



*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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**October 3, 1983**

**Joseph:** Greetings to you, my beloved friends, I am Joseph.

I would like to say a few words in relation to what you were discussing today. First, I would like to restate what you read about the importance of developing your own Light center within you or your own mind, so to speak.

You all desire to help others in various ways, some in health ways, some in prosperity, etc. So, if you would be of help to those whom you love and would like to help, then strengthen your own Light. You have been given the laws and how they function, so if you would improve your power and gain more power so that you might be of greater service, then you must develop your own ability to use these powers.

It is well and it is nice to pray for those whom you wish to help and this is good and proper. But your prayers are only as effective as you make them. Your request must be made clear and to the point, impressing upon Universal Consciousness exactly what you desire. A confused mind that cannot hold a concentration more than a few seconds does not impress Universal Mind very clearly. It is a confused, blurred picture and the results will be the same, for Universal Consciousness can only send back to you what you send to it.

If you wish to help another who is suffering from physical problems, then you should establish in your mind a clear picture of that person. Not a picture of them as they appear at the moment, but as a well, happy individual, emanating health, happiness and peace. Do not let your mind inject into this picture anything of a negative nature or a doubt. See it only as you desire it, not as you have seen it or as you know it to be. Have no concern for this individual as you know that Universal Consciousness, if it is at all possible, will fulfill that request.

This same thing applies to yourself. If you need prosperity and funds for a good purpose, then visualize what you need. Ask that it be given to you, and hold that picture in your mind and repeat it continually. Hold it as long as you can, but do not let negative thoughts creep in, telling you that it is doubtful or perhaps not possible. But hold in mind that which you desire, and

do this over and over and hold it as long as you can at each application. If you are to become proficient in these arts, then it is necessary to practice them and in the proper manner, noting any errors that you make at the time and correcting them.

Then, if you are attempting to improve the situation with another individual or a loved one, you do not dwell on the negative side of that but on the positive side. See this situation solved and as it should be, sending thoughts of love and kindness to this individual or individuals. Never let a negative aspect creep into your thought projection, for when you do this, you cancel the good, for how can you double expose a negative and expect to get a clear picture? It cannot be done, one washes out the other and you are back where you started.

So, beloved ones, if you would demonstrate these laws, then you must train yourselves to use them and use them properly. The reason the prayers of most people are not answered is because they do not hold the picture of that which they are praying for long enough for it to impress itself clearly on Universal Consciousness. These things cannot be done halfheartedly and expect to receive good results. The results you receive will be in proportion to your ability, and your ability depends on how much you develop your own mind power, your own concentration and visualization.

Do not allow yourself to visualize halfheartedly. Often people visualize unknowingly and call it daydreaming, and then find themselves attracting situations that are wholly undesirable. Often individuals will spend time thinking negative thoughts about others, thoughts of resentment and hate, directing it to those individuals, not realizing that they are only bringing the same thing back to themselves.

So never allow thoughts of resentment or hate or judgment to cross your mind. The Nazarene was not speaking in jest when he made the statement, "Judge not, lest you be judged, and as you mete to others, so it will be meted back to you." And at times it might come back threefold.

So, beloved ones, bear these things in mind, and if you desire to become a true server of mankind, then you

will apply these principles. You will learn to demonstrate them, and you will receive much joy and much peace from this accomplishment. I have said enough.

I leave you by extending to each of you my love, my peace and my joy.

I ask that the blessings of all the Great Ones be invoked upon each of you.

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