



*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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**October 17, 1958**

*(Version one of two different versions.)*

**Oxal:** In the days ahead, it will be necessary for you to demonstrate love, understanding, and it will be necessary for you to demonstrate the strength and power of the great Universal Power and Energy which we call Light. You may find, my friends, there will be times when that will be your only protection and believe me when I say, this great Universal Substance can protect you from anything, and I mean this literally, beloved ones, for when this Light is established about you, or about anything in its completeness, I say nothing shall penetrate it. It is a complete protection against all things.

This is done, my friends, through practice, through sincere, intelligent pursuit. It shall not be accomplished in a moment. Visualize, learn to visualize this great Light of Purity, the purest white that you can imagine, completely surrounding and engulfing you. Picture in your mind's eye a wall of this Light, extending from the heavens and surrounding you, encircling you, in a tube-like shaft. Once you can vision this in its completeness, it is there, it becomes a solid substance that nothing can penetrate. You are completely safe and protected at all times and this can also be done for others, once you have accomplished the secret.

I can give you no better instruction than this, beloved ones, for that is the way in which it is done. When enough of your people are able to do this, you can surround houses, property, towns, yes, even nations with a wall of Light that is completely resistant to anything. Do I make this clear, beloved ones? Only through your own efforts shall you accomplish this, we cannot do it for you. I might add, however, that negative thoughts tend to tear this wall down from your consciousness. This Light is one of purity, for it is a Pure Substance of the Creator. You cannot build this Light with negativity. There have been those upon your planet, who have accomplished this and then through their own negative thoughts, have dissipated their own creation.

These patterns are true and the circuit will be made if we use them. Then from that point on instead of going on with our own thoughts, we must try to hold the

feeling of the rapport which we feel coming in upon us. Be aware of it, savor of it, let it carry us into ever deeper states of consciousness as we try, in a relaxed but persistent way, to reach ever higher in the awareness of the extent of His Heaven within us.

For those of you who are Yoga students, many of you have learned to focus your attention to the point between the eyebrows, that the third eye may open and you might see the kingdom of heaven. With these things which I speak of tonight, by focusing our attention to the zenith of heaven, as we feel and visualize it within us, we will feel the kingdom of heaven and when this realization which comes through the king chakra, you will experience the meaning of I AM that I AM.

I AM is of the verb to be and to be is to feel. And from these things will come the knowledge of who and what you are.

So tonight, since this is a large group of diverse experience and background, we will only try to give you an example of a way to conduct a group meditation which if practiced in sincerity and love, will help you on the path of the realization of ever higher states of consciousness. The format which I will use will consist of a prayer and affirmation to help us close the circuit and literally become aware of the feeling of His light and presence about you.

At the conclusion of these introductory statements, I would suggest that each one of you go around the circle to each one here tonight and bless them, if you can, try to see each one completely immersed in a shaft of the pure white light of the Creator. In doing this, I move around the room clockwise and I usually go around three times, so that I'm sure I've done a good job.

As we send out these blessings and thoughts of God's presence to each one, we will feel a rapport, an at peace stillness come in and pervade our midst. In this presence, try to hold our awareness of feeling in the vaults of our heaven within—remember the vibration of the psalmist which I mentioned earlier—lift up your hearts and be they ever lasting gates and let the King of Glory come in.

Rest in this vibration, feel of it and let it lift you into a deeper awareness of your own nature. This is not done with thought but with feeling, the language of the soul. We will then be silent for a short time and feel the great out pouring of light come in upon us. I will keep this period short tonight but when your working in your own groups, let it go until you sense it's completion—30 to 45 minutes is usually very adequate.

In concluding the period of listening, I will turn on a piece of music which will gently bring your thoughts and awareness back to here and now. Listen to the music as waves of feeling, for in the after meditation stillness, much inspiration may come to you. When the music has finished, I will ask us as a group to send forth the light which has poured in upon us, to send healing and uplifting and the comfort of God's presence to all the earth.

In a smaller group, we go around and have each one put forth the names of those whom they have particular concern for, while the other group members attune and send them the light. By these means, the circuit is complete. Blessings are given unto you and they are given forth and by doing this faithfully and sincerely, we will grow in consciousness and develop a true spiritual love and concern for all the people of earth.

Dear Father God, O radiant One, send forth thy light and surround each of us, thy children who would grow in thy service. Help us to find the way to a greater giving of self in thy service. As we join together tonight, we now give ourselves completely to the Father. Now let us visualize a small sphere of light forming in the center of the room. Let us see it grow in size and brilliance as our soul draws it down from the layers of eternal light which we touch in consciousness.

