

# 1991-Ham, Complete Archives, Part 1

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Heading

Topic: Archive 1991

Group: Woods Cross Team

Facilitators

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TR: Rebecca, Unknown

## SESSION 1

Spiritual Waters Nourishes the Soul

### Lesson

#### **SOUL**

I am with you tonight to begin the teachings which have been prepared by our teacher Melchizedek on Urantia. One of the topics I wish to share about spiritual reality is difficult to put in your word forms. The man Jesus, when He as God made flesh, preached, used the term water. Spiritual water is real. It exists in the form of truth, of beauty, and of goodness. It replenishes my soul using your words. It rains on me, my soul, the soil of my heart, and awakens new growth.

You see, the soul grows almost as an organic living reality-entity. This growth must be nurtured in time as all living things require time for growth.

A tree begins its life as a seed. It is not a tree at all. It has no characteristics of its later maturity, and yet, from this small beginning, tiny beginning, mighty, magnificent, beautiful and splendid results occur. Many times I have wondered about this, and yet, the ultimate secret lies of course with God, the ultimate truth of life and reality. On Edentia I toiled in the gardens and thought on this subject deeply.

#### **Dialogue**

Q: Last week you said that the Lucifer Rebellion adjudication was completed. What happened to Lucifer, Satan, Caligastia, and Daligastia?

A: We are sorry and also happy to report that they have become as though they had not been. None repented. It was a hard combination of reality feelings when we received this information.

Q: Are we witnesses to the reopening of the system circuits? Are you, as a teacher, the benefit of the adjudication?

A: Yes, of course.

### **Communication**

Q: Will spiritual energies change quickly from here out?

A: We have been witnessing great change over fifty years since the beginning of the adjudication. This time has changed to the correcting time, and we will now witness further change of greater proportion than we have already seen. This proportion will be of a more spiritual nature than previous. Over the last fifty years, there has been much change political, social, and technological change.

Q: In the last meeting, you indicated technological changes in the form of telecommunications was a stumbling block. Could you now give us more insight on this question?

A: In days long ago this type of communication was looked on as a possession, a spiritual possession. As you witness with your telecommunication methods, your video telecommunication methods, that images and voices can be here and there, transmitted to different places at one time, you can see this communication to be similar. That I exist not in your realm of reality, that I exist elsewhere, yet I can communicate with you in this manner.

#### Growth

Q: How can we mortals realize more of the potential in our lives?

A: Actuals and potentials are ever in flux, ever changing. Movement, soul movement, morontia movement, is one type of this exchange. The soul grows by this exchange. It remains a constant to absolute levels which we, including myself, have not reached.

Q: Are we, as very young spirits, able to receive and contain energy on your level without distortion in our own ways?

A: You are receiving at this time words from my level, my energy to you. My words are my communication from myself to yourself, from my heart to your heart, from my mind to your mind. This spiritual growth requires time to develop itself. You see, the soul-spirit entity within will advance and grow by its own momentum after a point. You are not conscious that this is occurring, yet, you are conscious of the difference within your consciousness, changes in response, the difference within. This spirit response,

mental response, takes place at an almost super-conscious level, not quite at everyday thinkingness point are you aware of these changes. These changes are in constant occurrence, but at the time of the consciousness of these changes are levels traversed. This spiritual growth happening is on an infinite continuum. You progress along this infinite continuum sometimes little sometimes more. If you remove time, the continuum is constant. This continuum, soul progression, is constant, yet, the consciousness of this progression is not. Conscious contact, understanding of the soul, occurs in a completion.

Q: Can you read our thoughts?

A: Yes, to a point. It is not for me to invade or to change a thought or an intent or a question or anything. I may understand it, not change it or invade.

## SESSION 2

Love and Truth

### **Lesson**

#### ***Love, Truth***

I am delighted to be a part of this project and am delighted to have you all as my pupils. Love and truth are coequal/dependent. These two immense realities serve in harmony together. Truth, as you have perceived it, is not the fullness of its reality. Truth, you see, may perhaps be mentally degraded to the level of fact perception. You say this fact exists; therefore, it is true. No, this is not truth. This is not reality perception. This is mental logic level perception. Truth is spiritual perception also. It entails and encompasses soul grasping, that is, morontia level understanding of reality. It is indescribably, incredibly, wonderfully more than material level fact correlation. Truth, when perceived in reality, enlarges the soul and allows spiritual progression to occur and an advancement to realize within a person's personality reality. This truth is amazing. This enlightenment is beyond mere mental cognition but reaches into the depths of soul perception. Love, love, love is God. Love is a singular reality, a singular truth. It is experience, yet, it is more. It is unfoldingment, expansion, the opening of the soul to perception of reality and truth. Without love there is nothing. It is the path. The man Jesus told the better way, the path of truth and love. This must be spoken of. This must

be perceived: that such a profound experience can be understood on your material level. It is not only the beginning of life, it is also the end. It is the goal, for it is He.

There is so much confusion in the world at this time. This confusion stems from the complicated and incorrect perception of reality. This confusion is terrible. It is the cause and the result of the perpetual misery of your planet. This pain makes it difficult to preserve this simplicity and simple truth: small understandings that break way into understanding each other. These small things, look for them. Look for them in people. Look for the gate, a gate. It needn't be much. There are between people openings and closings. Openings and closings constantly occur. When the smallest opening between strangers is there, there is friendship. Friendship where before there was nothing; they were strangers. It needn't be a lot. These teachings are meant to go beyond, to fill the world. When people turn to God, to the Lord, to the path, to love, His guidance is here, His guidance will follow. His guidance will change and renew and restore this world. This is our purpose and your purpose also.

### ***Dialogue***

Q: Are you telling us that the little things we do to reach out to others in love are, in a small way, helping this happen?

A: Yes, exactly. Love spreads, and it spreads from one person to another and another and another . It is a reality, you see. It is not a feeling that you may give here or give there. It is a spiritual reality that flows on its own momentum. It flows through you, it flows to another, which, in turn, flows to another. It spreads in this manner. The growth would stop at nothing less than the realization of the brotherhood of man on earth. This will lead to many, many marvelous things.

### ***Magisterial Mission***

Q: Are you preparing this world for the next order of sonship, perhaps a Magisterial Son?

A: Yes, correct. The next order of sonship is due to your world. However, this perhaps will not be in flesh and blood as Melchizedek, Vicegerent Planetary Prince, is not flesh and blood, but he is in control. Your reference from the book, yes, human

form, yes. However, from of my information, this is not to occur again on this world. You of this world received the Creator Son of this Universe as flesh and blood. This is the last occurrence of this for this world. It will not happen again, as such.

Q: Will mankind know if a Magisterial Son comes on a mission?

A: As you know of Melchizedek. Not all, you see. There are many, many, many, a majority of people; you are a small minority. Most would never accept or understand these transactions, yet they will change everything.

Our goal and mission is twofold: it consists firstly in transforming the individuals involved with these communications. Secondly, it consists of spreading, sharing, and maintaining, the spiritual progress and momentum of the masses. This general spiritual level has not necessarily improved for many years, and now the time has come to correct this and begin to enlarge the spiritual capacity and receptivity of mankind in general. This is occurring due to spiritual forces of a more generalized nature. The Supreme Being is acting in the overall patterned manner about this area in time-space. Therefore, this generalized spiritual force creates pressure upon humankind which humankind reacts to, and this will help to create an atmosphere or prepare the way for the receptive receiving of these teachings. Furthermore, all these forces will gently and carefully reveal God's love to humankind but not only this. General sharing and revealing the love of God is the most supreme pleasure. This preparation will better your planet in many areas of life: in environment, in technology, in social culture and political structure. These refinements will gradually lead this world step by step toward light and life.

### **Closing**

You would do well all to ponder and wonder on these things. This is a great time for your world. A great time of progress. These things are guiding and will come to pass. I shall leave you now. Farewell.

Goodness

### **Lesson**

#### **Goodness**

You have been told of the spiritual water of life, that this water consists of truth and beauty and goodness. You have been told that truth is a spiritual reality and exists with love as an experience of God. His goodness is our topic this evening.

How do I portray to human minds this concept termed goodness? This is a difficult assignment for goodness is so vast, so all encompassing, enthralling perhaps is the word. It is dynamic. It is powerful. It is the way. Goodness is like a river, is like an ocean. It flows through you, through the open gate of the heart. It is the law. The law is life. Goodness is life itself. It is the "real" of life. It is not shadow, not error. It is everything, for goodness is God.

Goodness goes together with mercy as God's way of reaching the mortal mind. He is love in one hand and mercy and forgiveness in the other. Mercy is not the perhaps entirely correct word, but close, close. This mercy is complete and total understanding of each individual mortal. The awareness of human failings, the forgiveness that comes with that understanding, you see, is total and complete, without reservation or misgiving.

Father in heaven is our Father in truth, acts in a Fatherly fashion and always in love complete, unconditional, love. Excuse me, unconditional is not quite correct. His only condition, if it can be called a condition, is the return of that love by His children, but, you see, He is so all goodness, all forgiveness, that even this is understood, even the non-return of love is understood. Isn't it wonderful.

You all have your good days, bad days, your in-tune days, not-in-tune days. Many times He is there, His hand is there to grasp your hand. You see it not, but it is there. Each of you should try to see the hand that waits to grasp your hand. That is the true goodness of a father who holds and guides his child in safety and security.

Then I will leave you with this. Open the gates of your hearts, open the eyes of your minds, and allow the Father to enfold you. Allow Him to grasp you. Allow Him to love you. Allow Him to lead you.

## *Dialogue*

### **Names**

Q: The Urantia Book says that we are not given our new names until after we fuse with our Thought Adjuster. We are confused about the giving of our spiritual names at this time.

A: This is not confusion. This is change. Yes. Once long ago the spirit of the Father was not (bestowed) universal. This change that has taken place recently makes it possible for you to excel, complete, and grow in understanding to the point where this is possible. These changes in the past short time are sweeping; they are immense. They are not only planetary changes, as in the dispensation occurring, they concern the entire universe, and this change, this new time period, brings into being new potentials that are personal as well as global.

Q: Were you at any time a mortal on any world such as Abraham was on ours?

A: Yes, I was. I lived as... Perhaps this question is more for human curiosity. You see, some questions need to be cleared through others before detailed answers can be given or if they should be given or not. Regrettably, no details.

Q: But having been a mortal, you have a deep understanding of us, of our situation, our problems, have you not?

A: Yes. That is the reason we are chosen for this mission.

Q: Is truth flexible?

A: Is truth flexible? It is difficult to grasp. Truth is not flexible. No, I would say not, if I grasp the meaning correctly. Truth is absolute.

Q: Can two people have truth that is in conflict? Can something be true to one person and not true to another?

A: You speak of beliefs, correct, religious beliefs, correct? Belief and beliefs in specific religious fancies will all smooth out in time. You speak between two people conflict. Conflict over beliefs can be difficult, very difficult. Many times these things, I am sorry to say, are not always resolvable between people. The followers of Jesus many times broke with their families. Jesus, himself, broke with most of his family. This is so difficult, these things. It is regrettable.

Q: Will the change you spoke of earlier affect the shape of the earth?

A: By what do you mean? earthquakes? catastrophes? droughts you mean? No. No.

Q: The changes are primarily spiritual changes, then?

A: Correct.

Q: Do all of us have spiritual names?

A: All have these names. You all are known by your spiritual names. You are not conscious, however, of your name yet.

