



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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Joseph: Greetings to you, my children, I am Joseph. We have cleansed your auras and given you some colored energies which should help you. We come often and perhaps you wonder why, but we feel that this will help you to keep more positive, to have more energy, and perhaps a little better well-being.

You do pick up a lot of debris and negativity in your auras in associating with others and in just being in their presence and in crowds, in the market places, etc., things of that type. In coming in close contact with other people, your auras are bound to pick up some of that. Your polarizer might help some to ward off some of this.

Then we give you the color energies which will help to keep up your body energies. We hope that you try to maintain these as long as possible. You can do this by keeping your own mind positive, thinking positive thoughts and trying not to become emotionally upset, as you call it, or emotionally involved in negativity. This dissipates the energies rather rapidly. It is well to maintain as positive an attitude as you can in your daily on-goings and in your association with others. It is very easy to become negatively, emotionally involved with those with whom you associate.

We realize that you have not as yet reached the state where you can maintain these positive energies indefinitely on your own. But don't always depend on outside help. We have to learn to do these things for ourselves eventually. So the harder we work on that, the sooner we will accomplish maintaining our own emotional stability and stable state of mind, of well-being and peace of mind. Once you have even a small percentage off this, you will find great changes taking place within you and with your associations, your environment. So work, work to accomplish these things.

But most of the time when we become disturbed and turn to negative reactions, it is over some small thing that is rather frivolous and unimportant. It is very easy to let the emotions take over and to become involved emotionally and this, of course, can only be detrimental. Now I am speaking generally and am not referring to anything specifically. I am not casting any

stones or making any criticisms. I am only saying that this has become the nature of most of your people because of the wrong teachings in their childhood.

Sooner or later we must learn to deal with these situations on a positive tone so that we do not let them affect us. What another does or says is not really of much importance as long as you keep your poise and do not let it disturb your emotions negatively.

It seems to be natural for individuals to react. This has been one of the misguided teachings that has been taught in your civilization for a long time and being taught these things from childhood, it becomes very difficult to not react.

It becomes very important to us, what others think of us, of our actions, etc. And in trying to explain to others the truths of our actions and thinking, we seldom change their minds. They do not accept your truths anyhow, so you are only wasting your time, your efforts and your energies, as reaction only leads to more reaction. Therefore, a situation may start out in a very mild form and end in a very severe form, due to the action and reaction. Some always feel that they have to retaliate and retaliation, especially in anger, always brings dire results.

Questioner: Is there a way to protect ourselves before we go to sleep?

Joseph: Yes, we have emphasized many time the importance of always visualizing yourself surrounded, immersed in the protective Blue Light.

Sometimes one tries too hard to force things. The best results will always come in a relaxed, peaceful state of mind. As we become relaxed and peaceful, it becomes much easier to visualize the colors, to bring forth the manifestation than when we are tense.

When you are relaxed you are more peaceful, so in that state let your mind begin to work and to see the things that you want it to see. As you do this you are visualizing it, and it is taking form. You are accomplishing a great deal more.

In your daydreams things appear very real, and daydreaming is nothing more than a relaxed state of visualization, and this is the way it is accomplished. Don't expect visualization to be hard to do. You have

been taught to be tense and anxious in order to accomplish anything.

Even in doing physical work, the more you strain yourself, the harder it is to accomplish. But in a relaxed state of mind your work goes better, faster and you accomplish more, and you do not tire nearly as much.

If there is something you dislike doing, just relax and do it, knowing that it has to be done and it is up to you to do it. So bless it and relax, and the first thing you know, you do not dislike it. It is over with before you realize it. Never try to do anything, mental or physical, in a tense state of mind. Then things won't be going wrong all the time. When you are peaceful and relaxed, things always go right. So work, work to overcome anxiety, and to attain this relaxed, peaceful state of mind.

Now, beloved ones, I ask the blessings of the Great Ones be bestowed upon each of you. May you rapidly learn the art of relaxation and non-resistance, so that your life might be much more peaceful, joyful and harmonious. Peace, beloved ones, peace, peace. ❀