

Consciousness Class 1

It states in Discourse 24 that love is the creative principle of the universe, that love is the great magnet. Now as we understand this principle of the universe, we will understand that whatever happens to us has been created by us. It has not been created by anyone else, but it is something within ourselves that we have become in rapport with. Now we get into rapport with something when we are expressing through that level of awareness. Therefore, we have choice at any given moment to change from one experience to another, simply by a change of our thought patterns or our attitude of mind.

Now the teachings of Serenity are concentration—and concentration is placing the mind pointedly and fixedly upon the object of your choice until only the essence of it remains—concentration is one and therefore concentration is the power. We teach that peace—peace is all things in harmonious motion. When we are at peace within ourselves, everything in our universe therefore is peaceful. This peace comes about through an attitude of mind, through concentration. Therefore, by concentrating upon peace we, in time, will become that peace.

Freedom is not something that we attain without effort. Freedom is something that comes to us through control. Until man learns to control thoughts that are limiting, man will never be free. So we find that freedom comes through what is known as self-control. Control of limited types of thinking frees our spirit to express itself and serve the purpose for which it has been incarnated into this form.

Do we use our imaginations or what do we use?

An excellent question! How do we touch, what facility do we use in touching the universal vibratory waves, is that your question? We use the technique of visualization. Now when we visualize anything, by the very process of visualization, we become in rapport with that that we visualize. Every thought that we think has an effect upon us. The extent or energy that this responds to us is dependent upon how much energy we give to the thought. We give greater energy to thought by feeling than we do, for example, if we think of the word *door*. If we just think the word, we've given it so much energy. If we feel the word, if we visualize it, we give it a great deal more energy. So remember, whatever you think, you come into rapport with that thing.

If you want to get into a more receptive rapport with anything, then you must, through the process of visualization, begin to feel it. As you begin to feel it, you become more receptive to it, and this is the reason that we teach our students to concentrate upon peace. Not only to think of the word, but to touch the very essence of it, and you touch the essence of a thing through the doorway of imagination or visualization.

Are we talking about responsibility only to our own soul's development, our own spiritual development, or to ours plus the other spirits on our level? When we take the responsibility, are we to take it just for ourselves or for our levels?

That is an excellent question. When he speaks of responsibility in Discourse 40 and throughout *The Living Light*, he is speaking of the responsibility of one's self to their own soul and to the Spirit, the Divine. When we awaken to our own soul, to the spirit within us, then we will awaken to the great truth that everything, in every place, is one; that there is no place that God the Divine does not exist in all of the universes. Therefore, when he speaks of responsibility, he speaks of the responsibility of our own spirit to itself, which is God within us and God without us. It's everywhere! Yes!

Doesn't our spirit, our spiritual development affect the development of the other souls and spirits around us?

Definitely! A person's unfoldment, spiritual unfoldment, not only affects themselves as an individualized soul, but it affects everyone and everything

that we come in contact with. If we awaken to higher levels of awareness, what happens is everything that comes into our aura, into our vibratory wave, by thought or by physical contact, is affected to some extent. See, man is responsible unto himself and to all his creations.

So by developing ourselves, we're automatically developing the others around us.

Absolutely and positively! And remember, those who do not choose to awaken will leave our universes by the very law that like can only be sustained by like.

I have a question.

I'm glad to hear that, because, you see, this is why we have a mind: to ask, to question, to think. And this is why he teaches, "Think, my students, and think more deeply." Because no matter how much we know, there's always something to learn. This is why I'm so happy coming to class because as I try to express and share with you students what has been given to me, I, in turn, respond and learn from your questions. Yes, ask your question, please.

We were discussing that all things are in reality energy.

Yes?

May the touching be considered to be the tuning of one's level of awareness, that is, the raising of one's consciousness point within one's own energy configuration to that point where it is in rapport with the energy configuration of that object or concept concentrated upon, so that an exchange of energy or an actual flow between the two takes place. Is this the touching or the sensing?

That's exactly what happens. For example, he gives an exercise in there, which we will use tonight, to feel the ocean, to feel your home. Everything, every experience is inside ourselves. The only place the experience is recorded is in our own mind. It is not recorded anyplace else; it's only recorded by our own mind. For example, if you wish to be at the ocean, attune yourself to the vibratory wave of the ocean, which exists inside of yourself. You do not have to go anyplace to be home. You are already home. The thing is to awaken to that simple truth. Whatever it is that you want or desire already exists inside

of yourself. The moment that you awaken to that truth, then you will become in rapport or on the same energy wavelength, so to speak, as the thing that you desire. Because the experience exists inside of your own mind. It does not in truth exist outside of your own mind.