Q: What is origin of these names? It seems they are all Anglican. Do they reflect your cultural upbringing on your planet of origin?

A: It is not an assignation of the name. The name is who you are. It has been known since your birth, this name. It reflects, yes, your culture and heritage and planet of origin, all these things, because that is the initial stamp or soil out of which you have grown your soul, you see. That initial heredity or physical body, nature, mind, is your basis, your beginning, and the name captures this, you see.

## **SESSION 4**

The Kingdom of Heaven

### **Lesson**

#### ***Kingdom of Heaven***

This evening I would like to discuss the Kingdom of Heaven. The man Jesus discussed at great length this topic and very little is found in your New Testament records. His mission was a beginning, an opening, to begin the establishment of the Kingdom of Heaven on earth. At that time, He of course foresaw the bringing to this world the teachings which would make possible the first beginning stages of light and life for the beginnings of the Kingdom of Heaven. His mission foresaw our's. He foresaw the establishment of Christianity. He foretold of the skeleton-like nature of modern Christianity which has borrowed from pre-existent and extant teachings of the day which has been modified and splintered to an extensive degree.

Christ Michael is personally concerned with the welfare of Urantia as a whole, of Christianity, and especially of all Christians. His words have been

made to ring hollow in the hearts of men. He would fill them again. Our mission, you see, is sponsored by Him.

He said that the Kingdom of Heaven is like a mustard seed planted in the hearts of men. It will grow; it will grow quickly, grow strongly, and firmly rooted in their hearts. The Kingdom of Heaven is like the lost talent that the person searches for, and searches, and searches and searches until it is found. It is so precious, and yet, it is lost in this world and so few seem to be searching any more, really searching! Mankind is caught in this struggle for material comforts and personal prestige and power, and that, to men, is important. So strange this is, when the enthronement of God the Father in your hearts is what is true and meaningful and is really an emergency. It is an emergency! It is that important! If you could only understand how serious this is! One's allegiance, one's hopes and faith must be centered on God alone and not be worried about material comforts. These things are prepared for you, are given to you joyfully by the Father.

Your first duty, the only duty, is to do His will, and this is of paramount importance for me to impress upon you this evening.

Each of you has guidance, and this guidance can be strong or weak or non-existent. Therefore, by your decisions, you strengthen your reception of guidance by choosing the Father's will. By so choosing, it is easier. By so choosing, you lighten your burden. By so choosing, life becomes a pleasure, not a struggle. You become a fountain of spiritual refreshment to your fellows, not a burden to them. You become a light in the darkness to all around you, not another stumbling block in their darkness. The light within your heart will shine brighter, the love that you bestow upon your fellows more genuine, and your happiness will increase. Happiness is not found anywhere else, not true happiness.

Your willingness to be here tonight attests to your willingness to do these things. Father, the spirit of the Father, is in each person, and He knows and understands each one of you completely. There is nothing to hide from Him. Open yourselves to Him. Your willingness to do so will give you peace. Your willingness to be led by Him will give you mental tranquility, and in mental tranquility, spiritual light shines brightest.

The material mind rebels against spiritual leadings and, at certain times, needs our discipline and perhaps even a chastisement by your higher natures. If so, it does not hurt you to discipline your minds to always consider the spiritual consequences of any action so that decisions become more clear, where you begin to walk out of the gray area and see with clarity the necessity of your decisions.

The man Jesus gave us a prayer, "Father thou art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven."

### *Dialogue*

Q: Last week, you made the statement that long ago the spirit of the Father was not universal. Were you referring to Father Michael or the Universal Father?

A: I was referring to the presence of the Indwelling Spirit in the mind.

Q: I am concerned about some good people who had good intentions and desires to go on and meet and be with our Father in Heaven. But when these people commit suicide, what would happen to them?

A: I am sorry, this is not for me to discuss, either. However, worry not. Concern yourself with the living.

Q: Is it wrong to perform euthanasia on a person that is dying and cannot get well or is it wrong to pull the plug on life support systems if these people can never become well?

A: These are difficult matters and of mortal concern. I cannot make broad pronouncements as to the rightness or wrongness of individual actions. Each person must walk in his own light and perform his duties and obligations to parents, children, family, and associates. This is an individual matter.

### *Closing*

Are there any questions? (No answer) Then I will say I hope that you all understand and receive these words with an open heart and mind and that you will progress daily in your understanding. Farewell.

## SESSION 5

The Light of the World

### Lesson

#### *Kingdom of Heaven*

This evening, I would wish to express a few thoughts now concerning the questions that have been asked in the past. I wish to clarify and enlighten you as to position. There are many issues which cannot be discussed for the fear of intruding into the individual will pattern. Each human being must decide for themselves many complex and perplexing questions in life, and it is not for us to interfere with these decisions. We have come to guide and sustain you in a purely spiritual manner, and this spiritual food and water will sustain you in life. We understand that there are needs, desires and wants in each person, yet this understanding of past or future events must come to each person individually, and each must draw their lesson therefrom.

The Kingdom of Heaven is not meat and drink. The Kingdom of Heaven is spiritual. This is a fundamental, basic concept that is missed so often by the churches of the world. When Jesus walked the earth, His teachings were more advanced than could be grasped at that time and even in this time. These teachings are the fundamental building blocks which we will use to expand upon and clarify for the enlightenment of mankind.

The light of the world. "While I am in the world I am the light of the world," said Jesus, and now we have come to kindle this light once more, to proclaim liberty to spiritual captives, to bring the good news to those who sit in darkness. A message of joy and hope is what we should offer: liberty, freedom from meaningless tradition outdated perhaps would be more precise. Tradition, you see, has an inertia of its own and comes down, is passed down through the ages from generation to generation and on and on until the meaning of these traditions is practically worthless in modern day. With such rapid change, these traditions become very quickly outdated as you can witness in the Muslim world. For example, the borrowing and lending of money at interest is not allowed, yet the economic necessity for such procedures is overwhelming, and therefore, the economy suffers and stagnates under the weight of a mores that is no longer relevant in the mod-

ern world. Long ago on your world, there existed a tradition that a man should beat his wife. This was not a "could," but should beat his wife as a regular practice. Of course, this tradition is in modern eyes a ridiculous thing and abhorrent, yet it was a tradition nonetheless and honored at the time. There are many such examples. Therefore, it becomes of necessity to distinguish that which is of a purely traditional and cultural nature and that which has spiritual significance and meaning. The most significant tradition could be found in the sacrament, which can certainly be practiced freely, of the bread and wine that Christ gave in the Last Supper. This is an example of a meaningful tradition. He said, "Do this in remembrance of me." It has meaning.

The Kingdom of Heaven. The Kingdom of Heaven is like a grinding stone grinding wheat. The Kingdom of Heaven makes smooth, makes usable, the coarseness of life. The Kingdom of Heaven gives meaning to tradition. The Kingdom of Heaven gives light and hope and freedom to the soul. It will sustain and nurture all aspects of life and will remain itself intact as water remains water. I see a stone grinding wheat. This work is the Kingdom of Heaven. This preparation of that which was raw, which was wild, which was unusable, is ground by the Kingdom of Heaven and made usable, made nourishing, made sustaining. The Kingdom of Heaven will transform that which is growing wild into the bread of life for the service of mankind. The Kingdom of Heaven is like a threshing floor. It works to separate the wheat from the chaff. The Kingdom of Heaven is active. It is a living, spiritual, active reality. These basic concepts are much spoken of in your churches but not well understood. We hope that through many lessons such as this to clarify these ideas and strengthen your faith in them for the basis of our work has been laid long ago, and we need only to look at the gospel with fresh eyes.

#### *Dialogue*

Q: Has the spiritual isolation of Urantia been terminated?

A: In the technical sense, it has been. All of the circuitry has not been completely put back as before, yet what has been done should allow greater spiritual access to and from this planet and should open spiritual possibilities to humankind also. The circuitry is in the process of being reinstated to and beyond its former state.

## SESSION 6

### Soul Growth and Development

#### **Lesson**

#### ***Growth***

There exists a difference between the idea or the thought of God on the one hand and the experiencing reality of Him on the other. Most people have an idea of the Lord as an abstraction, almost, with very little interpersonal communion or feeling development, soul development. It is the experiencing of God which develops the soul. It is the mental capacity for understanding this experience, humanizing this experience, and personalizing this experience which causes those spiritual forces to mobilize and cause spiritual growth for the individual. There is no spiritual growth without thought, without the thinking, reasoning, wise understanding of the spiritual experience. At first, this experience is limited and fleeting, yet if it is pursued wisely, sagaciously, this experience becomes, and makes the individual become, more and more real as you realize your potential spiritual growth. This active transfer of purely spiritual, along with mental, energies causes the phenomenon of soul growth, and this soul becomes a morontia reality, even while you are yet mortal. It is the combination of the material, mortal, mental process with the purely spiritual input from the Father, the Thought Adjuster, that produces a new reality. This is a lifelong project for both parties involved. The mortal mind must grasp and understand the spiritual reality for it to be made real for that individual. It is the process of becoming who you really are. A process of realizing your mortal potential which shall extend to the morontia worlds, but it is begun in this world. Therefore, it is important that you receive and understand my teachings. It is important that I make these teachings clear and understandable; therefore, if there are any doubts or problems in understanding, please do not hesitate to say so.

#### ***Dialogue***

#### **Evangelism**

Q: Are there guidelines we should follow in sharing this with other people? Could you give us information which will help us in introducing and explaining this phenomenon of your communication as well as the teaching that you are disseminating?

A: Yes. This can be a difficult matter, especially for those who have not been exposed to The Urantia Book. These teachings are for the universal good of mankind and are meant to be shared, yet the method of their communication can sometimes cause rejection, as is the case with The Urantia Book also. This problem can be overcome by reading the book or hearing these teachings, for the teachings are what is important, not the method of communication. However, this method of communication is certainly a stumbling block for many people, and so perhaps it is best to introduce the teachings alone for a time without the book or tapes, and when that person is spiritually strong enough to be capable of receiving this much light, then can the book and the tapes be given. As it says in The Urantia Book, too much light can be blinding as well as illuminating; therefore, let your light shine so as to give light, but not so as to confuse. This is a difficult and delicate balance and must be conducted with great care and discretion. Only then will your efforts be fruitful, and a great deal of time may be required for each person. This is a difficult task.

#### **Death**

Q: What happens to the mortal personality upon natural death? Where does it go?

A: This is difficult to explain because it is mysterious to me. I have received teachings, I have been through the experience, and yet, it is mysterious. Personality is non-functional at death and is functional at resurrection, yet this entirety, unifying, functional unit is in pieces at death and cannot continue without the regrouping. It is necessary for a body of some type. At death, we leave the mortal body, and the pieces are safe and intact. My memories are intact of my life. The memories of Abraham are also intact. The memories of everyone, these memories are still there. As it says in the book, all that is worthwhile remains, and nothing is lost, yet there may be a time, an interval, of complete non-awareness. Therefore, that interval of time is not part of memory. It seems like an instant, yet we are told and understand that there is an interval of time between death and resurrection. The personality as far as we are taught is in safe-keeping with the Thought Adjuster, but as a functioning unit, it is dormant on death.

## Reality

Q: Could you define spiritual realities in terms a mortal can understand?

