



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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April 11, 1960

(Chanting)

Anthon: Peace be with thee, my friends, peace.

I know you are wondering just what this might be all about, so to thee I will give a brief explanation. We have been building the vibrations about you.

I have not been alone in this, for each of ye have help with you tonight. I was merely bringing the chant through the instrument so that ye might hear. This, beloved friends, has been done for your benefit. We have now established a great energy here which can be very, very beneficial to each of you.

Now, my beloved ones, I would like each to take this energy into your being. I would like each of you to sit erect and draw into your lungs deep breaths. I will attempt to demonstrate through the instrument. As you draw this energy within you, draw it deep, deep into your being and hold it there.

Do not breathe out. Just let it seep and then mentally direct this energy to any portion of your body that may need help. Visualize this energy flowing to this location, bringing about balance and well being in the cellular structure therein.

Questioner: Shall we visualize it as a light?

Anthon: Visualize it as your like, but visualize it flowing to wherever your desire the most help. Just another word of explanation. Draw the energy through the nostrils. Do not attempt to strain, in holding the breath and when you exhale just let it gradually ooze out, slowly, so that the energy will remain within the body. Now friends, let us begin.

(This was practiced for about ten minutes.)

So be it, my friends.

I would like to ask if any or all of you feel a stimulation in or from this exercise?

Anthon: Yes.

This, my friends, is gratifying.

Questioner: Can we benefit from this whether you establish this field of energy or not?

Anthon: Yes, my daughter. This can be done by yourselves, although we have increased the energy tonight. But much can be gained from an exercise of this type at any time, but tonight you should have received dual benefit.

It has been my pleasure to conduct this exercise for thee. My highest hope is that all of you have received a great benefit and now may the peace, the love and understanding of the infinite one rest deep in the hearts of each of thee.

My love and blessings. I am Anthon.

Peace be with you, Peace.

Goodnight, my friends. ☸