



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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June 15, 1959

Hatton: Greetings. I greet you, my friends, in the Love and light of the Infinite Creator, I am Hatton.

As time passes, you shall see many changes come about. Changes in individuals, great mental changes shall occur with many. It is necessary that each person who wishes to grow in understanding, to spend much time in developing their understanding. How do you do this? By being aware, becoming conscious of that higher consciousness which leads you into experiences into paths that shall bring you understanding.

Proper meditation is of uppermost importance, and I should like to dwell for a moment on this subject, for proper meditation is most important in your growth. First of all, place yourself in a position that is proper for meditation. The best meditation can be had in a sitting position. Sit the body comfortably but erect, with both feet placed firmly before you. Keep the body and head erect and straight. Place the hands open and upward in the lap. Allow those racing thoughts to race. Do not try to force them to stop, but bring yourself into a relaxed feeling. Let your mind relax, do not try to control it, and you shall find these racing thoughts in time will slow, will become slower and slower until they eventually stop. And with practice, my friends, this time shall become shorter and shorter, and in due time you shall reach that state of stillness quickly, and in this state of stillness you become one with Creation and life begins to speak to you. In this stillness you can bring yourself in attunement with whatsoever you wish. In this still, very still quietness, all things can flow to you, for your mind is open and receptive to the higher knowledge.

In this great stillness within, you become one with your Creator, and He passes to you many things that will enlarge your understanding. Now to some of you it may seem that it is impossible for you to relax in this position, but I say to you, my friends, that is the only true relaxation. For when the body is in positions for which it was not intended, true relaxation does not come, you cannot be receptive. Much of the Universal Energies comes to you through the spine when you are in the physical and unless the spine is erect, they do not flow. You would be amazed when this art is mastered, at what you can do, how quickly you can attune yourself in this state to anything that

you desire. It is possible to attune yourself in this state to anything in Nature and to draw from that the information that you seek. I shall not digress further upon this subject, but I thought it might be well to point out a few of these things. For in the days that are ahead you will find this accomplishment of great benefit to you, if you care to use it. And now, my friends, I shall leave. May each of you, if you so desire, master this art quickly and reap great benefits from it. My love and my blessings I give unto you.

Odina, my friends, odina, vasu borragus. ☸