Now, some students get that teaching a bit confused. Then they go on to say, “Well, if that’s the case, then the spirits that I see or I contact are inside of me.” My good friends, you are already spirit. You’re not going to *become* spirit; you *are* spirit. Now when you awaken to that, awaken your mind to your own spirit, then you will make contact because you will be on the same wavelength as those spirits existing here in the universe this very moment. You cannot contact or experience any spirit, anyplace, that is more illumined than the energy level that you are capable of tapping at any given moment. And this is why, if you have spirits that are distasteful to you, it is because we are distasteful to ourselves. We are on the level of awareness through which we are having the experience in our own mind. Does that help with your question?

This is why the teaching is that whatever happens to us is caused by us. It is simply one of the eighty-one levels of awareness that we are receptive to at any given moment. God is not a place or something you’re going to find outside yourself. You will never find God outside until you find God inside. Thank you.

In our talking about the energy being emanated, you told them that they had to have visualization.

I didn’t mean to say they have to. I said it is the doorway to the world of spirit and it is a way of becoming in rapport with anything that we choose to be in rapport with. Yes.

But in order to touch something, do you have to visualize it also while you’re trying to do this?

Ofttimes—That’s an excellent question. Now oftentimes we are visualizing things on a subconscious level that we are not consciously aware of, for the simple reason that we are not aware of the thoughts that are swimming in the depths of our own subconscious. Yes! You would have to have visualized it

on some level in order to have had the experience, whether it's a conscious or a subconscious level.

But you don't have to be conscious that you visualize.

That is correct; you don't have to be. You know, man, his conscious mind is set aside, he goes to sleep, and he dreams many dreams. Those dreams are triggered through the laws of visualization.

I wanted to ask something in reference to what had been asked before. We're on this physical plane.

If we are consciously aware of the physical plane, then we are on it. The only reason we're on it is that we're consciously aware of it. When we're no longer consciously aware of it in truth, we will no longer be on it.

So that, whatever level we're functioning on here or whatever level we can attain here, are the only experiences we can have?

That is absolutely correct! Heaven is not a place we're going to; it is a state of mind that we're growing to. If we do not grow to it while in the flesh, we will not go to it when we're out of the flesh. Yes.

I was thinking in reference to the ocean.

Yes?

If we're not on that level of consciousness...

We cannot experience it.

Now, it is critically important that we awaken while we're here in this mundane world. Otherwise, when we leave the flesh, we'll not be aware of beautiful things if we cannot tap those levels. So if we can touch those levels while yet in the flesh, when we leave this piece of clay, it will be much easier for us. Now remember, we're not going to go to some heaven that we haven't merited, but the meriting is done here and now. Tomorrow's home, you know, is today's labor. So if we labor well while here, then we can be rest assured that we will gravitate to a state of consciousness right here and now that

people compute as heaven. Belief does not take us there. Belief is sustained by four other steps.

If the spirit guidance that we attract is on the same level as we are, how can they guide us, if they're on our level?

That's a very good question; that's a very good question. Now, the question has been asked by the student and it is a very important question. If the spirits that are attracted to us for guides and teachers are on the same levels that we are, then how can they guide us? The truth of the matter is that the guides and teachers that we have are on the same levels that we are, but we are not on those levels very often. Our aspirations are there, periodically, maybe for a few moments in a day or maybe for a few moments in a week. Therefore, when we are on that level, those guides and teachers—we are in rapport with them, and they help us and try to inspire us because we are receptive to that level of awareness.

So they can only come to us when, when we're—

They can only reach us when we are in those levels. Otherwise, we're reached by entities that are on the levels—if we want to know what level we're on, all we have to do is take a good view at our experiences. That is like looking in the mirror. If we're miserable and we're blaming the universe and everyone around us for all of our faults and all of our frailties, then that is nothing more than a mirror reflecting back to us. My dear friends, that's where we are.

I was going to ask about these guides and teachers who are on the same level. Would prayer put us in tune with them immediately, if we're asking for protection? Would this now put us in a higher rate of vibration for that protection?

