



*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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**February 12, 1980**

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

I should like to begin where we left off the last time we spoke about visualization. I wonder how many of you since then have been practicing a simple form of visualization? If you have not, you should be, for it is important to you that you develop this power. It may sound very simple to you, but to become proficient in visualization and concentration, will not be accomplished rapidly.

When you have become proficient in a simple form, then it would be well to attempt to visualize something that you need, or want, that will be beneficial to you, which could be many things. Putting forth efforts in this way, you prove it to yourself. You can, by directing this concentration to Universal Consciousness, cause it to be materialized in your life.

This does not have to be especially something of a physical nature. If one desires knowledge and wisdom, he should concentrate upon this and visualize knowledge coming to him from all directions and in many forms. And if one continues this concentration, soon he will find this happening. The only caution that is necessary is that you make sure that what you are visualizing and asking for, is going to be for your good.

We cannot stress too much the importance of developing this power that you have as it can be used in many ways, but make sure that you always use it for it is like any other power or energy. It can be used for construction or destruction, and too often individuals take the path of least resistance which is the path of destruction.

Your world is becoming more and more a psychic world. The psychic use of energy is becoming more and more known among Earth people. This is good, yet it is not good. It is good for those that would use this force as a constructive force of energy, but it is not good in the sense of those using it for destructive purposes. Nevertheless psychic forces are something that you face upon planet Earth today. They are more prevalent now than in past times of your civilization. You could say that psychic war is developing, and for those who would guard against these attacks, it is

necessary that you learn to use your power of concentration. For it is through this power of concentration that you will be able to protect yourself from psychic attacks.

You can, through concentration and visualization, build these protective walls or forces about you where these things cannot reach you. Many think that they are above these attacks, but any day you may find yourself in a position where these forces are thrown upon you, and if you know not the ways of protection, you may find it very difficult to combat these forces.

So this, my friends, is another reason why we stress the importance of developing yourself along these lines. You cannot go far upon the Path of Occultism without developing these powers. It is all part of the learning that man must do, the things that he must accomplish along the way. And this is one of the steps which must be started early in your sojourn upon the Path. It is not the only thing, but it is one of the important things. We have talked about many other things which are necessary to do, and all of these things are important if you are to travel that Path. The overcoming of the forces within yourself are also very important. We are only attempting to draw your attention to these things so that you might progress upon the Path.

I extend to each of you my most sincere blessings, and I ask that the blessings and love of the Great Ones be poured forth upon each of you.

May the realization of the importance of self-development become strong in your hearts.

Peace, beloved, peace, peace, peace. ✿