



*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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## November 6, 1984

**Joseph:** Greetings to you, my children, I am Joseph. It is my pleasure to spend some time with you.

Now, you have discussed many things that concern your evolution, and your peace of mind, etc. Let me point out to you that over the period of time that we have been speaking to you, there have been many things presented that are necessary for you to do and accomplish.

In the books we have recommended to you there have been the answers to many of your questions. But if you would like to advance, to gain knowledge, wisdom, peace, happiness, joy, or what have you, you must amply these laws.

One of the biggest problems that individuals have to face, is to recognize their own weaknesses. In most cases, if you were to suggest to someone one of their weaknesses, they would deny it for they do not recognize it in themselves. But, my children, when something bothers you in someone else, and becomes annoying to you, start looking within yourself to see if, perhaps, you might be criticizing yourself instead of the other person. I know this is difficult to do but it is necessary. How can you correct something if you do not know that it is there? So you must look within to find these things and eliminate the cause.

Another thing, we take all of our problems and troubles too seriously. We keep them within us. We harbor them and we brood upon them, but this will never solve a problem. It is very common among Earth people to stay within themselves, to be self-centered, and this we must reverse.

We must come out from ourselves, where we can take a good look. When we do this, we find that most of these things are creations of our own mind. This may be very difficult to accept, but nevertheless it is true. Most of us are not willing to analyze ourselves, to admit to ourselves, that we are not functioning in the proper way.

If one is to become healthy then one must think health, and refrain from thinking illness. Refrain from talking about that type of thing. We keep it out of our mind and keep health in mind. We are seeing health instead of

illness and disease. Now, I am not saying that it is not proper to take care of your physical vehicle, to nourish it properly, etc. But we do not have to dwell on the illnesses.

This is true in anything that we desire. If we desire to be prosperous, we do not think poverty, we think prosperity. We see ourselves as being prosperous. If we have a goal that we want to accomplish, we see ourselves as accomplishing that goal. Do not let any thought of failure enter our mind.

If we do have a failure, we do not look at it as that. We look at it as an experience to learn from so that we do not repeat that same error. Do not expect to master all of these things in a moment. It takes time.

It is amazing how we get caught up in habits, habits of thinking, habits of speaking, all kinds of habits. If we are to break these habits then we must take them one by one and eliminate them. A habit can be formed very quickly. If you do something at the same time each day for five days, or even less, you will find yourself doing that same thing every day at that time.

Now, if you wish to reverse that habit, or to get rid of it, then you do not allow that habit to manifest, rather you do the opposite of whatever you desire which that habit would cause you to do, by reversing that and putting something else in its place. Soon the new habit has taken over.

Now, there is nothing wrong with habits if they are the proper habits. But if we form habits of negative thinking, of seeing everything in a negative light, then we see almost everything in this light, so then we have to start changing. When a negative thought enters your mind, cast it out and replace it with a positive thought.

It is very necessary to come out of ourselves, to eliminate that self-image, and to replace that with love and service, and selflessness. When we are selfless in our service, serving in love and projecting love to all, whether we like them or not, or like what they are doing, then in a short time our whole life begins to change, and we soon no longer have this wonderment or tenseness about which direction we should go, whether we should go this way or that, whether we should be pursuing this or that, for you have cleared the way for these things to flow to you.

Your good will begin to flow to you and you will begin to find yourself going in the direction that is right for you, because you are clearing the way so that your Higher Self can guide you into the right path which is the path for you. The path that will give you the opportunity to advance, to grow and to become that which you should be.

Now, this may all sound very complicated but it is not, really. It is only a matter of taking these principles and applying them. You see the problem is that we get stuck in old ruts and we do not pull ourselves out of these ruts. But unless we do, we will go along in the same rut until we finally decide to pull ourselves out.

Now, no one else can do this for you. As we have said many times, that if we could solve your problems for you it would be great. We would love to do this but this would only hinder or retard your growth. You would not have learned and you would fall back into the same old rut. We learn by doing, beloved ones, not by talking, but by doing.

There are the talkers and there are the doers and it is the doers who make the accomplishments. It is the same principle in teaching. As you try to help others you will find that the better the example that you set the more you will be able to help them. Our greatest teachings come from examples, not from telling, but from doing.

It is fine to explain and to talk about these things, and to make people aware of these things. But, unless they take it into their own mind and do something about it, it is all for naught. Do you not agree? It is the doing that counts.

There are those who sit and study and meditate, and talk a lot about the things that they have learned but do nothing about it. Sometimes this goes on for a whole lifetime. At the end of the lifetime they have not evolved one step farther than they were in the beginning. So if you would gain the things that you would desire, such as health, peace, prosperity, joy, happiness, then become a doer.

Among the things that are important is humor and laughter. When a person is joyous and laughing he is not negative. He is stimulating a flow of secretions in the body that builds, that gives new strength and vitality. But if you are sad and cynical, the opposite is taking place, in creating destructive secretions in the body which brings about deterioration, disease and unhappiness.

So be joyous and laugh. Anything that will make you laugh is good for you, whatever it might be. So there you have it, my friends. Let's be a doer and not a talker. A voice has its purpose, has its time for use but we should not let it become predominate. A good listener learns much faster than a good talker does, for they are so busy talking they do not have time to listen.

Therefore they expound much but learn little, and with that, my friends, I must leave you.

I invoke the blessings of the Great Ones upon each of you. May you decide to apply these principles, and to apply them well, the principles that will allow you to find that which you seek.

Peace, beloved ones, peace, peace, peace. ☸