



*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:** Greetings to you, my children, I am Zalhem.

Now, I am wondering, since you have been studying these subjects for a year or more, if you have any further questions that might need some clarification? Perhaps I could be of some help to you.

**Questioner:** Will you tell us how we could, other than applying ourselves more seriously day-by-day, get on any faster with our development?

**Zalhem:** I do not know of any shortcuts to gaining knowledge and development. It is an individual thing and each individual will progress according to their strength and their willingness to put forth the effort and the discipline necessary to accomplish these things.

**Questioner:** I feel like one of the lazy ones and then I compromise by deciding that maybe I am just going along with the usual speed of evolution.

**Zalhem:** I would say the usual or the masses are not going as rapidly as those of you here, because they are not interested or aware of what may be going on. They are so self-satisfied in their pursuit of the carnal and the satisfying of the senses that they give but little thought to this type of thing. Each individual sets their own goals according to their desires and what they feel is their ability to accomplish. So it is very difficult to give anyone a special way that they can go other than techniques to be used and how much to use them. You have been given techniques but the accomplishments you will reach depends on how much you apply them.

It is a matter of developing the mind and using the procedures. It is always necessary to use repetition in teaching if you are to accomplish anything because your minds are not trained to absorb things rapidly and can usually only absorb a certain amount. Therefore, a certain amount of repetition is necessary if you are to master a subject.

You see the problem is that we expect to make great headway with just a few small efforts, but this is not the way it is. We have not trained our minds to be controlled and it takes time to change old habits, to get them out of our systems. But if you persist it will all come together.

It is well if you are working with colors to use a definite color to try to visualize. It is well to use that same color over a period of time so that you can establish it more firmly. Once you can do this for two or three colors separately, then you will find each one coming easier. Continue with this one color until you are able to establish it, which is better than trying to jump from one color to another. Once you have established the one color you are working on, then try another and you will find each one comes more quickly and easily. But be patient, don't expect these things to happen all at once.

**Questioner:** I notice that almost everyone talks about meditation these days.

**Zalhem:** Certain segments of mankind are meditating but not the majority. Many talk about meditation and claim to meditate but they do not truly meditate and get into a real meditative state. They just become quiet, but if they persist and practice, they will be able to accomplish it. They go to a service somewhere and go through a ritual of meditation which oftentimes is nothing more than an hypnotic, suggestive type of thing. But the more you practice the more you become adept at it.

**Questioner:** I have made some tapes by putting together all the things on then that I would like to say to myself in meditation. Is there anything wrong with this?

**Zalhem:** No, not as long as the suggestions are of a good, positive nature. This is especially good if you listen to them in a meditative state as the mind absorbs them. They are implanted into the mind and the more they are repeated the stronger they become. This technique is fine because you are continually suggesting positive thoughts to your mind and they will take effect. This is what you are doing when you are disciplining yourself, trying to become positive or trying to do something, whatever it might be. You are mentally suggesting to yourself these things until it becomes a part of you and your thinking.

**Questioner:** I'm concerned about children. At what age should we start to teach them how to protect themselves? Before they have this information and knowledge, will they be protected?

**Zalhem:** They will have a certain amount of protection, but you cannot start too early to instruct children. Of course you have to do this in a way that can be

understood by them. Do not give them advanced things. You can impress children even when they are small infants, even before they are born and this can be effective. They can be taught the "Golden Rule," things of that nature, and as the child grows he can be taught the deeper things.

In reality you will find that when they are very young, they can be taught many things that would be advanced things for children who have not had this opportunity. So you cannot start too young to teach them. If they are taught that they are responsible for their actions and that whatever they do to others may come back to them, they are more apt to become law-abiding citizens, both civil and Universal.

As long as you give them the proper teachings, I do not think you have to worry about them protecting themselves because they will handle situations in such a way that they will not often be faced with having to protect themselves. They will understand and walk away from any awkward situation, which is much better and much wiser than to become involved in a great deal of violence.

