



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.

Let us first establish a positive state of mind. We are positive. We have no negative thoughts in our mind. We are casting out anything that might bring about an evil or a negative thought. We are positive, positive, positive. Our minds are clear. We feel only love, for we are positive, positive, positive. Every thought that we send out to others is of a positive nature, for we are positive, positive, positive. Let us use the same procedure that we used before. You will repeat after me:

“Our Father which art in heaven, holy is thy name. Thy kingdom come, Thy will be done in Earth as it is in heaven. Give us this Day, O Father, the ability to heal and to direct the healing energies to ourselves and to others. We now have this power and we are able to heal by the directing of these healing powers. Give us, O Father, the strength to overcome, to master this body, and to bring about the harmony which we wish it to have. So be it.”

Now we are going to use somewhat a different procedure today since all of you seem to have some problems. Instead of using the combination of forces as we have before, I am going to ask each one of you to direct to yourself the healing energies, and in my procedure I shall not use names today, so apply what I say to yourself. Now, I want each of you to be very comfortable, to be relaxed. Do not try to concentrate on what I am saying to you. Just relax and receive and let it flow, and visualize these energies coming to you.

Now, you are relaxed, your bodies are becoming more and more relaxed by the moment. Your arms, your shoulders are becoming relaxed, your body is becoming relaxed. You feel this relaxed feeling flowing through you. Your legs, your feet, everything is completely relaxed. You are hardly aware of your body, it is so relaxed. You are becoming heavier by the moment. Your body is becoming heavier and less sensitive to the things about you. Your awareness is above your body. You are completely relaxed. Moment by moment you are becoming more relaxed. You are not sleepy but yet you are relaxed. You are aware of everything but your body, because it is in such a

relaxed state of rest that you are not aware of it. What I say will be received by your higher self, for your higher self is now aware. It is conscious of what is taking place and is doing its part in directing these energies. You have no outside thought whatsoever. You are completely relaxed. You are completely relaxed. Your body has no tension whatsoever. All tension is flowing from your body and it is completely relaxed, ready to receive the energies that will heal and will bring about the harmony that you desire.

You are mind; being mind you cannot be sick. You now feel the light blue, vibrant energies flowing into your body, into the left side of your body, down and up the right. It is healing, driving out all of the inharmonious atoms and cells, and they are now being replaced with new, highly magnetic atoms which will immediately go about building new, harmonious, well-charged cells.

Every organ that is inharmonious is going through a change. You see this change taking place for you are in a receptive, relaxed state of consciousness, and you are receiving, you are receiving these energies now. See this vibrating, scintillating energy flowing to you and through you and you are being remade.

You have no fear, no fear of disease for you know that you are well. You know in your innermost being that you are mind, and mind controls all things. Therefore you can control your body and determine that which it will do and that which it will receive. You can rebuild this body, for it is in a constant process of change. So you are bringing about the change that you want, and you want health and happiness. Your mind does not tolerate a negative thought. You have no resentments towards others, for they are also children of the Creator, as are you, and realizing this you cannot have anything but positive thoughts toward them. You are positive, positive, positive. Visualize, see this blue, vibrating energy flowing to you. See inharmonious parts becoming harmonious and functioning properly. Disease is only inharmony. With harmony you cannot have disease. You are harmonious in this relaxed state. Harmony is ruling supreme in your mind and in your body. Your mind vibrates only in harmony, therefore your body must vibrate in harmony. Relax ... Relax ... You are relaxed, so relaxed, so relaxed that you can hardly keep awake. You will cast out all

resistance to the flow of healing energy. It is flowing freely through your body in every cell, every atom in your being.

Peace reigns supreme in your mind. If your mind is peaceful then your body must be peaceful and it relaxes in this atmosphere of peace. You are harmony, you are peace. You know nothing but harmony, nothing but peace. Nothing shall disturb you however negative it might seem, for you are vibrating with harmony. You are tuned in to the harmony vibrations of Deity, therefore, you can express nothing but harmony and peace. Relax, you are relaxed, completely relaxed, body and mind, and the healing energies can flow freely to you for you are vibrating with harmony. You know only peace and love, and you project only peace and love to all with whom you come in contact. Bless you, my children, bless you.

You will now return to your normal state, but you will feel invigorated, you will have more energy, your mind will be more peaceful. You will see the world in a different light and you will have strength. Believe this, my children, believe and know that you are a child of Deity, and that Deity has given you it's power and it's love.

Peace be with you, my children. Go in peace, walk in peace. Be peace, be harmonious.

Peace, Peace, Peace. ✿