

ourselves, so another consciousness has to do that; one that has not such beliefs, such negative beliefs as this, has to take control of us. Now, sometimes this control is done on what is called the lowest level of the unconscious self. Understand?

AUDIENCE: Yes.

And there is very much direct communication wherein the sick person will suddenly say or think, "I feel much better." Now he had no such thought before. He was all negative. His energies were all down. He had no conscious belief that he could heal himself or that it was possible for him to get better. In fact, he had been told by his medical man that he could not get well, so he had his negative self down, as it were. Now he could do nothing for himself, so another consciousness of a more positive kind, a healthy consciousness could get in there and take control and start the process of healing without that one knowing that he had been worked upon by another consciousness.

AUDIENCE: Isn't that what they call 'the law of assumption?'

Yes.

AUDIENCE: But it can also be used negatively.

Of course. Many people are under the very false concept that one has to be dead, that the physical body has to be dead before they can take control of another person living in the physical body. This is so false.

We humans are constantly in communication, constantly in some degree of contact, of mental rapport with others, and distance has nothing whatsoever to do with it because distance is simply an assumption of the conditioned mind--that is all.

AUDIENCE: It seems then, Yada, that the main thing that stops us from doing this healing is the fact that we do not truly have confidence.

That is so.

AUDIENCE: We try, and we plan to do healing but we have a little doubt that we are able to do it and that little doubt stops us from throwing it into the subconscious mind and we do not get results.

This is so. When healing yourself, you have to break through this barrier of disbelief. And it is not simply a disbelief. It is not quite as simple as that expression may cause it to appear. It is a conditioned, a hypnotic conditioned state that we have to break through before the prayer, in the use of prayer, can stimulate our consciousness so as to move it out of the morass of the condition it has been given, what you, today, call the 'brainwashing' it has been given. Very difficult to do.

Every ailment has its origin in the emotional self. Every ailment is produced by lack of understanding our own being, by the belief that we are not loved and appreciated, which then creates a deep sense of frustration which then produces guilt, shame, unworthiness; and then, somewhere along this path of negativeness various glands are being affected because all of these negative conditions belong to the emotional self. And when these conditions come to us, when they become set in us, they cause changes in the motion, in the flow of the energies of the body, the nerves, glands, muscles, tendons, and the blood. Anxiety creates very definite changes in the motions of the blood because it creates chemical changes there. These chemical changes then produce a variety of blood ailments including that which is called high blood pressure.

AUDIENCE: And we can use that same thing to build up our psychic faculties.

Yes. Reverse it. Take it back to a positive state. Now you have heard these expressions so many times in your world; tons and tons of writing have been done on what is called 'a positive state of being,' but very

little useful work has been done with these teachings because the reader as well as the authors have not given a very clear explanation of what they are trying to say. They have not gone into it in detail. They talk on negative actions for one, negative conditions. They do not go through the process and tell how this is. Certainly, if we create negative conditions in the body, if we create disease in the body with negative thoughts we create external negative conditions which produce for us what one calls ill luck, bad luck, misfortune; or, good fortune if positively approached with a positive understanding of what we are to do.

A negative thought is a kind of brake, if I may use that expression, a brake upon motion. It slows it down. It slows down our desire to move in a more concise and positive way. It destroys our intelligence. It leaves us shrinking and lacking in the desire to move, so to that extent it produces for us bad luck, misfortune.

To be constantly creative means you are not afraid. You know in your mind there is a possibility of failure but this does not frighten you any longer because you are thinking in healthy mind. So you are not actually thinking of failing--only of success.

Now let us assume that with this kind of thinking, an endeavor of yours goes amiss; you do not get, or you do not hit what you are aiming at. You are prepared for this. You are prepared, how? To assert that you are responsible in some way. The mistake you made was due to lack of complete understanding of what you were after. Now, if this is so and you accept this thought, this means that you are capable of rectifying that mistake and succeeding anyway. Do I make this clear, please?

