



*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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**June 21, 1960**

**Oxal:** Greetings in the light, my friends, I am Oxal of Arcturus. I greet you each in the love, light and understanding of the great spirit of creation.

You have met here in the name of "Understanding," and in the hearts of each of you is a somewhat different interpretation of understanding. This word has a far-reaching significance. It also is of great importance to planet Earth, for unless understanding is realized, within some degree among the people of planet Earth, your civilization stands little chance of survival.

We, of the Confederation, are most happy to see that a few people upon planet Earth are interested in promoting understanding, but I wonder, my friends, just how much you realize the vastness of this task of bringing understanding to Earth people. This is a tremendous task and will require great effort upon the part of each individual interested in promoting this idea. It will require a great deal of effort upon the part of each of you, and all of those and all of us who are working in this behalf. A great amount of wisdom will be needed.

We, of the Confederation and our colleagues in what you call the etheric realms, are working and will be working, putting forth every effort to help you succeed in your efforts. It will be necessary for each of you to put forth every ounce of effort that you have to bring into your being a realization of understanding. This, my friends, is a very, very, broad term and encompasses a great deal, as you will see in the future, as the realization the full meaning of this word comes into your being.

You are going to find that it will be necessary to develop within yourself, a great love, a great tolerance, for your fellow-being. It will be necessary to turn the other cheek many times. You will find it necessary to smile many times when you do not really mean it, but by putting these things into practice, soon you will find that you do mean it, that all things can be accepted and handled in love and understanding.

I would suggest that you listen to what our brother Anthon had to say last evening and ponder his words well, for they have deep meaning. It is going to be necessary for each of you to come into the realization of which he spoke, to know thyself.

We sincerely hope that you will find it possible to work together in strong unity and develop among yourselves an a oneness, a love that is beyond what you know as love in your chemical or physical existence. There is only one place to begin to build your light and your understanding, my friends, and that, as you well know, is within your own heart, within your own being. "Let it begin with me." If this idea can be spread among your people that "I am the one who must build my Light, and that I will put forth every effort to build my own Light, that it might shine and lighten the lives of those about me. Not in what I say, but in what I do."

For, beloved friends, there is only one way to teach, and that is by example. Not a word need be spoken if you carry the true light of the great spirit of creation. So let each of us open our hearts to this great river of life that flows continually from a source that is even beyond the knowledge of those who carry great, great abundance of this light.

Do not expect to learn everything in a moment, but move forward step by step, letting each experience be another steppingstone to a higher understanding. Waste not these experiences, but grasp the opportunity to learn all you can from each one of them, and remember that nothing happens by chance. Keep alert, be always aware of the things that go on about you, for each moment is an experience by which you may learn. Awareness is most important in our growth. Be aware also of that still small voice within, that higher consciousness that will guide you on the path that is right for you, and this, beloved friends, is available to everyone.

Once you have mastered this, you will not go astray. You will find life much more glorious, much more interesting, and learning, understanding and wisdom will come more rapidly. And if each of you learn to follow this inner guidance which comes from your own higher consciousness, your organization will grow. Its light will increase and your followers will be many, your problems will be few.

Your pardon for the slight delay momentarily there was a technical difficulty.

We are working with you in your efforts. Be assured of this, but understanding must come through Earth people in order to be successful.

We can only aid you in our ways, but it is important that each of you ponder well the meaning of understanding and attempt, to the best of your ability, to demonstrate it in your everyday living, for here, my friends, is where it will be effective. It will require more than a meeting and discussions. It will require living it, if you are to truly spread understanding among Earth people. Do I make myself clear?

**Questioner:** Yes, but would you suggest that we meditate in our membership meetings?

**Oxal:** Meditation is always good, but it requires more than meditation to grow spiritually. One must live and express that which he believes, which he seeks to know. Meditation and prayer is important, and I would heartily condone this practice in your gatherings, but I would suggest strongly that you emphasize the fact that understanding must be lived to be effective, and start it definitely with yourselves. Demonstrate it in your gatherings, and as you go out into the life of your daily living.

Now, my friends, I must leave. It has been my pleasure to speak with you, May each of you reach great heights in your search for understanding. I leave you by extending to you the love, the light, and the understanding of my people.

I am Oxal.

**Questioner:** What is meant by turning the other cheek?

**Oxal:** It is quite simple. Let me express it in our way of life. If we were to come to your planet and were met with hostility we would be destroyed before we would destroy. This has been demonstrated upon the surface of your planet. Gandhi demonstrated it many times for the world to see, and he was successful in his accomplishments. You see, to fully understand these things, you must understand life. No one can destroy you. Perhaps your vehicle of today can be destroyed, but this does not destroy you, and I believe all of you here are aware that life is eternal. Does that answer your question, my friend?

**Questioner:** Yes, but should we allow those who have no understanding within themselves, except destructiveness, to go on and live?

**Oxal:** This is a result of your system. You see, a problem cannot be solved unless you go to the root of the problem, so destroying this person does not solve the problem. It is necessary in your society to deal with these situations, but they have not been dealt with wisely. If the cause of these acts was removed, the problem would not exist, for we live by cause and effect, but I grant you that in your society, it is necessary to deal, in some manner, with these

problems. We do not allow someone to go about promiscuously destroying life of others. Something must be done in these situations.

It is somewhat difficult to bring into your words an explanation of these things that would make them entirely clear to you. I am not sure if I have made myself clear to you on this matter.

**Questioner:** If I were to meet a hostile person, how would I protect myself against him? What would be right to do?

**Oxal:** What are your commandments?

**Questioner:** "Thou shall not kill."

**Oxal:** There is your answer, for then you have broken the commandments, if you kill. I would prefer to let him break the commandments, but this, my friends, is something that you have to decide for yourself. You see, the Laws have been given, they are set, you have a choice—you can obey the Law, or you can break the Law. There is no half-way. But as I said before, you cannot be destroyed.

Now, my friends, I must leave. It has been my pleasure to speak with you. May each of you reach great heights in your search for understanding, I leave you by extending to you the love, the light, and the understanding of my people.

I am Oxal. ☸