



*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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## October 13, 1974

**Zalhem:** All hail to you there my beloved friends. I am Zalhem. I greet you in love and in joy. Each of you here on this night are attempting to serve in one form or another. Some of you are teachers, some of you are working in the fields of healing and teaching.

There are many ways that man can serve. The main object is to serve. All are not chosen to serve in the same manner, but regardless of what your field may be, or what your station in life might be, serve to the best of your ability wherever this may be. A helping hand will not go unnoticed regardless of how small the effort may seem to be. Even a smile or a word can be a great service to a fellow human being given at the right time.

Those of you who would serve in the teaching and the healing fields must be ever mindful of the necessity to continually grow in your own lives. The greater your efforts become the more help you shall receive. There are those on other planes who are ready and anxious to help you whenever the opportunity presents itself. But they, like you, like to be asked, like to know that they are wanted, that their help is wanted and appreciated. So it behooves you at all times to be aware of this, and in your periods of silences when you are seeking rejuvenation and charging yourselves with new power, you may find coming to you revelations that will bring to you new understanding, new understanding of yourselves. For to understand yourself is to understand all things.

One of the great teachers of past times was asked by his pupil what was the most important understanding to seek. This great teacher answered "To understand yourself is the greatest understanding that you can achieve." And he added, "After many years of seeking if you were to ask me this question, I would still answer seek to know yourself." And he again said that "If you were to ask me again after many years of searching, I would again say seek to know yourself." So you see my friends, to truly know and understand one's self is a long and tedious search. One must be sincere and seek constantly. And if one does this, the secrets of self will be unveiled to you gradually as you are able to receive them. As you understand more of yourself you will understand more and more of the laws of the

Universe, of the creation of the Universe and how it functions. All of these laws, all of this wisdom, all of this love and all of this power is held within man himself, but he must seek it out.

We who would be helpers, who would help our fellow man can only point the way, can reach back and offer a helping hand to those who have not yet reached our level of understanding. We can offer a helping hand by pointing the way, but each must seek the answers for himself, the answers that will give him the true peace, understanding and love that is necessary for him to have to become a full rounded soul. We shall speak only of the necessary seeking up to this point in the evolution of man. The knowledge goes on and on. Man will seek and grow long after he has overcome the realm of soul.

To those who would work in the field of healing, it is also necessary for you to go within to seek the knowledge that is necessary for you to have to become efficient channels for the healing power, and there are always those in the higher realms who are willing and ready to help you. Some, due to their past experiences and their chemical makeup in this life time, or the bodies in which they are housed in this life time, can be more efficient channels than others, but most people who are willing to give forth the time and effort in this way can become a healer and have success in this field.

There is much to be learned by Earth man in the field of healing. There are energies unknown to man of Earth, that are created and can be created that are effective in the field of healing. For one to become a highly efficient healer would require study and concentration and developing the ability to make a soul to soul contact where you are able to contact the soul of the person you are working with to determine the cause of his or her affliction, and then apply the proper and necessary energies, or what have you.

What would be healing balm to one could destroy another just as in your medical field the physicians are aware that what may help one may be poison to another. And so each one can become a master healer by filling the requirement to study for some period of time under another master healer to understand the complete workings of the energies. There are those in

the higher realms who do understand these things and can work through an efficient and willing channel and can accomplish what is known among your people as miracles.

So, if you would serve in the field of healing, be ever mindful that there are those willing and ready to help you, but you must ask. You must give them the chance. At times you may find one of the master healers responding to your call.

Now it seems that I have rambled on long enough. It has been my pleasure to be with you. Some of you here I have spoken with many times, some of you only for the first time, but my peace and my love goes out to each of you, and to each of you I extend the love of many others who are here with you tonight. I ask that the blessings and the love of the great masters be evoked this night.

Go in peace, my friends. ❀