



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: Peace be with you, my friends, and greetings to you, my son.

Many new concepts are being brought to you, many new experiences are being revealed. Many of these are quite complex and difficult for you to understand in their fullness. As you no doubt see in your observation, that it is almost impossible to present to those of you who are limited in your understanding, and a great deal of this is due to the environment in which you live. It is difficult to put many of these things in your language so that you could get a clear picture, let us say. But some of these more complex subjects are not of too great of importance to you, at this time. For, as your consciousness is brought into a higher state of being, it will be more simple for you to understand some of these things which now trouble you.

For the time being, beloved friends, it is more important for you to strengthen yourselves spiritually, physically and mentally. The exercises of which you spoke and demonstrated here this evening is very good to bring about relaxation in your physical and mental body.

When one is relaxed both physically and mentally he functions mentally much easier and it is much easier for the cosmic energy to flow to you. It is much easier to attune yourself to the cosmos, to draw upon it. Always, when you are seeking guidance, information, or attempting to attune yourself through meditation, you must bring about relaxation first, if you are to be successful. These things, as are many of the other exercises in breathing, very beneficial in aiding spiritual attainment, and at this time, my friends, it is important that you do this, for spiritual strength, physical strength and mental strength will carry you over the rough roads ahead, with a much greater ease.

Learning is important, too. Attempt at all times to gain knowledge, for spiritual growth does not come without knowledge. I mean knowledge of all things about you. Know yourself, and your functions. Know your universe and its functions, for to be wise, to be spiritual, man must know all things. Philosophy is not enough. Science is not enough, for you see, my friends, Earth civilizations have attempted to separate, and you do not separate. Until the philosophers of Earth become

scientific and the scientists become philosophers you shall not have a true religion.

There is at this time among many of you, a feeling of expectation, a feeling of lack, at times, a feeling of emptiness. All of you have been searching for some time, and you feel that your searching should bring to you a more positive, concrete result. You are anticipating something, and you know not what. I can only say to you, beloved ones, that the future holds great things for you, if you continue your search and attempt in all ways to serve to the very best of your ability, in every opportunity that presents itself.

The only way you can use the knowledge that you possess for anything else, is to serve with it. To put it to work for the benefit of mankind, to attempt to help to raise the consciousness of mankind.

Time is moving forward. All events will come to pass in their own time. Be not impatient, for you cannot change them, but patiently tread the path, knowing that you will reach the peak of your climb at the right and proper time.

Peace be with you, my friends, peace be with you.

My love is with all of you. ♀