



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. You are all looking quite pert today. I think that you are doing better, if you can just stay positive. You can do anything that you will to do. *(Name)*, now I want you to relax, let go of all your tensions. You have not a care in the world. You see everything in a positive light. You are becoming more relaxed moment by moment. You are letting go of all the cares and the tensions. There is nothing to worry about. Worry is a negative attitude, which only brings about those conditions that you fear. Worry itself is nothing more than fear. So we see everything in a positive light. Moment by moment you are becoming more relaxed.

The mind is being freed from all of these tensions and worries. By releasing and letting go of these, you open yourself up to the cosmic energies that surround you and can be of benefit. If we are to be a good conductor of these energies, then we must keep the mind clear of all these things. For they set up a resistance to the flow, as certain materials are resistant to the flow of electricity.

Now we are going to see *(name)* surrounded by orange energy. See it flowing through her, filling her aura. Her aura is being filled with this orange vibrating energy. As her aura becomes filled with this, it penetrates into the physical body, energizing each atom, each cell, bringing it new life and new energy, ready for action. Crowding out any of the old demagnetized atoms, and replacing them with new energy filled atoms. She is being charged from the top of her head to the tip of her toes, with this life giving energy. The mind being free, clear and open, is allowing this energy to flow with great abundance. Know this.

Now we are going to drop the orange, and we will use the green. First let us relax our minds, and let go of the orange, let it flow away from us, and then we see green, we see it flowing to us, see it coming into the room in great abundance because we are attracting it. We are attuning ourselves to the green vibration. And as this vibration flows to us here we are going to direct it to *(name)*, and as before we see it flowing to her from all directions. Filling her aura. It is flowing, flowing, flowing. Gradually her aura is being filled with this vibration. And we see her engulfed in a vibrating,

scintillating green. We see her aura so filled with this that, you can hardly see her physical body. This green is being absorbed into her body, it is flowing to the eye area in great abundance. It is bringing new atoms to this area where they are needed.

Replacing old ones, that are inharmonious, they are being replaced with ones that are harmonious atoms, that will go to make up new harmonious cells. So be it.

We will now let go of the green, let it flow back to its source. We will relax our minds for a moment. Clear out all of the green, and we shall then concentrate upon the blue. A few shades darker than the electric blue. Two or three shades darker. Now we begin to concentrate upon the blue. Attuning ourselves to that vibration, drawing it to us, and as we concentrate on it, it begins flowing to us in greater and greater abundance. Coming in a swilling motion into a shining, scintillating, vibrating, beautiful blue color. And as we begin to feel this vibration, attuning ourselves with it, it comes in ever greater abundance. Then we start by directing this mentally to *(name)*, and then seeing it gradually flowing, flowing, flowing, encircling her, and moving in toward her body, filling the aura. Forming a perfectly shaped, egg shaped, blue object around her. We see this forming around her, filling the aura, which is an egg shaped field. It is done. You look beautiful *(name)*.

Questioner: I feel good.

Zalhem: I think that we will call this finished for today. Go forth in peace, my daughter. Stay peaceful. Do any of you have any questions?

Questioner: When you are practicing visualizing colors, and you want to, at the same time use them to benefit yourself. If you want to energize yourself with orange would you still draw that orange energy into your left hand and fill your body up that way or is there a different way to do it?

Zalhem: You can just visualize it flowing to you, filling your aura. You can visualize this coming to you and filling this egg about you, and then try to attune yourself to this, and let it absorb into your being. The same with any other color that you might want to use, if you are doing it for your own benefit.

Questioner: Like ones immersed in it rather than seeing it go in a direction?

Zalhem: Yes, you see it flowing to you and just building an egg shaped field around you. You see your aura is egg shaped, and by seeing this coming to you and filling your aura, you are drawing that energy, that vibration to you. Okay.

Questioner: Yes, thank you.

Zalhem: You see, I'm learning to use your terminologies.

Questioner: I am having a struggle replacing, or getting the negative thought out and replacing it with a positive one. I know this person, including myself, is not obeying or working with Universal Law. I know the cause and effect and I have to get that reasoning logic out and put in the good thoughts, so I have to go through a process of replacing it.

Zalhem: Let us say, if you have been thinking in negative terms considerable, concerning certain things. These things can become a habit to us, and in order to break a habit, you have to replace that with something else, every time this habit starts to repeat itself, you have to become aware of this. You see, if the habit begins to repeat itself, you become aware of that and immediately you do something else to replace whatever that habit might be.

Questioner: It's such a slow process, but I'm working at it.

Zalhem: It does take some effort, and sometime, but nothing is gained without effort. You did not get into these situations without putting a lot of effort in them. So, you are going to have to use perhaps a little more effort in changing these things, than you did in creating them. You see what happens is we create a lot of these situations over a period of years, not realizing that we are doing this, and then when we realize what we have done, we expect to eliminate it in a few days, but this does not work that way. It takes sometimes a great concentrated effort to eliminate something like that, especially within a reasonable short time.

Questioner: I just read that some person is using dowsing, is using a dowsing rod to locate the problem in the subconscious, and is able, through the mechanics of the dowsing rod, to eliminate it faster. Is that just all wishful thinking?