You see, my friends, there is no move that the human can make, with the thought of attaining success, that he can attain with a negative feeling toward that move; an inner feeling that he will not be a success. How can he attain success with that kind of feeling? And what causes him to think this negative way about his

efforts? Fear. The basic cause of all failure is fear.

In your Bible the man Jesus said "Physician, heal thyself." He was not talking to a doctor-man. He was talking to an educated man, one who understood the laws of life but who feared to put his understanding into action. So the man Jesus said, "Come please," like you Americans would say, "Wake up. Do what you know you can do. Get out of that morass of fear and heal yourself. Do your own work."

Fear always puts a brake upon us, slows us down, denies us the conscious right to declare that we are the creator. We think we are only the destroyer because there are two, you know. There cannot be creation without destruction. Nothing is eternally and forever as it was in the beginning. There is constant change. The moment we make a move, the moment we are born from one plane to another, whether it is in the physical or any other plane, we take with us the ability to create and the ability to destroy. Now, if we are not careful, we can take that destructive seed in ourselves and expand upon it by fear.

[Yada withdraws and returns after an intermission.]

Now, to talk a little bit on what I was saying earlier regarding man and his constant and natural communication with his fellowman mentally, what is called 'telepathically.' If we understood this better, I mean those in your time understood this better, that this sort of mental activity is going on constantly between all humankind, I think it would be seen very clearly that we do infect one another with our thoughts. We can make what are normally and naturally communicable diseases, incommunicable diseases, by our thoughts and our emotional attitudes to what we are experiencing. We take diseases that do not rightly belong to us by suggestion, by the power of suggestion.

Your advertising agencies of your various drugs and other things should make this quite plain to you. This is why some of your modern ways of advertising drugs for ailments, the advertising for getting more money for investigating diseases is a dangerous practice, for you are giving ailments to people by suggestion. The activity of the advertiser gives suggestions which then create a strong tendency

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to a disease which then may become an organic condition. But, you see, you have not been taught in your world the true power of suggestion. If you are not taught this, you are also not taught how to avoid being affected by another's negative thoughts.

Watch a drama. Watch the audience and their emotional reactions to what is happening to the characters in the drama. It is said a good actor can sway the audience, meaning that it will follow and absorb his emotional reactions to the experience that he is supposed to be going through on the stage.

AUDIENCE: You live through it with him.

That is so. Now this happens in the drama of life all the time, all the time. Mothers and fathers infect their children with their thoughts and feelings about certain things. A child is taught that if he gets wet with the rain it follows that he must also catch cold, get a low grade infection. Anger between parents where the child is present gives the child the idea that this is the way to respond to difficult problems that exist between the parents; soon the child is acting out these highly emotional levels of the parents. Also it breeds within them [the child] feelings of fear and insecurity, and uncertainty as to the intelligence of the parents.

We send our thoughts to those we love miles, and miles, and miles from us. We send our thoughts of sickness [and] despair, as well as joy and happiness and peace of mind. We have direct communication going on all the time between human minds. It is like one spraying germs on the earth. We spray our thoughts at one another.

An epidemic IS THOUGHT is POWER! It is not in the germ per se, but in the fear that spread among the people. In an epidemic many people die who have not suffered germ contact but they have created a mental condition that is just as fatal. Thought does not originate in the brain; but the brain takes thought, receives it, catalogs it and passes it on in nerve energy, nerve impulses, different sensations to different organs of the body. Fear

or sudden fright makes a direct impact upon what is called the adrenalin glands. The adrenalin glands react by throwing given amounts of adrenalin into the blood, into the system to strengthen the heart, but sometimes, when one does not get into the proper amount of motion to use up this adrenalin, a heart attack results. Many people in things such as quakes, sudden quakes, have died without having been touched by any physical thing. Fear, and fear alone, had killed them. [At this point there was heard the sound of a distant explosion]

Explosion!

AUDIENCE: I wonder where it was. There was one in Los Angeles night before last that broke some windows. They blamed it on a plane that was eight miles up.

