



*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.*

Copyright © 2012 Clyde Trepanier

**September 19, 1981**

**Nathaniel:** Greetings to you, my children, I am Nathaniel.

Now you have spoken in great detail concerning healing. I would like to make a few comments on the subject. There are many factors that contribute to ill health. Ill health is inharmony. When the cells of any one organ become inharmonious, immediately trouble begins. But I believe the thing that contributes more to man's illnesses than any other one factor is fear. Fear manifests in many ways. Anger is an expression of fear. Resentment is an expression of fear. I could go on and on in many other areas. We fear that we will not be accepted. We fear that we will be criticized. We fear this and we fear that.

Fear expressed in any way will bring about inharmony in the body as well as in the mind. It will cause irrational thinking. It will cause the emotions to run uncontrolled. Uncontrolled emotion can be very detrimental both physically and mentally. Fear originated in the animal part of man. Fear to the animal is a necessary attribute. It is his protection. So fear is a part of the lower nature of man and therefore must be conquered and until fear has been conquered, man will never have a 100% harmonious physical body or mind. Between the spiritual and the mental, there is the mental and the mental must be developed if one is to conquer his lower attributes.

When the lower nature of man has been conquered you will not have disease for you will be master over it. That is why it is necessary for mankind to have all of the aids that he has in trying to bring about health. The devices such as radionics can be very helpful and man needs these things in order to survive many of these inharmonious conditions he finds in his physical structure. But they are only aids to mind.

You are mind. You are not this physical body which you are using to manifest in this vibratory condition in which we exist at this time. But the body is not you. You are mind. You are a part of One Great Mind sent forth to grow and to evolve and to learn to become a wise creator. You are an individualized part of this Great Mind. Therefore you have the ability to create and to

attain all the things of this great sea of Mind out of which you manifested.

But you are also given free choice. You can determine your own destiny and you are determining it with every thought you think and with every word you utter. Man must come to this realization: he is responsible for his own creations. His tomorrows, his future years, and his future lives are being created and formed by his own thinking and doing today. It is always easier to blame our misfortunes upon someone else or upon chance than to assume responsibility ourselves.

Man, since the day he became individualized and began to think for himself, has sought a way to avoid the responsibility of his own acts and thoughts. Through the portals of time he has used many different methods of doing this: sacrificing human beings, sacrificing animals, always trying to appease the gods so he would not be punished for his wrong doings.

Today man is using a somewhat different approach yet it is the same thing. He is atoning for his sins by accepting a savior, by being born again, etc. But these are only escapes from our own responsibilities. In recent times, many have begun to think for themselves, have begun to search out Truth. They have knocked upon the door of knowledge and it has been opened to them. They have sought and they have found. They have discovered that they have been misled, that many of these teachings of the past have been only myths developed and used by the priesthood to gain greater power over their people, to put fear into their hearts, fear of punishment if they be not good. If a man has to be good because he has fear in his heart of punishment if he is not good, this man could not be called a good man. A man must be good because he loves goodness, not because he fears punishment in the future.

So you see why we have so much inharmony in our physical bodies, because fear is thrown at us from all directions. Yet if man will think and seek, he will discover that he has nothing to fear. Fear will fade away for he will not be concerned about the things that he finds bothering him now. He will live according to his consciousness and his conscience and he will know that in so doing he need not fear any man or anything. He will not fear to lose his physical body because he

will know that he himself is mind and mind is not destructible.

Oh, you will hear people say, "I have no fear in my heart. I fear nothing." Man, through the centuries, has gone off to battle without fear of dying in battle, yet that same individual will express fear in many other ways. I do not think that most people have much of a concept of the many ways that fear expresses itself. They think of fear only as being afraid of going into a dark room or afraid to go out on the streets at night or something of this type which is only one small expression of fear.

Just a thought; just something for you to think about. I am not in any way trying to condemn other healing methods or help that man might have. These are all good and necessary at this period of evolution but I think this is a realization that man needs to come to, something he needs to recognize.

**Questioner:** Is it fear, when a person constantly is eager to expound upon his own ideas, his opinions, his learning?

**Nathaniel:** Very well could be. This depends somewhat on the individual, the intent of the individual. Fear can cause individuals to express in many ways. It could be the fear of not being recognized.

Now I must leave you. I extend to you my peace, my love and my joy. Be peaceful, be calm, be joyful.

Be peace. ✨