Does your prayer, through experience, gravitate your soul to a level where protection exists?

I would think so.

Then, for you, it absolutely works. It's the same thing, my good friends, if you believe in St. Jude as a saint of the impossible and your belief is a true

belief for you, then all things impossible will be made manifest for you. We may do the same thing with a rabbit's foot.

Now I am not saying that our guides and teachers, and our friends from the worlds of spirit are not present with us. I know better, because I see them and I hear them, and I know that. However, remember that man must take the first step. If we want protection, we must set the Law of Protection into motion. And what is the Law of Protection? The Law of Protection is the Law of Faith: we have absolute, unshakable faith in the perfect outcome of the situation in our life. So therefore, if you are seeking protection, seek first faith, for that is the law that truly works. Does that help with your question?

Very much.

Thank you. Yes.

If you start thinking very loving thoughts, you touch people with your love. And if the people you're sending those thoughts to don't happen to be receptive, that love will stay there and wait for them to be receptive. Where an unloving thought immediately dissipates if it finds nothing to be attracted to?

Yes, now in reference to the question, I would like to state this: remember, he who has great capacity for love has great capacity for problems. Now love expresses through eighty-one levels of awareness. Remember that, friends. Many people are expressing love, but they are loving and expressing in levels that are not tolerable to us at any given time. Therefore, remember that if you send love to an individual, God's love, Divine love, send it in divine wisdom with divine order, because the Divinity knows if it is that pure love that you are sending out. The Divine knows whether the person receiving it is going to use that love on what level because there are eighty-one levels of awareness through which love expresses itself.

Remember, all things in God are good. The power behind every thought, every act, and every deed is God power. We do not recognize or accept such a thing as a devil or dark forces. We recognize and accept that behind every thought, act, and deed, God is there. Man, having been given choice in creation, is a dual expression. He chooses at any given moment to express God's love in a constructive or a destructive way. We understand Divine love

to be pure Energy or Infinite Intelligence. But what man does with that energy is man's choice and man's alone. He uses it constructively or he uses it destructively. Does that help? That's very important that we understand that God is everywhere present in all things, everywhere.

Remember, friends, there are many people who think that a meditation group of this type is not God's work. When God is in our thought, God is in our act and God is present. God is behind all things everywhere. A person might say, "How could God be behind the war? How could God be behind disaster?" We're talking about the power itself; what man does with that power is up to man.

Is this not true, also, of the warlords in the spirit world? They still have this thought—

Definitely.

Of war and disaster?

Absolutely. And so when man has the thought of those things, he becomes receptive to all the universes of them, everywhere present. Now, man has the choice, he can choose peace, he can choose the good things in life if he wants to.

But, don't you see, my good students, that we hold these things through the power of love? We hold to our misery, we hold to our limitation, and we even hold to a little bit of good through the power known as love. Remember that truth is taught through indirection, demonstration, and example. When we become the Living Light, then all those things added to us will be illumined. We won't even have to think about it. It is an automatic thing. It just is.

Our purpose is not to get people to agree or disagree with the understanding of Spiritualism as presented in this church. Our purpose is to share with you the understanding that we have received. Remember that we recognize and respect the divine birthright of each individual to express on any one of the eighty-one levels at any given time. Any questions?

Being a new student, I have a thousand questions.

You feel free to ask as many as we have time for, because we do have to get to our meditation.

Would you define for me your definition of heaven?

The lady has asked, Would I define my understanding of the word *heaven*. Well, I can only say this, Madam, if I attempt to define what I understand to be heaven, you realize, through my defining it, I'm going to limit it and I personally do not like to limit what I understand to be heaven. So I hope you will bear with me. That's just as if you asked me to define the word *truth*: I'm going to limit it and I'm not going to have truth anymore. So if I try to attempt to define my understanding of heaven, I will limit it and I will lose heaven in the process of my limitation of expression. Do you understand?

You're saying what Kirster said, I know what I know and that's what...

And you will know when you know on that level. Does that help?

Yes!

Did you have another question?

One question, when it said in The Living Light to "feel," to close your eyes and feel your home and what goes on around you, or feel the ocean. What exactly do you mean by feeling?

