



*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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**September 6, 1984**

**Zalhem:** Greetings to you my children, I am Zalhem. I have not been around you for awhile. I have had other matters that I have had to attend to. So it is a pleasure to again come among you. Do I detect some gloom here today?

Be joyous, be joyous, be happy. Well, should we get down to business? I will still come to see you now and then, if I am welcome, if you will have me. Would you like to have me give you a little treatment today?

**Questioner:** Yes.

**Zalhem:** Very well. We will see what we can do to cheer you up. I want you to all relax, and let go of all of those cares. Let them all roll out. See them rolling out onto the floor, and I'll kick them away. Are you exercising your will to the fullest extent? Exercise that will. The more you exercise it, the more help you will receive. Don't tell yourself that you do not have the will, for you have the will. I am not telling you anything new, this is known in your society. It is all about you, coming from various sources, but you have to use it. Someone else cannot just give you willpower. They can assist you, but you must do your part, and exercise this will to the very best of your ability.

So it is with all things that you wish to conquer, for you are mind, and with mind, all things are possible. If the mind programs the computer properly, the computer will send forth the signals properly and the results will begin to be reaped. So for that which you desire or desire to accomplish, program the computer, so that it can accomplish that which you desire.

Now we are going to use a little orange to start with, fill your auras with this, relax and absorb lots of orange vibration—life-giving energy. It was once said that as a man thinketh in his heart, so it is. That is a statement that should be considered. Now we shall establish the green vibration, about the shade of your green grass, this is a peaceful, restful vibration. That is why you feel more peaceful and at rest when you are on the green fields, or resting upon the velvety grass, gazing upon the greenery or the trees and the shrubbery. It brings peace. It is restful to the eyes, it is beneficial to the eyes, it gives you a feeling of oneness, ones with nature itself.

Now we are going to call forth the blue vibration. We are going to fill our auras with this, let it surround us and penetrate into our being. This is protective vibration. It gives us a feeling of security and well-being.

Never let yourselves forget that you are the master of your ship. This physical chemical body is your ship and you are at the helm. You are the master upon the bridge. You are in control. Your higher self, your higher mind is the Master, and that is the real you. The lower self must be subservient to the Masters will.

Now we will call forth this gold that you were asking for. It yours to have, use it well.

Now you are going to place the chips, as you call them into the computers and you are going to start programming now, so that the computer will send forth the answers to those problems that you have created. You are going to program the computers for health, prosperity, and above all, joy and peace—so that you can be joyous. You need much laughter in your lives. Laughter brings joy, and joy brings peace to the heart.

**Questioner:** Where do you get laughter?

**Zalhem:** Anywhere that you can find it, regardless. Anything that will make you laugh, anything that's funny, that will make you laugh. If you have to listen to something that is funny, that will make you laugh, do so. You know that some of your people have laughed themselves from despair, from the depths, to health, peace, and to joy. The computer or the brain reacts automatically to these things, whether it be joy or gloom, or worry or whatever you want to call these things, and it acts upon that. The brain is only a vehicle through which the mind works to control the functions of your physical body. It has the power to destroy it or to save it. It all depends upon the way you use it.

These are good things to bear in mind, children, it is the old adage, the constructive and the destructive side of nature. If you work upon the constructive side you will be happy, wealthy and wise. If you function upon the destructive side of nature, you will be unhappy, unhealthy and unwise.

You cannot show me a wise man who functions upon the destructive side. These things are truths that have

ever been so, have always been and always will be. It is only a matter of realizing these things, and acting upon them, and as you do you find more and more help coming to you from whichever side you work upon.

If you work upon the destructive side, you will find more and more help from the destructive forces. If you function upon the constructive side you will find more and more help coming to you from the constructive side.

It is a matter of choice, my children, strictly a matter of choice. And only you can make that choice. Once the choice is made and acted upon, progress will be rapid. I do not mean by that, that suddenly overnight all your problems are going to go away, but one by one, they will drop away, and you will be a more happy and peaceful and joyous soul. Man was not intended to waste his life away in sadness and gloom and despair. Man was intended to enjoy life, to laugh, to sing, to dance and to work. There must be balance in all things. Work without play can be destructive as well as play without work can be destructive, so we have to balance ourselves. But when the heart is light and joyous, work becomes a delight, work is no longer work. So, my friends, these are some things to think upon? Think well, and make your decision.

Now I must leave. As I leave I extend to each of you my most sincere love, my peace and my blessings, and the blessings of all the Great Ones. As you go forward in life, may you find this joy and peace that transcends all else, and may you find it soon. Peace, beloved ones, peace. ❀