

Notation by Carol and Carolyn.....

Gladys Moore's lecture is a presentation of the Universe. She presents a philosophy on the creation of each individual into a life energy and mind power. She offers new thoughts that may not quite agree with your thoughts. In fact, she uses some ordinary terms, such as anger and resentment, in a specific way, and she discusses the origin of her philosophy, which may at times seem labored or too intricate to be of interest to many people. However, at the time she felt it was important to give this background to set the stage for the extraordinary things she was about to say. So, our advice is to stay with the reading if you have the interest. There are some revelations to be heard.

Gladys channeled for a spirit called Samuel. Therefore you will read references to Samuel, who identified himself as a spirit of God. He began the communication with Gladys for the benefit of all humankind. With Samuel's input, Gladys formulated the philosophy. Questions came from people like us who were searching for answers. At that time, the answers came from Samuel. As the years went by, Gladys no longer needed the help of Samuel as she knew the answers in her own mind before the questions were even asked. She gained the knowledge to add tools that would make the philosophy useable for many more people.

The Gladys Moore concept of Using the Mind Correctly was quite revolutionary in the 70's. She had tremendous influence because her words rang true for so very many people. One would sit in her classes and hear her words and think "I already knew that!" because her teachings were so full of common sense.

Gladys always said that you have a choice. You may believe what she said or you may go away and never use the concept. That is your choice.

AN INTRODUCTION TO SAMUEL:

A LECTURE BY GLADYS MOORE

6 May 1981

Below is part of a handout given to people who are interested in attending a Samuel lecture.

An Introduction to Samuel

There have been many times, over the ages, when communications have been received that can only be explained as coming from the Universal Mind, Source of Creativity, God or whatever you choose to call it. In each instance someone living has been chosen to receive this communication. At this time I have been chosen to receive communication through a channel of a single collective inner voice. This channel is designated Samuel. This is not a personality but a channel of mind-energy.

This began Christmas Day, 1974. Since that time a wealth of information has been received about living with a greater understanding of mankind's existence. We have answers to age-old questions with simple, beautiful explanations. We have been told man must experience living with "Joy and Love" and through the channels' guidance given, and are realizing the benefits.

In the fall of 1975 I began to present lectures, meet with groups and with many individuals in private consultation. Because many more questions were being asked I was assembling a tremendous amount of knowledge. This is what I now share with you in my lectures. As the flow of information continues our understanding has increased and the benefits become greater.

It is difficult to explain this channel, as the depth is very great, the benefits are overwhelming for many, and the knowledge gained is phenomenal. Many tell me they began to experience changes within themselves through the knowledge shared in a lecture. So.....I invite you to attend. I'm sure you will find it interesting and beneficial.

Hoping to see you...

Gladys Moore

Thank you for coming this evening.

Tonight I'd like to share with you some of the knowledge that we've received from this channel of communication that we call Samuel.

Before I do that, I'll tell you a little bit about myself and how this all began. I was born in Craig, Colorado; grew up in Grand Junction, married and moved to California. We lived in California for 28 years and I worked as an accountant. Between my husband, my family, my home and my career, I had very little time to search for the answers to life's many questions. I was aware that other people were searching for answers, but I also saw that they did not seem to find their answers.

In the spring of 1974 my husband and I moved here to Denver and I became acquainted with a niece who lives here. She is a person who has searched all of her life for the answer to Questions: Who am I? What am I? and Why am I here? In her search she had read many books about metaphysical theories. At that time I didn't know that there was such a thing as a metaphysical theory. But I was very intrigued when she began to share some of these thoughts with me because the ideas she presented were ideas that I had always believed.

She had taken a mind control program; her enthusiasm for the program convinced me to try it also. In the mind control program I again encountered ideas that I believed to be true. For example, they told us we should have more control of our minds, and also of our lives. I thoroughly agreed with that.

But they also tried to teach us games to play with the mind, but I thought this was wrong because we were already playing too many games with our minds. So in the fall of that year I was involved in a small way in a mind control program.

At Christmas in 1974 my niece invited our family that lives on this side of the mountains for Christmas dinner. A friend of hers who thought she was into a lot of freaky things gave her what was thought to be a freaky gift -- a Ouija board. I had never seen a Ouija board before; I had always thought it was some kind of a parlor game that really did not work. None of us had ever even tried to play with it before that Christmas day. It was snowing that afternoon, and so my sister and I decided to try it. She was reading the directions, and both of our hands were on the pointer, and we were very surprised when the pointer moved. It moved very rapidly. And so we began to ask the board questions. But the questions that day matched our answers: they didn't make much sense. It was all quite boring and we put it aside. Finally my niece who was the only one present who had read about spiritual or non-physical communications coming through a Ouija board, asked if she and I could try to make it work.

As soon as we put our hands on the pointer it again moved rapidly, but this time we began to get messages without asking questions. The messages were for specific people who were there in the room. It was as if something was able to go within each person and bring out something only they would know. It seemed to be able to find some conflict or turmoil or questioning; but it gave guidance regarding the turmoil, and an answer to their inner questions.

Needless to say, we had everyone's attention! They all began to ask questions to see if there was some kind of knowledge behind the little board. Many of their questions had to do with names. When they would ask a question where a name was involved, the board would spell out SAMUEL, over and over again. Finally it would give the correct answer or name.

After the board had done this repeatedly, my niece asked, "O.K. Who is Samuel?"

The answer was: "A spirit of God, come to help you and all people. If you will communicate with this Samuel, you will benefit and so will many."

This answer was a pretty profound statement and it was a statement that I had a hard time accepting. I did not want to become involved with anything like that. However, we continued to work with the board for a short period of time that Christmas evening. All of us were quite perplexed because of the quality of the messages that we were receiving; they seemed to be valid or correct as far as the messages concerned those individuals who were there. The whole experience was disconcerting.

I think if I had had my "rathers", I would rather have left it right there. But my niece was curious. Having read all those books about reaching non-physical communications, she asked if she could come over to my house with her Ouija board. I knew that her curiosity would not be satisfied until we did see if this "whatever it was" that called itself Samuel, was still there. And when she came over to visit several days after Christmas, the Samuel messages were still there.

After about the third or fourth time that we worked with the board, I think what was disturbing me the most was the fact that I knew the words before they were spelled out. I didn't need to wait for the words to be spelled out. Usually one word at a time would pop into my mind, and then the pointer would spell out the word. And so I began to wonder if I was the cause of all these messages, although I had never had these kinds of thoughts before.

Then I told my niece that I knew the words before the pointer spelled them out, and I asked her if she "heard" them in her mind also. "No," she replied.

We then asked the communication that called itself Samuel why I knew the words. I was told that I had been given a gift at birth, and that when the needs of people were great enough this channel called Samuel would open to fill their needs.

There was no way I was going to accept that!

I thought a gift like that would be given to a religious person. I had a belief in God, but I had never searched in religion. I thought a gift like that would be given to a special person, and I didn't fit into that category. And besides, I did not want this gift.

In the beginning this was very confusing to me because it was something that I had never imagined I would be involved in. I had no interest in the metaphysical, nor any desire to become involved in metaphysical activities. This created a lot of conflict within me. But I could not deny the content of the messages, or the value that was there in making us understand ourselves, or in understanding others. It seemed like any question we had, produced an answer.

After we had done this for a few weeks we decided to take all of the messages, and the story of the whole experience to the man who had taught us the mind control program. We told him what had happened and read him many of the messages. He said he had participated in Ouija board communications many times, but he had never heard of messages like ours.

The Samuel communications promised that the wisdom was for all people who were living, not just for one person; it explained that we should involve other people and their needs in order for this wisdom to guide them to fill their needs. And so we started a study group with people who had taken the mind control program.

I did not know any of the people who attended that first meeting. They were from varied interests, including a psychologist, several teachers, nurses and photographers. I told them how this experience began and I read them some of the messages. They began to ask questions; I was amazed because it seemed that I was capable of giving an answer to any question that was asked. It was an incredible evening for them as well as for me.

This first meeting gave me a little more belief that there could be some validity to these nonphysical communications, and some value. So I began to meet with this study group twice a month.

I was probably the number one skeptic in the group. I was the one who challenged the most. But it was the group benefiting from the guidance that they were receiving, and the strength of their belief in the benefits of the guidance that gave me the strength to continue. After about six months of meeting with this group they decided that there was so much value in the wisdom we were receiving that we should open up the class to others who might want to participate. Using the mind control program mailing list, we sent out invitations to one hundred people. Seventy-five accepted. During the lecture I again read some of the messages and explained how this had started.

We had by then found out that asking questions was beneficial both on a group basis as well as in individual counseling sessions. Therefore I offered this group of people the chance to form more groups if they wished, and also the opportunity to meet with me individually. Again, because of my involvement with more people, more questions were asked, and more answers were given through the channel.

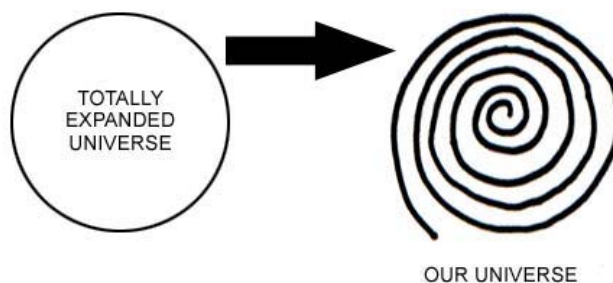
In the beginning and I'd say for the first 3 1/2 years, and maybe even longer, we misunderstood many of the messages. And in misunderstanding we destroyed a lot of the value of the messages that we were receiving. But as the answers began to solidify into more understanding for me, I began to present to others an understanding of who they are, why they are, and what they are.

Now we are into the seventh year of this "communication," and what a tremendous amount of knowledge we have gained! I would like to share a small part of that knowledge this evening, maybe giving you some of the answers to the three questions of who you are, what you are and why you are.

As I present this knowledge, if you would like to ask questions about what I am presenting, please feel free to do so. Because we have so much knowledge I can only present just a little bit this evening, and in your questions maybe I will be able to present something that you would especially like to hear.

PART I

In the first part of my presentation I would like to try to help you understand why you are. We have been told that in one point, in what we would call time, many energies came together to form our universe.



Their energies came from another universe that had totally expanded in its experience. And because they were totally expanded, the energies from that universe came and joined together to form this new universe of activity.

The chain of creativity for our universe is an energy joining with another energy, and maybe in that joining a power is created; or an energy can join another energy and in the very joining create something else.

The chain of creativity for our universe is the constant joining and joining to create, and joining to create.

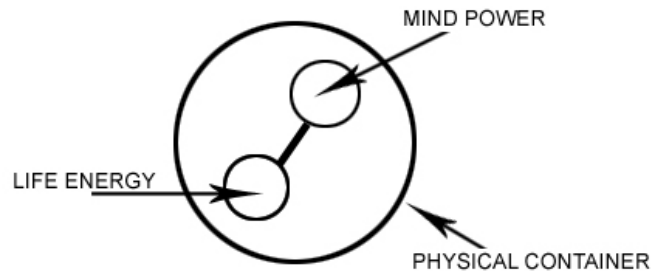
Thus these non-physical energies began to join together to create our universe, and in that joining they began to experience a cyclonic activity. In this cyclonic activity some of the energies in their joining, and in their bonding, began to solidify. In this solidification of the energies in the cyclonic action, the solidifications were thrown clear of the center of the universe. These solidifications that were thrown free became what we know as our planets and stars and all of the other solid factors of energy that exist in our cosmos.

