



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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June 22, 1982

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

Now that we have cleansed your auras, we shall begin with our procedure. (Name), will you take your position?

Now I want you to relax ... Drop all of your tensions, pour them out. All of your tensions, your anxieties, any resentments. Pour them out as though you were emptying a bag. See them falling away ... Become completely relaxed ... You find yourself now in very pleasant surroundings, the most pleasant you can think of ... There is nothing to disturb you.

All is peace and calm. You think only in terms of peace and joy.

You see only the beauty that lies in nature as Deity has created it, and you also think of and see yourself as a part of this creation, created in love and peace. You know nothing but peace, hope and joy. There is nothing to disturb you ... You are now as you were in your original Creation.

You know only peace and joy ... None of the things of the physical are affecting you for you are pure Mind and Mind is not affected by this.

You are in complete command ... You are now the master of that lower self and you will dictate to it. You will no longer be the slave of this lower nature. You will be the master of it.

Soul is non-destructible, therefore you have nothing to fear. Fear can be associated only with the lower self, or the physical. You now are bringing this lower self up in vibration to harmonize with the higher vibration.

The only thing that holds you to this earth is the vibration or the density of that lower self. Therefore, your aim will be to raise the vibration of the lower nature to that of your higher nature so that you may again know only peace and love and harmony. No need for fear, anxiety, for you are non-destructible, so being indestructible you have nothing to fear.

With this higher self in command you can control the physical body and make what you want it to be healthy, vigorous and a joy to use. You can repair this vehicle.

You are now doing so, bringing about perfection in all parts.

This lower nature can no longer cause you to have fears, resentments. These things can no longer be a part of your nature. Your nature will be that of peace, of love and joy.

What others say, do or think, cannot affect you because you are perfected Mind ... All is peace and joy. You emanate only love for all things and all Creation.

You are peace, you are at peace. Harmony reigns in all areas of both the higher and the lower. You are joining them together for one purpose, and that is to be harmonious, to be loving, and to be peaceful.

As the love of the Great Ones surrounds you, you feel the sense of well-being, of love, of joy and peace ... You are at peace with all nature, you are at peace with all people, for you know that each is expressing his or her own desires and natures, so this need not concern you.

For even if they are, in your sight, doing wrong, you surround them in your love, which is great. And this love will help to bring peace and joy to them as they trod their path of evolution.

The power of the Great Ones is flowing to you, surrounding you and engulfing you, that you may have peace. May this peace and joy remain with you throughout time.

Walk in peace, beloved, walk in peace.

May the love and joy of the Great Ones surround and engulf each of you as you Walk the Path.

Go in peace. ☸