



*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:** May peace rest in your hearts beloved ones.

I have been aware, as I sat here during your meditation, that there was some difficulty in entering the silence. In other words, stilling the conscious.

I should like to make a suggestion here that might be of some benefit to some of you. If you find you are having some difficulty in stilling the conscious mind, bringing yourself into the silence, oftentimes one can help greatly in stilling the conscious through the method of concentration.

The method used by your Yogis or those who practice what is known as the Yogi science, is good and this is to concentrate upon what you call the third eye.

However, there are many other things that you can concentrate on, such as some particular color of light, or attempting to visualize a certain scene, or anything that will tend to bring quietness, peace and well being. This is not to say you are to attempt to hold down the conscious mind by force, but by merely diverting the attention to something. You will find yourself gradually drifting away from the conscious and into the stillness of your inner being. I hope that this suggestion may be helpful to you.

My friends, you gather in the name of truth. Each of you here, as are many across the face of your planet, is searching, searching, searching for truth. I am sure that each of you in your search has been rewarded. But also, each of you realize how much farther there is to go in this search. Yet I say to you, you are receiving truth more rapidly today than you have received it ever before in this life time.

Have you considered what you shall do with the truth you have received? Are you going to take this truth and use it to the fullest extent possible or shall you, as have many, allow it to lie dormant until it decays and withers away?

We have seen this happen so much among Earth people. Consider this point, my friends, and do not let it happen with you. Truth can do great things for you, if you will but allow it, but if truth is held within your being, lying dormant, soon it shall decay and return from

whence it came and you shall find you are right back to the starting point.

So often Earth people, when they are put to the test of standing for truth, find that they have not the courage or the fortitude to stand out as individuals, but rather they withdraw within and allow the truth to decay.

Beloved friends, times are changing ever more rapidly. Truth is coming into the foreground. It is standing out more and more where it must be recognized. Yet so many, many of your people find that they do not desire change, they fear the truth. They find they have an urge within their souls to find truth, yet their fear is allowed to overcome their desire and they draw back and say, "No, I must not venture forth into new fields of understanding, it may damage my prestige. It may put me in a spot that I should not like to be in, yet I should like to know these things."

So, my friends, they find they are torn between two forces. A force of fear on one hand and a force of desire on the other, and sooner or later this brings confusion, unrest, yes, and sometimes even mental disorder. Therefore, man must choose his path. Either he has to follow the path of truth and do it wisely and diligently and reach a state of understanding, a state of peace and well being, or he will choose the path of fear, confusion, and fall into the pit of unrest, and flounder until finally he again emerges into the light, and again realizes his point of decision. For all men, all mankind must make the choice and then follow the path he has just chosen.

Beloved children, rise up, grasp your rightful place. Hold your heads high and know that your path is the path of truth and that you shall stand upon it with honor, determination and joy. Know that your creator has endowed you with the greatest powers in the universe and that you are determined that you will master these powers and become full master of your destiny. Do you think, my friends, do you think for one moment you are not capable of this? Do not let such a thought enter your minds but rather have the knowing, the full knowing, that you are endowed with the full powers of your creator and that you are determined you shall master them. So step forth in truth and light for your protection and become the master that you are.

My Peace I leave with you, beloved. ☙