A: Yes. Spiritual realities. I have difficulty in trying to convey this because it is the only reality for me. For you who are in a much more limited state of perception, this is more of an idea than a truth. This truth is as real to me as the chair you are sitting in is to you, yet to me, the physical material reality is such a limited place, so confined, that the greater spiritual world is unrecognized by your limited perception. Therefore, in order to perceive this spiritual reality of the world, one must see with spiritual eyes, perceiving the value, the beauty, the goodness which go beyond mere physical realities. Sometimes it is difficult to expand the mind to the point of grasping the greater spiritual reality, yet with this grasping, this expansion in order to enfold and incorporate this greater reality to your personal experience, causes spiritual growth and soul ascension.

## SESSION 7

Spiritual Freedom and Life

### *Dialogue* **Freedom**

My teaching tonight shall include thoughts on spiritual freedom and life. Spiritual freedom is true freedom. It is the essence of a happy and boundless life. There are no bonds and shackles to hinder the true expression of one's innermost nature. This is freedom. There is only limitless possibility for such a soul. There is boundless happiness, abundant health, and joy in life. The soul drinks the cup of forgiveness and love, the bread of love. He knows no borders to his existence. He realizes his inner nature so that this true inner nature becomes his guidance and himself. This is the essence of doing God's will in your lives, for His will is to realize Himself in you, for you to realize yourself in Him, for the two to become one, for the two to express themselves. The personal expression of the human self is no less important than the divine expression of the divine self.

## Worthiness

Next, I wish to speak of the shackles and bonds that bind us. These can be subtle or they can be overt. They are treacherous to spiritual growth and expression which is essential to a happy life. These bonds are culturally imposed, traditionally imposed, many times self-imposed out of misguided thinking. They are the chief impediment to happiness on earth. These bonds are the bonds of thinking too much self-analysis and the comparison of self with an abstract ideal which leads to feelings of unworth or inferior worth. These feelings are to be abandoned. You need to progress courageously, forthrightly, steadfastly through this life without the impediment of too much thinking. Sometimes it is better to allow the self to be and to become, to allow the spirit to flow through you, to allow love to radiate from you. This is sometimes best and easiest to accomplish. Happiness follows love, flowing love.

Furthermore, I wish to say that the celestial beings here tonight, and with you always, express their appreciation and love for you and wish to say how pleased they are with the spiritual progress that all of you have made thus far.

### *Dialogue* **Soul**

Q: Where are our souls housed?

A: The mind you would say is housed in the brain; although, this is incorrect. The mind is not housed at all, neither is the soul. You would envision it as being completely throughout the physical form, although centered more or less at the heart.

Q: Are you also "bound and shackled" on your plane?

A: Yes.

Q: Could you give us particular instances of forces that bind and shackle us?

A: Yes. The particulars are for each person different. As I have said, thinking and over self-analysis is one form of self-shackling. Another is disease, bodily disease, and many things such as tying one's self to a hatred or a malice, or pride, or envy, or superstition, or greed, or any number of things. Prejudice for example. Many are cultural and obvious. Others are personal and subtle.

## **Discernment**

Q: How can one distinguish the Father's will from one's own thinking?

A: This is a deep and all-encompassing subject that is part of the progressive experience, the learning to discern and then the doing of His will in your life. This will not always be so murky for you, and recently has become much clearer. Each person must walk that path of decision-making himself in order to learn how to discern the right way vs. the willful, self-interested, self-worrying, perhaps, self-absorbed way. The path is self-forgetful, is thinking the best for others, and opening the heart to His love, so that His love will nourish other beings around you. The actual fine line on Father's communications is more difficult for me to tell you how. In general, there is a feeling of superconsciousness and otherness somewhat as Rebecca experiences during these communications. It is otherness and forcefully strong. Should there be doubts, it is hard for me to sort them for you. I cannot do it. When there is no doubt there is simply no doubt, and this will be more the case as time progresses.

## **Trust**

Q: Do we need to completely trust our fellow man before we can freely love them?

A: Yes and No. Love is from the Father, and this love He bestows in trust, and yet is spurned more often than not. When we bestow love in trust, often, very often, we can be disappointed or hurt. Yet in order to intelligently and fully love another human being, there must be trust for there must be mutual trust. To love everybody indiscriminately is not possible, nor is it possible to trust everybody indiscriminately. Therefore, wisely and understandingly love each individual person who comes to you. The gospel admonishes us to love our enemies, to be father-like to those who abuse our trust, to always look deeply for the underlying motives for the actions of your unwise fellows, and to see them as closely as you can to the way that Father sees them, and this will open your heart and allow deeper understanding of the sometimes foolish actions.

My personal wishes and thoughts cannot always be expressed, you understand, though I am a teacher under the orders of Abraham and Melchizedek. My mission is to teach and explain and make clear,

clearer, the fundamental tenets laid down by Christ Jesus. This is my main objective, though this re-statement, retelling, of the fundamental truths is the main purpose for me to be here. Therefore, it is important for us to remain dutiful to this purpose. The main point of this lesson is spiritual liberty, the freeing of one's self to become a liberated son or daughter of the living God. That even in this thought, this knowledge that you are children of the most powerful reality is liberating, is freeing. His children understand this concept. Make it yours. Make it your very own. You are His child in truth. That is what I will leave you with. Farewell until next week. I bid you adieu.

## **SESSION 8**

The Father in Heaven

### **Lesson**

#### ***Teaching Mission***

This evening I would like to communicate something to you. As you know, Abraham is the commanding officer in charge of the Reserve Corps of Destiny of which you are members. This evening he would like to say a few words.

Greetings, I am Abraham. This may surprise you, perhaps yes, even astound and cause you to be incredulous; however, the fact of my presence is known, and you should not feel surprised, for I have watched these meetings many times and have been present at your homes. You are not unknown to us. Your thoughts and feelings and desires are known. We wish to understand all of you equally, yes. This mission which we have embarked upon is of supreme importance, and we wish to impress this upon you: that all of you will fulfill and dispatch the duties assigned you. Some of you have received specific instructions and have done much to carry out these orders, speaking specifically of Joshua. Therefore, we wish to extend our thanks to him this evening. It is for each person to accept or reject these gift assignments. As Rebecca has accepted her role and Joshua has accepted his mission, so will each person have an assignment. My father in truth and brother in spirit, friend, teacher, Melchizedek extends his greetings and also wishes to speak to you.

Greetings, I am Melchizedek, Planetary Prince of Urantia. I come here tonight in order to welcome you to the Brotherhood of Planetary Believers, to wish you well in your future missions, and to tell you that important, indeed stupendous, events are not far in the future, that you will be needed to undertake certain assignments which shall be given through Ham. He is directly under our supervision, and you need have no fears or worries of his authenticity. The planet is going through an intense shake-up at this time in many overt and subtle ways. This may be the cause of certain small calamities which we wish to avoid, and we wish to bring many people into the fold of the believership. We require your help in this endeavor.

### **Fatherhood**

I am Ham. We shall begin tonight's lesson on the Father in Heaven. He upholds, restores, renews, all things. It is He that we look to. It is He that we turn to in times of trouble. It is He who strengthens and prepares the way for us. It is He who removes the obstacles in our paths and leads us forward. He is the living water that renews our souls and gives hope in the darkness, light and love, and peace and harmony. He desires to share Himself with us, and you should desire to share yourselves with Him that He may fill all your lonely spaces, all the darkened corners, with light and love and peace. He searches your soul. He knows all the heartaches, all the unworthy thoughts, and He is accepting, that you need not fear to hide any part. You never do. You must allow, you should want to allow, Him to fill you, for His presence is acceptance and forgiveness, and nothing else, nothing else. You will be living lights when you allow this.

### **Dialogue**

Q: When the Thought Adjuster has to leave, does the soul become inactive?

A: Yes, you are correct. The soul is active in growth. Without the Thought Adjuster's presence, this growth ceases. You are correct.

Q: If we are to try to bring more people into the fold of believers, how can we know whom to approach?

A: This is difficult, yet I really cannot tell you. These matters are so intensely personal, and for a while yet, this group should remain the same. We need you to

hear our message, but our purpose is wider than to teach only a few. When it is time, I will tell you.

Q: Are there specific ways in which we can prepare ourselves both mortally and spiritually for the momentous upcoming events?

A: Yes. We do not tell you too much for fear of over-preparation because, perhaps, this could be damaging also. You all work with the Thought Adjusters daily. He prepares you in all ways. He is who you should look to.

Q: Therefore, preparedness through insight?

A: Exactly.

## **SESSION 9**

Lean Not Upon Your Own Understanding

### **Lesson**

#### ***Circuits, Change***

I have come once more to deliver a message to you and to teach you in person this evening. Ham is not here but sends you his best wishes. Many changes have indeed taken place of recent years and many more are expected to occur shortly. These changes are mostly of a spiritual nature and will not concern most people, but for you these changes should be of primary importance. You will become increasingly sensitive and aware of their importance. The system circuits which are now being reinstated will cause certain changes in the spiritual gravity of this world which many people will be sensitive to and respond to. This will aid our work tremendously. The gravity of the Son, the Eternal Son that is, has tremendous power and weight. Your spiritual sensitivity and capacity for receptivity will increase noticeably. His drawing power is unmistakable to the spirit, to the soul, which will increasingly respond to this feeling. Communications such as this will increase and become more widespread. Many people will respond. The Father Melchizedek imparts the following instruction: "Allow the spirit feeling freedom of movement. Open your spirit to receive and allow this spirit feeling to flow through you unimpeded. This will be the greatest benefit to you."

### **Dialogue**

Q: Is there significance that Melchizedek referred

to himself as Planetary Prince of Urantia instead of Vicegerent Planetary Prince? Has a change been made?

A: No. This omission of the word “vicegerent” is not meant to cause confusion.

Q: Last week Melchizedek stated the forthcoming changes could cause small calamities, and that he would like to see as many people as possible brought into the fold of believers. He said he would require our help with this. Was he referring to both the avoidance of the small calamities and the bringing of people into the fold when he mentioned our help, or only the latter?

A: Both. I don't wish to cause apprehension among anyone. These things are sad, and they seem small to you, you see. As he said, small calamities can change the world. To us they are calamities, to you they may seem as nothing important.

Q: Do you anticipate spiritual regression in the future?

A: Yes, we have seen regression already, and this will undoubtedly continue for a time.

Q: How may we help you the most effectively?

A: This is an interesting question. Each person has his or her own endowments which allow him or her to work and flourish in the world. This is not a simple task. It at least requires much time, much effort, and will not be pushed, cannot be pushed, but must be allowed to grow, to cause change, to reverse the downward, backward trend that we have seen for so long. This will not be sudden but must come gradually as the hearts of men come gradually to God.

Q: That by touching a few with the message of ascending livelihood, each one of us can teach and inspire others, that is what you would term the greatest help of all?

A: Naturally. Yes. The most important. This help to others is more important than leading armies, building bridges, building rockets, anything. Being president is not as important as this. Let not your hearts be troubled, neither let them be afraid. Go courageously into the world. Shirk not your duty to the lord. Stand before the lord with a clean heart, be unafraid. Be truthful, be cleansed of sin and doubt, and be unafraid. His spirit is always with you. He will always aid you if you turn to Him. Lean not

upon your own understanding, but lean on the power and the understanding heart of God, who sees all things and knows all things and will show you how to impart your words. This should be noted, by Rebecca especially. We all stumble, we all have doubts. This is natural and expected, but after stumbling, arise; after doubt, certainty; wisdom grows in this way and always shall. I wish to leave you all in peace. Shalom.