By *feeling*, I mean a receptivity to the energy-vibratory wave of the particular thing that you wish to become in rapport with. Now if you wish to be in rapport and sense and have an awareness of the ocean, what that simply means, you yourself are raising your level of awareness to the energy level through which the ocean is expressing itself at that time.

What would you feel thereby?

I would feel the ocean if that is what I wanted to be receptive to. That's exactly what I'd feel.

You would feel what: the motion of the water?

I would feel the motion of the water and I would feel all the expression of the life force that moves it, because that's what the ocean feels.

Well, wouldn't that be, when you feel the ocean, wouldn't that be different from what somebody else would feel?

Now that's an excellent question and that depends entirely upon their processes of visualization. If, through the technique of visualization, you simply trigger a subconscious memory and someone else actually is in rapport with the ocean itself, that could be a different experience to you than to another individual. That depends on what you trigger; what level you trigger yourself.

You can't exactly say what I would feel if I thought about the ocean because it might be something completely different from what you would feel.

It may be, and it depends on what level that you are in tune with. Yes, but it could also be identically the same thing.

If we were both in tune on the same level?

Exactly. Definitely.

[At this point the recording is interrupted.]

It is the original sense. You see, the eyes deceive and so do the ears, but your sensing, your clairsensing is very, very accurate. When you see a thing and your soul responds, then you will know and you will not have to be told. And you will know beyond a shadow of any doubt. And this is why the first thing we teach our students in our private classes is how to unfold their sense of feeling, their clairsentience, because that is accurate.

Is it the same as first impression?

Yes, it could be called the same as first impression or intuition. You will find first impressions are usually the most accurate. But not always the most accurate because sometimes we are expressing through a level where the first expression is a mental one and not a spiritual one. Yes. That depends on how much we have the mind in the way of our own spirit.

Well, why is it so much easier on this side to learn?

That's an excellent question! And the question is, Why is it so much easier on this side, while in the flesh, than it is when we're out of the flesh? For the simple reason with this body of flesh we are not aware of the finer vibratory waves. We are not bombarded by the physical vision and the hearing of the astral realms, while we're so often expressing through those astral realms. Now it would be quite a difficult thing if we all had our sight open and we did not have our soul to a level where it is peaceful a portion of the time, because we would truly wind up in the booby hatch. There's no question about it at all.

Now in the unfoldment processes many people have had experiences with what the Spiritualists call elementals and the astral realms. Well, we experience those astral realms when we ourselves are expressing through that level. If we do not have a beautiful meditation, friends, it is not the fault of some spirit or God outside ourselves. It's inside us. Therefore, we are strongest while we're here because we don't see all this astral substance and all these elementals running all around in the atmosphere. We've been given a chance; we're in a physical body that's rather dense. Consequently, through that density, if we're wise, we can gain a little bit of Light and in so doing free our own soul.

Well, do you mean thought forms?

I do. I do.

And we create them by what we say and what we think?

We most certainly do. We create all those thought forms, the good, the bad, the indifferent. Every single one of them. So if you have experiences in your unfoldment with those kinds of things, you can be rest assured, take a good look at them, they're your own creations or something you've gotten in rapport with and you say, "Thank you, God. You're waking up my soul and for that I'm grateful."

You spoke before of the God force, God power, the love power...

It's behind all things, yes.

So that when we're in that destructive—when a person acts in a destructive way and they're, I think you said, they're acting on the love force.

Definitely!

Does the change take place in their mind?

Exactly. This is where it gets changed, right here. The power is one and the same. It is the same power, the same God, the same Love, the same Infinite Intelligence. Man chooses to use it destructively through an error in his own thinking. Man does that to himself, yes.

That's really neat!

That's my understanding and I'm happy to share it. That's the understanding that I got into rapport with somehow. I would say accidentally, but then again, I know there are no accidents in the universe.

Doesn't the fountain exercise have the same effect upon us as the ocean exercise because it helps to open the clairsentience more?

The fountain exercise and the ocean exercise are two different exercises in truth to serve two different purposes. The fountain exercise, which we will come to at a later time, has been designed and is for the purpose of awakening the clairvoyance. The ocean exercise is for the basic purpose of awakening and opening the clairsentience. Yes.

Spiritual progression shouldn't be used—I'm asking the question—for clairvoyance or clairaudience. Spiritual progression should be used to grow spiritually. I mean, it doesn't always follow that we become clairvoyant or clairaudient. Many people progress spiritually without ever seeing anything. Isn't this right?

