



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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July 28, 1988

Zalhem: Greetings to you my children, I am Zalhem. It is my pleasure to come together again with you folks.

Questioner: It has been a long time.

Zalhem: Yes it has. We do not get together too often in this manner although I have been around to see you and visited you when you were here occasionally.

Questioner: Is it practical and a wise use of time to try to keep gardens and orchards free from insect and bird damage through the use of mental practices?

Zalhem: The general public has created so much bad vibrations in your environment that it has really increased the threat rather than to have decreased it. Man's meddling with nature has caused a great deal of this. Sometimes it is necessary to fight back in these things but the main thing is to take a good and loving attitude towards the birds and other animals. You can tell them not to eat all of your fruit. This will help but as I have stated there is so much working against you in the thoughts and deeds of others that it will make progress kind of difficult. If you concentrate upon it enough you can have some effect. You might find it necessary to use other methods to protect your produce. I would use as little as possible of anything that would be damaging to your environment.

Questioner: We would rather not have the food if we have to poison the planet more than it already is.

Zalhem: That is a good attitude. It is amazing to us that your people, knowing the condition that they face, are still not willing to make any effort to help the situation. It is almost unbelievable. Until they are forced to do something they will not do it. It is a terrible situation and your planet has suffered tremendously.

Then there are those who pursue the material gain regardless of what it does to the planet. People of Earth are going to have to become less materialistic. Materialism is the downfall of civilizations and of mankind. This is what will bring about the destruction of a large portion of mankind on your planet. Mother nature is bound to react and is already doing so, as you can see. To use your slang phrase, "they have not seen anything yet."

Questioner: Over the past several years even we have seen the changes. It seems that things are moving faster.

Zalhem: This will increase and become more rapid as time goes on.

Questioner: Many people are shocked at the weather changes that have occurred.

Zalhem: Gradually there is an awakening taking place but still the realization has not come to what the true problem is. They have tried to find ways that they can overcome these things and still go on with their materialistic pursuit. It is not going to work.

Questioner: Is the love of the material world the main reason that most egos take the downward path and eventually meet with the second death?

Zalhem: Yes, the pursuit of materialistic things and the pursuit of power. Usually the power is sought so that they can gain power over others so that they can gain additional materialistic possessions. The evil man glories in just being able to control his brother man.

There is nothing wrong with material things. It is necessary to have a certain amount of material possessions. There is nothing wrong with having abundance so long as you use it wisely and you do not let it become your master. You were intended to have the good things in life. Too often the good things or what are considered to be the good things are way over done at the sacrifice of others and the sacrifice of self not realizing that they are sacrificing themselves, for eventually "As man thinketh within him, so is he." Few pay heed to that phrase as do they to many other wise phrases. Man only learns the hard way. That is why it is said that man only grows through suffering. It seems to be the only true teacher of man. Until he does begin to change his consciousness this will ever be so.

You will not move off the plane of existence that you find yourself in now until you have learned to progress and understand yourself and begin to know what the true goals in life should be.

Questioner: Is this when you start to grow without suffering?

Zalhem: Yes, you do not need to suffer then because you have come into the realization that your main pursuit must be knowledge. Your main pursuit must be knowledge. Knowledge so that you can grow, and be of service to others. I do not say that there is no suffering on the other planes because there are many who are suffering there. They have not learned and they have gone beyond the point where they can be helped, or they do not want to be helped. Those are the egos that are on the downward grade and eventually wind up in the pits as it were.

Questioner: Are spicy foods good for you?

Zalhem: No, they are not. They are not good for the body for one thing. They produce toxins in the body. Used in mild forms and the proper spices these are all right. It depends upon what you are eating and how much of it.

Questioner: It seems that certain national groups of people eat large amounts of very spicy food.

Zalhem: Through time, their bodies have become so accustomed to it, through generation after generation, they are able to tolerate it better. Most of those races are not what you would call, highly advanced races. You see a lot of violence. Many of these people are very poor. They are not that progressive. You can see this in that many of these races are very old races and yet they have not greatly advanced over the centuries.

Questioner: Is garlic considered spicy?

Zalhem: No, that is not considered a spice.

Questioner: Are we speaking more like hot peppers?

Zalhem: Yes, and other foods of that kind. Real hot foods. Many of the other spices that are highly offensive to the taste, especially of those not brought up in that environment. Many of the spices are alright if used in moderation. Most things must be used in moderation.

Questioner: Is mustard spicy?

Zalhem: Yes mustard is spicy. If used in moderation it can be tolerated without any damage.

Questioner: Could you talk about the scale of time in which many of the upcoming changes will be happening?

