



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.

Copyright © 2012 Clyde Trepanier

August 16, 1987

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

Questioner: Why do so many people have back problems?

Zalhem: A very large percentage of your people have back troubles. Of course you realize that the physical body in which you function was developed out of the animal kingdom. You are only using it to express in this environment. You could not remain here without a vehicle of a lower vibration. Originally it walked on all fours. The body that you have now was not designed to be erect in the beginning. It has not evolved yet to the perfected state of being erect. Therefore man in his environment and the way he uses this back puts a very great strain on it. He does not use the proper postures. He does not sit properly. He is not careful in his lifting. Over a period of time the back gets damaged. The spine gets damaged and you begin to have problems with it. You should be very careful in your lifting.

Make sure that your back muscles get the proper exercise. When you sit, sit properly so you are not placing your spine out of alignment. You see that is a very important part of your body. The spine once damaged is very difficult to repair. The spinal cord has connections with all parts of the body and can cause all kinds of discomforts and even death if damage occurs. The main thing is to try to keep those muscles relaxed. Do not allow them to tighten up.

The physical body is evolving right along with man. This process is not something that happens overnight. It is a gradual process. At one time, your physical body had a tail but you no longer have that. It gradually fell off because it was of no use. The body gradually evolves to meet man's needs. In another five hundred years the physical body will be much different than it is now. It will be much more efficient. It will function much better. It will not have near the problems that it does now. Basically it will look the same but it will change in many ways, as well as looks and size. Certain organs of the body have been gradually disappearing that were not necessary for the growth of man, as he is using it now. This changing process is so gradual that it is not noticed by individuals because of the short time that they are in the body. When you leave this body

and come back into another body one hundred years from now, you will not really notice the change because you will not remember the old one.

Even your animal life changes over periods of time. Once you had dinosaurs. They are no longer here. Many other types of your animal life have changed. In fact most types have and will continue to change. The life span of the animal and man also has a great deal to do with his time of reincarnation. As a rule of thumb the time spent over there is about the same as time spent here. It is a pretty advanced individual that can choose his time of incarnation. The average man will incarnate usually every hundred years, perhaps sooner. This depends upon the individual. In the case of accidental deaths or deaths before their time, they will reincarnate rather quickly. Nine months would be about the shortest time for reincarnation.

It is very unusual for this to happen. There are cases where people incarnate within the next year or two because they did not finish their span.

You notice that after a war there is always a baby boom. Those individuals that were killed in the war before their time are coming back. Sometimes they might come back for some certain experience or to fulfill some karma that was supposed to be fulfilled in that lifetime and was not. In these cases the life span might be rather short. In other cases it might be very long.

Questioner: Will you talk about the angelic kingdom?

Zalhem: This is a complicated thing and it is not of too great importance. It is a group or segment of beings that have reached a certain state in their evolution where they are working for the benefit of mankind. They work under the direction of more advanced beings. They are not of the highest vibrations. There are a number of grades within this group. They are in charge of various things.

Some of them have to do with plant life, others have to do with animal life, others have to do with humans and so forth. They do work under the direction of higher intelligences. They are what you might call the 'work force'. It is one way they have of earning higher advancements.

Many refer to the fairies, devas and so forth as angels but they are not angels. They are a lower order. Some of them are of a very low intelligence, of course, they are not angels. Some people who claim to contact angels or elementals are contacting some astral who is posing as one of them. There are many in the astral plane that like to, you might say, fool people, to blow up peoples egos. Some are harmless and some are devious. It depends upon which one you happen to get in contact with. Sometimes it can change from one to another.

Basically that is the angel realm. There are many references made to the angels with different meanings by individuals. What one person visualizes as an angel, another visualizes something different. The angel is pretty much like your God. It is what the individual visualizes them to be. That is the truth for that individual.

Questioner: Do the evolutionary paths of angels and humans ever cross?

Zalhem: Oh yes, you could become an angel. They are evolving. Everything is in a state of evolvement.

Questioner: Would a member of the angelic kingdom be more advanced then we are?

Zalhem: In most ways, yes, although some of those in the lower ranks of the field would be perhaps more knowledgeable in some things and less in others.

Questioner: Are they off the wheel of incarnation?

Zalhem: Not necessarily. There are some who serve as angels or workers and then may incarnate again. Angel is just another word for worker. Being an angel is just a job. It is another way of advancing or evolving yourself. You get certain experiences. You render certain services. You are serving God's Creations. There are a wide range of services to be done as an angel. It also depends upon the evolvement of the angel himself or what you want to term an angel.

You see what most people believe about angles is only a myth. You see it started in the early days when people were contacted by celestial beings or a being from 'outer space'. The only understanding that people had at that time of being able to transport yourself other than by legs or boat or whatever was common transportation at that time, was with wings like a bird. That was the only way they could visualize it. So they pictured their angels with wings and this has been carried down throughout your histories. All the art reproductions of angels were always with wings. Actually the individuals that were contacted did not really see any wings on these people.

Questioner: Would those contacted have been able to see a "halo" around these angels?

Zalhem: No, not necessarily. It would depend upon the individual angel. Just the fact that they came and left

without the use of normal transportation started this myth that they must have wings. Some of them were lifted into a spacecraft. More or less this came about from people telling that they had been contacted. However they may not have said that this individual had wings but that he flew away. So people thought in order for him to fly away he must have had wings. It has only been a big misunderstanding.

An angel could be perhaps defined as a messenger or one who does good. There are many legends and myths that have come down through the ages and are still depicted as they were then. I do not think that you would find anyone who has been contacted by what you call an "angel" that saw any wings on him.

By and large in the occult field, the angel is considered to be a separate group who do certain things. They are the work force. The individuals who do this work are not any different from us. They are still egos, the same as everyone else that have been coming through the process of evolution. Often times we have the opportunity to choose our work for a period of time in order to obtain certain experiences and knowledge. Some choose to do that. To work in that force. Others may choose another path. There are many paths. Each individual is an individual and has free will to choose his pursuits.

Well my friends I must leave. As I leave I extend to each of you my love, my blessings, my peace, my joy and my understanding. Peace, Peace, Peace. ☸