



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.

Copyright © 2012 Clyde Trepanier

September 11, 1979

Yaum: Good evening to you, my friends. It is my pleasure to come among you again. I do try to get around to see you now and then.

I should like at this time to talk a little about your three dimensional body and your relation to it. As you are all aware, this is a vehicle which you have created and chosen to use in your sojourn in this dimension. But how few respect and look after this vehicle as it should be looked after. Most of your people take much better care of their automobiles than they do their physical bodies which they are going to use as long as they are here in this sojourn. And you can't trade it in for a new one like a car as it takes a little longer to get a new model, so to speak.

But you have created this vehicle so why not look at it as a very important piece of machinery? Now it is important, as we all know, to supply proper nutrients for this body to use to build new cells and to function as it should. But so many people do not realize the effect of the mind upon the physical body and the attitudes and the feelings that you carry. Sickesses only come about because of inharmony between the higher and the lower self. The High Self is rejecting that which is being sent to it, so why not try to put on a campaign, so to speak, of training your own mind in the things that you think and the laxity in controlling the emotions?

By and large, man is taught that when someone does something that he does not like, or when he says something that he does not like, or acts as he thinks they should not act, that then they should become angry, become upset, and get themselves in an uproar. But few realize the damage this does to the physical structure, the strain and stress put on it by these emotional flareups.

It throws the glandular system all out of balance, chemicals begin to flow that should not be flowing in such large quantities, causing poisons to be injected into the system, and the body works harder and harder to try to combat, or to neutralize these actions. Emotions when allowed to go uncontrolled, can bring about total destruction of the physical body, as it reaches a point where it cannot cope with these things

any longer. It has exhausted its resources to combat the results of these things.

So, you see, my friends, why we talk so much about the importance of love, for when you love you cannot hate. If you project love in every situation and are busy doing this, you do not have time to hate or resent. So it is well to try in all situations to replace every negative thought, or every flare of the emotions with thoughts of love. Project love into that situation.

And with your association with others the same thing applies. If we allow other people to irritate us and cause us to have resentment and hatred brought about by these actions, it will only bring harm to those of us who allow this to happen.

If we will instead project to this person or persons thoughts of love, of understanding, and try to understand why this person does that which he does, soon we will begin to understand why he does these things and we will find his attitudes changing toward us. Thus we will eliminate an irritating situation that otherwise might bring much discomfort and much harm to our physical bodies.

Many people talk about wanting to get off the wheel of incarnation upon planet Earth, but they will never do this until they are able to master this lower self, this physical, chemical, desire body and train it to act in a manner that will bring about our upliftment, rather than our downward trend.

Due to your customs and the wrong thinking that has been allowed to go on in your civilization, it has been rather difficult for those coming up into the civilization to understand this, or to realize it. The survival of the fittest has become a way of life and now it must change.

There was a time when this was necessary for your civilization, the time when man needed to go through this experience, but now the time has come when a change must take place. The law of the survival of the fittest must be no more, must fade into the past, and man must begin to realize his divinity. He must begin to see his divine self, to realize who and what he is. He must realize his power of creation, that he is a creator, creating moment by moment, although he might not be aware of his creating, or even that he is creating.

But this awareness must come into being now. Man needs to come into the realization of self. For you are, O Man of Earth, a divine being. And all of the power of the universe can be yours, but you must come into the realization that you are limitless in your power to grow and to receive knowledge and wisdom. These things, my friends, must all be earned. So realize your potential, set your goals, set them high and neither to the right nor to the left. But pursue these goals lovingly and diligently. "Knock and it shall be opened unto you. Seek and ye shall find." These were not empty words spoken by your Master. They have meaning and they are true. You have only to carry them out.

I leave you, my friends, by extending my love and my blessings to each of you. I wish to thank you for accepting me into your midst.

I ask that the blessings and the love of all the Great Ones be bestowed upon you now.

May each of you here, as you go forth, find your way becoming more peaceful and more enjoyable day-by-day.

Go in peace, beloved ones, go in peace. Peace be with you. ☸