Zalhem: Many of these changes will be happening in the next ten years. It started several years ago and it is just increasing in momentum. None of these things happen all at once. It comes on gradually and it gets worse and worse. Man can retard these things some, if enough people do something about it.

Questioner: That is unlikely now.

Zalhem: That is true because it takes them so long to do anything once they realize the danger.

For instance, several years ago they were talking about the ozone layer and how it is being damaged by the bio-carbons and the pollution and so forth but they did nothing about it. Even today when many of your scientists and many of those people in the know are really beginning to get worried about it, they still do nothing because they have to protect the almighty dollar. They recognize that many of the things that are happening such as the severe droughts have been brought about by damage to this layer but still nothing is done. They do not want anybody to lose any money. They try to correct these problems so gradually and it takes so long to do it that it almost never gets done.

Questioner: Are the droughts being caused by damage to the ozone layer?

Zalhem: Yes, this is part of the cause. Even some of your scientists say that the effect will increase and the temperature will rise on your planet. It has already shown some increase. People do not realize that a few degrees difference can affect the whole weather patterns of your planet. It can cause some areas to become desert that have not been desert. This is what is happening, and yet very little is being done.

If only each person would do their own little part and come to the realization that something has to be done. For instance, your recycling. The whole world knows that you are in a big mess so far as your disposables. They are saying that you should recycle these things but who does it until they are forced to do it. Unless they make laws and force people to do it, they will not do it. Some will, a few will, but the percentage is so small that it has little effect. The whole thing is that people are lazy. They do not want to put forth the effort. They are too lazy to sort their waste and see that it goes to the recycling centers. The idea of recycling is great. It is a good idea but it needs the cooperation of all the people. There is an example of this in Seattle now. If you do not sort and recycle your garbage it will cost you more money to dispose of it, so people are doing it. They are starting to do it. Otherwise they would not do it. So they have really not learned anything. They are only doing it because they have to do it. They are being made to do it. People have to be led, you know. You have to make it real easy for them or else they will not cooperate.

Questioner: Will you speak about the coming times and when some of the changes might happen?

Zalhem: It is like the second coming or the collapse of a civilization, there are so many variables that affect this type of thing. These events can come very suddenly but to tell just when that sudden moment will be is very difficult. It is like the second coming. If you recall your scriptures the Master himself said, "That no man would know when this would be." It would come as a complete surprise as you call it. Even he probably does not know exactly at this point in time.

Questioner: So these events have several decades in which to take place?

Zalhem: Yes, a decade is such a short period of time, except to man, when he measures time in relation to his own lifetime.

Questioner: So we could get to be old?

Zalhem: You could but my opinion would be that before forty years has passed, you will see some great changes on this planet. Changes that might be unbelievable to most of mankind on this planet. In the next decade, you are going to see some great changes but as to the exact date and time I cannot tell you. I do not know either. All we can do is to speak in generalities on these matters.

The reason that we have come forth as we have is to try to bring those who listen to the realization that it is time to do something and that you do not have all that much time to do it in. You may think that you do, but in the evolution of man, ten, twenty, thirty or forty years is a very short period of time. That period of time is like a grain of sand on the beach. How long have you been coming back to this planet, for hundreds and hundreds of years, even thousands of years and how much has man advanced. He has been advancing more rapidly in the scientific field in this past century than he has in thousands of years before. He is advancing too fast in the fields of science but not fast enough in the social and spiritual fields and that will be his downfall. If he could have kept this in balance then he would be in good shape and so would the planet.

The transition here would have been much easier and many, many less would have been lost. The violence today on your planet is greater than it has been ever been. There are more egos than ever before who have lost their souls (*higher selves*) and are nothing but animals. That is why you see these terrible atrocities taking place. These egos have no consciousness.

Questioner: What has caused the increase of these animals this time?

Zalhem: A lot of it has been the incarnation of ones that were of that nature in past centuries. It used to be that the average soldier had very little conscience and very little hesitation in his slaughter of man and his violence. They had no consideration and those same ones have not come to the realization that they should be anything else. They have gone down and down. A lot of those have reincarnated in this century and have continued on with their violence.

Questioner: It seems like it is unsafe just about anywhere.

Zalhem: You think that is so bad in your area here, you should be in some of the other areas of the world.

Questioner: Are we just hearing more about these animal crimes due to modern media coverage or is there really an increase in these types of actions?

Zalhem: You do hear about it sooner now and the spread is much greater but there is still a lot more of these things taking place.

I must depart. It has been my great pleasure and privilege to spend this time with you. I hope that I have been of some service. I would like to extend to each of you my most sincere love, blessings and joy. May you go forth in peace and joy. May your path be smooth and your hearts be light. So be it. So be it. ☸