There are two different kinds of energies in this universe. One kind is an expending energy, one of the expending energies that is in our solar system is our sun. The sun expends an energy that this universe needs. Another expending energy is the moon, expending the lunar energy which the universe needs.

That other type of energy that is a part of this universe is an expanding energy. The expanding energies experience activity, and in the activity the energy is expanded.

The energy which we are interested in tonight is the energy of life, and it is an expanding energy. The experience of living expands the energy of life. The energy of life is fragmented into individual containers, or bodies, or into individual experiences.

Let us assume that this is one individual life:

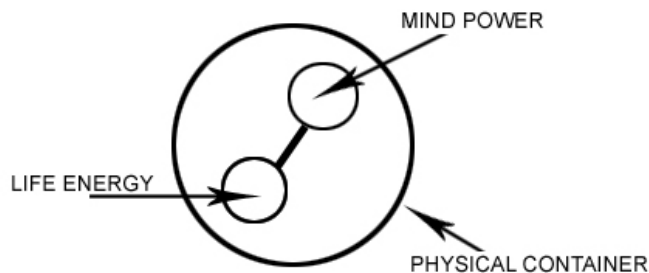


Remember that the universe and its activity is a constant joining. The thing that joins the life energy is a power. We call this power "mind".

Both the energy of life and the power of the mind are non-physical. Nobody has ever seen the mind; nobody has ever seen the energy of life. The energy of life is the experience in living. The power of mind is the active force.

The non-physical power of mind is the active force in this experience we call living which activates other factors that create our physical containers (or bodies) in order for us to have the individual experience of living.

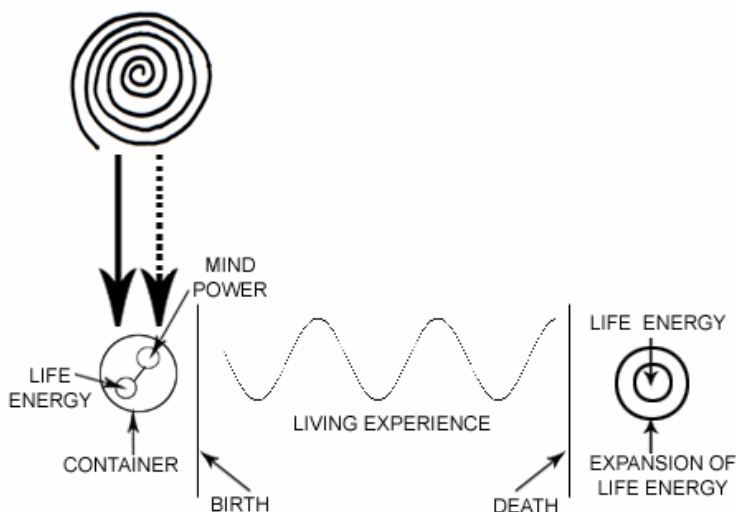
So we each are a non-physical mind power, a non-physical life energy, and a created physical container or body.



The universe has different dimensions of energies. Each dimension that is a part of the universe is in perfection. Each energy has a perfection in its experience. The energy of life experienced in its perfection would be experienced in a state of being of what we would call love and joy. The reason we desire love and joy more than other experiences is because that is the way we are supposed to be experiencing living.

The experience of living between birth and death is the activity that expands the life energy. The activities which expand the life energy are experiences of love and joy. At the "growth" which we call death there would still be the energy, but it would also have its expansion. Religion might call this expansion the "soul".

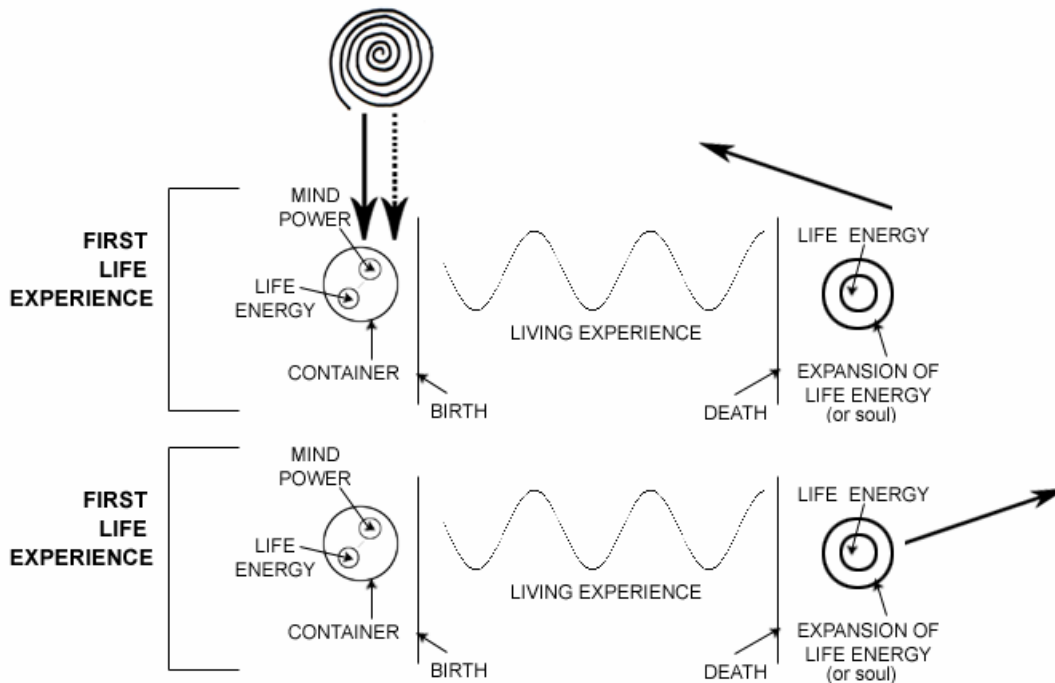
At each person's death the expansion of the life energy is weighed or measured, and if the expansion of that energy is not great enough for that life energy to go on to the next dimension that it is to experience, the life energy will need to come back and live again.



The complete record of this life that was experienced is not lost at death. The record is a part of the expansion of the life energy.

Now let us say that this life energy did not expand to its next dimension. The life energy returns along with another mind power; another container or body is created and another birth is experienced. This will be followed by the experience of living, and then death will occur again. After death we will have the life energy, and two souls, or two factors of expansion. Again the expansion will be weighed. If the life energy after its second experience in living still hasn't expanded itself to the degree that would be needed to go to the next dimension it will experience, it will have to come back and live a third time. This continuing process of coming back and living

again will eventually expand the energy until at one death there will be the expansion that is needed so that the life energy in its expanded state is ready to go to the next dimension. At that point in time the energy will be changed in order for it to be accepted into this next dimension it is to experience. This is our concept of reincarnation.



* The life energy will continue coming back to live until it has expanded to a point where it is balanced enough to go to the next dimension.

Do you have any questions?

Question: Who does the measuring or weighing of the life energy at death?

Gladys Moore: There is no "who". This is a universe of energy that is drawing together to become a universe of perfect energy. You might want to call this "God". The life energy, at the point when it joins with the mind power, is just perfect energy. Now if there is a cosmic law, it is the law of balance. The energies always have to be maintained in their balanced state of being. Thus an energy that has not expanded to the degree that is needed in living is automatically not in enough of a balanced state to go to the next dimension. This is what determines if it is to come back and live again.

Question: Does a new container, or a baby body, have many mind powers from previous lives?

Gladys Moore: The container comes with two separate non-physical factors: The energy of life is the experience in living, and the power of mind is the active factor in that experience. The mind power, being the active factor, creates the physical container. So the mind power, the life energy and the physical container join for this experience we call birth for the activity of living and later the growth which we call death.

The activities in living do become part of the life energy. The activities in living are what expand the life energy. The record of the activities in living go along with the life energy, and when the life energy comes back again for another life the record is still a part of the life energy. For each experience of living there is almost always a record of the experience that stays with the life energy, regardless of how many lives are experienced by the life energy.

Question: So in order for an expanding energy to move to another dimension it must expand through the experience of life?

Gladys Moore: The life energy is a living energy. The life energy is life, and it must experience living. The life energy expands through the experience of living to a point that when it has expanded to a degree, it is ready to experience another dimension.

Question: Does this concept of the expansion of the life energy account for the increase in population on the earth?

Gladys Moore: I would think that the non-expansion of the life energies is some of the explanation of the population increase on earth -- because at this point in time we are not experiencing the state of being of love and joy. The expansion of the life energy is not occurring as readily as it would if we were experiencing love and joy. It is taking too many lives for the life energy to live over and over and over and over again, without enough energy completing its expansion to go on to the next dimension.

There is a pattern of evolution of the energy. There are dimensions both before and after ours, the one we call the dimension of living. In the evolution of the energy there is a dimension of energy from the universe that when it experiences its total experience in its expanding dimension, the next dimension it will experience is called life.

Thus we have energies coming into our dimension to experience life, as that is their pattern of evolution, but we have the repeating and the repeating of the life energies because we are not experiencing living with the value that is needed for our expansion...In sum, we are putting a bottleneck in the whole cosmic pattern!

Question: Is some of the energy that doesn't leave the dimension low-grade?

Gladys Moore: The life energy is always the same "grade." It always starts out in perfection. It is the experience of living without love and joy that you might call low-grade.

Question: What is your definition of the "next dimension"?

Gladys Moore: Well, almost everyone asks about this. In the beginning when we asked we were told that it does not matter. What matters is this dimension, of course. But after so many people asked about the next dimension we were finally told that after the energy has experienced this living dimension, and has expanded to the degree that the energy is ready for the experience of the next dimension, the life energy is then added to or joined by other factors of energy from the universe. The next dimension is not an activity or an experiencing dimension. It is more of a balancing dimension.

After the balancing of the energy is complete in the next dimension, the energy then goes on to another dimension where it once again experiences activity, like but unlike this experience which we call living.

Question: In religious terms, would this next resting dimension be called heaven?

Gladys Moore: No. We have been talking about dimensions of the universe that are experienced by the energy. Heaven is a memory essence state where the essence of your personality from this one life experience is retained. I'll explain more about this later.

Question: Has the Samuel information been consistent over time?

Gladys Moore: We began to get all of this knowledge in the beginning and we misunderstood much of it. But as we began to accept the knowledge, we began to fill in the voids in our understanding. This presentation has never changed from the way it was originally presented, but we have added to it -- and there are continuing additions.

Question: What is your concept of "karma"?

Gladys Moore: There is no such thing as karma in this concept, although this depends on your definition of karma. I have found that many people have very different definitions of karma. What is your definition?

Questioner: Maybe a "bad" lifetime is later in another lifetime balanced by a "good" lifetime.

Gladys Moore: I would agree with that definition to a degree but I would put it into a different presentation. You are “you” only once. Nobody has been in your shoes before and nobody will ever be in them again. You are the one that is in control of your active mind power through this experience of living.

Now, if the life energy has an experience here in living where there is very little expansion to the energy, then it will come back again to this dimension. Maybe the next person who lives with that same energy can experience living with a great deal of value, and therefore expansion. Then this second person has been a value to the energy because they were able to add a great deal to the expansion of the energy. In this way I would fit what you present about one life not being experienced with very much value, with the next life that does experience a lot of value.

The first life did not expand the energy; the second life experience expanded the energy greatly. But you are not burdened with what the past lives have experienced. There is a value of knowledge, of gifts and of talents for your benefit from the past lives. This is a bonus for you. I'll explain this to you later. But you are not burdened by any past life experiences of your life energy. There is no such thing as karmic punishment.