## SESSION 9

Show Forth the Fruits

### **Lesson**

#### ***Progress***

The Father in heaven is love, is mercy, is wisdom and guidance the true parental attitude towards his children. His way may not be easy. His way, in fact, is never the easy way. It is filled with obstacles to your progress. It is filled with intrigue and hard, rough experience. This should never be forgotten. It requires effort, courage, skill, and wisdom to progress in the kingdom. You all know you are sons of God. You are all safely within the Kingdom of Heaven. I say this with authority. You are without exception within the Kingdom. Progress from here will not be easy. This is a fact. You are all called to show forth the fruits of the spirit in your lives, to grow and develop character and sagacity in your dealings with your fellows. We are certain. We are much dependent on your progress and certain of your eventual successes. We believe in you and have faith in you all. And this also I say with authority. You will show forth the fruits of tenderness in your dealings with men, of wisdom in your answers to men, of love, of courage, and righteousness in all things, however small. It is the small but repeated action that impresses others.

Constancy, constancy in righteousness, that you shall not waiver no matter what the temptation that befalls you. These things, these tests occur. In reality, they impede and hamper your stride. We require you to walk and progress in the Kingdom that these obstacles will be courageously removed, that you will not stumble upon them. So what is important? What is true? We know what is important. The lesser things will not hinder you if you do not allow them to. They will not hurt you. They will not stop you.

You will not falter if you persist in thinking and acting according to the will of your Father in heaven and my Father in heaven. Up to now, I have used softer tones for you and emphasized His love for you, His acceptance and mercy and tolerance of all things. Tonight I feel the instruction call you to service that we will begin shortly. Melissa, my daughter, all goes according to plan. You see light where there was darkness.

### *Dialogue*

#### **Melchizedek Schools**

Q: The Urantia Book says that the Christian Church is in the larval state. Can you elaborate on this?

A: I believe so. Is this referring to our movement?

Q: I will read... (Person reads page 1866, paragraph four from The Urantia Book).

A: Yes, yes, correct. This is fact. There are many passages in The Urantia Book referring to these events in one way or the other. This is not prophecy for these events are planned, you see. Yes, there is becoming, emerging, a new church in a sense. This is the purpose of these schools and these lessons, to bring forth the teachings of Jesus once more, to bring them alive from a dormant state. This is our purpose and mission. This is what we shall undoubtedly accomplish.

Q: I know people outside of this group that I feel are more righteous, more, well, having those virtues that you described in your lesson tonight moreso than myself. When you encourage us to do the Father's will, I'm not sure just what to do, specifically. It is not always clear to me, at all, what the Father's will is, except in very general terms, and in terms of my attitude, and in my daily life. I guess, partly because of my philosophical mind, I can see things from so many points of view, I confuse myself, and it is not clear what the right thing to do is. Can you give me any help in understanding how I can grow spiritually in the way that you want?

A: In the ways that God wants, yes. Always remember who we serve. I perceive that you are correct in your assessment of your mind, naturally somewhat resistant, stubborn, and willful. This is all right. If you truly desire higher spiritual experience, truly desire is the key. You must be willing to allow this to occur, you must appeal to your mind first, and at

times, this is difficult because of your mental actions. You must seek the stillness more often, open to His guidance through the stillness. The stillness is to still the mind and allow his presence to enter your mind. His response will be as much or as little as you can allow. This simple practice will begin to give you peace, more peace in your life. This, for you at this time, is beneficial and will begin to help you spiritually to grow and to have mental calmness. For you, a little will do very much benefit. The stillness is an important concept for everyone to understand. The mind is like water which, when turbulent, reflects and refracts light in many directions. When still, however, it reflects the light of God to the capacity of the person. In prayer, forget not to wait for a while for an answer or an attitude change. His ear is always open. He hears our prayers and understands our needs. Forget not this great and tremendous reality.

## **SESSION 10**

Father is Near

### **Lesson**

#### ***Tradition***

Our Father in Heaven is near to all believing persons. His nearness increases with faith in Him. When first we decide to believe in God, and this is always a conscious decision whether early or later in life, then God seems afar off, being a nebulous concept at best. He, or rather your awareness of Him, is colored by the input of others so that as children we believed in God as your parents described him to you. This early concept of good and bad, right and wrong, justice and injustice, grows to an intermediate level which has some personal experience in life that right living gives you the least amount of problems and makes it easier to live; that distressing conscience is allayed, fears are helped to subside, through belief that all say everything is for the best, everything will turn out alright because it is God's will. Your life is fairly stable at this point, you see. This level of understanding is the majority. The majority will fudge it a bit on the edges, will be slightly immoral when it suits them, and then think they can make it up later or ask forgiveness or go to confession. Yet, this level of belief also entails much confusion because of the imperfect vision of the real nature of God, the real nature of reality, and so the vast majority stumble through life with their eyes

almost closed. The few who go past this level do so by receiving personal spiritual guidance. Once this concept is grasped, of personal spiritual guidance, then each person may progress very rapidly if they follow it.

Now here many come against problems with family and friends and church, etc., and many will not follow guidance, or not completely, whole-heartedly. Then comes much justification and this may be unconscious or become unconscious after a while. Abraham continued to sacrifice long after his instruction directly from Melchizedek that this is a wasteful practice and entirely unnecessary. Yet, he did not feel secure in this new-found liberty and was bound by tradition and by his peers who looked up to him and expected this action. In this day, we see the absurdity with clear light. In his day, you must sympathize with his plight, for there are many similar instances in modern religious life. The truth will always progress down through the ages, even unconsciously, through generations. Then there are times of great spiritual enlightenment, when the unconscious becomes conscious, when the truth is told and the way opens up, the response will be forthcoming. This unconscious well of spirituality on earth at this time is, or will be, ready to burst forth with many, many people. But, for now, I tell you do not go forth boldly proclaiming the gospel. The time will come later. For now, hear me, talk to me, advance yourselves and prepare. You are all my responsibility and I love you as a father, all of you. Be not distressed or troubled and walk slowly at this time.

### *Dialogue*

Q: Ham, I would like to ask a question about spiritual thinking. During this week, I have had some distressful contemplative spiritual thinking. Most of the confusion was caused by my mortal nature, my physical thinking, my earthly state. I will receive inspirations and intensifying sensations followed by confusion and mental discernment that distracts me from focusing clearly on what was just disseminated to me. I would like to ask how the Thought Adjuster best conveys himself, in particular to myself, and how I might become more receptive to his speaking to me?

A: Because life is filled with distractions and turmoil, it becomes necessary to put a little time aside daily for spiritual receptivity only.

Our Father

### **Lesson**

#### *Omniscience*

Our Father in Heaven, the Creator, Upholder, Master, King, Loving Parent of a vast and, to our small imaginations, limitless universe is also resident within your minds. Pause to consider. The contact of the infinite, eternal God extends personally to His personal children in the most intimate and sublime relationship. In a way, you as His creature-children creation are His thought. Your independent thoughts are all known to Him. Nothing of your mind, intentions, will, desires, after-thoughts, foresight, nor spiritual insight is unknown to Him. He encompasses all of reality. There is no hiding of a thought or an intention. In Him, we live, move and have our being, as well. Our thoughts, intentions, have repercussions outward as well as inward, known through the Father as the Thought Adjuster, and repercussions in the Supreme. Not only actions have repercussions, but thought as well. These thoughts of love, forgiveness, mercy, become yours and bear the fruits of tolerance, forbearance, worshipfulness, service, kindly natures. His thoughts of giving, caring, lovingness, flow outward as understanding, kindness, happiness and tolerance. We must seek to broaden ourselves to encompass these great thoughts, to be the vessel of these great thoughts. At best, we can only hope to capture some of this greatness, some drop as in an ocean of infinite greatness. His love is beyond our comprehension completely, yet a drop enters, nourishing us, buoying us, giving us strength. We need to open ourselves to those drops of love. We cannot be the ocean. We can only receive what we can receive, but in the God-knowing man, the results are seen clearly. "By their fruits, you shall know them." He said. And so it is, and ever shall be.

#### *Mercy*

Tolerance is a mighty gift. Only the strong are truly tolerant. This mighty tree of tolerance grows and grows in time. It gives comfort and shade to all who come near it. Forbearance likewise, and long suffering. A strong tree bends not in the wind and rain. It forbears all things and continues to grow and be a comfort to all those who come near it.

Forgiveness. How many times shall we forgive our neighbor? Can we ever afford not to? To infinity? No, forgiveness must be constant, consistent, and all-encompassing. To err is human, and our Father forgives us our errors. Can we now turn to our brother and forgive him not? No, this is not God-like behavior! Our Father frowns on unforgiveness. Forgiveness remains the cornerstone of the gospel in this twentieth century after Christ, and I cannot overemphasize its importance, both in your life and its relation in the gospel. In order to cleanse yourself, forgiveness is necessary. John preached repentance for cleansing, and baptism. I would say to you, forgiveness, instead. The Father's forgiveness is an open offer, open to all who would receive it.

## SESSION 12

Faith

### Lesson

#### *Faith*

Faith in the Heavenly Father is a transforming experience. Faith is the channel through which the mortal person perceives the Eternal Father. It is the living link between the two so far separated. Without faith there is no growth. Faith revitalizes and rejuvenates the body, mind and soul. Faith is opening the door of the heart and mind and allowing spiritual presence entrance. Faith is the active grabbing of spiritual truth, the active incorporation of spiritual reality into one's very being. It is the ladder to the Infinite. Faith is active and requires activity on the part of the faith believer. In order to utilize spiritual currents of the universe, one must actively seek and use them. What purpose is this ladder if you don't climb it? Faith is the use of the living God presence. His spiritual presence is always with us, yet it requires faith to utilize this presence. Faith is strengthening by its very nature. Faith is supreme, the supreme will-dominant factor in spiritual progress. Faith is man reaching up to God and God reaching down to man. The reach of faith must be made to take that hand. Faith utilizes the vast storehouse, rather the bath of spiritual energy which envelops us always, surrounds and enfolds us. One may have intellectual recognition of this, but faith is the active daily utilization of this truth. Faith is only limited by yourselves. Faith can be boundless. It is immeasurable. It is the free will act of choice, of choosing first,

to recognize God; second, to understand God; third, to appreciate God; and fourth, to actively seek to do His will. Faith is the act of making His will your will, and this act is the greatest liberation man can know.

### *Dialogue*

#### *Names*

Q: Can you tell us how our spiritual names are chosen and who assigns them to us?

A: Daughter Rachel, your name is a perception of your personal being. The conception of you as a personal being able to be perceived by others, occurs at birth, though previously in physical embryonic state you were developing. At the point of parturition from the mother, a separate person is perceived, and this person is individual and precious to God. In the broadest sense, God names you. In the practical sense, the name reflects spiritual perception of the individual person and is thus recorded. All spiritual beings perceive you as Rachel and always will. The tone quality of your name as physically manifest is not quite the same as its pure spiritual perception. But being on a material level, it is the best we can do.

