



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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Yaum: Good evening to you, my friends.

It is my privilege to once more come among you. I wish to extend my greetings to each of you here, and to our new friend here. I found that I could spend a few moments with you tonight. I should be happy to share my understanding with you on any subject that you might choose or, if you prefer, we can just have a friendly chat, as you call it. What is your pleasure?

Questioner: We had been commenting earlier, that the Russians claim that before a large earthquake, that there is a particular color that appears in the sky, could you comment on this?

Yaum: There are many things that precede these events. The whole vibratory system in the area of the occurrence changes at that time. The Earth is directly affected by certain pressures from other planets, and certain conjunctions taking place among the planets which also bring about pressures upon certain areas of your planet, which affect both your people and your Earth.

Questioner: Well we were thinking of it as a kind of warning sign that would enable people to get out away from the city and from fault lines. I believe it was said that this color change took place about three or four hours before the earthquake occurred. Is this true?

Yaum: Yes, there are these things if you are observing enough, but how many people stand out gazing at the sky all day long waiting for a sign of an earthquake? Unless you are especially observant, this could occur and you wouldn't even notice it. It is not something of such an extreme that it would be noticed by the average person, unless you were studying that kind of thing and were following it.

Questioner: Would this cover quite a large areas when it occurred?

Yaum: It would cover quite a large area, it would not be just a streak, it would be a general glow in the skies.

Questioner: Last year there was a multiple rainbow seen over Los Angeles and San Francisco. This was observed by many people. Was there any special significance to this?

Yaum: These phenomena happen occasionally due to certain atmospheric conditions, and certain conditions upon the Earth at that time which show a reflection. This was nothing supernatural. It was a phenomenon of nature which sometimes occurs, not often, but under the proper circumstances it does occur.

Questioner: What would you say is the best way to prepare one's self for all of the coming changes, troubles, and problems that will occur between now and the end of this century?

Yaum: Purification my friends. Purify your mind and your body. This is the preparation for the coming of the Christ, just as John the Baptist, as you call him, was the harbinger who came to prepare the way for the Christ. He was Purity. He had purified himself in mind, body, and soul through his preparations for his mission. This is, of course, symbolic of what man needs to do to prepare himself for, the Christ Child to be born in his heart or, Love conquering one's lower self.

You see, man consists of the higher self and the lower self. The Higher Self is the Spirit clothed in Soul, or the God part of man. The lower Self being the physical man, the man of desires of the lower nature. There is this battle going on between the higher and the lower, and the soul, you see, is the battleground. Purification includes the conquering of the lower self, the purification of the physical. This is man's objective, shall we say, in his physical lifetimes. When the lower self has been conquered, he need no longer remain in the physical realms. His need for a physical body has ceased, because he has overcome the desires of the lower man. This, my friend, is all you need to do to prepare yourself. So draw your sword and grab your shield and go to battle.

Questioner: What is the best way to help others to prepare for these same times?

Yaum: It is very difficult to prepare others. You can only point the way for them, and the greatest way is by example, by your own life. As John the Harbinger was told in his training for the work he was to do, his teacher told him what his mission was and what he would have to do to accomplish it, pointing out to him that his mission was to symbolize Purity. But there is only one way you can do this, and that is by becoming

Purity. You cannot ask someone else to do something until you have done it, and have shown them the way, you see. You cannot say, "Do not do as I do, do as I say." You have to trod the path yourself, for until you have done this, you do not know the way. So, your greatest help to anyone can be through example.

Questioner: We understand that people on other planets have fine tasting nectars to drink. Yet it seems that on this planet, everything that tastes sweet and appealing, is classified as being in the carnal and must be overcome. Could you comment on this?

Yaum: This is because you are living in the carnal. Tastes, my child are something that you cultivate. Man, before he developed some of the things he has now, ate differently and enjoyed it, but then he tried to improve upon nature by refining his foods. As he consumes these his appetites or tastes change to suit what he is now eating. Man needs to consider before he puts anything into his body, whether it is going to nourish his body, or do harm to his body. But you are not determining this, by and large, in your civilization. You eat completely by taste, you see. There are many delicious things of nature, What is more delicious than a piece of fruit picked from the tree? But you have to pick them green so that they do not have the flavor and before you can consume them sometimes, they have begun to decay. Then in many cases you have to do something to them to make them desirable taste-wise, and in doing this you are putting more poison into your system. Everything is done on a large commercial scale, you see, with no thought of nutrition. It is done entirely on a profit basis, or, "How can I make the most out of it for myself?"

