



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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April 7, 1973

Nathaniel: Greetings to you, my beloved children, I am Nathaniel. Tonight we are going to amplify cosmic energy for you. We wish you to accept this energy, to take it into your being that you may be helped in many ways. I would ask you to relax, to become comfortable and in relaxed positions. Then I would like you to establish an attitude of love, of gratitude. Let your hearts be opened and let them be joyous, giving praise and being thankful.

As you reach this state of mind, draw this energy to you, let it flow through every cell and fiber of your being. Direct it to the weak points of your physical body, knowing that it is rejuvenating and replacing any lack or any imperfection that you might have. This energy is now flowing to you. Receive it—be open and receptive. This energy will spark the creative energy within you if you will allow it. Do not be tense, do not try to force, only let go and let Him flow. Within each of you lies the power that motivates the universe, it needs only to be sparked, to be set aflame in you.

My beloved friends, I hope that each of you have received much benefit this night. Keep this flame burning within you. Do not allow it to be quenched. Know that you are continually being renewed in mind, body and soul. Be ever thankful to your Creators for the blessings that you have received. Let your hearts be forever joyful, singing praise to Him all through the day, for a joyous heart is a healthy heart. A joyous heart brings one health and wisdom and power.

May each of you in your sojourn continually find renewing of the mind, the body and of the soul. May all the Great Ones pour forth their blessings upon each of you this night and may each of you go forth in peace, in love and in joy. Peace, peace, peace.

April 7, 1973

Yaum: Good evening to you, my friends.

I did not come to speak tonight but the “boy” here insists that as long as I was here that I should at least greet you all, so I consented to do so.

It was my pleasure to be in your presence again tonight and I should like to say that another great being was

with you, helping to generate this energy which I sincerely hope that you have benefitted from.

I do not wish to take more of your time, but I did wish to extend my greetings to you.

Questioner: Please stay for a few moments and give us a few suggestions on how to meditate properly.

Yaum: I would suggest good posture, sitting erect with both feet upon the floor and keeping your spine as straight as possible with both hands open on your lap. For if the energy is to flow it must flow through the spinal column and if the spine is straight it can flow much better. Other than that there are many techniques and I am sure that you know of many of them.

One should experiment with techniques and practice concentration. Practicing concentration should be done when one is trying to get into the silence, stilling the mind. But in the beginning too much concentration can cause one to become tense, so get into a relaxed position and relax not only the physical body but the mind. If you have difficulty in doing this perhaps you will have to use suggestion. Suggest to the different parts of the body that they should relax.

Each one should find their own techniques and you do this by trial and error, of course. The technique that works for one person does not necessarily work for another so one must keep trying the different ones to find the right one. Mantras are good to bring the mind back from wandering. Some of them are power creating.

But posture is important. If it is not good then there is difficulty in concentrating and in the power flowing and in the stilling of the mind. It is also wise to have nothing on you that would cause irritation or discomfort, as it distracts the mind from concentrating.

Questioner: Is there any truth in believing that a baby born with a veil has psychic ability?

Yaum: Yes, this is something that occurs to those souls who are highly advanced in the mind and in psychic abilities, in most cases. In 85% of the cases this would be true.

April 7, 1973

May the love, the Peace and the joy of all the Great
Ones be upon you. ✿