There can be times when the cycle of the life energy, coming back into this dimension to experience living, is broken. The break in the cycle occurs when there is an energy, or an experience in living that at birth began to be, to a degree, a distorted experience. This would be a life experience that would be very destructive to both the person having this destructive experience and to the many others burdened by its destructive activities. I use as an example of this kind of destructive activity, Hitler. We know that many people helped to create Hitler and allow him to become powerfully destructive. We are still burdened by a lot of the things we experienced during the time of Hitler.

The mind of someone like Hitler was very destructive and distorted. So when this kind of distortion happens the non-physical energy of life needs to be rebalanced in a greater way than normally would happen after death. The energy is put into an area for rebalancing that religion might call “hell”. But it does not go to that area to be punished; it goes there to be cleansed. After the cleansing is complete, the energy will come back to live again, but without any possibility of the distortion and destruction being restructured here in living.

So the life energy that was Hitler's will probably come back and live again, to seek experiences of love and joy and to expand itself.

The area that religion might call hell is only for cleansing; it is not for punishment. Now the mind power is also cleansed, both for distorted personalities like Hitler, and for everyone else who has experienced living.

After the growth which we call death, the physical container is left here and the non-physical life energy, and the mind power separate. The mind power is cleansed of your knowledge and emotions, and then it is available to be used again with another life energy in a new experience of living.

Again, the cosmic law is balance. When we unbalance the life energy and the mind power in this process of living, after death occurs there is always a factor of balance, or rebalance, given to the energy, and given to the mind power.

Question: Did Hitler's life affect the whole cosmic balance?

Gladys Moore: No, it was just an effect here in living. It did not affect anything except those of us living. Hitler might have affected the cosmic balance if during his period of time there was not as much expansion of the energies, but maybe as a result of Hitler there was the expansion. Those of us who experienced World War II would not want to experience it again, but there was a certain degree of bonding together for survival during that period of time that mankind had not experienced for sometime, and probably has not experienced since. So, to a degree, there was a certain amount of value in the expansion of the energies of the lives of those who were living during World War II. But this did not affect the whole cosmos; it only affected our experience here in living.

For us to really understand the process of living, it seems that many people need to understand what happens after death. The living experience is a joining together of the energy of life, and the power of mind, the mind power being the active force which creates the physical. In the growth we call death the mind power and the life energy separate, but the record of your experience in living is a part of the life energy itself.

After death the mind is cleansed of your knowledge and your emotions because the next person who will use your mind power does not need your knowledge or your emotions. All the next person needs is the power. And after death the life energy either has the expansion to go to the next dimension, or it comes back to experience living again.

What happens to your personality after death? Your personality is something that you created in your living, and it is the identity that others in living have experienced with you. During your living there could be others involved in your life. After death your personality, your individuality, falls into an area that religion might call "heaven". At that point there is no mind power and there is no physical container. Your individuality in the heavenly state is a memory essence of your experiences here in living.

The memory essence is only a memory of one life that was experienced. The memory essence can be a benefit for those who are still experiencing living if they need comfort and guidance and strength from the person who has died and who now exists in the memory essence state of

being. It is the need by those who are living that stimulates the memory essence in its heavenly state, and then allows those in living to experience the same comfort and guidance and love and strength -- as if the person were still living.

The memory essence state is stimulated by the needs of those who are living, through their active mind powers. The memory essence state is not an active state; the memory essence does not have a mind power. It is just a memory essence of one experience of living.

Question: In other words, it is more of a non-descript, over-all summary of a life that was lived?
Gladys Moore: The memory essence represents one individual life.

Question: Is the memory essence the knowledge of the exact experiences of love and joy, or is it...

Gladys Moore: With the mind power gone, there would be no more of the state of being of love and joy and not so much of the anger, hate, greed and jealousy -- because the mind power is not there. Before the personality goes into the memory essence state it has been cleansed, in the actual process of death. In the death process the mind power is cleansed and the personality is left with more of the state of being of love and joy than maybe it has experienced since its birth.

Question: After death, what happens to the mind power?

Gladys Moore: The mind power and the energy of life join to begin the unfolding of life in the experience of living. Because the power and the energy are joined during living, they separate at the point which we call death. At death the energy of life is separated from the power of mind. The physical container or body is left here. And the life energy is left without power, the mind power. But the record of your whole life is a part of the life energy. At death the mind power is cleansed because the next person needs only the power, not your knowledge or emotions, for the next experience in living.

One of the most supreme and infinite measurers that each and every one of you have been given is the acceptance of your death. In this statement I did not say "choose your death." To choose your death would be what we call suicide. I am saying that each person has been given the ability to accept their death, if death is there for you to experience.

The mind, being the active factor here in living, is aware when death is there for you to accept. And when the mind is aware that death is there for you to accept, there is no fear in living, nor is there any fear of death.

If the mind is aware that the physical body is destroyed by disease or by injury, and that there is no way possible for the experience in living to be continued, the mind will readily accept death. But if in some way the mind say, "No! I'm not finished yet!" -- and there is the possibility that you could continue living with that same physical container, you will continue living. The acceptance of your death is there for each and every one of you.

Those who have had the life-after-death experiences report that it seemed their mind was looking down upon the physical body. They say that they knew they could make the choice of whether to accept death, or living. Some of those people who have had the life-after-death experience believe they have been aware of the memory essence area that we are calling heaven. They have reported that they do not see the multitudes of people who have died before them. They have only seen those people who they were involved with in living, because these are the only memories they have. They will see grandma and grandpa, or aunt and uncle; and maybe somebody in the heavenly memory essence state will say, "No. You are not finished. Go back." And they will follow the directions of this one they saw in the memory essence state that they thought was heaven.

Each and every one of you has the acceptance of your death. When you choose death you are committing suicide. In that case you choose it as well as accept it.

Question: When you speak of the acceptance of death are you speaking of a rational acceptance?

Gladys Moore: No. At the point when death is there for you to accept, the mind is free to make the choice. You have no fear of living and you have no fear of death. When death is there for you to accept, the mind is clear enough to make the choice at that point in time.

Question: What if you survive that point of acceptance?

Gladys Moore: You are twisting my words. When death is there for you to accept, the mind is free of any fear of living, and of any fear of death.

The mind at that point has more clarity, perhaps more clarity than it had in the experience of living. If the mind in its clarity knows that the body is so diseased or so injured that it would be impossible to continue living, the mind will accept death. But if there is a possibility that living can continue, and the mind says, "No, living is not finished yet;" if you accept living; if you accept that there is more you could do in living, then the physical will continue to live.

Question: Well, I'm a Vietnam veteran, and I was involved in combat where I did face this possibility of death. I've seen death occur around me.

Gladys Moore: That is not the situation I'm talking about. I'm talking about the situation when the mind knows that death is there to accept. In your situation you knew that death was a possibility to experience. But you were not at the point where death was there for you to accept, one way or the other. You were not at the point where you were injured, where the mind was aware of the injury, and where death was there for you to choose -- to accept or not. If a body is destroyed, the mind will accept death. The mind would be aware that there would be no way the physical could live.

I met with a paramedic when I first began doing counseling with the Samuel concept. One of the reasons he came to see me was to ask a very specific question: He wanted to know the very time that he would die.

He said that working as a paramedic he had witnessed many traumatic deaths. He had observed people struggle to live and struggle against pain. Then, he said, he had always observed that just before death there seemed to be the most wonderful and beautiful moment that he had ever seen anyone experience. Because he had seen this happen over and over again, he wanted to know when he was going to die so that he could prepare himself for that wondrous, beautiful moment that he had seen so many people experience. That is the acceptance I am talking about. But it is only there when death is there for you to accept.

Question: But it's not our choice...

Gladys Moore: When you choose your death it is called suicide. In that case you choose death as well as accept death.

Question: What about such extreme cases as that of the woman whose brain died but whose body continue to live”?

Gladys Moore: To a certain degree the body has its own automatic pattern of life; all that needs to be there is the energy of life and the power of the mind, keeping the body alive. Remember that the power and the energy are non-physical. But your question is really about something totally different and an unusual type of experience. I really don't have the time to get into that although we have a lot of answers about the situation. But the body does have an automatic process of living.

Now I have another part of this concept to present to you and I'd rather not present this part, but because it is something maybe will answer some of your questions, and because so many are trying to develop their minds, I will present it to you.

There are people who live who feel that their lives are little more than birth and death. There are those who do not believe that there is a greater degree of energy, or that there is any effect of energy before or after this experience in living. There are people who experience living without the bond between the power of the mind and the energy of life, and who deny the very existence of the life energy. For those who live this way, there usually is not very much experience of love and joy. Living this way is usually not of very much value for the person, or for the lives of those they touch. After death of such a person there does not need to be as much cleansing as there needs to be for a person who was very destructive like Hitler. But there does need to be a cleansing, both of the mind and of the personality. The mind needs to be cleansed so that it can be a power for another life. The personality needs to be cleansed so that it can fall into the heavenly memory essence state free from distortion.

At the death of a person who has not experienced much value in their living, the mind power becomes almost a “soul” around the personality. To be cleansed it experiences an area that religion might call “purgatory.” This is not for punishment. It is there for cleansing. When the mind has been cleansed, it becomes power for another mind. And when the personality has been cleansed, it will fall into its memory essence or heavenly state. The area that religion has called ‘purgatory’ is very close to our area of living. The area that has been called ‘hell’ cannot touch us.

But the area that has been call ‘purgatory’ is very close, and because there is still mind power there, a distorted mind will try to find an opening in the mind of someone here in living. These distorted mind powers that try to influence those in living are called entities. The entities create distortion and they try to destroy the experiences of those in living. This phenomenon is what people have called possession. It is very real.

Question: Could this explain people who have been diagnosed as schizophrenics? Gladys Moore: Schizophrenic and paranoid could be some of the attitudes that possession could cause, but this is not always the case. Some people who have been called schizophrenic or paranoid have experienced infringement by entities.

Question: Do the entities cause apparitions?

Gladys Moore: In many cases these are just illusions or fantasies, and in most instances there is not too much validity to the reports of apparitions. If an entity does infringe upon a mind here in living, that means there are two factors of mind power for the living person having this experience. Remember that the entity still has its mind power, which is why it can create activity. Now with the living person having increased mind power, two mind powers, there could be some strange happenings that would account for some of the reports of apparitions.

At this point in time there are many people trying to develop their minds. Many are trying to experience spiritual development or trying to develop the mind to where it has a greater potential than it has now. But there must be caution. The mind has a beautiful balance; and if you inadvertently allow yourself to open up your mind to the area of the entities, the experience can

be very destructive here in living.

Question: Are you saying that a person can be just living their life, and then this mind entity comes into their life, and the person welcomes this experience?

Gladys Moore: No, Well, not always. If the mind is altered in any way, then the mind is out of balance. If the mind is out of balance, then it is very easy for the entities to infringe. There are many things that can alter the balance of the mind, such as alcohol, drugs, or illness. Many other things can alter the mind's state of balance. I am not saying that in all cases a mind imbalance will make an entity infringement occur, but there is a very good possibility that this can happen when the mind is out of balance.

I am very concerned for people who are trying to develop their minds through meditation, by altering the mind's state of balance by forcing it through one state down to another level. If a

person meditates too long the mind may go into a trance state; in this trance state you have no control. At that point an entity could infringe.

