes Jack a dull boy." Now it is necessary for man to work, to play, to rest, to feed the spiritual part.

Man is a threefold being. He has spirit, he has mind, he has body in this environment. All three of these are of equal importance in this environment. You, have created yourself a physical body. Soul has created this physical body in order to have a vehicle in this environment, therefore it is necessary that this physical body be given proper nourishment and be taken care of in order that the soul can also grow. It is also necessary and equally necessary that the mind be fed and be fed proper food, for if improper food is put into the mind, it will also become sick as you see all about you. You have mind-sick people all about you because mind has not properly been fed and has not properly been given the rest and the play that it has needed. The mind must also have a certain amount of humor, fun. A humorous mind is a good mind, but it must not be all humorous, it must have a serious side, too.

The spirit must also be fed, but not overfed. The things that you feed to the spirit, the spiritual things, to cause spiritual growth, must be done also in moderation and this must work in two ways. The things that you have taken into the spiritual side must be put into use, for you can acquire all kinds of spiritual knowledge, spiritual truth, but unless you use these Truths, put them to work for you they mean nothing, if you continually pile them up, put them in and just leave them there, they do you no good. But instead of doing this, put to use those that you have and benefit from them and then you are ready for more. You see many people who are Truth seekers, who go madly about all the time, reading this book and that book, going to this lecture and that lecture, cramming in all the spiritual knowledge they can possibly get, but they never use it. Therefore the spirit becomes dull, inactive. This is balance, my friends, and this continues through all phases of life.

The trouble with many of your religions today and all down through history, is that they presented it in such a solemn, sober manner. You must speak real dignified about everything. The Master Jesus was always portrayed as a very serious, pious person who never smiled, who was most dignified. This was not true, he

was a man of great humor, great humor. He was always joking at the proper time. He also took time for recreation. He took time to attend the wedding and many things. But these things are not brought out in the writings, but of course, there was a great period in his life, where from shortly after birth until many years later, there was no record of him. He lived during this time, a family life, he had brothers, sisters, he played with them. He was a very balanced person. Man must, if he is to reach a state of understanding, be able to establish balance in his entire life. It is as bad to eat too much as it is to drink too much; it is as bad to study too much as it is to work too much. A well-balanced person, that brings balance in all things is a happy, busy, loving person.

In your religions of today you have the same problem. If all the religions of today, and I speak of the major religions, not the different sects of your Christian religions, but the great Teachers of the East, the Buddhists, and if these various religions could be tied together with the best from each one, you would find they would dovetail into a very balanced spiritual Truth. This will eventually come about upon planet Earth—it must come about. Each one today and in the past have felt they have everything contained within their own, but this is not true. To have a perfect balance they must all come together and this will bring balance. It is most important to try to establish balance in your life. This would eliminate man's so-called difficulties.

Man either loves too much, he resents too much or accentuates one particular phase. Love can become a detriment to a person when it is used in the wrong way. You can have so much love for someone that your love becomes detrimental to that person. You want so much for them to have what you feel that they should have, because you love them so much, and perhaps this is not what they should have and love turns into selfishness, it becomes a possessive love which in reality is not a love at all, but still you call it love. A purer state of love is not a possessive love, it is where you feel an oneness with all things, all people. It is right to want another to have peace, Truth and Light, but it is not right to try to force it upon them when they do not want it, then you are being selfish, because you want them to have what you want them to have. If one forces their Truth upon anyone else, then they are violating their right as an individual being, for when they are ready, a Teacher will appear. No one has the right to determine when another is ready for their Truth. You must realize they are using their free choice. You must not condemn them for it, for you would not need to look back in your own life very far to find when you also rejected Truth, so we must not be unhappy when we are rejected or feel sad, for as you said tonight, "Each one is walking in the Light that he or she has received."

Man will learn and profit only by experience. It is not all experience of suffering, for I see many happy people, many people who are enjoying life, and those who are

suffering will gain great experience, great soul growth. At the moment of experience, it seems unbearable, but when the experience is past and ye look back and analyze it objectively, we find it was not nearly as severe as it seemed at the time and we have gained from this a great knowledge, a great understanding, a greater ability to help others to understand.

**Questioner:** What can the souls of babies and animals learn from suffering? Why should this have to be?

**Yaum:** The suffering would not have to be if the understanding was greater, but in order to gain the understanding it is necessary for souls to experience. In the evolution of time these things work themselves out. It is true that man, through his evolution, comes through periods of growth from you might say almost an animal stage into a start of a realization of what he really is. Many of these things are not as serious as they might seem. Sometimes they are not as serious to the victim as they are to the observer. Someday you will understand this better. You will eventually see the necessity of some of these things in the evolution of man. This would take a long discussion to clarify now. Many of these things are due to karma, to any number of things which enter into the evolution of man.

**Questioner:** Why should we try to end suffering by curing cancer if we grow by suffering?

**Yaum:** Cancer is not necessarily a karma, it is a man-made disease in your state of evolution and there is much less cancer in some of your more primitive races but man creates many of these things through exactly the way we have been talking about, through imbalance; he does not maintain balance. But karma is another thing.

**Questioner:** Why do animals suffer?

**Yaum:** Man causes the animal to suffer and in so doing also has built himself a karma which he shall pay. Sometimes one can build up in one's mind certain things which he begins to see in a light which magnifies it. But we can help to eliminate these things by building up our own development, for as we rise we bring all men with us to an extent. As your Master Jesus mentioned, "I will draw all men unto me as I rise." This is true of everyone, for each time you increase your consciousness or your level of understanding you have increased the race consciousness to a degree.

Now, my friends, I know your hour is late. I have taken a great deal of your time so I think I should leave you now. It has been my very great joy and pleasure to be with you for these few moments; I hope I have not bored you with my expounding. In leaving I should like to extend to each of you my love, my peace and my blessings and may each of you in your searching for understanding grow into an understanding that will bring you great peace, great happiness and great prosperity, for within you is contained the power to

bring all these things forth, once you have found the Inner Man, that part of you that you call God.

Peace be with you, my friends, peace. ✽