This is not always true. Sometimes you get what is called percussion from the sound, or sonic activity created by the fast-moving planes, but there are others that very few people in your world of science seem to know about. Certain forms of matter get together and create what is called implosions instead of explosions. Their sudden motion in coming together creates a kind of vacuum condition for a little while, then a second motion. You understand? And then this gives way, causing a big noise. Coming together like this creates a vacuum, then when it lets go, matter rushing back into the vacuum creates the sound. Do I make myself clear, please?

AUDIENCE: Yes. It is like a whirlpool. It will create a hole in water and when it breaks the water rushes back into the hole.

Yes. There are more noises in your sky from implosions than anything else.

AUDIENCE: Yada, some scientists have come up with the theory that the earth rings like a bell.

SONIC BOOMS

there are forces of which the lay individual is not aware that move things. Not wind, but natural forces that displace things, puts them in different places than they were in before. There is much in your world written about the strangeness of certain kinds of fish falling in certain cases. Now is the wind some kind of intelligence that makes a choice as to what kind of fish, taking only a very specific kind of fish? This is foolish!

• AUDIENCE: Do you remember when we had the surge of water hoses disappearing down into the ground, and they could not pull them back out even by attaching an automobile and pulling on them?

Sometimes these forces, and I say this to you in all sincerity, sometimes these forces are of a poltergeistic nature, playful but with no real desire, no purpose back of what they are doing except to amuse themselves. They are of a kind of child-like nature, the forces that may be called 'elementals.'

AUDIENCE: Could this have been what happened in the case of the hose?

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Yes, and many fires in the great forests are started in this way, by these beings, fire elementals.

Now, these things are not understood in your world. Your scientists do not pay any attention, do not give any thought to these things outside of saying or thinking that this is imaginary and superstitious belief. It is all right if people want to think this way, then they will not learn anything because they think they already know the answer--like the man speaking of the rocks being moved by the wind, like the people, many people who had not witnessed the space beings coming to your earth, imagined all kinds of foolish and highly unintelligent things regarding what these space-beings were.

AUDIENCE: Do you think the hierarchy of our

government really knows that they exist and are not admitting it, Yada?

No, I do not. Some of the men in your government, of course, especially service people, head service people, they know that the phenomena of the flying people from outer space [exist], yes, they know, but they do not know what they are.

AUDIENCE: Do you recall that when we were in San Francisco, Mr. Layne contacted Mark and wanted to know why this individual who belonged to President Eisenhower's group that had gone down to Palm Springs, a group of them went over to Murdoc Field and what they saw made some of them sick?

Yes, but I am of the opinion that this is just a story.

AUDIENCE: Then this didn't happen at all?

I do not think so, I do not think so.

AUDIENCE: Was the flying saucer over there at the field?

Yes, and in your Washington, your capital. These things flew over and over that city many times, witnessed by the top men of your government. But they still do not know what they are; they did not know their nature. Do you suppose for a moment that if they did--and the stories of some people who claim they have gone to the moon or to other planets in these flying saucers are true--that your government would leave these people free? No. Your government would lock them up. If they were left to move around at all they would have a constant guard over them, if they had any real information of use. Your scientists, your top men in physics, in chemistry, would need these people. They could not afford to let them go. Some other nation might steal them, kidnap them. But, you see, what these people say may be true; if the leaders of your government believed this, they would not be

→ and so they do things because they see the need to be done, and they do not involve their emotions in what they are doing.

AUDIENCE: Do they have the same attitude toward others of their kind?

Yes.

AUDIENCE: Yada, about these flecks that Carpenter said looked like snow-flakes...he said he noticed quite a shower of them when he hit the side of the capsule.

Yes, it is very possible; because these things are not all from the surface of his capsule but are pieces of matter, energized matter in space, and they are energized and activated by what you call 'radiation' that is in space--not only radiation from the sun but radiation that is in space itself, coming from most distant suns and bodies.

