



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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Oxal: Greetings in the light, my beloved friends, I am Oxal of Arcturus.

We realize that many questions prevail in the minds of those of you who are seeking the truth. You are seeking to understand the ways that lead to understanding. Realize this, that you are now passing through a classroom for the sole benefit of learning, of growing, of receiving a better understanding of life and truth. One of the great lessons that must be learned in this classroom, is to know yourself, or at least know yourself sufficiently enough to be able to function comfortably in a physical body, to bring about in your being that which is needed for a comfortable and happy living.

You see, my beloved friends, it has not been taught in your civilization that man and his creator are one and that you possess the same powers as your creator. You see, my friends, the fact that you do not understand these laws does not alter the function of the law. The law works whether or not you understand it, so you see you are continually creating, although you do not realize you are creating. You are creating situations, conditions and many other forms of creation because you are only, beloved ones, what you think you are.

You have instilled in your super-self many misconceptions. These concepts, thoughts, what you call the subconscious, are bringing about the results that are not understood by you. Clean out this inner consciousness, weed out the misconceptions. Do this by injecting new concepts. Tell yourself that these must go.

Know that you are all powerful. Continually tell yourself these things, because unless the old are replaced by the new, the old shall remain. This does not occur in a moment. Several years has been spent in indoctrinating yourself with this beliefs. Do not expect to eliminate them in a moment. It is difficult for you, I realize, in the face of what you call realities. Do not recognize them as real. Believe me, my friends, these things are only illusionary. They are figments of your imagination. They are not your real self, for if you and your God are one, if you are a part of Him, only a small

part of Him you are perfection, because he is perfection. You have built around yourself an imaginary, illusionary imperfection.

This is difficult for you to understand, because of your teachings, your customs. These things have been handed down from generation to generation through your civilization. They became real to you, but they are only real because you see them as such. Understand that what you are seeing as yourself in the form in which you are now living, is not your real self. It has been created by you.

When you have left this vehicle, you shall find that you have left all of these things behind with it and it shall vanish into a nothingness. Therefore, you see, it was not real. I wonder, my friends, if I am giving you a little glimpse of what you really are. There is difficulty in trying to convey just what I mean.

But know that you are a creator. Know that you and this creation are one, that you are a part, an important part of the Creative Spirit, that dwells in all things, in all beings, therefore, you should be master of your creation. You are your creator, so you must take charge of it, you must command it. It will respond to your command. When you command that your hand move, it does move. You are in complete command of the movement of your body. You are also in command of every organ, every nerve, every cell. You can command it to do as you wish, but you must do it with authority, knowing full well that you have the authority, as it was given to you by the creator.

I hope, my beloved friends, I have been of some help to you. It has been my pleasure to speak with you. I leave you by extending to you the love and light of my people.

I am Oxal. ✨