



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: It is my pleasure once more to have this opportunity to speak with you. You have for some time now been on a plateau. I think that you are somewhat aware of this, but soon this will end. You will find yourself becoming very active but perhaps in a much different way than you have been. But there are many ways to serve, as you realize, It is necessary now that you pursue more strongly your spiritual development.

But while you are in this world it is also necessary, as you realize, to be a part of it. We are our brothers keeper and we have obligations to our fellow man and it is well for us to always be mindful of this and to always attempt to be of service to the best of our ability.

You are also going to find more and more decisions or choices to be made, and if you will, as you have in the past, take these things inward, you will make the right decisions. As we climb this ladder of evolvement we find that our choices and our tests become greater and greater. They become more difficult, and if this were not so we would not grow, for it is through our anguish and our suffering, our trials and tribulations that we grow and become strong. And if we are to reach great heights in our spiritual development and understanding, then we must pass through these things that we might have the strength to go forward. As each is conquered and mastered, you will find yourselves stronger and stronger. It is, however, much easier to avoid these things and to remain at a status quo but we do not remain there. Either we go forward or we slide backward. So you see, nothing is gained without effort or work.

I perceive that you have some questions.

Questioner: I am a little stunned by the tremendous opportunity that has been offered here by the food supplement that was presented so suddenly.

Teacher: You will find as you travel the spiritual path that these things will often happen. These are opportunities that are brought to you. You see, those who are guiding the planets, the suns and the stars, have much deeper insight than do you of Earth, much deeper insight than many of us who exist on a little higher plane than you of Earth. They foresee the need

for certain things. They foresee the need of their children that they are in charge of and they plan far in advance. Certain individuals are guided and inspired to bring about certain things that will be beneficial to those who are on the path as well as some who are not.

They see far into the future, they know what you are going to face long before you have the slightest suspicion of what you might be facing. So some of these things have been brought into your civilization for the benefit of those who will be working in the light.

Now you see, the vital forces are dependent entirely upon what you eat and what you drink. A man cannot develop spiritually without these vital forces when he is existing in a physical body. These are necessary, they are necessary to your well being. They are necessary to your spiritual development.

You see, the Father made provision for man in perfection, but man has raised himself above God and attempted to improve upon God's way. Therefore man finds himself facing the situation that he faces today, and my good friends, the situation is much more serious than you realize and it shall worsen rapidly.

If you are to survive these times and continue to grow spiritually, you must have these vital forces, and as each of you know your foods have been developed to the point where you do not receive these. Therefore you are not getting the necessary vital forces. This being foreseen by the Great Ones, provisions have been made for those on the path and some who are not. And as I have said, these provisions were planned and started long ago and are now coming into being in such quantities as will be needed. Those who are working in the light, who are interested in developing spiritually, who are sincere, are going to find themselves led into the things necessary for their future existence and development.

Now you see, when they plan they plan well, and here you find the law of giving and receiving functioning to its fullest, but these things must be entered into in an attitude of service, service to your fellow man, with little or no thought given to what it will do for you. And if you enter in with this attitude you will find that there will be no need for you to have any other thought. The law will take care of you. I'm sure that you will find that

everything will work out if you will do your part. It will require effort on your part, perhaps a great deal of effort, a great deal of study, but it is a great opportunity for you to serve.

Now it is somewhat difficult for us to say some of these things under the conditions which we have to work these things out, as is the case here now. I am sure the instrument feels this very much, but regardless of all this, we feel we must say these things, because the time is here and now.

The time is short and those who are going to be active in the service for their fellow man, must begin to act for the time is short.

You are going to see times in the very near future when only those who are fit physically and supplying themselves with the proper vital energy, are going to be able to survive the times.

In your Holy writings it is described how pestilence will become rampant upon your planet and I'm sure that if you look around you, you can see it has already begun. You do not have to be too observant to note this. In fact, anyone who does not begin to see these facts now, is quite blind. The hand writing is on the wall.

It is going to take a great deal of effort for some to get themselves back on this level but it can be done. Your creator has provided in His laws, His nature, everything for man to live a perfect, normal, healthy life. Anything that can go wrong with man, due to his lack of cooperation with nature, nature has provided the cure.

Questioner: Can one in the last stages of cancer be helped by this type of program?