Tools such as the Ouija board or the pendulum give these mind power entities a physical method to communicate with you, to give you their "guidance." However, what we must understand is that we in living have created this problem. First we have allowed ourselves to create distorted, valueless lives that has created the need for the "purgatory" or cleansing area. And then by either seeking to expand the mind by reaching out, or by drugs or alcohol, we allow the mind entities to cause further distortion and destruction in living, far more than any of us realize. We in living created the entities but if we did not perpetuate it and allow it to continue, they would be cleansed.

Question: The entities are personalities that have not believed in their life energy?

Gladys Moore: An entity is a personality and a mind power of a person who believed that the living experience was only birth and death without any energy involved, with nothing before life and nothing after death.

Question: Then entities are not necessarily what we would call bad or evil people?

Gladys Moore: I would say they are people who were incapable of experiencing love and joy. They generally used their minds in a way that was not beneficial for them. Because they have used their minds in a way that was not very beneficial, the minds need to be cleansed. The personality is usually an angry personality, a selfish and a greedy personality -- a personality that was not a benefit to the person who experienced living with that personality. The personality was probably not a benefit to the lives it touched. There is not very much love and joy in the life of such a personality.

The "purgatory" area is for cleansing, and it is a beautiful balancing factor for those that need the cleansing. The only thing wrong with this cleansing area is that we in living have been allowing the entities to infringe upon those in living, instead of leaving them alone to be cleansed. One of my first experiences with this cleansing area involved a group of people who came from Chicago who called themselves Anakar. If I'd been given my "rathers", I would rather have never encountered these people. I would have said, "No! No!" They were a group of people that were trying to teach everyone to go into trance to receive what they called guides. But what they were receiving were entities. They had one man who went into trance to receive a "guide" who called itself "Tribe." Tribe said he was a collection of seventy-two souls.

The explanation is that one entity possessed a mind among the living. At the death of that one, it then had two mind powers. This had gone on seventy-two times! There was a tremendous amount of power in that mind entity. There was also a tremendous amount of destruction there as well.

The whole group of Anakar people caused a lot of destruction, both among themselves and the people whom they involved themselves, in a very short period of time. I think that the man who went into trance to allow Tribe to speak is now in jail for violations of the Securities Exchange Commission. Entities use a method like Anakar to create a con game with a lot of people. They

can create a considerable amount of evil.

Question: You said we allow them to perpetuate?

Gladys Moore: Only if we allow them to enter open cracks in our minds.

Question: Can cracks in the mind be opened accidentally?

Gladys Moore: Oh, yes. Illness, alcohol and drugs, and other things can inadvertently allow entities to enter. That is very sad. But the people that really concern me are the ones who are reaching out for this type of thing.

Question: Can a child's mind be affected by entities?

Gladys Moore: Unfortunately, yes. The entities attack those minds which are most vulnerable. Do not be afraid of this area, the cleansing area, because you do not need to have any fear of it. All you need to do is understand how to use the mind correctly, and in understanding how to use your mind correctly, you are in control of your mind. You can close your mind to entities. They do not have to affect you in any way. I just wanted you to understand that this cleansing area does exist.

Question: What about the idea of surrounding yourself with a "white light?"

Gladys Moore: That does not necessarily protect you. I have observed groups who have used tools like the Ouija board and other tools to try to develop themselves by reaching non-physical guidance. They have used ideas such as the one you mention, the "white light," and yet they readily accept the entities because they will tell you anything and everything to get you to accept their communications. Once you accept their communications, they will begin to create some controls over your life.

It is much better for you to make sure that your mind is in balance.

I think that anyone who teaches meditation will tell you not to meditate longer than twenty minutes. If you force the mind from its active state down into the state we are calling meditation; the mind is then altered. If you meditate too long, the mind will go deeper into what we call a trance. In the trance state the mind would be very acceptable to communication from an entity.

Question: If you are possessed by an entity because of illness, drugs or trance, does this add to your mind power? Or is it more like a parasite?

Gladys Moore: It is more like a parasite.

Question: Can an individual, through his own mind power, shun this entity thing?

Gladys Moore: Definitely. That is what you need to know. Do not allow them to infringe. Then you are benefiting yourself and then you are really benefiting.

Question: With all due respect, how do we know that you are not representing the power coming in as an entity?

Gladys Moore: Well, that's your choice! I can understand that. (much laughter)

Questioner: Well, it's just a logical question.

Gladys Moore: I know it is!

In the beginning when we were first doing this, and when we were using the tool of the Ouija board, I'm sure that we did get into the area of the entities. But I can say that since then it has not been so because I do not go into trance. I never do. I never have.

The communication that we receive does not try to control you in any way. Instead, it guides you. The communication and guidance that we have had has been absolutely 100% accurate, but never in the way of controlling anyone. The guidance has been in a way of guiding you and benefiting you with a tremendous amount of wisdom.

The people who are seeking in the area of the entities are into an area that will try to control them totally. It is almost as if they try to create a dependency for you upon their guidance. Most of what

they try to guide you with does not happen. When you question why something does not happen as planned, they will chastise you, and tell you that you did something wrong. They will say: "It wasn't us."

And so until you experience this Samuel wisdom and communication, and until you know more about the value and benefit that this wisdom has been for so many people, you have every right to ask that question.

Question: I...

Gladys Moore: (As an introduction): This is a lady who has been a part of this concept for a long time.

The lady's comment: I think that I have never even considered that the Samuel concept could possibly be from an entity source. I think I have never considered the possibility because the feeling that I've experienced with this knowledge -- listening to a tape, listening to you, reading a Samuel message -- the feeling I always have is of balance, not of unbalance; and there is no way this balanced feeling could come from an unbalanced source like an entity. Gladys Moore: Yes, but I can understand why he asked that question.

Question: By balance, do you mean that it enhances the state of being of love and joy?

Gladys Moore: That is the state of being that we work towards, very definitely.

Question: How about the infringing types of energies in the purgatory state; are they working towards love and joy?

Gladys Moore: They are there for cleansing. Love and joy is not part of an infringement. There are many games that an entity will try to play with you. They will promise you anything. I'll tell you an incident. One of the saddest things that I think I've experienced regarding entities was a woman who had lost her child. It had been killed in an accident. Her grief over the dead child was so strong that someone told her that if she went to a séance, she might be able to reach the child. The séance just gives the tool that the entities need. And so this woman did go to a medium who did perform the séances, and after a long while they finally felt they had reached the dead child. A voice came through that said it was the dead child. The entities will try to fill any need that you are seeking.

This woman was constantly drawn back to thinking about the "voice" of her dead child, and that opened her mind to infringement by the entities. After they had played this trick on her it became evident that the "voice" was not that of her dead child, but that of a very evil factor. It destroyed this woman.

Her sister brought her to see me after she had been in and out of many mental institutions. It was impossible for the woman to get her mind back to where it was to any degree balanced. She was destroyed because of the game that she had participated in with the entities. This is just one story of many that I could tell you about the entities.

Question: Do you consider the Ouija board to be a tool, and also, do you know if the Samuel communication is from the center of the universe?

Gladys Moore: The Ouija board is definitely a tool. But it is the mind that is affected. The Ouija board has no power whatsoever. It is a good tool for the entities to use because it has all of the alphabet, making it easy to communicate to us. But it is only a tool. What is being affected is your mind and this is where you must be very cautious.

In the very beginning of this channel it named itself Samuel. When I began to meet with the first study group we began to question what the whole thing was and we were told that it is a channel of mind energy, not mind power, but mind energy. Being a channel of mind energy, it is available to every mind, not just mine. Maybe it is available to mine in a different way, but it is equally available to everyone in living. After the life energies have completed the evolution of their experiences of expansion, and have become completely balanced, they return to the Source -- an area that we might call the Universal Mind. It is from here that the channel of mind energy that we are calling Samuel radiates. The Samuel mind energy is available for us to experience as an

added elevation to the power of mind. Man has always been able to reach this type of mind energy.

Question: So it is possible for someone to obtain something good from someone up there?
Gladys Moore: Do not put a personality on this channel because there is none. There is no one up there It is an energy.

Energies do not have names. But we who are in living label everything with a name. The name of Samuel was chosen for a good reason. If you look up the definition of Samuel in the Metaphysical Bible Dictionary it gives the metaphysical meaning of the name Samuel as the inner self, inner spiritual guidance, the balance, wisdom -- definitely all characteristics of what we have received through this channel. And it is available to everyone.

Question: Does one have a choice on opening their mind to an entity?
Gladys Moore: Oh, yes. You are in total control of your mind. When we first began we were using the Ouija tool almost constantly, mainly because I was not very comfortable with the channel. We began to be accustomed to a certain type of energy that was constantly part of the communication experience. Every once in a while during a question and answer session the whole thing would change. And then, even though the words were coming through my mind and out of my mouth, the structure would totally change. At that point in time I did not have the knowledge about the entities. But my hands were full with what I was doing. I did not need anything else, and so I just said no to anything except the familiar energy. I think that is what really saved us from allowing entities to infringe.

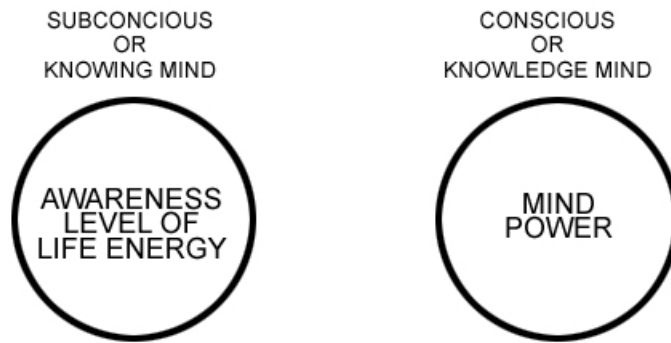
Now, when you come back from your break, I'd like to tell you something that is really important, which is how your mind functions. So if you would like to take a 15 minute break, when you come back I'll give you some really important information!

PART II

The people who benefited from this guidance and wisdom gave me the strength and the belief that this concept was of value. As we continued, with more people becoming involved and asking questions, the guidance began to solidify. Some people asked the same questions, and we began to get different answers to fill their individual needs. Over a period of time all of the answers began to create for me an understanding of many things. One of the most beneficial insights, and an understanding that is the basis for everything else that I present, is the understanding of your mind.

The power of mind is the active force in this experience we call living. Man has used his mind to search for the answers to many questions; he has searched in outer space, and in the oceans, and into the insides of atoms, but we still lack a lot of answers about how the mind itself is experienced. We really need to understand how the mind functions because it is the active factor through which we experience living.

When we talk about the mind we usually refer to a conscious and a subconscious part. In this concept we would like for you to think of the conscious part of your mind as the mind where we experience what we call knowledge. This is the part of the mind where there is the mind power. The subconscious part of the mind is an awareness level. There is no power in this area of the mind. It is a level of awareness. In this concept we call it the knowing mind. This part of the mind is part of the energy of life itself.

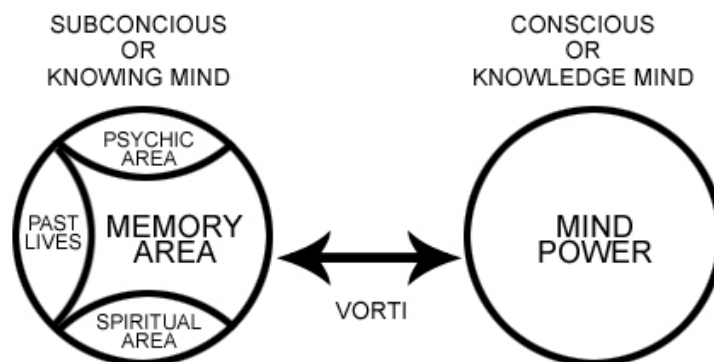


It is through the active mind power that we experience living. But that part of the mind which we are calling the knowing mind, which is part of the life energy, is a very beneficial factor in using and experiencing the full potential of the mind.