## SESSION 13

One God Concept

### Lesson

#### *Monotheism*

There are many things written in the Bible which are very uplifting, and many passages or whole books which are very downcasting. In my day, before the Bible was written or compiled, there was very little writing. We relied on verbal messages practically completely. Traditions and new teachings were kept within the mind of the people or person learning. Each person learned slightly differently from every other, and his personal slant or interpretation on a direct teaching colored it forever. These people, who were taught by Melchizedek, went forward into the world and passed this knowledge on as purely as possible until they died. They were admonished to train at least ten individuals of the younger generation as succinctly as they could these same teachings, and then they each ten, and so forth. You can see that within just a few generations the teachings would spread, but in the process be diluted and become mixed with other beliefs held by people. The main message or seed teaching of salvation through

faith, even, was practically lost in many parts of the world, but remained strongest, especially the one God concept, near the center of the Melchizedek bestowal, Palestine. The one God concept has remained strong through Christianity and is generally accepted throughout the world. One God for all peoples is a basic concept in most religious understanding. We wish now to extend this concept of one God for all peoples of the earth to one God for all worlds. The concept of God over the earth is limited and anthropomorphized. The concept of God for all worlds, all space, for all time is infinite and eternal. The concept of the Infinite is partial and fragmentary at best in your state of being, but the attempt of understanding of this intense concept is, in itself, enlarging. The understanding of a personal Infinite is enlightening, and I will attempt, as will Ham, through many lessons, to enlarge and strengthen your conception of the Eternal Father.

I pray through me His voice speaks to you and His love reaches your heart. I only pray to serve Him who is invisible to our eyes but the greatest reality in existence. I pray that I may wisely bring forward His word, that I may capture your imagination to enlighten your understanding. I pray that I may serve you well, and that in so doing, serve our Father. I pray that as His love grows within you that it may shine for all to see. I pray to the Father, and to His Son, personified in our Lord Michael, whose spirit envelops and nourishes each of us, and I pray that our work will be acceptable in His sight.

### ***Dialogue*** ***Adversity***

Q: What is the main purpose or reason for adversities.

A: This is a broad question, and I can only answer in broad terms. Adversity requires reaction. This reaction builds strength and stamina in character. Each person experiences adversity for this purpose. If life were easy and blissful, decisions, hard decisions, would not be forced to be made. These essential decisions must be made in order for there to be soul strengthening.

In the parable of the sower, we see that some seeds sprout readily and grow tall quickly, soon to be withered in the sun, not having the requisite strength, fortitude, to withstand vicissitude. Each person is

like a plant. The good gardener, your Thought Adjuster, who directs the tilling of your soil, the fertilization of your roots, the rain to fall, the wind to blow, and the sun to shine. All this is done through the action of angels among others. He sees to it that His beloved child receives what is needful for the best growth of his soul. Adversity, even calamity, can be part of the nurturing process. The blessing of these seeming calamities may only be seen through hindsight and are not apparent to the growing seed-child. The good parent insures proper medicine for any illness, proper exercise and play to maintain robust health. Each child requires differing remedies and different exercise. By exercise, I am referring to robust life activities, mental and physical. In order to meet the challenges of life, each person much have experienced a certain hardship factor, and the knowing that past hardships have been overcome strengthens the mind-soul for future hardship or conflict which must also be grappled with. This "I can do" attitude is important and cannot develop without having done. Therefore, adversity, small and great, befalls us all and must be overcome and grappled with individually in order to build a strong and reliable soul.

## **SESSION 14**

### **The Living Channel of Faith**

#### **Lesson**

#### ***Faith***

At our previous meeting session, I discussed the living channel of faith and its transforming effects. I now wish to return to this subject in order to broaden and deepen your awareness of faith as the healer in all aspects of life. Faith is the priceless treasure which cannot be bought and sold. It is free for the willing child of God. Faith is the living channel between the creature and the Creator, the soul to its Father, the son and daughter and their all powerful, all wise, all loving, and merciful, Eternal Parent. This living channel is indeed an umbilical cord. It sustains and strengthens the child- creature in health, in mental efficiency, in life performance, and in the transforming ability to bestow the Father's love on one's fellows. Only by faith is His love received. Only by faith does this love pour outward. Only by faith do we become a living channel of love. Only by faith do we grow and ascend. Only by faith are we as-

cended and received. Only by faith are many truths understood, or, I would say, spiritually felt. There is no other technique. Only by faith are we saved. Only by faith do we know Him. Only by faith do we allow Him to know us. It is faith which strengthens. It is faith which destroys error. It is faith which makes you perfect one step at a time. By faith are you healed in body as well as soul. By faith is spiritual power known. By faith are small things made great. By faith is the mind brought to understanding of spiritual reality and truth. Faith is the living way, the way shown by the wayshower, Michael, when made flesh. By faith the door to the kingdom is opened. By faith we enter. By faith we are made safe and secure in this understanding. Faith is the wellspring of goodness which overcomes our evil. By faith we are brought into light, the light which cannot be darkened or diminished, if by faith it is truly desired. I will leave you with the prayer that God's peace and His love be upon you always forevermore. Farewell for this evening, Shalom.

## SESSION 15

Remember Our Brother/Father

### **Lesson**

#### ***Evangelism***

This evening is important for I have many things to tell you beginning with my announcement that the time has begun to bring together many potential believers. We will see who remains and who does not. There should be no anxiety on the part of those bringing in new people, for they will decide of their own accord or conscience what is best for them. Therefore, have no anxiety if they do not remain.

Secondly, I wish to declare the following. Machiventa Melchizedek, Planetary Prince of Urantia, has decided to incorporate this group on a higher level. By this I mean you are the first to begin evangelism under his, and therefore my, direction. As I have said previously, the correcting time has begun and now begins the great harvest of souls ripened and ready to receive these truths. This movement, or harvesting, gathering, brings much joy to our hearts and will certainly also gladden yours when you see the results. This life is not long, and there is much for you to accomplish, and we deem the time to be right for the beginning of this work in earnest. Be patient and gentle and unhurried, however, in your

dealings with people, for each grain of wheat ripens in its own time, and there is nothing you can do to hurry this process without the true spiritual receptivity of the recipient.

If the truth of my words did not create a result in your lives, you would not be here. What truth I give you freely, I wish you to give freely and be unafraid to give it, for how it is received is really beyond your control. Each person can only sow these seeds and wait upon the results. Many times you will be disappointed and even scorned. This is known and understood. Therefore, I send you with bravery, courage, wisdom, and discretion. Be gentle yet firm as I am, be secure in your faith as I know you are, and above all be loving, and many hungry souls will come to you on their own.

I am reminded of the parable of the good shepherd. When one of the flock is separated and goes astray, the shepherd looks for that sheep tirelessly until he finds him, and gently returns him to the fold. This is my mission to you, to seek out those who are lost and to bring them from darkness into light, to give hope, and peace, and security in faith. I admonish you, be not discouraged, for the fruits of your labor will multiply many times. Melchizedek desires that many people receive my teachings which are prepared together with him. This the beginning of the correcting time.

#### ***Jesus***

I would like at this time to proceed with a short lesson this evening. This is somewhat improvised from the prepared. We have among us one who has walked this earth, who has lived and suffered in life as you have, who has borne trials and ease, disappointments and pleasure, songs, tears, laughter, melody, ugliness, beauty, despair and relief. He has personally sent His spirit presence to be with each person for Him to have complete understanding, and for each person to have complete comfort in that understanding. There is nothing you have suffered, experienced, borne, or forgiven which He has not done also with you. Although we worship our Father, we must not forget to revere our Brother/Father, for He is understandingly close to each of us as a brother, by your side in times of trouble, in times of happiness, in grief and in love, His spirit presence is always near. We should not forget to acknowledge in grateful humility this extreme gift. At this time,

may we each offer Him a silent prayer. (After a long wait) Amen.

### ***Dialogue*** ***Urantia Book***

Q: Would you advise the people in the group to start their own study group, to introduce other people slowly to the book and then introduce them slowly to your teachings?

A: No. My teachings are simple and direct. Perhaps my teachings would be easier for a person to receive than The Urantia Book. I wish it the other way around, that those receiving my teachings should then study together the book. As I said previously, The Urantia Book is like a tool for learning and understanding. It has, and will, bring many people to God, yet there is much contained therein which confuses and complicates the simplicity of our Father, and simple truth may be lost in this confusion. I will endeavor to make clear that confusion, to word simply that which is complex. As mental comprehension is thereby expanded, the papers of The Urantia Book become more and more easily comprehended, yet, to all of you who have been readers, understand this book has many different levels in each paper, so that parts are understood at first and then more and more of the whole is comprehended. Joshua can attest to this truth. It was designed that way.

### ***Womanhood***

Q: Can you address the role of the new women apostles in this day and age?

A: Yes, we understand this as the age when women are finally acknowledged as spiritually equal, and where women can, and will, play a vital, and in all respects equal, role with men. Your roles will not be exactly the same, and do not expect them to be. You are individuals, and each individual will therefore play a different part. However, women will not be segregated, there is no need for this but will be fully integrated into the mainstream of this work. The example of this total equality of spiritual recognition will be a powerful influence in the world in the future. For now, women are not recognized generally to be spiritual equals with men, and this we desire to change.

Q: Do you mean that we are not spiritually equal on

your plane either, the men and the women?

A: No, you are not understanding. You are, completely, spiritually equal! Absolutely! Unequivocally! Without a doubt! Completely!

### ***Evangelism***

Q: If we run across other people who have religious faith, should we teach yours, or just go on to other people? Basically, this is the problem of dealing with other people's religion or values.

A: Use your best wisdom-judgment in assessing each situation separately. As Jesus taught, you never condemn another's belief. You only plant seeds of truth, and presently these will grow and crowd out any error. All belief systems on this world today contain differing measures of truth and error. Only seek the truth and bestow the truth upon your brothers. Seek not to change any belief system. It is not important to do so. Nor is it desirable.

Q: Then should we take that to mean that when we are talking to someone who is not a Christian, we should allow them to continue to not believe in Jesus, or should we make some effort to persuade them toward the religion of Jesus.

A: Yes, this is difficult. Christianity in its present form is much distorted in its view of Jesus, and this distorted view has turned many away from His good teachings. At present, modern-day Christianity does almost as much to hinder the spread of the gospel of Jesus as it does to promote it. His teachings cannot be thought untrue by any thinking person. Therefore, His teachings should be used, not doctrinal Christianity, but direct spiritual food instead. But as I said, do not attempt to dissuade a person away from their heartfelt convictions. Does this help at all?

Q: Yes. I have known good people, responsible people, caring people, who claim to be agnostic. Can I assume that some of these people have a good working relationship with their Thought Adjuster despite their disbelief in God?

A: Yes, yes they can. Almost all of the work of Thought Adjusters is unconscious--or not conscious, rather, not subconscious, just not conscious, and therefore, many are led and directed by their inner God without full conscious recognition of this leading and directing. Of course, conscious decision to recognize God, to recognize and accept His reality,

both within and without, to understand His love and care for each person, and a desire to become like Him, to affirm His will within our own, is the first step to immortality, and these are very crucial.

Q: Must these steps be taken on this planet in this life, or in some cases will they be deferred until the morontia experience?

A: In some cases they are deferred, yes.

Q: Father Ham, do most mortals survive?

A: Yes.

Q: I am new to The Urantia Book and so I would like to understand evangelism. My mind is perceiving it as influencing the people in our lives through our good works, through our communications, possibly through books, songs, . . .

A: Through the example of your life, correct.

Q: So, how we begin is at whatever stage we are at with our lives by being more conscious to how we are living our lives and how we are influencing the people in our lives?

A: You are conscious now of influence, correct? (Yes) This influence will extend. Fear not. You mustn't think that you must be perfect. This is impossible, and this is understood. Only the desire to become as God is, to allow His being to make your uniqueness more real and unique. This does not require conformity, but rather extreme individuality, to be who you really are, and to realize who you really are, more and more, day by day. This unique reality will naturally be attractive. We ask nothing of anyone but that.