The negative waves that you referred to: if the child knows how to be loving and positive, it would be their best protection against these waves. I am glad you asked that because there is something we should say about these waves. They will not be nearly as effective upon a positive mind as they will be of a negative mind. A good strong, positive mind will not be affected. They may feel some little depression, but if they are good, positive thinkers this does not sway them. Whereas a negative thinker is much easier to upset because he is always thinking negatively, and all the waves are doing is enhancing his negative thinking and increasing his anger and violent feelings which he already has. He becomes more negative and more violent and so forth.

This is why we are trying to have you be aware of these things and why we want you to think positively and keep your mind positive. When you do this, you recognize immediately when these things are beginning to affect you, and you can cast it off, change your thinking, and you do not allow it to bother you. Those who are negative thinkers do not even know or believe that such a thing can happen to them.

**Questioner:** Several times in meditation two images have appeared, not exactly the same or completely different. One is as if it's in front of my eyes, and the other is down the eyelids. Is that a sign that I'm not paying attention?

**Zalhem:** No, it is not a sign of that. These are the normal reactions in these early stages, but that will pass, too. You will find many odd things of this type happening. It is like when a person first learns to meditate. They may get pictures of faces and see colors flashing. They may get a tightness in their head. All of these things may happen sometimes, and if they

occur, they will pass as they are only normal things that happen in the process of development.

**Questioner:** Some popular books claim that when one incarnates they can choose to go back in time and incarnate a century earlier than their last incarnation. Is this true?

**Zalhem:** No, that cannot happen, that is in the past. You will find all sorts of queer tales of things that can be done, but nature is logical and keeps things pretty well in order. And if this were true, you would have quite a mix up on the planet, would you not? This is something that someone has just conjured up.

**Questioner:** This same author says that an Earth person can incarnate in several bodies simultaneously. Is this another fallacy?

**Zalhem:** Yes, it is. Much of this information that has come forth in these areas has come, perhaps, from some of those in the astral or what you would call the purgatory realm. They love to be authorities on things and they will come up with some queer idea of that kind every once in awhile through a medium who puts it into print. Many will accept it because it came from a medium, not realizing its source. There are many egos over there who love to be a teacher but have very little Truth to teach.

I might add that in these cases many times you will find some profound truths also in some of those books, but they have not all come from the same source. The medium thought they had because they could not tell the difference. They only accepted the word of the ego expressing through them and who many times will falsify and claim to be somebody else. But when you have truths mixed with untruths, you have reason to suspect the source of them. Good judgment and good reason will tell you whether you are getting truths or untruths. Ask yourself if it makes sense and if it is reasonable.

One individual could not function in several different bodies at one time. To become omnipresent—and this is what is being claimed—takes a long time and requires a great deal of advancement and ability. And those who have reached that state are not coming back and making contacts through mediums here.

**Questioner:** I've been having nightmares lately when an evil force tries to control me, and I wonder what causes this? What can one do to protect oneself?

**Zalhem:** Often when one begins to study spiritual truths, some of their centers may begin to open, and they may have some trouble like this. But in your case, do not fear. Be positive and demand that these entities leave you alone. Declare that you want nothing to do with them, they have no power in your life, and that they have no power to interfere with your life. Demand them to stay away from you. Keep a blue light on and try to establish a blue light around you. These entities

cannot stand blue. It is too high a vibration for them and they will shun away from any blue vibration. You do not need to have a bright light, just a small blue light in your room at night.

You have been told when you were young about the devil and hell which frightened you and which you resented. So your own mind could very well attract this type of thing. These old fears and resentments about having these ideas forced on you, could be reacting now. It is possible that there are not any entities at all. It all could be coming from your own subconscious, and in that case, you should try to eliminate any fear of these things. Know that they do not exist except in your mind. You have no devil to fear and no fear of anything that you might have to face in the future, for as long as you are positive and are doing the right thing, you have nothing to fear.

Fear can be a very, very destructive and frightening thing if we allow it to run rampant with us. So, declare that you have no fear of these things; they cannot bother you. Declare that you are going to sleep peacefully and awake rested and alert.

I would still use the blue light because that is beneficial to you and beneficial to any in the room. It will help to ward off any possible entities that might attempt to bother you.

It has been my privilege to be with you. As I leave, I extend to each of you my blessings and my love. I ask that the blessings of the Great Ones surround each of you with their protective light.

Go in peace, my friends, go in peace. Walk in peace and fear not. ✿