The knowing mind, and the awareness level that is there, includes the following:

- the psychic area
- the record of your life energy's past lives
- an area that connects you to the source of all wisdom: the spiritual awareness area
- the memory area

All of these benefits are available to each of us. They are available to the power part of the mind, through an energy which we call the vorti. The vorti brings information from the knowing mind to the conscious power area of the mind when there is a need.

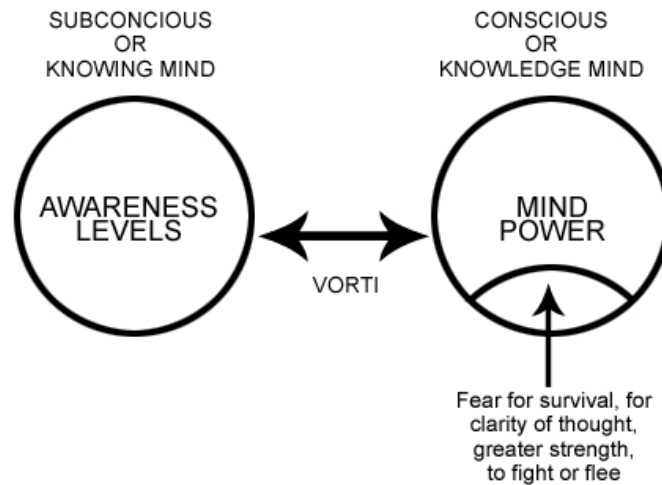


If any part of the knowing mind (including the psychic area, the memory area, the spiritual area and the past lives area) can be a benefit to the mind power, it is available for us to balance, add to, and elevate the mind power. But we must know how to experience the mind power in order for

us to experience the benefits and value that exists in the knowing or awareness mind. The benefits of the knowing mind are there for each and every one of us.

The knowledge mind is just power for you to use in your experience of living. There is an area of the knowledge mind where there is an added factor of greater mind power. This is a special added area that is available to man for survival. We call this special survival area "fear." This is the only fear that man needs to have; it is the fear of surviving. We should only experience this fear when we are threatened physically. Then this fear will give us clarity of mind, and greater physical strength, so that we can either fight or flee to survive.

This special power part of the mind is extra power only for survival. It is part of the mind power, your active, conscious mind.



In the history of man there became a time when he could not fulfill his desires, and when he was not meeting his challenges or goals; he then began to experience a different type of fear from that needed for survival. This new kind of fear is psychological fear.

Psychological fear can take over the entire power of the mind. Psychological fear is based on two fears: the fear of being inadequate and the fear of being rejected. All other fear that you might experience on a psychological level is based on these two fears.

The child is an extension of the mother, including the child's little mind that is developing in the nine month period of the fetus stage. If the mother transmits rejection to the little mind, then the child in the fetus stage already has a defect in its personality. The fear of rejection can be extended to the developing mind of a fetus.

Some years ago there was a study at Stanford University by psychologists who were trying to determine why we are not using all of the mind that they thought was available. One of the research programs in this study included attempts to develop more of the mind. One program included working with women who had just conceived, and asking them to think beautiful thoughts to the little minds that were developing inside them. The mothers were requested to think thoughts of love and thoughts of knowledge. The children that were born out of this research program were incredible. Many were described as being psychic. Also, they were children that had at birth an extreme amount of intelligence. These researchers began to realize that this kind of communication and this effect upon the mind of the fetus does occur.

If a mother can extend thoughts of love and knowledge to the little mind developing inside her, by the same process she can extend fearful thoughts as well. Now if the mother does in fact do that, there is already beginning to be a defect in the mind of the child in the fetus stage. If the mother extends her fears of being rejected to the child, the fetus learns this fear, and the fear in the fetus

usually continues after birth. The fears of rejections and inadequacy are almost always together. Thus if an unborn child received the fears of rejection and inadequacy, the child that is born will try to survive with the fear of rejection and the fear of inadequacy already a part of its personality. This will create many defects in its developing personality. The psychological fears will create a child that is handicapped at birth.

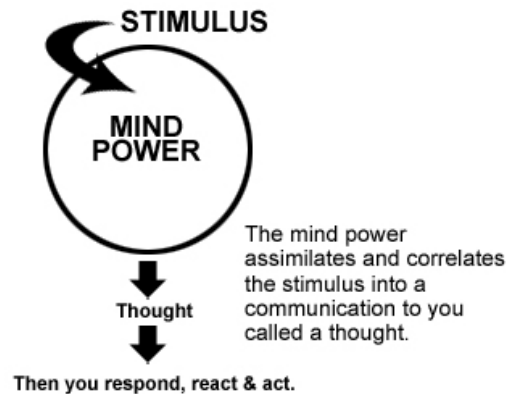
We must begin to realize that when the mind power is experienced with these two fears, the active mind becomes a very destructive power.

Each of us has a mind power to use to create our living. The mind power is simply a power. It does not know right or wrong. We should think of the mind power like the power in a computer. We use the computer power to compute. The mind is also power for us to use. Our mind power does not know the difference between right and wrong. We can use it either way. Therefore we must begin to understand how we experience our mind power so that we can make sure that we direct our minds in such a way to allow the effects of mental activity to be beneficial for us.

The mind power needs a stimulus to begin its work. There are many kinds of stimulations that can incite the mind to activity: seeing something, hearing something, reading something, smelling something, knowing something, and so forth.

The mind assimilates the stimulus, and then correlates that into a thought. A thought is a communication to you. A stimulus activates the mind power. The mind power correlates or connects the stimulation with other information that it considers related or logically appropriate.

The mind power assimilates the stimulus and then correlates the stimulus with other information into a communication to you. The communication is called a thought. At this point the thought is simply a thought. It does nothing. The next step depends on how you respond, react and act to the thought. It is how you respond, react and act that creates.



If there is a fear of rejection and a fear of inadequacy in the stimulus, and in the thought, then the mind power will follow with fear. In following the fear the first thing your mind will do is to try to cope with the fear. Then if you cannot successfully cope with the fear, you compromise the fear.

When you compromise the fear you allow it to control you.

When you begin to cope, you begin an internal conflict, a fight. When you try to settle the conflict with compromise, you give up something. The something you give up is control of your mind. After you have compromised the fear you will allow your fear to become your defense. You will use the fear as part of your defense. When the mind power follows the stimulus of fear with this pattern of coping, compromise and defense, the mind power will develop a powerful new intensity which we call emotion. There are only three emotions. Other reactions are feelings. The three

emotions are anger, hate and jealousy.

When you are not successful at coping, and you are compromising your fear, and you are using your fear as your defense, you are going to get angry at yourself. And maybe you will get angry and hate the stimulus that started the entire distorted process.

There is no benefit when the mind power is allowed to go into this pattern of following fear. In this pattern you cannot cope, you cannot compromise, you use the fear as your defense, you become angry, you hate, and you become jealous, along with all of the problems and stress that are part of an emotional reaction.

When the mind is allowed to go into this pattern, it will reach into a survival pattern that you created when you first began to experience the fears of inadequacy and rejection. In your survival pattern there are many games that you will play with yourself; you will experience much submission; and you will always try to effect a certain degree of control. In your survival pattern your fears of being inadequate and rejected will become even greater because, after all, you haven't been able to successfully cope, compromise or use your fears as your defense.

Your survival pattern is very destructive. In this pattern you will judge yourself, you will measure yourself, you will punish yourself, you will experience guilt along with the anger -- and when the mind is in this pattern there is very little value for you.

The child that experiences the fear of being rejected while still in the fetal state, and then after birth, is a very vulnerable child. At its very beginning of life its little mind begins to experience all of the distortions that are caused by psychological fears -- the coping, compromise, defense, and the emotions.

When the child is vulnerable because of the fears of rejection and inadequacy, it will begin to create its survival pattern, to survive. The survival pattern you created as a child is still how you will try to survive whenever you experience the fears of rejections and inadequacy, and whenever your mind gets into the destructive pattern of coping, compromising, defending and creating emotions.

It is no wonder we are not experiencing love and joy. You are still capable of feeling love and joy, but if your mind is always in a response pattern to the fears of rejection and inadequacy, you are incapable of experiencing love and joy.

When we began to receive the knowledge of how the mind works, we also began to receive the "keys" -- how each person can begin to use the mind correctly to eliminate all of the coping, compromising, defending, hate, anger and jealousy, so that each person can have their mind power free from the destructive forces of psychological fear.

You have a mind power which you can use to become much more intelligent than you have ever been. How can anyone be intelligent when they are only using their mind power to try to cope, compromise, defend and so forth? When your mind power is free of all of the distortions, you will have the added factors from the psychic, the past lives, the wisdom or spiritual area, and the memory area, to benefit you in all that you do. And so when we began to get all of this knowledge we also began to get the "keys" or solutions that we needed in order to be able to use the mind correctly and free it from the destructive force of fear.

One of the first messages we received stated: man has a force within him. If he does not eliminate this force it will destroy him. That force is fear. At the time we received this message we did not understand because we did not perceive the difference between psychological fear and survival fear. But after we were told that the fears that destroy us are the fears of being rejected and the fears of being inadequate, and with some additional understanding, we totally realized why we were not experiencing the state of being of love and joy.

The mind in its pattern of thought does experience what you might think is a certain degree of control over you if you allow it to be that way -- but it is not the mind power itself that controls if you allow fear to be there. It is fear that controls the mind. Coping controls the mind. Compromise adds another control in the mind. Defending your fears will add another control. And then each emotion will add more control.

We must free the mind power from all controls. We must be able to use the mind without fear creating controls.

The mind always follows a pattern, and I will give you a simple little explanation of the way the mind will go through a pattern of thought. For this explanation let us consider the stimulus of hunger. Hunger is a physical stimulus. When you become aware of hunger pains, your mind will assimilate and correlate this information into a thought that says: "I must be hungry."

That is a complete thought. But that thought will probably stimulate another thought, such as: "Gee, I wonder what time it is?" This is another thought, a thought that will stimulate you to look for the answer -- by looking at a watch or maybe asking someone what time it is. Then when you get that answer you will probably say: "O.K. It is almost lunchtime. Where am I going to eat?" This is another thought, which will probably be followed by yet another thought: "What am I going to eat?" The mind follows the pattern of answering all of the questions until you have taken care of the hunger. And then you let the whole experience go.

Now this is an example of the mind being stimulated and then following a pattern -- and the mind will always follow a pattern.

You must begin to understand the patterns in your thoughts and begin to know that you can change the patterns so that the experience of living will always be of benefit to you. When your pattern of thought is not as simple as the pattern that followed the stimulus of hunger, you need to understand how your mind is working. The mind is very simple, unless it is being complicated by the controls of fears.

So the first thing we must do is to remove the fear and its controls from the mind. You cannot do anything with the mind as long as you permit the controls to be there. So when you have a thought, and your response to that thought is not of benefit to you, know that the reason it does not benefit you is because there is fear in that thought. Now at that point in time it does not matter what the fear is -- and it does not matter what caused the fear. You must be concerned about the effects the fear is going to have on you if you allow the mind to follow the distorted logic of the fear. The effects will be the coping, the compromising, and so forth, and on down into your survival pattern.

