



Caveat: These communications are informative teaching instructions for those who seek to increase their understanding of themselves and the magnitude of the future lying before us all. These lectures are not of a religious nature but rather deal with the science of human potential and evolution. This document is a direct transcription from the original recording. Although it has been checked for obvious errors, it has not been finally edited.

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Zalhem: Now for several months you have been studying various aspects of yourself, learning what you are and what you have to deal with in order to grow on the evolutionary path. All of these things are very important to know, to understand, for how can you deal with a situation if you do not know it exists? This is why we urge you to take all of these things seriously.

You have studied many of the laws that you are subject to, at least the main ones that you need to deal with here, and now you have been given information upon the importance and the methods of meditation.

We have dwelt and emphasized a great deal all through these lessons the importance of training your mind, strengthening this mind, of developing the power of concentration and visualization. There are many reasons for this. It is very difficult to gain much benefit from studying any one subject unless you can concentrate on that subject, and until you gain all the knowledge that you desire about it.

Visualization is an exercise of Mind. It is using this Mind and by use it becomes strong. People only use a very, very small percentage of their Mind potentiality. The potential is there, you need only to develop it. Mind is indestructible so long as it stays strong.

Now you have come to a point where certain opportunities are open to you to use energies from the Sun that can be beneficial to you and to those about you, or to your civilization and your planet. In order to accomplish this, it requires concentration and visualization.

Now in the past if you had worked diligently at visualizing the colors and had become proficient, you would have no trouble with this exercise of going into the Sun. It could be mastered very quickly. So, you see, we have reasons always for encouraging development. Development progresses in direct proportion to your efforts and discipline.

Now I should like to give you a few pointers in trying to master this procedure. First of all it is necessary to remain positive, to think positive thoughts. I do not mean just during your meditation periods. Try to carry this into your every day thinking, for positive thinking

builds up a vibration about you that shields out the negative.

You could take glass for example, it shields out the cold, the wind, the weather, yet it allows the warm sunshine to come through and comfort you and warm you. The positive shield that you build about yourself allows the good to flow to you and acts as a shield to the negative. Negative thoughts directed to you will bounce off this shield like the rain and the wind bounce off the glass. But when you allow the negative thoughts to rule you, you have the opposite effect. You build about you a shield that has great resistance to the good and allows the negative to flow through.

If you want to build a strong mind on the positive side or the constructive side, then keep yourself positive. Do not allow anger, resentment and fear to plague you. Know that you are Mind and none of these things can cause you problems for you will not allow them to enter your mind.

This brings us to emotional control which acts in the same way. If we allow our emotions to run rampant, to control us, we will have a difficult time trying to be positive. Without emotional control we cannot gain poise, and without poise you cannot go far upon the Path.

I am not saying that emotions must be done away with entirely. I am saying that they must be controlled. Certain expressions of emotion are positive, other expressions are negative. Love is a positive, emotional expression. Happiness is a positive emotional expression. Anger, resentment, fear, are all negative expressions of the emotions, and they must be controlled.

Therefore, if we are going to become a powerful Mind then we should work on all of these things. I know that they are not mastered easily or quickly. But the greater degree that we control these things, the better will be our meditative abilities to reach this 8 Hertz state that you have been studying about.

All of you reach this state to a degree at times in your meditation and in your daydreams. But the difference between a daydream and meditation is that you are controlling the mind in meditation. In daydreaming, you

are allowing it to relax, so you must differentiate between these states.

Questioner: I have great difficulty in maintaining concentration and staying relaxed at the same time.

Zalhem: I think that probably your problem is that you are trying too hard to visualize and getting tense about it. Do not become tense. Relax and let go, and let your mind go, and do not try to force it. At first you might have to just sort of relax, and just think a little about what you want to visualize. Don't try to force it. If you leisurely think about it, it begins to take shape in your mind, and before long you are seeing it.

When you are thinking leisurely, oftentimes, about some particular scene or some particular event in the past, does it not come clearly into your mind as a picture? You see it clearly. There is your secret—let it flow. Keep in mind what you want to visualize but don't try to force it, because when you try to force it you get tense and nothing happens.

Now all of you are capable of reaching this 8 Hertz state. Your strength in this state of awareness will depend upon how determined you are and how much effort you are willing to put into it, and what your motives are. Motives are very important in your search for knowledge. That is why we must always keep on the positive side, for so long as we keep on the positive side, our motives will be high.

Now as to techniques. My suggestion would be to first try to concentrate on the Sun when you are in the creative state of meditation, as you learned in your studies. Try to visualize a golden disk in the distance, and concentrate on this picture until you can build this matrix, and until you are seeing it very clearly, and are able to hold it as long as you desire. Once you have accomplished this you have accomplished the most difficult part of the exercise. Then when you can hold this clearly, and it stays clear in your mind, then you can start the exercise of seeing yourself flowing or traveling towards the Sun.

This too, will not come all at once. It will take some time and the time will vary with different individuals, depending on their strength. Eventually you will find yourself going to the Sun and into the Sun, and it may be an experience that will stay with you forevermore.

Also, when you have accomplished this ability to build this matrix and hold it, you can draw to you these waves from the Sun to you, back to the Sun, back to you, to the earth, to individuals, or to a group of individuals, or to a whole city, where ever you desire to direct them. Yes, this can come about through your efforts.

Also, you may find yourself able to direct this energy to others to bring peace to them, to bring health to them, and who knows, you may develop the power to cause another mind to vibrate at this rate and bring about the

healing that you desire for that person. You can do this by transferring these waves to this individual which will cause his mind to vibrate on the same wave length or cycle as yours.

This is the healing power that has baffled mankind for so long as to how it happens. It often happens with people when they are working with another, trying to help them. They do not have the slightest idea of what has happened. But by trial and error they have come into this state of consciousness where this energy flows from them to another, causing the other mind to vibrate on the same vibration and go through that body. This brings new atoms which renew the cells, replacing the old, worn out, demagnetized cells with the new ones. The state of mind of the recipients is a very important factor in these cases, also.

Think well upon these things, my friends. Use your will and put these laws to work for you, as to have knowledge of something comes to naught unless you put this knowledge to work for yourself and for mankind. May your progress on the Path of Knowledge grow rapidly.

Go in peace, walk in peace, be peace. ☸