It is said in your Christian Bible that there were two trees in the Garden of Eden. One, it is said, was the Tree of Life, and the other was the Tree of Knowledge. Now it appears that man ate of the fruit of the Tree of Knowledge, not of the Tree of Life.

I do not believe this. He ate of the Tree of Life. He forgot to eat of the Tree of Knowledge. That is why he, largely, is so ignorant. Had he eaten of the Tree of Knowledge he would know all the facts of life and he would know what life is like, so he would not have needed to eat of the Tree of Life. I believe he did do that--he neglected to eat of the Tree of Knowledge that would tell him what his nature was so that he would know today why he is going into space. He would know what the end result would be of his going into space so he would know how to do it without all this struggle.

But you go back into the history of man. He is, by

his own nature, a creator. This means that he is, by his own nature, a curious being. The only way he can learn is by trying, by experimentation, by testing.

We go back to the time when you were having the great western movement...not knowing anything about mechanics, and therefore nothing about machines, motors (he had not yet invented a car, a wagon driven by a motor) so he had to take the hard way to cross the country. This involved him in many, many difficulties and deprivations that he would not have had to suffer had he waited until he became smart enough to create a motor-driven wagon. Now you can imagine crossing your country today in those wagons that they crossed in, in those times.

Everything that comes to man, comes in a given time-frame; a time-frame in which he has the knowledge to produce these things. We cannot produce that of which we know nothing about, so you must have the knowledge first.

Now you are going into space in the same manner. Your older generations crossed your country in the wagons, what you call 'the covered wagons,' or on horseback. You are trying to push yourself into space. You have machines which you build up to create tremendous forces to push against the gravity which exists. But there will come a time when this will be unnecessary. You will do much like what is called the 'space people' do. You will learn to move with gravity. You will learn how to tap various lines of gravity, for gravity forces move in a variety of lines.

AUDIENCE: It will do away with the friction that we have now?

This is so, for you will not need to build up such tremendous pressures to push against it. You will learn how to go with certain lines of gravity that will send you spinning into space. Then will come a time when you will not do that, but something better.

You will learn that space is also what is called 'dimensional', so that you can set your machines into a

Yes, yes. I watched this man [Mark Probert] experience certain things in there, and his wife, that I expected would happen to them. It may not happen, however, to people of a less sensitive nature. Also this man, when he went into the field there, this vortex field, he was getting in the mouth the taste of iron.

AUDIENCE: He felt the rotating motion much stronger than I. I had this metallic taste in my mouth but it was only when I was trying to steady him that we both spun.

Yes, I witnessed this. Now, going back into space..... this is going to change the entire Earth-man, the entire man, his pattern of thought in regard to almost everything, in almost every field of endeavor, in almost every kind of belief.

AUDIENCE: I imagine it will change his personality a great deal.

Oh, very much, very much because he is getting a different feeling for life. He feels very clearly, more vividly. He will comprehend better. He will, in short, see through the veil that has been over his eyes for so long.

AUDIENCE: Maybe he will honor himself more.

Well, this is a question which will come up for debate sometime, no doubt. Man's morals do not, of themselves, change. What changes is his degree of sanity. I foresee a time when man will be re-building many more houses of education and less houses of adoration. Then his education will give him an intelligent attitude toward things. He will get to know them and love them, which means understand them, so that he does not need to give adoration. There is a long-thought-of thing in your world called 'a time machine' in which one could be put and transported either into the future, or into the past.

AUDIENCE: Man is experimenting with that now, isn't he?

Yes, but he will discover that there is no transporting

one, but a change of awareness takes place. The speed of the body parts will change and this will give him a feeling that his surroundings have changed, so he will get the feeling that he is in a different location than he was in before. This, of course, will put him in that location.

AUDIENCE: Will he be making comparisons or will he just feel differently than we do now?

He will feel differently. You want to go, let us say, the distance of from one city to another. You can be there in a moment. A 'time machine'--I do not think that is a good word, I think a better word would be a 'consciousness machine,' a change in relation to your form with some other form.