If you have a thought and it creates a response in you that is not beneficial, know that your power of mind is there for you to use, and use it.

Make this adjustment: ask the mind to release the fear. It will do so. Your mind power is there for you to use. If you ask the mind to release the fear, the mind will not follow the stimulus of fear. You will have the same thought, but without the fear in it, and also without the coping, and the compromise, etc. Without the fear you will be able to experience a much more beneficial effect from your thought.

It is that simple. And I don't care whether you believe me or not!

If you will begin to realize that when the mind has a stimulus with fear, or when a thought has fear in it, you only need to adjust the mind, you only need to ask the mind to release the fear, you only need to insist that it not follow the fear. Input into the mind power the right program, and the mind will do as you ask. It will release the fear.

Now your next thought may stimulate another degree of this fear. Ask again! And ask again! After

you have released a lot of the responses of fear from your thoughts, you will be asking less and less. At this point you will begin to allow the mind to be free from the controls of fear. You will begin to be free from coping and compromising, and free from the emotions, and free from your survival pattern. You will have a mind power for you to use in a more beneficial way.

However, maybe you do not know how to use your mind power correctly because all of your life there has been the controls imposed by the fears of rejection and inadequacy. Maybe you do not know how the mind is to be used free from fears. In your experiences of living maybe you have only known the pattern of coping, compromising, defending, hate, anger and jealousy.

Now let us say that you have a stimulus, and then the mind goes through its pattern of thought -- one thought answering another, until the mind gives you a thought that includes a need. And then the need stimulates this next thought: "how am I going to fill this need?" The mind has given you the answer. The mind has just told you that you do not know how to fill this need. That is your answer. If you cannot accept this answer, you need to make an adjustment and ask the mind to fill the need.

So if you experience a pattern of thought, and then the mind presents you with a need that you do not know how to fill, accept that you do not know how to fill the need. And ask the mind to fill the need.

When your question is: how can I fill this need? It is both your answer and your question. Do not negate your answer, by coping, compromising, defending and getting into your survival pattern.

Accept that you do not know how to fill the need, and ask the mind to fill the need. Don't be stupid and use the mind power to cope. Because then you will never really have your needs filled. And all of your experiences will be in the feeding of your coping and compromising, feeding your emotions, and playing games in your survival pattern. And the emotions can never be fed enough. So when the mind says that you do not know how to fill a need, leave it alone. Let it be. That is your answer. Just ask it to fill the need.

Let me give you another example of when you must begin to learn to leave the mind alone. Let us say that there is a stimulus, and the mind follows its pattern, going from one thought to another, and finally it says: I don't understand. The mind has just told you that you do not understand. Leave it alone. Your mind has told you that you do not understand, and you must accept that answer. Ask the mind to fill this need to understand. It will do so. But do not try to cope with the fact that you do not understand. Accept the fact that you do not understand, and ask your mind to fill the need for understanding.

I do not care how many times a thought will come back to you as "I don't know how to fill the need." Ask your mind to fill the need. And I don't care how many times a thought will come back to you with "I don't understand." Ask the mind to fill your need for understanding.

If, in the pattern that your thoughts have taken, the mind tells you that you do not know what to do, accept that your mind has given you the answer. You don't know what to do. Based on a stimulus, and a pattern of thought, your mind is simply telling you that you do not know what to do. Now that is a fact. Accept that this is so and ask your mind to guide you to an understanding. Ask that this need be filled. Adjust the mind.

And after a pattern of thought that produces this: "When should I do that?" -- adjust the mind. You don't know when -- accept that answer and ask the mind to guide you to an understanding. Or if your mind gives you a question like "How will I be able to do that?" -- adjust the mind. Ask the mind for the guidance you need. But remember, your mind is capable of coping, and compromising, and defending, and hating, and anger, and jealousy.

If you allow fear to be in the mind it creates a pattern where you usually want to protect yourself from something that has not happened -- and in this pattern of trying to protect yourself from something that hasn't happened, in this pattern of fear you will misunderstand many things. You will probably make many decisions that are wrong for you. But if you would allow the mind to be

free to guide you, you would begin to experience the benefits of the knowing mind and its awareness and understanding -- not before, not after, but exactly when you have the need.

This presentation of how the mind power functions, and how you can use your mind power correctly, is the key to the way individuals have been able to make changes in their lives. I only present this concept. You have to use it. It is your choice whether you want to use it or not. But if you will use it you will begin to experience living without the coping, compromising, and all of the other distortions. If you will use this concept your survival pattern will begin to almost recede from the way you have been experiencing living. And then you will be free. The mind must be free for you to experience the answers and the guidance and the awareness that will be there for you from the knowing mind. When the mind power is free, many of your questions will be answered by the psychic; some answers can come from the past lives, and some will come from the spiritual area. But if you use the mind power to cope and compromise and defend and hate, you create blocks so that none of the benefits from the knowing mind can come through.

The psychic is one of the most normal things which you can experience; and you do not have to do anything to develop the psychic area of the mind. All you have to do is experience it. And once you experience it, and depend upon it, it will be there as an added guidance, to guide you and help you in meeting your challenges.

The vorti is a channel of energy that bonds the knowledge mind to the knowing mind. The vorti is there to bring benefits from the subconscious knowing mind to the conscious knowledge mind. If you have a need to know something in your conscious mind, the vorti energy will bring what you need from your unconscious knowing mind. Man, in creating emotions, blocks the vorti energy and eliminates the benefits that could be received from the psychic, and the past lives, from your memories, and from the inner voice communication to the Source.

We would hope that there would be a lot of gifts and talents and knowledge in your past life experiences that would be a bonus for you in this life experience. This would be a bonus for you if your mind is free enough for you to accept the knowing and for you to experience the talents and gifts that may be there. You do not have to age regress to experience the benefits from the past lives. All you have to do is free the mind from the controls imposed by fears and the benefits will simply be there for you to experience, especially if there is something there of value to help you fill your needs.

In your knowing mind there is a bond to the source of all wisdom; this is the spiritual area. If you have a need that could be filled by the supreme wisdom, and supreme guidance, comfort and strength that is available from the spiritual area, then this is accessible to you also if your mind is free to have this experience. All you must do is free your mind. Nothing in the knowing area has to be developed. It is there for each one of you to experience. All you have to do is use the mind correctly and you will begin to experience the benefits of the knowing mind. It is very simple. We have complicated the mind in many ways by using it to cope, and compromise, and defend our fears. We had to be given a simple way to begin to reverse the complicated knots that fear can create in our living. And so all you need to do is simply begin to take some time to look at your thought patterns, and make the needed adjustments. I promise you if you will make the adjustments and release the fear, you will begin to experience a free mind, and you will begin to experience more of the state of being of love and joy than you ever thought were possible.

Do you have any questions?

Question: What is an example of a thought with fear in it?

Gladys Moore: Thoughts with fear could be in many varied ways, and many people would fear being rejected and inadequate in a very different way than you would fear being rejected and inadequate. I think the key to understanding when to release fear from the mind is to understand that any thought that creates any kind of stress or struggle or conflict has fear in it. Before you try in any way to struggle with the fear you must make the adjustment and release the fear. Ask for the fear to be released, before you let the mind follow the stimulus that includes the fear. If you let the mind follow the stimulus, you will go into the pattern of coping and compromising and the

emotions. So you should make the adjustments, and once you have started asking, you will find it very easy to release the fear.

As I have been explaining, if you have a thought and the answer to that thought is you do not understand, leave it alone! You do not understand. If you do not accept this answer then you will begin to negate the answer and follow the distortions of fear. If you have a thought that says you have a need, and that thought stimulates another thought that says you don't know how to fill it, don't negate your answer by saying "But." If you respond with "But" it is an indication that you are coping. The other indicators of coping are "Maybe" and "What if?"

Here is a typical pattern of trying to cope: the mind comes up with a thought that says you have a need; the next thought says you don't know how to fill the need. Then: But if I don't then what if this or that? But what if? -- This is coping. Now if you don't make the adjustment, you will probably say: Well I can't. Or, I won't. Or, I shouldn't. There are the compromising indicators: can't; won't; shouldn't.

Now if you allow your mind to follow this defective way of thinking, your mind will then start to come up with your defensive word, which is "Because." You can't BECAUSE of this. Or you shouldn't BECAUSE of that. Or you won't BECAUSE of him. Because. Because. Because.

Now after you have come up with all of your "because's" you will begin to get angry with yourself because you are not getting your answers or meeting your challenges. And then you are in your survival pattern, which I call the "stew."

Several years ago I began to feel that I needed a better explanation of how to explain how we are misusing our minds. One night I went to sleep and during my sleep I was continually being brought up to a waking state, but not dreaming, where I was watching a woman who was working with all the ingredients of a stew. She had big pieces of raw meat and potatoes and carrots. But she was not making stew. She was trying to use these ingredients to make a meatloaf! And I watched her all night! I would go to sleep and then I'd be observing her again. At one point she beat up a bunch of eggs and then put the eggs into the stew. But this didn't make it into a meatloaf. It was still a stew. At another point she very carefully put all of the big pieces of meat and potatoes and carrots into a meatloaf pan. It didn't make it into a meatloaf. It was still a stew. Finally just before I awakened she ground up all the ingredients. She ground all of the stew out of the ingredients. Then she could make her meatloaf.

In your survival pattern there is a lot of stew. If you will use this method of adjusting the mind, you will grind out the stew. You will have the same personality, but without the stew, or the defects. And then you can have the meatloaf -- every time you take out a cup of stew you get a slice of meatloaf! And once you have enough of the meatloaf, you don't have to worry about the rest of the stew. It will be easy to get rid of.

You create a stew with your mind when you allow it to be controlled by fear. Sometimes the stew is very fermented. Until they have had this concept explained to them, most people are not aware of how much they fear being rejected or inadequate. Now let us say your mind is in a pattern where it is accommodating fear; and you are in a relationship with someone else whose mind is also in this pattern. Now each of you are stirring your own stew one way, and each is stirring the other's stew another way. It is no wonder we have conflicts in our relationships when we are all just trying to survive with our fears of rejections and inadequacy.

Question: I have a question about the non-power part of the mind, the knowing awareness mind. You mentioned the psychic as being part of that mind -- the psychic pertaining to an awareness of what is happening around you. Is that an awareness of other people's energy?

Gladys Moore: The knowing mind is the awareness mind. An awareness comes through the vorti and becomes a power in your knowledge mind. When you need a psychic awareness it will come through the vorti and become part of the power. Then the psychic awareness is a power.

The psychic awareness level of the knowing mind is an awareness of all of the non-physical energies that affect your mind and body. Your future is non-physical until you experience it. In an amazing, neat, sometimes ridiculous way, your psychic will guide you today if you need guidance for your future. Or it will guide you now or just five minutes from now.... If you need it.

As I have said, the psychic does not have to be developed. Everyone has this level of awareness to be experienced and it is a benefit for you. The more you experience the psychic, the more you will depend upon it. But psychic awareness only comes through the vorti and becomes part of the mind power when you need it. A need in the knowledge mind will pull the guidance through from the knowing mind if the mind is free.

Question: (Paraphrased) My life is going so well for me, that after listening to your lecture, I fear I may be developing a fear of being inadequate!