Now the sphere grows until it engulfs us and this house and emerges as a great spreading well of light moving out over the earth in an ever growing circumference. Let us feel the symphony of divine love, the love of all life, the beauty, the caring of each one of us as it engulfs this land in a gentle loving brilliance, whichever grows as time passes.

See this light enwrapping every living thing, bringing it comfort in the sensing of the Divine Presence. Now the light is flowing over land and sea and ever deepening until the tallest mountain peaks are finally covered. Gently, the advancing waves reach, a closing point on the other side of the earth and the eternal harmonies of our Father's love, pervades the streams of life all over our planet.

It is done, O Radiant One!

**October 17, 1958**

*(Version two of two different versions.)*

**Oxal:** Greetings in the light, my friends, I am Oxal of Arcturus:

Let thine eye be single, beloved ones, that ye may see always the glory of Creation. Give not your thoughts or your sights to that which is not pleasant, which is not of the highest. Keep on the positive side of your consciousness. The ever increasing vibratory rate of your planet is causing Man to come out from within himself. It is causing his real self to show. It shall not be easy from now on to control your real self. It is coming out for you to see, for you to recognize and for you to do something about, if necessary. It is bringing forth the positive, but it is also bringing forth the negative. So as one or your songs go. "Accentuate the positive and eliminate the negative," for in so doing shall you reach a higher state of consciousness, in this expression.

It has been stated many times that the time is short and so it is, my friends, and so it is, for you have much to accomplish in this short time you have to do it in. But your greatest task, beloved ones, is with yourselves. For the most important part for all of you at this time is to grow in understanding, to grow in love. To understand yourself and in so doing you will understand and love your fellow man. The events that are forth coming upon this planet shall require great understanding. If you are to be a worker in the light, then you must be able to demonstrate that of which you speak. For how can you teach another, other than by example? How can you teach me a principle if you cannot exercise it yourself?

In the days ahead it will be necessary for you to demonstrate love, understanding, and it will be necessary for you to demonstrate the strength and power of the great Universal power and energy which we call light. You may find, my friends, there will be times when that will be your only protection and believe me when I say this great Universal substance can protect you from anything, and I mean this literally, beloved ones, for when this light is established about you, or about anything in its completeness, I say nothing shall penetrate it. It is a complete protection against all things. This is done, my friends, through practice, through sincere, intelligent pursuit. It shall not be accomplished in a moment, but literally, none of you are putting forth the effort necessary to accomplish this and this is done, my friends, through the power of thought. Visualize. Learn to visualize this great light of purity. The purest white that you can imagine, completely surrounding and engulfing you. Picture in your mind's eye a wall of this light, extending from the heavens and surrounding you, encircling you, in a tube like shaft. Once you can visualize this in its completeness, it is there. It becomes a solid substance that nothing can penetrate. You are completely safe and protected at all times and this can also be done for others, once you have accomplished the secret.

I can give you no better instruction than this, beloved ones, for that is the way in which it is done. When enough of your people are able to do this, you can surround houses, property, towns, yes, even nations

with a wall of light that is completely resistant to anything.

Do I make myself clear, beloved ones? Only through your own efforts shall you accomplish this. We cannot do it for you. I might add, however, that negative thoughts tend to tear this wall down from your own consciousness. This light is one of purity, for it is a pure substance of the creator. You cannot build this light with negativity. There have been those upon your planet, who have accomplished this and then through their own negative thoughts have dissipated their own creation.

**Questioner:** Can one be helped by a mechanical device such as Tesla's invention to build a wall of light?

**Oxal:** It is possible to accomplish this scientifically, but this requires much equipment, much time and effort and mechanical devices have always the possibility of failure when they are most needed. Why do it mechanically if you can create it with your thoughts? My friends, you do not realize the power held within you, the power of your own thoughts. Thoughts are creative. Every thought you think, every thought sent into the ether by you is creative. That is why, beloved ones, it is so necessary to keep your thoughts ever loving and positive. For you do not want to create negativity.

You see, my friends, that is exactly what has happened with your planet today. This we have spoken of before. The negative thoughts and deeds of Earth people has created a negative aura about your Earth which has caused a great deal of the unhappiness, of the chaos that has occurred upon your planet. This must be eliminated. As you move into your new location in space, this will be eliminated and eliminated with it shall be those who create it. I do not mean by this—I sense some questions in the minds of some of you—that these people who are not able to move with your planet into the new age shall burn in what is spoken of by your religious administrations as Hell, but they shall be removed in a normal way, in nature's way to another plane of existence where they can live as they desire. But to those of you who want to move forward we suggest you put forth all the effort possible to raise your consciousness in love and understanding.

And now, my friends, I must leave this instrument and in so doing I extend to you the love and the blessings of my people. May His peace rest with you.

I am Oxal ☸