## SESSION 16

### Truth Lesson *Truth*

I wish to speak again concerning truth. I have spoken to you of truth in the past, and now I wish to extend the lesson. Truth is ever abiding, that is, it is eternal. We may know truth in fragments, in partial shadow, in lines which fade and grow dark. The truth I speak of today is the truth of the one eternal Father. His truth passes not away, nor is it true for a time. His truth is ever abiding and true for all time. Of this truth, we may see but as a pinpoint

of light the blazing glory which is His truth, yet that pinpoint of light is our guidance, is our hope, is the source of our destiny and the goal of the ages, for truth is an experience of the soul. It is that knowing sense of identification with reality. It is that shock of affirmation. It is that quiet glow of wisdom. Truth is light. Truth is spiritual light which forever banishes darkness. I repeat: truth is light which forever banishes darkness. There is no shadowy uncertainty in the truth. Truth is that light which forever banishes darkness.

### *Dialogue* *Soul*

Q: A few weeks ago someone asked a question about our Thought Adjusters when they are gone, and if our souls were inactive at the time, and you said "yes." Would you clarify? You talked about the growth in our souls. Would you clarify what kind of growth?

A: Yes. The soul is that living entity which is grown by the process of the Thought Adjuster's interaction with the personality, producing the real, living being, the personal self, or soul. The Thought Adjuster transcribes or takes the physical mind manifestation of a personal reality and creates from that its counterpart on the morontia level of reality, so that every true, meaningful, felt, thought reaction is made eternally real in the soul. The soul is indestructible and unassailable. It is real in a truer sense, a more lasting sense, than, say, your physical reality body. Your innermost, deepest, clearest, and truest reality that is you is contained within the soul. During the entire mortal life, the Thought Adjuster continually takes that which is best of you and reality-izes this into the soul, and it is this true you which survives the dissolution of the mortal body and which is once again personalized on the mansion worlds. This is the reality which, you would say, shines from within, that reality which you see in another's eyes, that reality which your soul feels in another, that reality which is spiritually responsive and knows because it is. It is by and through the soul that love is felt, that true values are known, and that progresses toward these alternate realities in that it makes these realities its own, reality-izes spiritual values and love. This growing entity-reality is felt most strongly in the heart center and seems to radiate outward from there, so that the work of the Thought Adjuster, this spiritual movement and becoming real of the

person, is felt at the heart, so that the more the soul encompasses your total reality-self, grows, the more real and enduring is the individual person. On the contrary, the less a person grows spiritually you would say the heart hardens and becomes unresponsive to spiritual activity.

### *Thought Adjusters*

Q: Since I haven't read The Urantia Book, could you tell me what is a Thought Adjuster?

A: Yes. On this world we refer to the spirit of God which resides in our minds as Thought Adjusters. These spirits are individual to each person. They are of God the Father. They are an individual fragment of His pure spirit self. They lead and guide individually each person on the road of life. They are the Father in a form where He may individually know each of His vast numbers of children so that he, personally, can be with each. Each child, by their will, may choose to identify his or her will with the will of the Father, and by so choosing, in decision after decision, throughout life, the child increasingly becomes like the Father, so that "be you perfect even as the Father is perfect" becomes a command to know God, to love Him, and to identify yourself with Him. The only active means that this becomes a reality is by choosing in our decisions in our daily life "It is my will that your will be done, it is my will that your will be done." In so identifying of the two wills as one, the child and the Father come together increasingly to the point of complete cohesion or fusion, and at this point, eternal life is assured. The two become one, completely. There is no separation any more. This normally happens in the life beyond this life, but the beginnings of this process occur in this. If such complete fusion of the infinite eternal God with the mortal finite child occurs during mortal life, the child is immediately, or rather, the new person, is immediately translated onto a mansion world and the body, mortal body, is consumed by the energy involved. However, this is very rare on this world at this time.

Love as Harmony

### **Lesson**

#### *Harmony, Love*

Last week I spoke of truth as light, and tonight I wish to speak of love as harmony. Love strikes the spiritual chords which always results in Divine harmony. Harmony is the opposite of discord. It is strong and beautiful and simple and true. Harmony is balance. It is the balance between all spiritual things. That which sustains this harmonious balance is love. Our Father is the source of this sustenance and balance and harmony for He is love.

As in musical harmony, there is synchronicity of vibration or tone, and these tones, in their synchronous vibration, create music, and this music is Divine, the harmonious melody which is the perfect reflection of the Paradise center. Love, you see, creates that feeling of harmonious vibration within the soul, and this love-vibration-harmony, in reality, radiates from the soul's center, the heart.

What is love? Love is the spiritual reaction to and understanding of the Divine harmony which is the Father. Love is supreme understanding. Love is delight, delighting in and rejoicing in the experience of God. Love is the understanding sympathy for one's fellows. Love is seeing them as our Father sees them. Love is seeing yourself as our Father sees you. Love is recognition of our Father and your sonship at once. Love is the overwhelming tidal wave of spiritual reality which washes through you, cleansing and nurturing and bringing to life new awareness. Love is the greatest spiritual reality there is. As the soul grows in capacity of understanding, forgiveness, tolerance, forbearance, hope, faith and trust, so does its capacity to give and receive Divine love. Our Father is no respecter of persons. He loves all His children. We only differ in our ability to receive it.

My life is very rich in love, and I would wish the same for each of you. It is love which makes an experience truly meaningful. It is love which softens the hardships of life. It is love which deepens and enriches the emotions, the emotional life. It is love which turns the grayness of reality of day to day life into a colorful portrait of Divine meaning and mutual understanding.

We are led to God through faith, but by our love of God do we know Him. It is the supreme privilege rather than duty. It is the supreme privilege of man to love God with all his heart and all his mind and all his soul.

I say again, our Father is no respecter of persons. We differ in our ability to receive Him. Therefore, I say, open your hearts to him. Allow His love to flow through you. Allow your life to be transformed in His love, and with the wise love of your fellows, deepen and enrich your lives. You will understand, you will witness, how goodness springs up, how goodness grows, how goodness becomes a passion in your lives. Even the Master said, "Why do you call me good? It is God who is good." It is God who is the source of all goodness and truth and beauty. It is best to center your minds on Him were the Master's words. Many, many things will come to pass, my children, and you may marvel at first at my words. In time, you will come to see the truth of which I speak to you now.

**Dialogue**  
***Evangelism, Urantia Book***

Q: I have given the book to my sister and two others. Its difficult to get them to have the same kind of enthusiasm I have, and I am sure it takes time, but I feel inadequate, to say the least. Would you please give me any advice about giving The Urantia Book to others and how to get them to understand it?

A: Yes. Many people have not attained or reached that point which you have, and further, in each person, the search is different; the finding is different. In the larger overview, wider perspective, they, or you all, basically reach the same general levels, although by very different means. So that which is interesting to one and causes a sense of spiritual progress may not for another. This is not to worry you. This is simply life. The Urantia Book is the beginning and the basis of a great revelation such as the world has never known. Many people spoke with Jesus Christ during his bestowal life, and most, as you know, did not recognize His Divine origin, and most, for now, will not recognize the Divine origin of The Urantia Book. This is not surprising. Do not let it distress you, but rather count yourselves fortunate to recognize it, to be living in a time when these revelations are occurring, and to be part of their spread. When, or if, even two people, one other person, wishes to

study the book with you, be prepared to guide them through. The book is spiritual food for a hungry world, and those who seek shall find. And further, and I say this to all of you, teaching is a great learning experience. For now, I must bid you adieu for this evening. My friends and children, my love goes out to you. May the peace and spirit of the Lord be with you throughout the week, and may you grow and develop so much that you wonder at it. Farewell for this evening.

**SESSION 18**

Thought Overcontrol and Omniscience  
of our Father

**Lesson**

***Thought, Omniscience***

This evening I wish to present a lesson concerning the thought overcontrol and omniscience of our Father. The Universal Father, personally, is resident on Paradise, and yet, He is also resident and enthroned in the minds of men. His power of all-knowingness of past, present and future, the eternal now, is also resident within each person. The eternal awareness of God is your ever-present comfort and security in a seemingly chaotic, insecure and purposeless world seemingly, that is. For our Father, who is eternal awareness, understands and foresees, and this word "foresees" is for the finite understanding, the future and past and present are all one. He sees us in our wholeness, and we see only a small, very small, fragment measure of our total reality. Although it is error to speak of predestination, for you know free will is absolutely dominant, it is correct to speak of destiny, and it is correct that you may each have insight and can foresee your destiny a little bit. As the mind broadens in awareness and receives more of the Father, comprehends more of the Father, and becomes more like the Father, so can the creature also see himself as does the Father, again in minute ways. And so, a pathway opens and a voice speaks saying "Here, this is the way," and a familiarity feeling prompts you to choose this direction, and an affirmation is also given. And so, in small ways we walk with God, and He shows us the path which to take, which is the right one for us. Many of you, I perceive, feel to be at a turning in the road, and I say to you the way will be clear. Do not be overly anxious. Have faith and confidence in the trustworthi-

ness of God, for He knows all things. He knows your inner heart and soul. He has created the very core of your being. You are His children. He will not ever fail those who trust Him. The eternal wisdom of our Father neither knows nor entertains to know any boundaries or stumbling blocks or difficulties. He is all wise and knowing, and even though you cannot comprehend this reality with your minds, you must accept it by faith.

### *Dialogue*

Joshua: May I ask a few questions Father Ham?

Ham: One moment please. I have before me a petition from Rachel and Rebecca concerning a requested healing. At this time, I still have no answer, but I will take it up again. Proceed please, Joshua.

Joshua: Father Ham, I received a call from Ramena this afternoon. She had the fluid taken from her lungs today. Before it has not been painful. This time she said she thought she was going to die. The pain was extreme. The doctor wants to put drainage tubes in her lungs into sacks so she won't have to have needles stuck into her lung to withdraw the fluid. Should she go this way or not? (It doesn't matter.) Thank you. She also would like to know if there is certain foods that she should eat that would help her or any she should avoid? (No.) She said that she is on morphine and darvoset for pain. She says she is now addicted, and would like help to overcome this addiction.

Ham: Yes. These drugs have an extremely powerful effect on the body which creates an intense reaction upon their removal. At this time she should not attempt the complete removal of these drugs. She should however assert her superior mental control in their administration.

Joshua: Thank you. I will call her when the meeting is over and tell her. I talked to Duane and he requested I ask you a couple questions. He has been contacted by a group in Arizona who claim they are channeling. They have asked for a money donation. He does not know if they belong to your group. The person doing the channeling is named Gabriel, and the person that would be your counterpart is named Paladin. They talk of someone named White Cloud and also Sonada. Could you give him any information on that please?

Ham: Why do they need money? I have no need of money.

Joshua: You are saying this group is false? (Absolutely.)

John: Ham I was wondering concerning the healing of my back. Is playing tennis at college Okay?

Ham: He says not to over do it. One class weekly only. In these healing questions I am able to confer with the healers and advise you directly from them.

Rob: Ham, I have heard of some circles in England that some people have speculated have been made by UFO's, or energy sources not understood, and some people say they are trying to tell us something. There are more and more of them everyday. Can you tell us anything about that? (No. I am sorry, I cannot.)

Loraina: Father Ham, when dealing with people in communicating some of what we are learning here, is there something we can tell them to help them deal with their spiritual connectedness?