Gladys Moore: Well let me tell you something. If you let your mind follow that fear you are going to destroy all of the value you were talking about. The mind following fear will destroy all value

and benefit. The mind following a stimulus of fear is the reason why you usually experience what you fear -- only because the mind does not know the difference. The mind power is just power. It will follow whatever stimulus is there. And in following the stimulus of fear, you will experience what you fear -- over and over and over and over again. If you fear being rejected and inadequate, you will be rejected and inadequate. And the experience will make your fear even greater. And this will also make the defects in your personality greater -- it is the stew I have been talking about, constantly feeding on itself.

Comment: I've been experiencing a good high for the last year and a half.

Gladys Moore: Then I applaud you.

Question: (Paraphrased) But I can feel the fear in the background, although it is not ruling my life. Is the fear always going to be there in the background? I think I act in ways to negate the fear.

Gladys Moore: To negate the fear is sometimes to create an illusion that is not there, but then you must still deal with it if it is really there. I am talking about not having the fear, so that it is not there in any way.

Question: Because you have released it?

Gladys Moore: Yes. You have released the fear.

Question: Can you permanently release the fear, or can it come back after it has been released?

Gladys Moore: If it comes back, you can release it again. If you experience anything again where that fear might pop up, you have the keys to release it. Your mind is just power, and all you must do is use it correctly. The power is just there for you to use. All we have to do is begin to understand the power and how to use the power correctly. And then we are free.

When someone else is in a situation where you are experiencing fear, you should know that probably some of your fear is fear of them or fear for them. So when you ask your mind to release your fear, add: And through me release their fear.

Now again, I don't care whether you believe me or not, but please ask, if someone else is in the fear. The power of the mind does extend to others and we have all been affected a lot more by the extensions of other minds than we realize.

It does not matter (geographically) where someone else might be. If they are affecting you in your thoughts and are a part of your fear, ask that your fear be released and then ask that through you their fear be released. If you see someone angry, know that they are angry because of fear. Ask, and their fear will be gone. It is that simple.

Frequently other people seem to be part of your needs. Ask first that your mind fill your need, and then add: through me guide them to fill their needs. Maybe if they were capable of filling their needs, that would be all you would need. Because it would be for you. So please do ask. If

someone is in your mind in a thought where there is fear, or if someone is in a thought where you have a need, ask that through you their fears be released, and that through you they be guided to fill their needs.

But don't look to them to perform for you. Keep asking, because you are going to respond, react and act in a different way -- you are not going to feed the emotions; you are stabilizing yourself. By not feeding their anger with your anger, you are going, to a degree, to free them. They will not be adding more anger to their pattern. You will see the change in them. We do not know what we really need. How do we know what someone else needs? Many times what we want is to feed and accommodate fear and its distortions. There will never be enough food for fear.

What we really need -- and it is the first need that is filled for us -- is the need we all have to believe in ourselves. How can we expect anyone else to believe in us, if we do not believe in ourselves? How can we believe in someone else, if we don't believe in ourselves?

When you believe in yourself you can fill almost all of your wants. Many of your wants will change and have a different value when you experience living without fear, when you have more belief in yourself.

When you ask for your needs to be filled, don't say "But," or "What if?" or "I can't do it that way." Or "I shouldn't do it that way," or "I won't do it that way because, because, because, because." Let your mind power be free to fill you need. It is always very correct when it is free. It is very incorrect if it is used to cope, compromise, defend and create emotions.

The mind power must be free in order for you to experience the elevation of the mind, and the full potential that is there for you to experience. When your mind is free you will never allow it to follow a pattern of accommodating fear. The accommodation of fear creates much stress in your living. But a free mind creates a passive, very beneficial way of living. When you use the mind in its full freedom you never have to undo anything, because you have never done anything before it is needed -- because the mind is always guiding you -- not before, not after, but exactly when the guidance is needed.

Your needs are not always going to be filled through the thought process. There will be many times when understanding will not come to you through the thought process. And there will be times when your decisions will not be made in the thought process. There will be many times when these three things -- needs, understanding, and decisions -- will come about from the experience of an activity. If you do not eliminate your experiences by fear -- if you allow yourself to have your experiences -- you will allow yourself to have the experiences which will create the understanding you need. And you will know what to do, and your needs will be filled -- your real needs, not just your wants.

From the spiritual area there is a beautiful discipline. It is because of this discipline that you can be truly free. When the mind is free enough to experience this discipline, it will make sure that you are never hurt first. Only when you have been hurt will you hurt someone else. This discipline will also make sure that you are not burdened first -- because only when you are burdened do you burden someone else. When you have experiences this discipline you will also experience a beautiful freedom -- a freedom where you will not allow anyone to become dependent on you. Instead, you will try to guide them to depend upon themselves -- because at some point you would both resent the dependence. In the experience of this discipline you will not allow yourself to be responsible for others. Instead, you will try to allow them to be free to experience their responsibility to themselves. The self will come first when you have the mind free of patterns of fear. That is your discipline. If there is a value for self first, then there will be a value for someone else. And self first is not selfish when you are rid of your fears. It is actually almost selfless -- because self is not going to be hurt and therefore you will not hurt another. Self is not going to be burdened, and therefore you will not burden another.

Your memories are stored in the knowing mind. If your memories include the confusion and

muddle that accompanies fear, there is distortion in your memories. Then when you try to pull a memory back through all of the muddle and distortion, is there any wonder that you cannot remember anything? We do not need to memorize anything when we begin to use the mind correctly. The process of sleep will take everything out of the mind power and put it into the memory area of the knowing mind. When you need a memory back in the mind power, it will immediately be there. It is that simple.

The memory area of the knowing mind is there to free the mind power for the experiences of each new day; the memory area is also there so that at your death the record of your life is with the life energy, and it becomes part of the energy of life.

Question: Is it through this whole process that you have been describing that the energy of life expands?

Gladys Moore: The energy expands through the energy of living and we should not restrict the expansion in any way. When the experience has been of value and of benefit to you, it would be of value and expansion to the energy. It would also be of value in affecting an expansion to the energies of those people with whom you have relationships, because you are free to experience love and joy.

Man is still capable of experiencing love and joy. But psychological accommodations to fears have made man almost incapable of experiencing love and joy.

The first love that you must experience is the love of self. Ego is good when it is self-contained, self-fulfilled and self-applauded. You will not need any other applause when you reach that point - - but at that point you will probably have everyone's applause, because you do not burden them, or hurt them, because you are free. For this reason the love of self will be one of the first after you begin to release your fears.

How can you love yourself if you look at yourself and see all of the anger, the hate and the jealousy; when you see all of the destructive survival patterns that you have created to appease your fears: the lies, the games, the submissions, the controls and the compromises. How can you applaud yourself when all of that is within you? Then you present yourself with an image because you don't want anybody to see the defects; then you are very vulnerable. You have an image for your public, but inside you know you have your stew. Then if someone pierces the image, or if you pierce it, all of the defects are seen. Another freedom for you to experience is not having that image, but instead having a self that is free -- free to experience the self-belief that will develop when you begin to ask for your needs to be filled. To believe in self is to believe in God, because it is one and the same.

(Long silent pause)

Still there?

This part of the concept on the workings of your mind is of course the most beneficial part that I present, and I can present it in many different ways for more understanding. That is what occurs in the classes. Each month we start with this lecture, and then we have three classes -- because maybe the same people will come to the classes. The classes are very unstructured. The structure is in the questions that people ask me. Because people ask so many different kinds of questions, it gives me a lot more freedom to present more of the knowledge we have gained. And of course, many people want to go back to the concept of the mind because that is what is so important.

It is a free mind that will allow you to experience your development -- when you won't need me, or anyone like me, to give you your answers. When your mind is free you will have within you all that you need to be capable of finding your own answers. The personal appointments and counseling that I offer is just to aid you in maybe getting rid of some of your survival pattern or helping you

understand yourself, and to start you on your way with more benefits in the experience.

At the end of each class I offer everyone the opportunity to receive a message. Everyone feels the messages are very beneficial for them. When giving messages I use a Ouija pointer tool (without a Ouija board); I do this so that I can almost get my mind out of the way. The messages usually pertain to whatever you need that day.

In the beginning of this concept we were told that we should record the words for others. As we began to record those words, they took the structure of a book. And then, finally we ended up with two books. The lady who owned this bookstore at that time was very accepting of what I was presenting, and she felt that the guidance was very, very beneficial. She printed the two books.

The first book is called Joy in Living. It is a very personal book. The second book is called Forgotten Knowledge and it is a kind of knowledge and understanding of mankind's evolution. Both books use the words of the channel verbatim, as they were the beginning of this experience. The structure of the sentences in these books is very different from the way you would structure sentences, but for a reason. The reason is to begin to make you think. Many people read these books and report they do not understand them -- but they read them again and wonder why they didn't understand them the first time.

We have a few more minutes; would you like to ask me more questions? Or have I befuddled you too much?

Question: How do you mean, "Release the fear?" There is a Beatles song: "There will be an answer. Let it be." Is this what you mean by releasing the fear? Gladys Moore: No. You must think of the mind as a power for you to use. Now most of us have felt that the mind is a power that has controlled us. But the power does not control us at all. It is the fear in the power, or the stimulus of fear that you allow to be in the power, that becomes the control.

When you have a thought, and your response to that thought is not beneficial, understand that the reason it is not beneficial is because of fear. Instead of allowing the mind to follow the fear, ask that the fear be released. And keep asking that the fear be released until you have the thought without fear in it. Now the mind will not follow the fear by leading you into coping, compromising, and defending the emotions and your survival pattern.

Eventually you will reach a point where you don't have to ask for the fear to be released because you will have almost eliminated all of the active fears of rejection and inadequacy. It is that simple. Then you will have the mind free, and you can begin to experience the value and benefit that we each have in the mind. But first you have to get rid of the fear, so that the mind does not follow a stimulus of fear.

Question: When you don't understand, and when you don't know what to do, and your questions seem impossible to answer, is that the point when we will get the correct answer if we are ready? Gladys Moore: There are many things that stimulate your mind to give you a communication or a thought. The same stimulus might be experienced over and over and over again. Thus the same pattern of thought might come back, and come back, and come back. But if in your pattern of thought there is a communication that you do not understand, that is your answer. You do not understand. That is your answer. It is also your question. Ask that you be guided to find your answers. But don't use the mind power incorrectly and respond with fear. The mind just gave you your answer. At that point in time you don't understand.

Question: If you reach that point in time when you do understand...

Gladys Moore: You won't be asking that question! It's that simple, because it will be complete.

Question: Do I say to my mind "Fill the need." -- and then the answer will be there?

Gladys Moore: It's not quite like that. When you allow the mind to be free it has a very intriguing and unusual pattern. It will follow many avenues to fill a need. There will be times when you experience this pattern of mind and look at some of the activities you are experiencing, and say: Boy, I don't need that! But when you continue to let the mind be free, as it continues guiding, you

will find that the mind was following your stimulus of need, and that you needed to have an experience in order to allow a new development which will fill your need.

If we have been unable to make a decision, and we keep trying, it is because there is fear in the activity. Now if we release the fear and ask the mind to fill the need, maybe we will feel very vulnerable because we have never allowed ourselves to be that free. And now we don't have our fear as our defense.

Then all of a sudden your mind is shoving you and things are happening, and unexpectedly you think: This is certainly not what I need. But if you will continue to allow the mind to be free, asking the mind to let all of your needs be met, suddenly you will find that in a unique and beautiful way your needs have been filled.

When someone else is involved in your needs, you must understand that your needs cannot be met at the risk of destroying their needs. This is why we must ask that their needs be met. But do not eliminate the value and benefit for yourself. When you begin asking for the release of your fears, and the fears of another, you are not going to submit so much to others because you do not have as much fear. And this new freedom for you is going to be a real threat to someone else who controlled you so much by using your fear to make you submit. And you must continue asking because every step of freedom that you are taking is really freeing them as well.

