



*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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## May 13, 1978

**Joseph:** Greetings to you, beloved ones, it is my privilege to spend a few moments with you.

I should like to say just a few words at this moment to our son here. We are pleased with your progress so far and in the very near future we shall give you some rules that we should like to see you follow. These rules will be simple, yet unimportant as they might seem to you, they are of great importance.

Now as to your progress in dealing with the public in the meetings that you have had. Some of the references or suggestions that were given to you sometime in the past applied to that situation then. Things have changed since then, to our disappointment, but never the less one must move on, forget the past, carry no resentments. Only learn from the past, the past has gone and we can only learn from the past. So we do not dwell upon the past, or the mistakes that we have made in the past. But we use those errors as lessons to help us in the now.

For the present time we feel that your time probably would be more beneficially spent in developing yourselves, in establishing an aoneness among you, learning to grow together, to work together for the benefit of all.

**Questioner:** We thought that we would grow by the challenges we faced in having public meetings.

**Joseph:** There are many ways that you can find to serve your fellow man in various ways.

**Questioner:** Do you think that by having guests once a month on Tuesday evenings might be one way to serve?

**Joseph:** I think that the time could be better spent in bringing your own group together in a greater aoneness. And if you wish to spend some time for the benefit of sharing with others, it probably could be done with greater benefit to yourselves and to others at another time, as there are many things that need to be developed if you are to proceed upon the path.

**Questioner:** Would you please suggest some things that we could do? We thought that we might study our Year Books.

**Joseph:** This would be very good. But the emphasis should be upon self-development among all of you. To read these lessons and to discuss them does not solve the problem.

**Questioner:** Do you mean that we should improve our body with exercise, good food, meditation, etc.?

**Joseph:** These are all part of your development. There are many fields that should be developed. One must develop their selflessness, their dedication to the service of mankind and preparing themselves for this. These are the things that should be emphasized and these are the things that must be worked upon individually by each individual. Unless one understands that these things are necessary, if they are to proceed upon the path, they will not grow.

It is well to say we should do something but doing it is something else. The problem with your whole religious organizations is that they speak of these things but they think they are only things to speak of and they do not carry them out.

**Questioner:** I'm at a loss as to how to specifically proceed.

**Joseph:** We will be talking about some of these things in the future but you must prepare yourselves for this. We cannot give you lessons until you are ready for them.

**Questioner:** Then how shall we proceed to prepare ourselves?

**Joseph:** I have just enumerated many ways that you can prepare yourselves. Try to live the things you talk about. Try to become selfless, humble. Eliminate criticism, judgment, resentment, anger. Learn to be humble. The rules which our son here will be given will apply to all of you.

**Questioner:** I think that I am the only one who has all of these things to overcome.

**Joseph:** We shall never reveal the weaknesses of any brother or criticize his actions before others. Many of these things must be learned and we will be talking about them one by one and explain the importance of them.

**Questioner:** Do you feel that one can give constructive criticism?

**Joseph:** It all depends on how the situation is handled. We do not try to bring forth one's weaknesses before others. If we have something that we should settle with another, it should be done in private and in love. But these people who do err must learn also, so there are many, many phases that we need to cover in our talks.

The Path is one of discipline and unless one can discipline one's self and overcome the things of this life, one cannot move far along the Path. The Path is one of love, humility and of service. And you will realize these things and the importance of them as you go along.

When you are serious enough in your search, we will move in and discuss these things. We cannot do it for you, we can only suggest and point the way. We can give you strength at times and encouragement but you are the master of your ship and you must command it.

Now, beloved children, I leave you in love and in peace.

May your journey be ever fruitful to you.

May your progress upon the Path be rapid.

May the Masters and all of the Great Ones be ever mindful of you and surround you with their love and peace.

Go in peace, go in peace, go in peace. ✿