Questioner: On other planets they do consume nice tasting things, though?

Yaum: Yes, but they are natural things which give nourishment to the body, you see. They bring harmony and well being to the body and supply the necessary nutrition that is needed. Of course, when you are talking about other planets, then you are talking about a completely different environment, perhaps. People of somewhat different nature, you see, might require certain nutrients that would not be suitable in your environment.

Questioner: You mentioned John the Baptist. Would it be permissible for you to say anything about his activities now upon our planet?

Yaum: He is upon your planet and is active but I cannot at this time reveal his location or his activities. It is not my privilege to do so.

Questioner: In some of the books written recently interpreting the Edgar Cayce readings, there seems to be some disagreement as to whether there are beings on other planets whose bodies are similar in appearance to our flesh and blood bodies? Could you clear this up for us?

Yaum: My friends, when you consider the vastness of Creation, the millions of galaxies and solar systems, would it not be reasonable to assume that there would be many other planets that are the same as yours, or lower or higher in evolution? When you say flesh and blood, you are thinking, I assume, in terms of flesh and blood as you know it here. But let me say this my friends, there are different stages or levels of flesh and blood, different vibrations. You see, everything moves at a certain vibration that is suitable to its environment or its particular density, so there are beings on other planets that could be considered flesh and blood, but they would not be like you men of Earth. Their bodies would be of a different vibration, perhaps not even visible to the sight range of the Earth man's physical eye.

There are other planets that are very little different from yours in appearance and in vibratory rate, yet they have a different gravity and atmosphere to a certain degree. And nature creates a body suitable to the environment in which it has to live. If the gravity is somewhat different and the atmosphere is somewhat different, yet the physical body is of a nature quite similar, through a period of conditioning this body can be brought to a point where it can function well in the other environment, but this takes time to do this, sometimes three or four years in your time. They have ways of doing this with their spacecraft in setting up the same conditions that you have here on Earth and changing them gradually, conditioning them gradually, a little at a time. You cannot do this suddenly. It would damage the physical structure of the body.

Questioner: Is this why our astronauts are having physical ailments after having been to the moon?

Yaum: Yes, this is true.

Questioner: I have been told that in order to experience a spiritual healing one must become in tune with his Higher Self or God Self. What steps does one take to bring this about?

Yaum: The steps that I described a few moments ago would be very helpful in this. I would not say that you would have to become perfectly pure before you can have a healing. There are many healers, and there are many things that enter into healing, including your own will. You see Man was given Free Will, and the Will is one of the greatest powers in healing. Some folks really think that they want to be healed, but, subconsciously they do not. They want to be sick. This sounds unreasonable, but yet it is true, because they have injected into their subconscious over such a long period of time that they are sick, that they cannot have help, that they cannot do this or that. This becomes an obsession with them. You see, the subconscious is not a respecter of persons. It only works through suggestion, so as you continually put the words and thoughts of sickness into the subconscious, it automatically develops this in you.

Questioner: If you have an ailment, do you then instruct the subconscious that the ailment is not there?

Yaum: Not that it isn't there. In the first place you probably would not have had the problem if you had not built it up in your subconscious. Now let me clarify this. This is not true in every case. It is true to a degree in every case, but some of things are Karma, which again goes back to your mind, for everything begins in thought. You see, somewhere back in time you have created a situation. Now if you have the will and the determination that you are going to overcome this, and sometimes it takes great effort on your part, if you will observe some of the great healings that take place, and the will that these people have put forth, and the determination that they were going to be healed they have done everything in the outer, you see, that they can. Many times they have reached a point of no return as far as the outer is concerned then suddenly it happens through the help of some great healer. Healing power is one of the gifts of spirit that is given to some who have it in greater degrees than others.

All healers are channels of a certain nature that other greater healers can work through, healers on other planes of life, you see. This becomes rather complicated, so we will not go into all of that, but to go back to your question, it is a matter of will and faith, purifying the mind, and a determination to overcome your problem. And it is necessary to pray, to ask for guidance, and to try to be led into the proper paths that will bring about a healing.

