



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

August 24, 1974

Samuel: My blessings and my greetings to you my friends, I am Samuel. Though your numbers here tonight are few, it matters little for we speak to not only those who are present but to all of those who would hear or read our words.

I know that you have heard much about the coming times and what it will entail and how to prepare yourselves for these times. But I should like to emphasize again and especially to the younger ones, the importance of that temple in which you live. You should view this temple as the temple of the living God. Therefore it must be a temple that is clean, that is well cared for, that is sturdy and strong, able to withstand any storm it might encounter.

There are many ways to improve and care for the this temple. We would highly recommend plenty of good exercise done regularly and systematically, to give the greatest benefit. We would also highly recommend breathing exercises and proper breathing. It is amazing how little air most people take into their lungs. There is great benefit in inhaling deeply and breathing lots and lots of good air, for the oxygen and other life giving elements that are contained in the air you breath are vital to the cleansing of your blood stream and in bringing the life forces into your body. So we would highly recommend these things to all those who would maintain a perfect temple.

I am sure that you realize the importance of nutrition for I know that many of you have given considerable time in studying the importance of these things, of nutrition especially. But there are many, although they study and know these things, who do not practice them. They are inclined to put it off until the morrow. But I ask you, people of Earth, do not procrastinate too long, lest you find yourself deeply wanting in these areas. It is easy to do this, especially where it concerns something in the future. But remember, sooner or later, the future will be the now. By acting in the now, you are always preparing for the future, and so often the future creeps upon us before we realize what has happened.

So do not be like the bridesmaids who slept and did not keep their lamps filled and their wicks trimmed. But rather be like those who continued to be prepared, and

when the bridegroom came they were able to enter with him.

My friends, that future day is much nearer than you realize. So lest you be found wanting, prepare in every way that is necessary to make you a well rounded and prepared soul. Do not forget the rules and the laws that the Great Master laid down for you to follow in your spiritual life. All of these things work together to make the whole.

May all of you who hear my voice or read my words and would walk in His footsteps, find your way and enter therein.

May the peace, the blessings and the joy of those Great Ones who work so diligently in our behalf, be bestowed upon all of you now.

Go in Peace. ☸