Teacher: I would not say that this one is beyond help. Perhaps in your orthodox environment in which one would have to be treated, they would be beyond help. But if there were someone who knew exactly what to do and someone to follow through, because the treatment would be very extreme, the reaction to the treatment. You see the toxins have built up so tremendously in these cases that the cleansing is a very, very difficult thing for the person involved and requires very close and accurate supervision and treatment. Under these conditions I would say that no case is impossible, but under the treatment that is available to most people, the orthodox treatment, it is almost impossible. But there are many who still have hope, who, if they are willing to decide to make the effort, can. You see, a great deal depends upon the person having the will. Once one has sunken to this position the will of the individual has a great deal to do with the recovery. It takes the will and the effort, but when one has the desire to serve, to bring themselves up to where they can serve and has the will to do this, the answer is always there. The saving force is the will to serve and nature has provided all of the rest. It needs only to be administered in the proper proportions and at the right times.

The Father works in strange ways His children to care for. You never know how He is going to do His work, how He will choose you to do His work. But however you are chosen, the main thing is to be willing and ready to give this service to your fullest and when you do this, the Father will take care of you abundantly. Your cup will be filled to overflowing.

Questioner: I would like to have more of some of my recent joyful experiences.

Teacher: There is no better way to develop spiritually than through prayer and meditation, for all of the great revelations that you will have will come from the Christ within, and as you begin again your pursuit and begin going deep within, you will find that these new experiences will come more often, last longer, and will become more a part of you and this is what you are seeking. You want this Christ light to become a permanent part of you. Often it comes a little at a time. We get a taste of it in order to sharpen our hunger for it. There are many who receive this suddenly with some it lasts for some time and then is lost. Some are able to hold it permanently. This depends a great deal on the soul development of the individual. But usually those who receive it a little at a time, appreciating it and understanding it, once they have received it fully, it is there to stay, for they know what they have. They appreciate it and they do everything in their power to hold onto it.

But man's service to his fellow man is also very important and in the final analysis the greatest credit that you will receive is how you have served your fellow man. This is what man is really judged upon for when you serve him you have served your Lord, your creator. "For even as you do it unto the least of these you do it unto Me," a well known quote and this is entirely correct.

Questioner: I realize I need to know thoroughly man's constitutional make-up—the relationship of the endocrine gland system to the etheric body.

Teacher: This is why you need the balance of nature. This is the supply of vital force which not only supplies the physical body but the etheric body also. The etheric body receives a great deal of its energy through the food and the drink that you take into your body, So when you treat the physical you are also treating the etheric or vice versa. The etheric body draws energies from the cosmos. It draws cosmic energy and supplies the body with the cosmic energy. There are two functions going here, you see. One is working with the other and the physical body takes its vital force from the food that you eat which supplies the vital force for both the physical and the etheric body. You see, It works two ways. Both are necessary when you are in the physical for one is a counterpart of the other.

Questioner: Is my present understanding of the etheric body comprehensive enough for now?

Teacher: At the present it is, but as you go on in your search, your study, you will find that you will learn more and more about each and be able to tie the two together more clearly in your mind. It would be a vast subject to try to explain all of this and you wouldn't be able to comprehend all of it now and me would not have time to go into it all.

But you are going to learn much more about all phases of this. You will find that it will come about in a natural way. But for the present you have all that you need. As you progress along these lines you will find that your intuitive abilities will become more keen and in working with people intuitively, you will know what to suggest to help them. But these things come about through your own efforts. When you put forth the effort and you are anxious to serve automatically you begin to have a greater ability to serve. Your abilities will improve and this is one way that they will improve. Whatever one needs in their particular service will grow and develop and they will become greater and greater servants. You see the Father takes care of these things. He knows your need long before you ask for it, and He has already started the development. You are just beginning to know now what is happening, but the Father knew far back and He started to make preparations for it. All of these things will tie in and become part of your opportunity.

These things, these opportunities that are coming to those now are not being forced upon them, they are being brought as an opportunity. What they do with them is up to them. One must learn to get themselves out of the way.

That carnal desire which is in all men is one of the things that they must battle. It is put there for that purpose for it is through this battle that one develops, that one becomes stronger and of course man's only object here in the physical at this time is to make this overcoming. Once you have done this, you have no more need for this physical body. The greatest concern in this life here is to follow these rules, to live this life, and if you do this you cannot help but grow in service to your fellow man. Follow the Golden Rule, go within and seek, and you will be led into the path that is best for you. And when on the path be earnest, sincere and you'll have nothing to worry about.

It has been my very great pleasure to spend this time with you and with the others here. I would like to say in parting to each of you.

Have courage, be of good cheer, let your will be strong. Let your desire to serve become uppermost in your consciousness and you will find life's path much smoother.

Peace be with you, beloved ones, Peace. Go in Peace.