Yes!

I mean, becoming clairvoyant doesn't mean that you stepped up spiritually?

Not in any sense of the word! Becoming clairvoyant, mediumistic, psychic, etc., does not in any sense of the word reveal a level of spiritual progression.

After all, what is a medium? A medium is one through whom intelligences in another dimension are able to express themselves. Now you can be a medium to any level, at any time, to the levels you have merited, that is, that you've grown to. So being a medium, a psychic, a clairvoyant, or all these other things does not reveal, necessarily, spirituality.

Are belief and faith synonymous, according to our definition?

No! Belief and faith are not synonymous in this understanding. You can believe a thing and have no faith in it at all, but you still believe it. Do you believe it's raining outside?

Yes. Well, what are the four steps to belief?

Have you studied Discourse 24?

Discourse 24? That was last week.

Yes. I would recommend that you study it. It is given there and the five steps of creation.

Once again, this doesn't apply to our class tonight, but I'd like to clarify these things in my own mind. What exercise opens up the clairaudience?

The question is asked, What exercise opens the clairaudience? And you have read *The Living Light*, haven't you?

Yes.

Next week, if you do not have the answer, I will give it to the class. It's in there. If you do not find the exercise in *The Living Light* by next Thursday, I will be happy to give it because it's in that book.

I don't know what clairsentience means. I don't know what clairvoyance means or what clairaudience means.

Clair simply means, clear seeing, clear hearing, and clear feeling. We understand in Spiritualism when you say *clairvoyant*, "a person who is enabled to see clearly into other dimensions."

So how are you using the word clairsentience?

That's how we're using it. We're using it in that sense of clear: clear sensing, clear seeing, and clear hearing.

OK, I just got it. So that's what it means.

OK? Fine.

I hear you mentioning the eighty-one levels that are also referred to in The Living Light?

Yes. Now I've been asked by many students, What's the name of each level. When we reach a level, we will know in ourselves what level it is. No one will ever have to tell us.

I've been sitting here wondering about levels. Could they also be defined in terms of where you are in your evolutionary cycle?

Absolutely. Definitely! You are well studied. Someone else have a question?

I still can't get the difference between belief and faith. If you walk through the door, you believe that you can turn on the lights, and the light will come on and you have faith.

We have faith that the light will go on. You don't understand the difference between belief and faith?

No.

How many things have you believed in life that did not work out? A few? How many things have you had true faith in that didn't work out? Faith is a power; the power that moves any and all obstructions, true faith. Now belief is something else. You can believe in something and it will disappoint you. But when you have true faith, there is no disappointment. Faith is one, not two. Belief is dual. Faith is not.

Is faith an energy that also can deny? Can it be expressed negatively like faith in earthquakes, faith in failure, faith in...

That's belief.

Faith is only—

Faith is one.

OK.

No matter what you call it, it's one.

Faith is love? Isn't faith when you know, and belief is just believing? You know, like things that come to you from Divine Wisdom or Divine Intelligence, it isn't that you believe in them, you know them. You have faith. Your faith is your knowledge.

It's one step beyond knowledge. The Bible says it quite well when it says, In all of your getting, get understanding. When you get understanding, friends, you'll have faith and you will know it.

You often say, "in truth," and I've never quite understood what you mean.

Well, in truth—truth is one. Truth is one. It is not creation. Until man learns to separate truth from creation, he will not be free. Truth is not creation. Creation is dual and truth is one. Remember that we are in creation, but we are not a part of creation. The Spirit is expressing through form, but it is not form. There is a vast, vast difference.

Is creation synonymous with fabrication, then? Or making it up?

Well, that depends on what level the question is being asked from. If you're asking the question from a level concerning your creations, then, yes, indeed we are making it up. Our minds create it. We create our atmosphere, we create our aura, we create all things that are attracted to us, and we create all things that are repelled by us. And in that sense, yes.

If truth is one and love is one and faith is one, they're all the same one. Are they all the same?

God is called many things, all the way from Infinite Intelligence to Truth to Love to Wisdom and everything else. It depends on which way you want to

look at it. Remember that God, or Truth, expresses through everything and is a part of nothing.

I understand truth to be relative insofar as what is truth for me now was not necessarily truth for me ten years ago or will be five years hence.

