



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, my friends, I am Zalhem.

Let us now proceed with our healing treatment ... Let us relax ... Let go of all of these worries and tensions. I would like each of you to completely relax. Lay aside all of your concerns and tensions. Right now we have nothing at all to worry about. All of our problems are laid aside. We are going to put them all out in the yard where we cannot get to them. Lay them aside. Cast them out.

You are Mind, pure Mind, a part of that One Great Mind. We are all contained in that One Great Mind, we are part of It. It is everywhere present and we are part of that Presence, striving to fulfill the desires of the Great Mind. The desire of that Great Mind for each of us is that we evolve, and become a more perfect expression through which this Great Mind can function. In so doing we are perfecting ourselves as well as helping this Great Mind to perfect Itself.

Knowing that we are Mind, then we realize the power that we have to produce and create that which we desire, that which is good, that which brings us understanding, knowledge and wisdom. The realization that we are Mind, and realizing that all things come about through Mind, we know that we can have the kind of a physical vehicle that we desire for we can create and can control it.

We can repair it by directing the energies and drawing the atoms that are necessary for this repair. We also know that being a part of this great Universal Mind, where all knowledge is stored and where stored within are the answers to everything, that we, being a part of this huge Mind, can tap these sources and bring forth that which we desire to know.

But we must learn to depend upon this Mind, to tune into this Source without anxiety or fear, knowing that we will draw the information and any desires that we wish. Perfect guidance can come only from this Source. That is the only guidance that you can be sure of. We must develop a trust in this Source, knowing full well that the answers that we seek will be given.

Then we will develop our awareness so that we will recognize these answers when they come. The more

we develop this awareness, the more rapidly the answers will come, the easier will be our choices and decisions, for we know we are drawing them from the only Source, that has all knowledge and all information. You will learn to recognize the difference between that, that comes from the little animal mind and that, that comes from the Great Mind.

In order to do this we must remain positive. We must remain peaceful and calm, joyful and thankful, for good cannot flow to us when we are tense, when we are unhappy, negative and resentful. The answers for any decisions that we must make, can only come to us when we are calm and peaceful, positive in all that we do. This, my beloved ones, is a state of constant prayer, as you would call it. So let it be. Remain positive, joyous, peaceful at all times, and you will have a new life filled with joy, love and peace.

And so it is. ❀