



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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January 15, 1980

Nathaniel: My greetings to thee, my beloved children, I am Nathaniel.

It has been quite some time since I have spoken with you. It is my pleasure to again come among you and I would like to make a few comments about concentration.

Mind, of course, is a powerful instrument which you all possess. You use it only to a very small degree of its capacity. Some do use it more than others. But none of you use this power to any degree of its full potential. Concentration is the secret of developing mind power. Any master mind will have great power of concentration. In fact you possess two minds, the lower mind and the higher mind. What you are primarily interested in is bringing the lower mind under control of the higher mind, or the higher self as you call it or some call it the subjective mind. And this of course is one of the things that gives you problems in concentration.

The lower mind, or self, as you choose to call it is the desire part of you. The part of you that wants to continually appease the lower senses, which maintains all of the habits that you form. It is the part of you that tells you that this is not feasible, or this cannot be done, or it is foolish for you to try. So it is necessary before we can reach a great state of consciousness in the power of concentration to bring this mind, this lower mind, under control of the higher mind, or higher self.

Now an exercise in concentration would consist of trying to concentrate upon a particular thing. For instance, you could try to hold a visualization of a flower, of a special flower, and as you try to hold this, you will find the lower mind coming in with carnal thoughts, thoughts of the days problems or what have you and interrupting this concentration.

You will find that in most cases it is very difficult to hold a picture of this flower or whatever it might be for more than a few seconds, then the mind begins to drift away and you have the interruption of the lower mind. Again then you must put this aside and come back to your concentration. And as you master one thing, move to something more difficult.

I would suggest that anyone starting out in the practice of visualization would use things of this type and not try to visualize on something that you wish to happen or that you wish to attain in some way. This is all right to do if you are sure that what you are concentrating on is what you want and is going to be beneficial to you. But as we practice this and move on to more difficult things we try to visualize and continually push aside these interfering thoughts, and as you do this you will find that this power of visualization will become stronger and stronger and you will have greater power to visualize.

This will not culminate in a short time. It is something that grows by degrees with your own development and your own practice. It will become more effective and more powerful the more you practice it.

Along with this we also need to develop our spiritual power, our spiritual development, our love aspect, our wisdom aspects, because this too is a power, once developed, that can be used for either good or evil as we choose to use it.

Universal Mind does not discern between good and evil. When you concentrate upon something that you need or want Universal Mind is bound by Universal Law to return this to you and the rapidity which is will be returned to you will depend upon your power of concentration. This is why a Master who has developed this power to a high degree can instantaneously produce that which they care to. They do not have to go about building something as you do.

If you want a chair you have to buy one and someone had to build it. But a Master Mind does not have to do this, they can create what they need. The atoms are put together and it is formed and the same things can happen with a planet. If someone needed fruit they could put a seed into the ground and through concentration and visualization cause the seed to grow before your very eyes and produce fruit. The boy here, has seen this done, it has been demonstrated for him.

So it is a matter of self-development. Practice using this mind, controlling it and controlling the lower mind so that it does not interrupt and does not throw you off the track. Eventually this lower mind must be completely overcome and mastered, once this is done

you have taken a great step forward through your process of evolution. But concentration, once developed, is a powerful, very powerful instrument with which to work. Planets and galaxies are created in this way, through the concentration and visualization of several strong and mighty minds. It is for one to realize this and then put it into practice, for nothing grows in strength unless you use it. It must be used.

Questioner: Is the technique of the visualization of flowers the only technique that could be helpful?

Nathaniel: No, I did not say that. I said that a flower or any common thing of this type would be something to start with because it would be much easier to visualize something of this type than it would a complicated thing. As you grow, as you master that to where you can visualize it and hold it there, then you move to something more complicated, a more complicated picture, a mind picture that would involve more.

Sometimes one gets a headache if one concentrates and that is the point to stop and then start it another time. Anything must be done in moderation to begin with, you do not overdo anything. Do it for short periods. You will find you cannot do it for long periods to begin with but practice it often and practice it when you have a chance and if you are lucky in the beginning to hold the flower picture perhaps for more than 15 to 30 seconds, you will be doing quite well, without interruptions. You may lose it, then come back, but try to hold it steady, that is what I am saying.

Questioner: Is the visualization of, say a gold number on a black background, too simple?

Nathaniel: No, nothing is too simple. The main thing is that you can strongly, clearly, visualize it and hold the pattern there. And when you have done that, then move to something that would be more difficult, you understand. Then when you have mastered these along with your spiritual development, then you begin to create. But the reason it takes so long for something to return to us now is because we are not concentrating, we are merely sending out thoughts and these are effective but not effective to the point of concentration.

One who has resentments and hatred in their hearts and thinks upon these a lot, eventually is going to have these come back to him. And the stronger their thought and visualization of this is, the sooner it will come back to them. So in creating, it is a matter of developing this power to a high degree and the higher the degree you have developed it, the more effective it will be. The only reason man has not wiped himself off the surface of this earth, through his negative thinking, is because he doesn't hold any one thing long enough, otherwise he would have and perhaps this is a good thing.

Questioner: If you desire something greatly and then check with your higher self and know it is something that is good for you and can also help other people,

how do you suggest that we visualize this and concentrate upon it? Do you suggest that we meditate frequently through this period?

Nathaniel: If there is something that you need and want and you are sure that it is going to be good for you, and it will be of benefit in a positive way, then you should address Universal Mind as to what you wish and why you wish it. Then give thanks to Universal Mind or Deity, God or whatever terminology you wish to use, that this has already been put in motion. And then visualize it as best you can whenever you have the opportunity to do so. The more you do concentrate upon it, even though your concentration may be weak, the sooner it will materialize for you.

For once this is impressed upon Universal Mind it will begin to materialize in a way that is best for you and all concerned. It will not come to you in any way that will cause anyone else to be inconvenienced or bring hardship upon anyone else. It will come to you in the right manner. But do not try to determine in what manner it shall come to you. Universal Mind will determine that, because when you do that you put blocks in the way.

But the more concentrated your visualization is, the faster it will materialize and even thinking upon the thing and visualizing having it or whatever, is also a help because this is also a form of concentration.

As I leave you, my friends, I extend my love and my blessings to each of you. May each of you grow rapidly on your path and may you each find your way, that way which is right for you.

I call forth the blessings of all the Great Ones and I ask that they invoke their love and their peace upon each of you.

Go in Peace, beloved ones, go in Peace, Peace, Peace. ☸