



*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 20, 1960**

**Anthon:** Peace be with thee, my friends, I am Anthon.

I dropped by a few evenings ago for a little chat, with a couple of your friends, and we chatted for sometime concerning man and his realization of himself. I mentioned the importance of one's knowing himself and realizing his weaknesses, his strong points, and I dwelled for some length upon the individuality of man.

Friends, it is most important today that man begin to know himself, that he realize the forces and the urges that work within him, his relationship to mankind as a whole and the part that you fill in this great vast sea of life. I wonder just how much you realize the vastness of this life of which ye are a part. Man, to come into this realization of who and what he is, must first realize the nothingness of his individuality. By so doing, he begins to realize his own divine essence, and as this dawns upon him and becomes clear, he begins to realize who and what he is. This, my friends, is a good point to remember—realizing one's nothingness, or rather realizing the nothingness of the individuality, one comes into the realization of his divine essence. Think upon these words, beloved friends, for there is great depth to their meaning. Let the realization of these words sink deep into your consciousness, that you might come into the full realization of their meaning.

People of Earth, you face a great many problems at this time, and I am sure that each of you present here realize that the change that is taking place today upon your planet is having great effects upon your people. You see, beloved friends, spiritual understanding has been so lacking among your people, that as they are faced with the many problems that confront them today, and the changing vibration of your earth's envelope or aura, it is bringing strange effects from these people. This is why, my friends, that you find your in situations becoming more and more crowded, day-by-day, that you find your people doing strange things.

Your medical profession today faces many baffling problems that have not confronted them in the past. Many of these things are not spoken of openly, but they themselves do not understand what is happening, yet they know because of what they see and face day-by-

day, that something is happening which they cannot explain.

This, beloved friends, will increase as time passes. You can expect more and more strange things from many of your people, and this is why I said to you self-development, to realize and know yourself, is so important at this time. For with knowledge and wisdom and understanding, you will not be affected.

But growth comes only by self-effort, and only you can increase your understanding, and there is only one place to begin, and that, beloved friends, is with yourself.

There is only one great way to teach, and that is by example, and the only way that you can be that shining example, is to cultivate this love and understanding within yourself.

Peace be with thee, my friends. ✿