Ham: Yes. Each person must be assured of their son or daughtership with the Father, and this essential truth cannot fail to touch the heart, even if there are no outward signs or immediate recognition. This truth is so powerful and needed by every lost person. I am reminded by the parable of the prodigal son, that even though the boy willfully rejects his father's love, and wanders lonely in the world for years, when he thinks and remembers, recognizes the truth, the father's heart and arms are always open to him. There is no sin which cannot through sincere faith and love of God be washed clean. There is no sorrow so deep, there is no wound that cannot be healed by His love. There is no place which is too far for Him to reach, and no soul that is so bad as to be rejected if he truly desires to return to his Father's house.

Loraina: Thank you Ham, I have a question on my healing. I was wondering if we are close to completion on my healing? (Please have two more sessions and ask again.)

Rosane: Tonight you talked about God, our Father, and our concept of Him, and I have a very difficult time thinking about who God is. I have a hard time conceptualizing, and I was wondering if there was something I could do personally to help me get a better understanding who God is?

Ham: Yes. We are all of us growing in this understanding. God, Father is infinite spirit personality.

He is impossible to be fully cognizant of. At most we can receive partial understanding and incomplete awareness. He is truly unsearchable for us, for He is infinite. Our growing in our understanding of Him is a progress from here, this first birth world, native birth world, and progressing to the isle of Paradise where we will without a doubt someday stand in His eternal presence, and even then will our understanding will not be anywhere near complete. For again, God is infinite. Do not be concerned with your present mental limitations, for these will expand, and your ability to experience God personally will increase, and with this increased awareness of Him will come also a broadened understanding. However, this as I say, is an infinite process and you are at its very beginning. Is there anything further you wish?

Rosane: In praying I'm not sure whom my prayers should be directed to, and I sort of clump everybody together. I wonder if there is a more efficient way of praying for me personally?

Ham: No. You do well, and you pray to the fullest of your heart's understanding. This is known. I will receive one final question.

### ***I AM***

Bill: Father Ham, in the bible when Moses asked the burning bush who it was, the burning bush replied, "I am the great I am." and there is much to do about the 'I am' in the Urantia Book. My understanding of it is that each one of us has some level recognition or self awareness. Is that in combination with our Thought Adjuster, or that the 'I am' is, or do we refer to the great 'I am' when we say 'I am'?

Ham: This concept is referring to the First Great Source and Center of all the universes, "the self existent 'I am.' 'I am that I am.' He is the first existent source of all existence. He is a person, I am, and yet, He is all that is, also. There is no existence outside Him. There is no awareness outside Him. There is no creation outside Him. He is the first and last. He is the infinite and eternal source and center of all that is. And this expression in creation is eternal and finite, is infinite and limited, and also personal. It exists by His will, is sustained by His will, is evolving by His will. 'I am that I am.' There is no other beside me. 'I am the eternal God'. Do you see?

Bill: Can we say the, 'I am' about ourselves as a part of that experience? Are we referring when we say 'I am' to the power of God within us?

Ham: Yes. Thank you all for this evenings experience. Next week you will have a visiting teacher. I will not be here. So I will see you the following week. Farewell for now. God and peace go with you all.

## **SESSION 19**

### **The Fatherhood of God**

#### **Lesson**

#### ***Faith***

I have chosen a seemingly simple discourse on the reality of the Fatherhood of God which many, being used to this idea, realization, have grown accustomed and, therefore, are taking this great truth a little for granted. I feel extraordinarily privileged and overwhelmed still, at this momentous truth: that we who are so insignificant, and yet, as small children needing a wise parent, that this parent is the Great Creator, stupendous and magnificent Lord of all creation, past, present and future. There is none beside Him, so powerful and almighty is He, and to ponder the truth that He is also our loving Father and ever-present guidance and friend, never ceases to overwhelm my limited mind. What we see of His glory is so tiny and small! There are no word expressions to enable our minds to comprehend more than a grain of sand in the sea of what He is. His vast material creation should cause you to ponder and humble yourselves at His vastness and incomprehensible reality. He is the Beginning and the End, the Alpha and Omega, of all reality comprehended now or ever to be comprehended by mind. He has deigned to give you use of all the mind energy you can use.

You are limited, and this is well understood. But by mind you may reach for the unlimited. You are endowed with a part of the Infinite Mind which knows no boundary or finite mental limitations. You need to know your minds are free to expand in comprehension and to grow and be seasoned with wisdom by, in, and through your souls.

Though you be dust, you have within you the spark of the Infinite Father of all who bestows His greatness, infiniteness, goodness, mercy, and Fatherly love upon each person to the greatest extent pos-

sible. He wishes for all His children to find Him, to come forth from the darkness into His loving space, light, mercy, understanding. He wishes all of His children to grow in their own space, light, mercy, love and understanding. He desires for all of His children that they love each other to the fullest extent of their understanding, as they love Him. He desires that as His children grow toward Him and become more of Him, realize Himself in them, that they, in turn, bestow this Fatherly love and brotherly understanding and mercy upon their fellows to the greatest extent they are capable.

This may require a letting go, a letting go of old prejudices, a letting go of inner anguish and stress, a letting go of inner turmoil and emotion, a letting go of the worries of life, and many of the little cares which can weigh so heavily when multiplied. Allowing this, abandoning the old and embracing the new, is not an intellectual exercise, it is your lives. It is not a moment's thought, it is the robust and vigorous exercise of true faith. Courage is required to abandon the old and embrace the new. The old is secure, the new is unknown. But I say unto you, abandon the old and do it gladly. Embrace the greater realities of the Kingdom and do it courageously. Live your lives as if in His presence, always, and I say "as if" for a reason. Before the full realization is upon you, by faith reach out for it first. His presence is always with us. In Him we live, move, and have our being. He is our ever-present guide and companion. Where is the insecurity in that? By faith you grasp this reality, and by faith you are transformed by it. The true Fatherhood of God, His loving presence ever with us, an open ear ever ready to hear His children, to know their hearts and minds, and to understand and protect and guide and teach these are the ways of the Father. You must take His hand willingly.

### *Dialogue*

Q: I have read in The Urantia Book that 200,000 years ago the rebellion of Lucifer isolated the world system of Satania, that we understand that we, that Urantia, is a part of. Is this new opening of space a part of recircuiting Urantia in the spiritual fullness of the Universe of Nebadon?

A: Yes. This is the end of isolation.

### *Personality*

Q: I wanted to ask about personality. I was talking to two gentlemen in New Mexico, one was an atheist, and the other one's daughter was a schizophrenic and committed suicide, and I had trouble discussing personality and the stability of it. Can you help me out with that, please?

A: Yes, of course. Personality is the focal point of God-consciousness. It is the true basis of being, of eternal being. This person of whom you speak, whose daughter was termed split personality, explain to him that this is not a reality. I am aware that there have been many cases of people claiming many personalities; however, I wish to dispel this fallacy. There is one body, one personality. Personality is the one first gift of the Father which creates the possibility of all future, eternal growth and life. Without personality there could be no Adjuster indwelling nor soul growth. Personality is unique, is stable and unchanging. It is the bedrock, focal point, harmonizer, stabilizer and enables the continuity and continuation of soul survival. It is the one and only one unique and completely and totally unique basis of your being. When a person is referred to as having unstable personality, this is also false. Personality is stable. Emotions and thought pattern are not. There never is instability in personality.

How is it that someone can be so distraught as to take one's own life in the presence of all these tremendous gifts? Yes, this is a difficult subject. The unknowingness and ignorance of reality, the isolation and consequent lonely, forgotten feeling is not uncommon, and it is a purpose of our gospel to bring these lonely and seemingly forgotten ones into the truth of the reality of spirit and God's care. We truly wish to begin correcting this horrible flood tide of suicides.

Q: I have a question about personality. It is my understanding that the gift of personality to mortals, while being unique and different for each person, would still be of the same potential or value. Why is it, though, that some mortals seem to be spiritually more receptive than others? Is this related to personality or just to their mind?

A: Yes, both. It is related to both. These cannot be separated in the person when it comes to speaking about spiritual receptivity. Yes.

Q: I've got a question about suicide. These people that have committed suicide, are they being taken care of? Are they receiving an opportunity to gain whatever they did not get when they were here?

A: Yes. Absolutely yes. Be at ease on this point.

Q: These are difficult days of transformation on this planet, and we who are willing to grow and expand our consciousness often find ourselves in a great deal of tumult and emotional turmoil. And there is much healing that is being done in all of our lives. When you speak about the personality being the focal point of our unique individuality from the Father, is the process that we are involved in, in our personal evolution, is it a matter of coming into a sense that we are greater than or more than we comprehend, and is the process of the tumultuous healing one of coming into a sense of our true sonship?

A: You have put it well. Yes. There is no growth without some turmoil, especially at first.

Q: And so those that are often finding themselves in states of depression, say, or emotional difficulty, is it that they just are not aware yet of the sense of spirit that is working with them? Is there a way for them to come through this kind of difficulty into a sense of hope and progression? And can we help that process if these are our friends or people that we are in touch with?

A: Yes. There are many different forms of mental anguish, all of which result from unconscious turbulence such as depression and mania. These two, especially, are resulting from growth process which has not been made fully conscious. It is dangerous to dwell within depression, and one should seek activity to lighten this burden. There are many times "lows" in life which have resulted in profound realizations, and these realizations are greatly benefitting the future life. Wisdom may be derived from the understanding of mental emotional states, and in so doing, to separate the self, the conscious self, from the emotional self. This can result in a wiser understanding of your being at times. It is, again, difficult to separate from the emotional self, but it can be done.

And now I will leave you with this thought. There is a certain tree which grows in the wind. It is gnarled and bent and small but hearty. On the crag of the cliff, it looks down at the ocean and receives the mist

from the tide. It looks up at the sun and receives the warmth of her light. It clings steadily to the rock's face and is secure in its place there. Having grown amid so much wind, there is not a wind which can bring it down. Shalom.

## SESSION 20

The Stillness

### Lesson

#### *Stillness*

My lesson is concerning that point or focus of enlightenment referred to in ancient teachings. There is much truth to be gained in studying some parts of these ancient religious systems, especially concerning the practice of meditation. Abraham has requested that you retire alone and seek the stillness. This refers to first, stillness in body. It is very difficult without much practice to attain heightened spiritual awareness during physical activity. The second is stillness of mind. This step is considerably more difficult because the mind ever tends toward activity. Yes, these teachings are found from many sources generally. I wish this evening to clarify this practice. This is all.

The goal of stillness seeking is different. I request not the seeking of blissful ease experience, but rather the supreme exercise of true faith, the true faith of the child reaching out with courage toward the Father and the reciprocal downward reaching of the Father towards His child. This is the sublime experience in life, and much guidance, inspiration, foresight, and spiritual insight may be thus obtained as the reward of the sincere faith-seeking child.

I do not enjoin you to covet this practice for long periods of time. However, frequent repetition of this stillness, prayerful attitude, is very helpful and enlightening, and I would suggest that we should attempt to seek the stillness everyday for a few minutes. It is, or can be, the most fruitful experience of your 24-hour day. It is often the practice of men to be so busy with their day to day thinking activity so as to simply forget the higher realms of thinking, reacting, feeling, experiencing, which are possible by the simple practice of: 1) aloneness; 2) stillness of the body; and 3) stillness of the mind. I wish to elaborate on 3) stillness of the mind.

This is the most difficult aspect of this practice, and

sometimes requires considerable amount of practice in order to have the ability to sustain mental stillness for a time length. This should, however, be practiced with diligence, and reward will follow. I say to you with surety that this simple practice will surely help to increase the mental peace and well-being, the emotional happiness and feeling of well-being, and also the physical health and well-being, for this process of allowing of the contact of the Thought Adjuster through the superconsciousness is, in itself, a very healing process.