What makes you think you are traveling when you are doing what you call 'traveling'? Changes in feelings about objects that are passing or coming within some relative nearness to you. 'Space' you call it. Beyond your Earth you call it 'outer space.' Does this not suggest dimension? Inner space, outer space. Yet, by its nature, the matter world does occupy what is called space. But space is not something different than matter; there is no separate forming. Therefore, there is no such thing as a complete vacuum. If there is but one particle, however small, in a vacuum, the vacuum is full. There is no vacuum. Is it not so?

AUDIENCE: Yes, because of that one small particle it does not fulfill the definition of a vacuum.

Yes. Also, in space there is a great chance for what is called 'severe dehydration.' This means you are going to make your machines hermetically sealed; otherwise your bodies would suffer dehydration. You will also poison yourselves with your own breath unless you carry some kind of living substance there to produce what you call oxygen.

AUDIENCE: You have mentioned this before.

Yes, you will hear from these before you go to them.

AUDIENCE: Yada, you spoke of going faster than light. In Dr. Drown's method of therapy, she made the statement that this force goes around the Earth seven times per second. I think she said that it travels at the rate of 345,000 miles per second which is about twice the speed of light. Evidently that is a different grade of ether than that which carries light from the sun to us.

It is, it is. More, remember that when radiation comes from the sun it is moving through a fairly good vacuum and so it is moving at different rates of speed. Also remember that these light rays are being affected on their journey, being retarded or speeded up according to the planetary bodies they are in approximation with in space. What is making light on your Earth is simply the diffraction activity of energies coming from the sun. Is it not so?

AUDIENCE: Yes, because there is no light between here and the sun. It is only when the vibration gets within the sphere of influence of the Earth that it turns into light.

That is so.

AUDIENCE: It is as the Bible says, "Light was created. Darkness was formed. ...but light was created."

Yes. It was created when it hit an atmosphere of some kind. All the creation of your Earth went on in darkness; came out of darkness; yet it was a darkness that was itself light because there is no such thing as complete and total darkness or absence of light, but there are degrees of light. In outer space you have what seems to be utter darkness, but you see, this could not be; and if it were, light could not get through it.

AUDIENCE: If there was no light, how could we see the darkness?

This is so. Now, where is man going from here? He is going in many directions. Scientifically, esthetically, he is going in many directions.

Your world is not open for destruction for a great deal of time yet, and not by man. There is much work to be done right here, so this means your planet is needed. Of course, every so many years there will be a certain number and kind of people that predict destruction to the Earth. These people suffer from guilt complexes and shame feelings, and they want to be punished; they want to drag everyone else along into their feeling of guilt and the desire for punishment. Never listen to them. Their talk is foolish.

AUDIENCE: I would like to ask you something, Yada, pertaining to our country. It seems that we have to go through a certain amount of pain in order to learn things so we can advance. It seems that now, in our country, we must, for some reason, be put under the shadow of a certain religious force; yet this country is supposed to be the country that holds the Light of Truth for the rest of the world, so this seems to be some sort of lesson we, or the United States, must learn.

That particular religious force is a negative force, but it is the kind of force that makes man become more aware.

Always opposing forces make us stronger. If we had no difficulties, no opposition to our motions, we would soon not be able to move because we would have nothing to move against. Of course this religious organization will go down.

Now this does not mean that man will have nothing

the laws of nature. The word nature means very little, but to keep the laws of that which is, will keep us out of the not-ness of life.

All through the ages the sages have said the world of matter is the world of illusion. This does not mean that the world, as such, does not exist. It simply means that it is a sensory world and it is through the senses that we hallucinate an existing condition. The basic condition is surely not to be hallucinated simply because--and in your world today you are very aware of this--it is a world of energy and you, by your senses, make it into surfaces and feel that it has an existence in itself. This makes you at one with your creation. It gives you the feeling that you are matter and that matter is, somehow or other, static, without motion. But the building-blocks of this are moving at certain vibrations and numbers of vibrations, and creating in your sensory self the illusion of a static condition, no motion.