Questioner: Do affirmations of a positive nature help prepare the subconscious to be receptive to healing?

Yaum: Yes, this is really the idea back of affirmations. That is really all you are doing is feeding something positive into the subconscious, you see.

Questioner: Then, likewise, the careless and negative comments that we drop continuously are doing just the opposite?

Yaum: That is right. One should be very choosy about their words and their thoughts because each one of these has an action and a reaction. Nothing that one thinks, utters, or does, is lost. Now, if you have a sore on your arm, you do not sit there and say that you don't have a sore on your arm because you do. What I am saying is that an individual can bring about illness or any type of negative condition in their life by thinking in those terms. If one thinks in terms of ill health, then one will naturally have ill health.

Questioner: And conversely, you would do just the opposite for healing?

Yaum: Yes, but it is also necessary for one to use judgment in what one does. For instance, you don't go out and jump off a twenty story building and not expect gravity to push you down. And in like manner, you try to treat your physical vehicle as it should be treated and

have a respect for what it truly is. It is the temple in which you are living, you see. You need to feed it properly and take care of it properly. Your people take better care of their automobiles than they do their bodies.

Questioner: We are trying to change our diet, using less meat, more vegetables, et cetera. We want to use those foods which will best help us prepare our bodies for the times ahead. Could you advise on this?

Yaum: You people find yourselves in a very difficult situation so far as your foods are concerned. It is very difficult for you to find food that will give you the nutrition that you need. If you can find good organically grown vegetables, fruits, nuts, and grain, these are your best foods. But you need a balance of all of these, not too much of any one, because the body is so constructed that it needs balances of vitamins and minerals in order to assimilate the food that is taken in. For instance, calcium has to be in a certain balance, and so do your proteins, in order to be assimilated in your body. It is difficult to find fruits and vegetables grown in soil that has the proper chemicals in it in order to produce these vitamins and minerals that you need. The artificial fertilizers, insecticides, et cetera, that they use change the entire chemical structure of whatever they might be raising in this ground.

Questioner: What about milk, cheese, and eggs?

Yaum: In certain quantities they are all right. I do not believe that milk is necessary, and I do not believe that it should be taken in large quantities by adults or even children after they have been weaned.

Questioner: Isn't milk considered by the best authorities in our civilization today to be the best source of protein?

Yaum: There are many things in your culture that are considered but the trouble with your culture is that this information is usually put out by those who are producing these things, you see.

Questioner: You feel then that you can get all the protein that you need from nuts and grains, is that right?

Yaum: You can get all the protein you need from nuts and grains and certain other vegetables if they are taken in proper proportions.

Questioner: It has been suggested by some medical authorities that drinking milk has some connection with diseases such as cancer. Is there any basis for this theory that you know of?

Yaum: I do not believe that this would be true if the milk came from cows or goats that were eating the proper foods and were not injected with hormones and all of the things that are being done in your culture to get greater production. I do believe that it is true, due to the fact that your animals are being poisoned as much

as your people are being poisoned by the food that they are given and the hormones that are being injected into them. This would be my opinion.

Questioner: What about fish? Are they contaminated also?

Yaum: Yes, most of your fish today are contaminated because of the pollution of your streams. You are not getting pure fish meat. But by and large, fish is a better diet than any meat would be, you see.

Questioner: What about canned tuna?

Yaum: Well, according to what I have been able to observe, there wouldn't be much difference between tuna and any other fish, so far as the poison that is in it.

Questioner: Would the beef liver be contaminated as much as the beef meat?

Yaum: Yes, it would. It would contain more nutrients, but meat is bad and I would not recommend it for anyone. Man was not intended to live upon the flesh of animal.

And now, my friends, I think I have stayed my time. It has been my pleasure to spend this time with you. If I have been of any help to you, I am most grateful. I thank you for accepting me into your midst, into your household, and I should like in parting to leave a little blessing with you.

May the Peace and the Love and the Understanding of the Great Ones be invoked upon each of you, and may each of you as you go forth, find new Peace and new Understanding. May you grow in wisdom and may each of you be able to purify your hearts, and may the Christ Child come forth in each of you.

Go in Peace, my friends, go in Peace, Peace. ☸