



*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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**March 15, 1983**

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

Keep positive, think positive. Be optimistic. Without that you will not find peace.

Now relax, let go and relax. Let all these tensions flow from you. Let the muscles of the neck and shoulders relax. Let them go. Completely relax, completely relax. No tension, no tension, no tension. Let the muscles go, let them relax. Relax the back muscles, let them all relax. You have nothing to be tense about, all will work out in due time. Let those abdominal muscles relax. Now the legs, let all the tension go from the legs. They are completely relaxed.

You are at peace, completely at peace. Your eye muscles are very relaxed. You are very drowsy. You are becoming more and more drowsy. You are descending now into a state of complete relaxation, complete receptivity. There is nothing to stop the flow of these energies. Do not try to listen to what I am saying, just relax and let your mind absorb it.

Now I am going to call forth the orange vibration. We are calling it forth, tuning ourselves to this vibration. It is flowing now in great abundance, filling in your auras. It is flowing to you in great abundance, your auras are filled with this orange vibration, penetrating into every cell and every atom of your bodies. It is recharging, giving new energy to each atom, to each cell, which in turn gives new energy to the whole body. You will all benefit from this. So be it.

Now let us relax for a moment, just relax our whole bodies and our minds. We will now attune to the green vibration, the green that is the color or shade of your grass. See this flowing to you in great abundance. See your aura being filled with it ... Direct it to our patient. See it flowing into her aura, filling it. She is absorbing this vibration. It is being attracted by the law of attraction and repulsion to all of the cells of the body that are in tune with this vibration. Now again let us relax, let go of the green, clear our minds. Relax.

Now we shall attune ourselves to the medium blue. We see this scintillating, vibrant, beautiful BLUE vibration flowing to us. We are becoming in tune with this vibration. It is flowing to us in great abundance. We are

filling our auras, letting it flow right into our auras, filling it like a blue egg all about us. We feel it penetrating into our bodies, filling us with new life. We feel great ecstasy, we feel ourselves being raised up in consciousness to a new level. We feel our minds are more sharp, more active. We are becoming new and renewed individuals.

Peace reigns supreme ... We are now strong ... Our mental powers and capabilities have been invigorated. We begin to see through different eyes. We begin to see things as they really are and not as we falsely thought they were.

We know now that we are Mind, Infinite Mind, which cannot be destroyed. Water will not wet it, fire will not burn it. It is indestructible. It creates that which it desires, therefore we will create only that which is good, only that which is positive, only that which is of good report.

By doing this our lives become more fruitful, more joyous, more productive, for nothing can detour us from that which we know that we must do ... Now for just a moment we will relax ... We will let go of the blue and just relax.

For a few moments I want you to visualize a golden ball, just as though you were looking at the sun and its golden hue. Try to get this visualized clearly ... Now that we have this clearly visualized in our minds, we are going to see flowing to us from this a golden, vibrating energy or light. We are going to see this flowing to us, coming in great abundance.

Visualize this as if it were a golden ball, sending its beams of golden light to you ... Now we are receiving this and absorbing it into our auras and our bodies. We are basking in this beautiful golden light, and we feel ourselves being greatly invigorated. We feel new energies swelling up within us. We feel all of the atoms and cells in our bodies being charged with this golden energy.

We feel a new peace, a peace that we have never known before. We feel this peace and joy settling over us. As this settles over us, a realization dawns in our hearts. We realize fully that we are sons of god, endowed with all of His nature and abilities.

The realization comes to us that the Gods that created us, created us with the same potential energies that they have developed, and that we, too, are their children on our way to becoming as are they.

Peace, my beloved children, peace, peace. Peace, my children.

Let it be so, let it be so.

I leave you by extending to you my love and my blessings, and I invoke the love and the blessings of the Great Ones upon you. ☸