I am not promising anyone that living is going to be totally and completely without concerns. It isn't. Especially at this point in time. But if you will use the mind correctly, you can still be at peace. I do not care what is going on out there in the world. You will know that the greatest security that you have is your mind. And you will know, if you use your mind correctly, that nothing can destroy you because the mind will always be there to guide you in the right direction to do the right thing. It may not look like that during the experience, but if you use the mind correctly, it will finally end up to where that is exactly what it should be.

Question: I've not heard your lecture before, but surprisingly, several years ago, I started using the method your are describing. I'm not always perfect because I do slip into the fear thing, but once you learn this way, you won't...

Gladys Moore: You won't use the mind any other way. You won't allow it to be used any other way once you allow it to be used correctly. Using the mind with fear creates stress not only mentally, but it will create physical stress. Many of our diseases have been created because the mind has followed a pattern of accommodating fears.

When you get into your survival pattern -- when you are judging yourself, and measuring yourself, and punishing yourself, your mind will follow that punishment. It will punish you to the point of disease. The mind does not know the difference. It will punish you if you allow it to punish you.

The mind is a great power; we must begin to use that power correctly. We have all seen the effects of using the mind incorrectly -- over and over and over again.

Isn't it sad that after each death the energy that is to come back to live again is put into perfection? The mind power is a perfect power for us to use in creating living. But before we are even born into this world the fears of rejection and inadequacy begin to distort the power, and as tiny children there can already be many defects in that tiny personality. And so the balancing of the energy and the cleansing of the power after death is not creating any value in living. We destroy the balance in our children before they even have a chance. What must happen is for change to begin here in our living experience. We must release the fear so we won't destroy our children. We must release the fear so we won't be burdened by our destructive survival patterns in almost all of our experiences.

Question: If you ask for another person's needs to be filled, will that create more dependency on you?

Gladys Moore: No. They do not need dependency. That will not be a need that is filled. When you give the mind the freedom to fill the need, the mind will be correct in filling whatever need is

needed by you, and by them, for them. This is why I say that you should not expect someone to perform for you. You do not know what their needs are when you ask that another's needs be filled. Don't say: That's not the way I wanted you to act! Just keep asking. It is enough that you are asking for the release of their fears, and in this asking eventually you will see that they are taking steps, becoming responsible for themselves in many, many ways, and eliminating that dependency on you.

Question: I'm not sure how to ask for another person? Should I ask that their needs be fulfilled, or should I ask that through me they be guided to fill their needs?

Gladys Moore: Either way. It does not matter much how you ask. Just ask. Just ask. In fact, you will get to a point where you do not have to structure your asking into words. If you have a response, and you know that there is fear in that response, your mind will almost structure a correct response without words.

When you start asking, keep it simple. The thing you really need to do is to start trying to get a handle on your mind's patterns. Make the adjustments when the fear first begins to be a part of a response. And keep asking. It does not matter how long you need to ask. Do not let time be the measurement. If thoughts continue to come into your mind where there are questions and answers that include: I don't know what to do. I don't know when to do it. I don't know how to do it. -- understand that these are your answers. The exact answer. Keep asking for guidance and understanding. But don't try to cope or compromise your answers.

I have noticed that sometimes when I have not known what to do, several activities will occur relating to the situation, but I am left still not knowing what to do. I don't have the answer, but then someone else will have the answer. Which is exactly why I did not have the answer. After I had experienced an activity, someone else made a decision, and then I realized why I didn't make the decision -- I was not the one who needed to make the decision. It was another who needed to make the decision. I did not need to know what to do. They did. When we give the mind its freedom, it will have many ways of giving you your needs and answers.

I have only presented a few examples of how your mind works. But please remember if a thought comes into your mind that is both an answer, as well as a question, leave it alone. Give your mind its freedom to do the work for you. Don't force it to follow fear.

Question: There are philosophies which have concepts of a consciousness, a sub-conscious, and a super-conscious. When you are working through the Samuel channel, are you using the sub-conscious or the super-conscious level?

Gladys Moore: I really wouldn't like to restrict the channel to any level of mind. From the very beginning of this experience with the channel it seemed that if someone had a need, it would be that need that tripped the trigger in my mind to give me the answer that they needed. Most of the time I am giving answers where the person has not verbalized their question, so I really don't try to determine from what part of my mind the answer is coming. It simply happens. For me it seems to be a very natural thing. But everyone has this ability. Almost everyone who has experienced the freedom of their minds has told me that they have many experiences where they have been given knowledge, wisdom and guidance in this way. And it is available to all of you.

It just so happens that the energy I am experiencing really had nothing to do with Gladys. It seems to be a gift given at birth, the capability of opening this channel to all of you so that you could begin to experience your own inner knowing, inner guidance, inner wisdom. I totally lack control over this channel, and I would not want to control it. Sometimes the messages from the channel seem to be supreme guidance; it is a kind of guidance that is so out of the ordinary that you might say that it is "super guidance." But that does not matter. I care about the value and the benefit.

One of the first things I tried to do is to not create a dependency -- you upon me. I need to be free as much as you need to be free. I try very hard to counsel you so that you can find your own way, your own experiences, within your own structure. From the very beginning people who were searching for answers became involved in this concept because of the uniqueness of the messages that came from the channel. The messages were usually not complete -- they had a lot

of holes in them. But the messages were complete enough so that people thought: Well, yes, I'll accept that as my answer. And then, maybe months later, after they had more experiences, they understood the messages totally and filled in the holes themselves.

It is very, very important to me that all of you people use your own minds, not mine. I am the first one to close the door on someone who tries to use my mind after I have given them the information on how to use their own minds. I will guide you, but you must have your own experiences. I don't want your dependency, and you don't need it. You have your own knowing minds. The wisdom and guidance that I have been talking about is available to each and every one of you. I do not accept anything less for any of you than that which I have experienced, and I don't think I have experienced all that is available. My mind is still experiencing different levels of elevation. But I have not experienced anything that you people cannot experience also. Don't accept anything less, because you do not have to. All you need to do is free your mind from following the stimulus of fear, and the more you free your mind the more you will automatically experience all of the benefits of the knowing mind. It is that simple.

I think it is dangerous to try to develop the psychic area -- to force the development of the psychic is to put a restriction on the mind. The psychic is a unique form of mind. At night when you sleep your input of today's experiences upgrade or update the psychic mind. So the psychic is ever changing because of the constant upgrading from the memory level to the psychic level. Message from the psychic mind usually will not fit with today's activities because you have not yet experienced them. And when you begin to depend on psychic guidance, you don't try to fit them into anything. Leave them alone. Then you will experience something -- and, oh boy! Do they fit -- with a tremendous amount of guidance for you.

The mind is unique when you begin to experience all of it. Simply allowing your mind power to be free will make you extremely intelligent, much more so than you have ever been before. I have worked with people who have gone back to school, and they didn't hardly have to study. If your mind is free it will put what you are learning back into the memory area. And then when you need it back -- there it is! It's that simple. The mind is very simple to use, once it is free.

Question: What do you do about memories that include hatred and jealousy and the emotions from earlier days of your life? How can you go about cleansing these experiences?

Gladys Moore: It is fear that brings these past experiences back up again. When you have a fear in a stimulus of today, it will bring back the fear from your earlier experiences, compounding the distortion, and adding more power to the fear. But when you ask for the release of your fear, the fear from those earlier experiences will begin to recede. There are many fears that are in your survival pattern, and there are many experiences with fear that are also in your survival pattern, that will keep coming up, and coming back and coming up. But if you will use the mind correctly, the mind will not fall into the pattern of following and accommodating fear. And all of the old experiences of fear will recede and recede until they do not influence your living in any way.

Question: Are you saying that the mind will clear itself if it is used correctly?

Gladys Moore: That's right. Because you do not allow the mind to follow a stimulus that will put the mind into a pattern where it is coping and compromising and defending and accommodating fear. The more you do not allow the mind to follow a pattern of fear, the less you will experience fear. There is never a need to be angry and never a need to hate.

Question: The fear patterns are very difficult to get a hold on, to stop and figure out why....

Gladys Moore: If you will begin to release the fear when you are having the thought, that will take care of eliminating the emotions, because your emotions are there because your fears are there. And so if you release the fear you will no longer be on the emotional level, and therefore situations that would have made you angry will no longer made you angry. If jealousy has been a defect in your personality, you will no longer be jealous. It is that simple. Keep it simple, because it is simple. Don't try to figure it out -- just release the fear.

But you must try this method of using your mind before you will know if it will work. That's why I tell you that I don't care if you believe me or not! You have to try it to believe it! Please try it. You will believe me because you will begin to experience the benefits.

What good is a presentation like this if you cannot experience it? Many people believe in God, but they have never experienced that belief. Some people have a belief in themselves, but what good is that belief if the distortions of fear prevent them from experiencing their self-beliefs?

We must experience our beliefs. Our beliefs must be of value to us so that in the experience of our beliefs they will be a value to us, and a value to others -- to free us so that we can experience love and joy.

We can feel love but then our fears of inadequacy and rejection will always be trying to have proof that our love is accepted, or that we are loved. And we will never have enough proof as long as fear is there. Never.

When somebody says: I love you. And then you say: O.K. You love me now. But what if? Then you are beginning to use love to control. They must submit. But you do not control without submitting, and you do not submit without being controlled. So there the two of you are---one submitting, one controlling, and one controlling and the other submitting.

We are all having a very difficult time experiencing one-to-one relationship because of fear. Parent-child relationships; brother-sister relationships; friendships; man-woman relationship. All have become very difficult to experience and to be of value.

The roles of husband and wife in the structure of marriage have begun to be very, very hard for anyone to experience with value. Much of my counseling is marriage counseling. What makes me so very sad -- over and over again -- is that in most relationships it is not that they do not love one another. They do. It is that they cannot experience their love because of allowing their minds to be totally distorted by fears. That is what is sad.

I've enjoyed meeting with you tonight. I hope you have heard something that will be of value to you. Please do use the guidance that I have presented. Just try it.

Question: Gladys will the next three classes be a continuation of this lecture?

Gladys Moore: No, I work best when people ask me questions. Also, I work easiest when people ask me questions. In the classes I just put myself right out there in front of you and answer your questions!

A note regarding the transcription of this lecture: This lecture was given on 6 May 1981 at the Nic Nac Nook Bookstore, Denver, Colorado, and was recorded by Pat Adams, of Evergreen, Colorado. The tape recording was transcribed by Howard Hoffer in September 1981, and rewritten and edited in October 1981. Gladys Moore uses a chalkboard extensively during her lectures and classes, and frequently refers to drawings or words which she has drawn or written on the chalkboard. Therefore much of the lecture transcription had to be rewritten or edited into more easily understood sentences. Although improvisation was sometimes necessary for clarity,

wherever possible the original has been kept exactly as spoken. Every attempt was made to keep all rewritten or edited material in the style, vocabulary and format used by Gladys Moore in presenting the Samuel concept. The drawings included in this lecture are similar to those used in the presentations of the Samuel concept.

Having listened to this lecture many times, I am well aware that the presentation has a dynamic, vital quality that is lost in putting the words on paper. The students of Samuel know this vitality to be the channel of mind energy, perhaps the presence of an extension of the Universal Mind itself. Fortunately, the experience of this guidance can restore the vitality to these words.

Howard Hoffer
18 October 1981