The great spiritual power inherent in the presence of the Thought Adjuster is never ever realized in mortal consciousness. You can expand this consciousness of God awareness by diligent practice, conscious thought, consciously centering the thought process on Him, and also on Christ Michael, but the full consciousness of such extremely powerful spiritual beings cannot be realized during the physical life. So powerful is He that for even a momentary full consciousness, that is, His being filling your consciousness completely, which is not to say complete conscious of Him, but complete consciousness possible of Him, would result in translation. That is also the Deity embrace.

### ***Growth***

His supreme desire, of course, is to reach you more fully day by day, to impart His guidance, some of His awareness and His teaching directly to your mind. What a change of life results from the sincere effort to listen and to receive Him, His guidance, His instruction, and His presence. What a supreme experience! What a supreme delight! What a supreme advancement in your own personal spiritual development!

This conscious awareness of God directly results in the immediate transcription of this consciousness to the soul. This soul consciousness is immediately upstepped and made more perfect and Divine, and thus more like Him. These soul transcriptions are permanent parts of the ascendent self which is never lost, is a permanent reality, and this permanent reality is made by your conscious decision to make it.

A supreme responsibility thus lies with each person to, in partnership with God, become conscious increasingly of His awareness, being, presence, and this, in turn, creates a new awareness, being, presence in the morontia soul, which is your true self.

This truth is ever present from then on; is at that beginning moment a never-ending true being.

I have spoken in the past about the unconscious growth of the soul, and so, tonight, I take you one step further into the conscious growth of the same soul by your own efforts. Although these efforts and the fruits thereof may be very satisfying, and even thrilling, do not be disheartened or discouraged if you are not comfortable with this. All true desire of the son is rewarded by the Father when that desire is to be like Him, to be more of Him, and to express His reality within your uniqueness. This expression of God is most often not a conscious effort, but the simple revelation of grace that the ever growing and expanding soul reveals to the world even without the full consciousness of such growing grace by the person.

You are all growing in grace, in truth, in light, in beauty, in goodness, very slowly, sometimes faster. Do not become discouraged, for this growth proceeds unabated by your awareness or not. Spiritual growth is transforming, and this transformation is never sudden. The seed does not become the tree overnight. All growth, physical, morontial, spiritual growth, takes time for completion. Yet, as this growth is accomplished and certain levels are attained, consciousness, even sudden consciousness, of this growth may happen, and this increased awareness thus augments this growth, and thus allows further growth and development to occur unconsciously.

### ***Dialogue***

Q: You mentioned a goal, and it was not clear to me in your instructions this evening about meditation.

A: Yes. I meant this goal to be vigorous soul growth and transformation. The goal in many teachings is retreat from society and blissful solitude experience. This, I wished to distinguish from.

### ***Marriage***

Q: Thank you, this is a help for me. Can you explain what part marriage plays in our ascending careers?

A: Yes. Intimate association with another person enables us to achieve that thoroughgoing understanding of another person which is excelled, of course, by God, but by few others, and in few other situations. Children are known thoroughly in their infancy, of course, and early childhood, but as they

mature and begin to lead their own lives, this intimacy is no longer there, and understanding may be incomplete. In the ideal of true marriage, this is the situation: there is complete forgiveness and understanding with both parties so that minor misunderstandings are trivial. There is the most sublime spiritual association between two people that is ever achieved in the mortal life, and this spiritual intimacy and supreme confidence borne by understanding is extremely comforting and helpful to both people. Further, with an equal spiritual level between the two, there is the joy of spiritual discovery together, and growth. This intimacy on the spiritual level is growth promoting because of the understanding between the two. On such intimate levels of understanding, such tender emotions may be evinced but allow the tender shoots of one's subtle person to grow in shelter. Yes, there are intimate aspects of life which cannot and should not be shown to the world, but are nurtured in the comfort of sharing with another sympathetic soul. This, I believe, is greatly desirable in the general conquest of the circles which requires the entire personality to be uplifted. Many parts of the soul and personality are extremely intimate, and their blossoming and growth requires time in an un-judgmental and comforting atmosphere such as between husband and wife.

Q: In regard to meditation and being quiet and alone, should we try and limit our thoughts to the idea or name of God? Or mantra?

A: No. Mantras seem to be helpful at times in stilling the mind, but continuous concentration on the mantra is also a distraction.

Q: Teacher, with regard to the stilling of the mind, is it appropriate to try to keep our mind thoughtless or shall we allow spiritual thoughts to come into our mind and dwell on those?

A: Yes, this is difficult. At the point of thoughtlessness, complete thoughtlessness, this allows the Indwelling Spirit a moment to communicate to you. So thoughtlessness is desired. Focus, however, is different. Focus the mind on the highest thought God and allow thoughtlessness to receive Him. Does this answer?

Q: It helps. When we put the thought of God into our mind, then, should it be a thought in the intellectual sense or should it be an attempt to feel His presence?

A: An attempt to focus upon His presence.

### *Closing*

I wish to leave you with the following: The light of truth shines and is easily followed. Truth is that light which banishes all darkness. Where there is truth and light, so is there love. Where there is love, there is no deception. Farewell for this evening.

## SESSION 21

Prayer

### **Lesson**

#### *Prayer*

It seems that there is some confusion among you concerning prayer and the desire to pray more fully, openly, and efficiently to our Father. Prayer is a request, a request for Divine help or intervention in a human problem, or a prayer may be one of simple thanksgiving and acknowledgment of Divine rewards.

We shall consider the first, a petition, petition for fuller understanding of His will, a petition that your friends, and associates, and family, may further understand his will, and therefore, be more fully equipped to carry out or to deal with the problem at hand. Prayer is always efficacious. It is never failing when done in sincerity. Prayer is a tool of progression. It is the child person sincerely communicating with, and seeking the advice of, the Father person, God. In prayer, we must remember that our Father knows all things, and though it is sound psychological practice to articulate our messages to him, this articulation, for Him, is a mere formality.

The act of coming before our Father in humility, with an open heart, prepared and preparing to adjust our wishes to the Divine will, is prayer. The attitude of the prayerful soul is what is perceived and answered by our Father. The attitude of the prayerful soul is what is changed in prayer, so that willingness to be changed, or the attitude to be changed, is the most important ingredient in prayer. We do not pray "Father do my will.," but rather we pray "Father, I wish to discern your will and to carry this out in my life." Therefore, the attitude in any particular situation may be changed in prayer.

Secondly, in petitions, often we pray for our fellows. We pray that their life situation may be made easier,

may be strengthened, their attitude or their self-will may be strengthened by Divine guidance. Many times we pray that their situation may be changed. This is incorrect. It is correct to pray that our loved ones understand their situation, learn from it, grow spiritually from it, and move on themselves. It is correct to pray that they may expand in understanding of our Father's will. It is correct to pray that they may receive Divine guidance through their situation. It is incorrect to pray for a change in situation. These prayers are unavailing.

The second aspect of prayer, that of thanksgiving, is wholly correct and acceptable. Prayers of thanksgiving enhance the awareness of Divine guidance by the conscious recognition thereof.

Worshipful communion is another aspect of Deity communication. This is a slow starting process which gradually increases with God-consciousness. Prayerful communion is the conscious act of the creature attempting thought adjustment in harmony with the action of the Indwelling Spirit in order to achieve harmonious thought waves and action which results in Adjuster mindedness. That the consciousness of being is expanded to the consciousness of the Adjuster, and His Divine will-action upon the mind is accepted and integrated into the thought process of the creature. Thus, communion is an at-oneness with the Divine Thought Adjuster so that, for certain periods of time, there is no difference between the thought-will pattern of the creature and the thought-will pattern of the Father. This is a deepening experience of integration which, in my experience, only occurs over many years. As this worshipful adjustment of thought pattern becomes habitual, the will of God becomes manifest within your life. The wills begin out of tune, out of sync, out of harmony, and gradually, over time, these two thought wave patterns integrate into one another producing a one harmonious whole. And thus does the creature reflect and transmit the Divine love feeling, will energy, thought emotion, of higher consciousness, Father consciousness, day-by-day, bit-by-bit.

### *Dialogue*

Q: When you were talking about the prayer communion, would it be best to try to achieve that through the stillness or try and just to focus on Father?

A: This is both. Focus on Father in stillness.

Q: I recently have begun to come into a sense or communion with the mother aspect of God, and my difficulty lies in the consistent and constant word "Father." I have to address my own mind each time to . . . it's like I have trouble with that, and I'm not wanting to. That's why I'm asking for some help, because I do want to feel peace about this.

A: Yes. I perceive this is a problem in your understanding. This should not be so, for God our Father contains within Himself all aspects of fatherhood and motherhood. Your perception is one of gentle nurturing. This is consistent in fatherhood as well as motherhood. The parental role and attitude toward His children is all loving, kindness, forgiveness. It is, to your perception, motherly. It is merciful, kind, protecting. He is both. The book will help you to clarify these things in your mind and experience which follows should further clarify.

Q: I have one more question with regard to all of this for myself personally. I'm in the process of transitioning from old attitudes, old beliefs, old ways of presenting myself in the world, old perceptions. I'm at a stage of learning to trust and let go, and I wonder if you could offer me just a little bit of insight on . . . I'm having trouble. I feel stuck. I'm terrified. Is there something that I can particularly do to let go?

A: When you stand in oneness with God, when you trust Him, when you will His desires, you are not stuck. These seeming obstacles or walls you perceive will gradually dissipate as fog in the morning sun. You will be able gradually to perceive the grass, and then the trees, and then the birds therein, and the incredible beauty and harmony surrounding you and your life. This fog is a temporary thing. Soon the warmth of His sunshine, His love, His light, will dispel any darkness. Fear not.

Q: Father Ham, on page 1660 in The Urantia Book, our Lord Christ Michael taught that sin was a deliberate transgression of God. Then on page 1664 he also taught that sin is a transgression of the laws of Light and Life. Will you clarify more the laws of Light and Life, please?

A: Yes. These laws of Light and Life are the will of God. The laws of Light and Life may be perceived as follows: forgive and understand your brother as you would wish forgiveness and understanding from

God; love and respect your fellows to your fullest capacity; love and respect all of creation to your fullest capacity; return not evil for evil, but rather return good for evil; rejoice in your Divine son or daughtership status with Him; receive His guidance and act upon it; love your neighbor; love your enemies; retreat not into selfish thought habit patterns, but rather, go bravely forth in the light of truth, in the trust of His guidance and good will, and demonstrate this to others. There are more which will come up at a later date.

Q: Referring to calling God “Father”, is there a point in time when we might die or go to a different space or place where we would not refer to Father as “Father”, but as something with greater understanding that doesn’t designate gender in any way?

A: It is not unacceptable for each person to worship God to his greatest understanding. If this understanding encompasses the thought of transcending male and female then this is not incorrect. This is true.

Q: When we pray, if the words, themselves, are not transmitted or understood as such, it would probably be as effective to pray silently. Do we still need to think the thoughts, or wishes, or gratitude, in words?

A: No. Words are helpful for the creature. The Father knows your heart to begin with. The act of petition, the act of thanksgiving, the act of communion is important. The words themselves are not.

Q: If the world is to be settled in Light and Life, does that mean that the attitude of the world at large will be in tune with the spirit of our Father, and that we will, at large, be able to desire and do His will?

A: Yes, this is exactly right. You have understood a complex idea and brought through its simple essence very well.