But for us who come to live in the physical world, we do not fight it; we do not question that which appears to be the existing world. We take what our senses tell us to be so and so, and we go along with it.

But we also want to know, a side of us wants to know, what is the nature of the underlying structure that gives us this illusionary state, or makes the senses accept what appears to be the true nature of existence. Why does the surface world look and feel as it does? Those of us who truly want to, do come to know. Now, we who come to know have no desire to change the world we are in, for we know that (it will change only according to the degree that we, individually, change.)

For a period of time (depending on the nature of the individual experiencing the physical life) we live mostly on the emotional side, largely because we have been conditioned to live this way; the emotional self has been so conditioned.

Strangely, some of us reach a point of desperation with

our material world. It is not enough for us. There is something that seems to be lacking and that something lacking puts us in a state of confusion and we come to do all manner of strange things--strange by the laws that are set down in your social system, things that are against these laws. Only when our confusion reaches a certain level are we likely to stop and think, are we likely to calm the emotional self and to set it aside a little more than we have been doing and try to look at ourselves, try to find some reasonable purpose in our confusion. Only then do we begin to see truth. Only then will we begin to see the world as it is and not as we have been wishing it to be.

In our confusion we have wanted to change our external life, to change the external world. The emotional self says to us that not only the sensing is wrong with it, but everything is wrong with it. This feeling often drives one to go about proselytizing his particular or her particular belief--and almost always our low emotional self has beliefs that are far from being right; nevertheless we want to change according to the low self's new feelings. It does not know it is in confusion still. But when we come into the light of understanding and get to know ourselves then we get to know the outer world and then we see the wisdom of leaving things alone.

Nothing is wrong. Everything is in its time and place. Where do we go from here? Man moves according to the way he feels, mostly, and not according to the way he thinks. Our growth depends on the way we have accepted our experiences in whatever environment we happen to be existing in.

Coming into the next step of life from the physical...if we have been caught up only in the illusionary life we will carry the patterns of our illusions with us. Not only will we want to change things but we will want to continue with our beliefs. Now, how can you do this? How can you continue with your own beliefs and still want to change things? This is a kind of schizophrenic



This is very necessary, that we make ourselves clear to one another. Teaching is a most marvelous thing but if the teacher fails to make himself clear he has gained nothing for himself nor for his pupil. Truly I cannot accept the thought that I am a teacher without, at the same time, regarding myself as a pupil.

Everything is experience. We die only when we resist the will to learn. Our death is called 'ignorance'. May I ask you please, what is the difference between the meanings of the words 'innocent' and 'ignorant'?

AUDIENCE: Innocent is something for which you are not responsible, and ignorance is not knowing.

Unfortunately, however, the natural laws are not concerned about whether one is a child or an adult in what they do. A child can, by some small chance shall I say, drink poison and the fact that the child does not know this, is not aware of this, will not keep those chemicals from killing his physical body. Or, if the child has explosives and uses them in a way they are not accustomed to, they are going to act according to their nature and they are going to kill that child. They do not care that this is a baby or innocent one.

AUDIENCE: Nature does not have any reward or punishment. It is a matter of consequences.

Exactly so, and this runs as true for the baby as for an adult, or as it does for anything in nature. Now, knowing this, cause and effect, that these laws exist, should we not stop and think about what we are doing at all times before we do those things? Because who knows the laws of life so well that they can jump into any form of motion or action thoughtlessly and escape reaction--good, bad, or indifferent as we may think it to be? No one knows that much. That which is has no emotional attitudes about anything. Laws cannot act one way for an innocent man and another way for one who knows.

If one wants a peaceful life where the mind is at rest, a life where one is not asleep to their external world and, therefore, a double threat to themselves, there is only one way to acquire this state of mind and that is by learning, knowing what you are. What are you made up of? You are made up of experiences, in part, but your deeper nature comes from attitudes to your experiences. We have often felt that an experience neither harms nor does anyone any good. Basically it is our attitudes toward what we experience that gives us peace of mind or leaves us in chaos.