Definitely, because it's individually perceived, though it is not individual.

Therefore, what is truth for another person, you cannot knock it, because it is their level of awareness at that time.

That is right. And remember this, that that we cannot tolerate, we make an adversity of, and that adversity, in time, becomes our attachment. So as the prophets have said, In all your getting, get understanding. Remember, my good friends, we will never get understanding until we get tolerance. For you can't have understanding prior to having tolerance. How can you understand a thing if you have something you can't tolerate? It's ridiculous! So the first thing that we teach is duty, gratitude, and tolerance.

Could one say that the physical body is to the soul what the soul is to the spirit?

Absolutely and positively. But remember, we are nine bodies in truth.

What are those nine bodies?

You have a mental body; you have an astral body. Someday, if you don't already, you'll have a spiritual body, and you have a physical body, and you have a vital body. There are nine bodies. There are eighty-one levels of awareness.

Do the bodies take you through each level?

Absolutely! You cannot express on any level without a vehicle through which to express on the level.

I think sometimes people are frightened when it's mentioned that their spirit body or spiritual body isn't ready for them yet. They do go into a covering when they leave this earth plane but it isn't always a spiritual body.

The covering they already have; it's already inside the piece of clay.

Yes, but I mean the spiritual body is built through our thoughts and selfless service.

It's built through the awakening of the soul faculties and balancing the energy through the expression of the functions equal to their opposites, known as the soul faculties. When the Divine energy is equally balanced and expressed between the faculties and the functions, then man in truth is creating what we call his spiritual body. Having a spiritual body prior to leaving the flesh, he will be awakened. And in being awakened, he will not go to sleep when he leaves the clay, but he will step out of the physical clay wide awake and go into his spiritual abode, which has already been created for him prior to leaving.

This is why part of your soul faculties are given in *The Living Light* and they're given in the teachings of this church. First, let us get through the first soul faculty of duty, gratitude, and tolerance. What is our duty? Where is our gratitude? And are we expressing tolerance? Not to tolerate people, but tolerance inside ourselves, that we are in truth everything that we see around and about us. Remember that nothing can exist in a human being that does not exist in all human beings because human beings are part of the human race or creation. They may or may not have in this incarnation expressed what they cannot tolerate another individual expressing, but anything that exists in one human being exists in all human beings. So when we say we cannot tolerate the way that person is acting, it simply means we cannot tolerate that level in ourselves. That's what it means. No more and no less, because it's in us. We're a part of the human race.

Now, remember, we cannot tolerate what we have not educated in ourselves. So when you find something you cannot tolerate, you can stop and think, if you wish to, and say, "That's very interesting. I never educated that in myself," because that is the truth and it is demonstrable. What we cannot tolerate in another, we have not yet educated in ourselves. What does the word *educate* mean? Would someone like to answer that question? What does the word *educate* mean?

All right, "it's to draw out from within." It comes from the Greek word educae, "which means to draw out from within." You don't get it from without.

All right, that's fine. Anyone else wish to express on the word *educate*?

Staying in control of one's self. To understand one's self. If you understand yourself, you understand everything outside.

All right.

I think perhaps the key is the word understanding, as opposed to learning. You can learn, you can memorize numbers and since you haven't been educated to them, you can learn (memorize) them, but you must understand them. And by understanding them, you understand their relativity to yourself, and what part of yourself they play, what they are.

This is why we teach in Serenity, Go beyond knowledge to understanding. It is understanding that we are seeking. And we gain understanding when we have tolerance. So tolerance and understanding run hand-in-hand. You cannot have tolerance without understanding; you cannot have understanding without tolerance. When you have tolerance and understanding, your spirit is free. Now, we must get to our meditation time.

[At this point, there is a break for meditation.]

—to do things that are destructive—and some of them do not have as strong a tendency—but that deals entirely with the evolution of the soul and what it and it alone has merited. That has nothing to do whatsoever with the truth that all forms (the human race) have all tendencies, because in truth they do. Some people don't happen to express some of them, but we should have tolerance for everything and everyone, lest we merit that experience in another incarnation, in another day, in another time. Because what we cannot tolerate in another, we guarantee to experience someday in ourselves in order that we may gain understanding and, in so doing, awareness.

Thank you all very much and good evening.

January 11, 1973