Zalhem: It is still your mind that's doing it. If you have faith in something like that, that it will help, it is only helping you to realize the problem, and to do something about it.

Questioner: But wouldn't that be good to have that kind of help?

Zalhem: Anything that will help you to eliminate a problem that you have is good. So people come up with all kinds of ways of doing these things, and

anything that is helpful to you in eliminating a negative problem, I would not object to.

Questioner: But I couldn't have faith in it, if I didn't know that it worked.

Zalhem: Well the only thing that you can do in these cases is to try, and see if it works for you. What will work for one person will not always work for another.

It is like treating disease, what is a cure for one person, maybe poison for another.

So we have to find the right way for us to do it.

Questioner: Then I'd be looking around for techniques, rather than working on ...

Zalhem: Yes, this is true, you can put all your efforts into looking for techniques, when perhaps a little stronger effort, mental effort on your own part, will do the trick. To find your own weaknesses and problems is not that great ... it is a matter of being honest with yourself, and analyzing yourself, and not admitting that you are licked, that you cannot do anything about it. And this is the problem with so many, they do not feel that they themselves have the power to do something about it, they would like someone else to do it for them, or for someone to give them a quick antidote for it.

Questioner: But it does get discouraging though, when one tries, and tries, and tries, and doesn't seem to be getting anywhere. It's easy to lose hope.

Zalhem: Well it's because we do not recognize the problem in its fullness, and it's because we do not make the demands upon our lower self as we should.

Most of our problems come from this lower self, and the sooner you realize this and begin to take command of that lower self, the sooner you will eliminate the problems. You must have the will to conquer, to know. There should be no "can't," "I can't," "I cannot" in your vocabulary. And you hear this so many times, I cannot do this, I cannot do this. Those who make the great accomplishments in their evolution, are those who do not accept defeat.

Because they fail at something, or fail to accomplish what they would like to at the moment, does not discourage them.

Questioner: But they don't know that maybe by karma it isn't to be for this lifetime, and no matter what you do ...

Zalhem: But never take that for granted and if you are persistent enough, you will overcome karma. It is like those that say that they have had bad luck ever since they were an infant. Now this may be a karmic thing that they have brought over from another life time. They believe in bad luck, and bad luck was upon them, but if they change that attitude, and their thinking, they will soon get rid of that, and they will find things changing. It is the same thing with many who follow the

stars. There is no question that the stars have their influences upon us, but we do not have to be ruled by them. There are those who go through life blaming their bad luck or their misfortune upon the stars. They are waiting for the stars to be in the right position, so that they can do what they want to do, and this may only happen once in every thirty years. So they wait, and if they do not accomplish it then, they wait another thirty years. But the man who succeeds, does not allow these things or these influences to affect his life. He persists, and goes forward fighting his battles, and therefore he succeeds. No great man in any of your histories has reached great heights, in your sciences, or whatever, has accepted defeat. He has accepted failures, but the failures were not defeat, because he came back and tried again and again until he succeeded. Man can accomplish anything that he can visualize. But he must act. Visualization without action is not very effective.

Questioner: Can you give us some information on the effect that the planet Saturn can have on the people on this planet, as far as a negative effect.

Zalhem: Well, it does have these influences if we allow it to have, but we do not have to accept these things, and it is only the weak of mind that are really influenced.

Questioner: Is that the majority of the people on the planet?

Zalhem: Yes, I would say that the majority are affected by these things, because of their own mental weakness.

With a positive attitude and a determination that you are going to do what you want to do, and do what you want to accomplish, no star can stop you, because you will overcome those influences.

This is a mistake that many, many people make that follow astrology, because they allow these things to rule their lives, and they always waiting for the conditions to be right, and when the conditions are right, something always happens that they cannot do what they intended to do, and they are procrastinators from the word go. And procrastinators never succeed.

Questioner: Or they give up and say that it's the will of God.

Zalhem: That's another very poor excuse, God does not will anyone to be a failure, or to be poor, or to be sick. The will of God is for man to evolve, and to grow.

Questioner: Yes, but if he's brought on negative things he has to fulfill the law, and work through it by other acts.

Zalhem: Certainly he does, and the law must be obeyed. But man does not seek the knowledge by and large. I man would become knowledgeable about these things, his life could be entirely different. But again

nothing is gained without work, and too many people do not like to work. They are both physically and mentally lazy. Some do not like to get their hands dirty. Or they do not like this or that. But honest toil has never harmed anyone. If one is to succeed, no matter what he is doing, whether he is a laborer, a scientist, a housewife, a servant, or whatever he might be. If he fulfills that job, that obligation, to the best of his or her ability, gives value received for his services, he will succeed and grow. But if he continually complains that he is being put about, and that he should do less for more, and is unhappy through his complaining, he will not remove that situation. A situation will only improve when you give your all to the improvement of it. Men who succeed honestly, always give a little more than they expect to receive, and their progress moves more rapidly, than those who always give a little less for what they receive, and this is been one of your problems with your world today. One of your reasons that your economy has not succeeded, there are too many that are seeking something for nothing, and this does not work in Universal Law. It will only bring unhappiness and undesirable conditions and situations. So be it.

I leave you by extending to each of you my love, my blessings, so be it. ☸