Many people, upon first learning that human consciousness and personality survive the death of the body, begin to feel that the external world is a place to escape from. This desire, when it comes upon one, should awaken them to the fact that they do not know what they think they know. They only believe because they have been told, not because they know.

Most of the things that man believes in are of a nature called 'pretty'. They are fables, fanciful stories and very pretty. This causes one to lose his ability to think. His belief world is so wonderful that he gets caught up in it emotionally. He gets caught up in it and does not want to get out. He does not even know that it is his own emotional creation.

A belief is for the emotional, not for the thinker. Man must know. Intelligent man must know! He cannot live on beliefs! It is said in your world, "A man must have faith." Faith, yes, but not blind faith... but faith brought out of experience and thoughtful attitudes toward experiences.

AUDIENCE: Is there anything man can have faith in, outside of himself?

For those who listen and do not think, but listen and accept what others tell them, they create a life of negativeness for themselves which brings them more suffering, more anxiety.

say spirit. What is spirit? We say mind. What do we MEAN BY THESE WORDS? What is the nature of the activities these labels are put upon? You see it is important to try to get an answer to these questions before we can find what is the cause of certain kinds of activity in your physical world.

AUDIENCE: We were talking of hare-lips.

This, of course, is inherited; this is a fissure in the cells, a cellar weakness, a break.

AUDIENCE: It seems that this is more prevalent in some countries than in others. Over in Laos it seems that hare-lips are rather...

This is a cell condition of these people. It is a cell weakness in a race of people, or a tribe of people. This becomes more prevalent in races due to intermarriage.

AUDIENCE: Years ago it was quite common for a baby to be tongue-tied. There was so little flexibility of the skin under the tongue that the tongue could not move freely and speech was impaired.

Do these things happen for no reason? It is a weakness of the cells, a break, or fissure, or condition of the cells. But did it start out of nothing? No. It started out of certain mental attitudes to experiences somewhere. Somewhere the mental self was so impressed that it again produced the same conditions in the cells of another person.

AUDIENCE: Could this happen by means of a mass pattern? Could it have been caused by the young one being told to be quiet?

No, it is something much more vital than that, something with a much greater impact, and it may have been started by an intentional deforming in certain tribes of people, a deforming of the mouth in some way and the mental pattern then is carried over and passed on to other tribes and races of people by marriage, and all that sort of thing.

Let us go to the Ubangi people. They deformed their women, not because they thought that this was beautiful, but because other tribes admired their women and would raid them and take their women away. So to stop this, they performed this splitting of the lip and enlarging the lip. Now this can be so marked in the minds of these people that they can, in time, produce children with lips formed this way, or with some looseness and flabbiness and all this.

I say to you in all sincerity: There is no experience that any living organism has that it does not record, and tend to reproduce at some other period of time. I say that all created things come from the Great Mind, what you call Cosmic Consciousness.

Let us say, a certain individual has a particular kind of body or certain markings on the body; as these are admired or desired, the impressions of these markings are slowly impressed upon the genes and chromosomes of this race of people, and are slowly passed down from generation to generation and finally begins to show itself.

How do things change? Out of what? Out of the need found in the environment. If we go to the sea, we see things coming out of the sea. They want to live on the land. But they find they cannot survive for any length of time, so they make a change. Then each time they come they stay a little longer. They reproduce the conditions first in their mind and feeling for their environment. Their environment demands that they produce feet of some kind so as to survive on the land. Also there is a great need for something called 'lungs' to survive in the less dense atmosphere. One must have a different kind of breathing apparatus. It is first created in the psyche. We have a thought, an idea due to a feeling for what is needed. Isn't that wonderful? Isn't it marvelous? A feeling gives what was once a breathing-in-the-water-beings, lungs. Before it had gills; now it has lungs.

The porpoise is very smart. Very smart. Due to long