



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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Teacher: Peace be with you, my friends, Peace.

Each of you have with you your higher teacher, and we are going to build about you an energy that each of you can draw great benefits from, if you will but open your hearts, relax, become receptive. Each one of your wisdoms is going to aid in building the concentration of this Energy. So, if you will bear with us for but a few moments, I will have for you some further instructions.

(Chants were given for a few minutes.)

Now, beloved ones, straighten your spines, sit erect, for you have built around each of you a concentrated form of cosmic energy, that, if properly taken into your being, can do great good for you, both mentally, physically and spiritually. This can bring about within you a sense of great well being and peace. Now, as you sit erect, visualize this source of energy extending into the cosmos, high into the cosmos and extending to you.

Draw the breath deep within you, far into the belly section and hold slightly ... and relax.

Do this at approximately one second intervals.

(Practiced)

As you draw within you this great cosmic energy, feel it flowing through every cell, every fiber of your being. Direct it to every portion of the body, to the throat, to the lungs, the abdomen, the legs, the feet.

See that it goes throughout your being.

(Practiced)

Keep your mind, your heart receptive ... take on a feeling of gratitude, of humbleness, and of reverence for creation.

Continue this until I give you the word. Draw it deep within you.

(Practiced about five minutes.)

So be it, my friends, and may each of you have received, according to your willingness to receive.

Peace be with you, my friends, Peace. ❀