



*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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**August 21, 1985**

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

Is there anything that you would like to discuss? Where I might be of some help?

**Questioner:** Would you please talk about the many different ideas concerning colors and what properties they have. Does the color red have any positive uses to us?

**Zalhem:** Of course everything does have its positive and negative qualities. To the animal the red is very necessary. The animal functions on the red vibration, and therefore it is positive as far as he is concerned.

**Questioner:** Would the red be beneficial to the lower self?

**Zalhem:** It could be, but it would depend upon the development of the lower self. It can be beneficial to some who are vibrating on that level, but it is not for the developed individual at all. But the animal functions entirely on the red vibration, and it is good for him.

**Questioner:** There seems to be so many different ideas on what these colors will do for you. Where did all these ideas come from?

**Zalhem:** It depends. Many people have just developed their own ideas on colors. Through reading books, some have received information from astral entities who perhaps did not know any more than the people that they're teaching.

The first step in learning about colors is learning to visualize colors. This is accomplished by practice. As you are able to do this effectively, you will automatically and intuitively know which colors to use. You will not have to draw on someone else's information. There are many books written on this subject, and most of them are very erroneous. They were written by individuals who, you might say, are ignorant of the situation. The first and most important is to learn to visualize the colors.

**Questioner:** Does the red vibration hold any positive qualities for someone who stands where we do on the evolutionary ladder?

**Zalhem:** About the only ones who would benefit from the red would be the animal or a very undeveloped individual. That would be in the higher range of the red vibration. It would also be used in certain areas of healing. There are certain areas that you could use the red on, but I would use the lighter shades of red. Towards the pink range. It might be used if you were treating the lower chakras or the sex organs. It could be used on the reproductive organs or something of that type as these function mostly on the red.

**Questioner:** If you were treating an animal, would you use the red vibration?

**Zalhem:** Yes, I would go to a light red. It is always going to depend upon just what the problem is. If you were treating a certain organ you would use the vibration that the organ vibrates on. When I say that an animal vibrates on the red range I mean that this is generally his color. Everyone, everything, every creature has an aura, and there is always one predominant color in that aura. A master mind can look at any individual with the "eye of spirit," and can tell what color this person is vibrating on. They can tell the stage of development by the predominant color.

The more highly they are developed, the higher the color vibration would be predominant in their aura. When you are treating certain organs of the body, each organ has its own vibration. It vibrates upon a certain rate and therefore it has a color. You would use the color that the organ vibrates on to treat that organ.

**Questioner:** You said that gold is very good for the heart. Would that be the color for treating the heart?

**Zalhem:** It has a stimulating effect on the heart muscle. The heart vibrates pretty much toward the gold.

As you learn to visualize and draw these colors to you, these vibrations, you also are developing your own mental abilities. Even if you do not develop "sight," your intuitive nature will develop to where you know what colors to use, and soon you will have "sight" too that will help. You will learn the different vibrations of the different organs. You can tell by looking at the person if an organ is malfunctioning by its color, the color that it is emanating. To get to that stage, takes a lot of work, a lot of discipline. It does not come suddenly. You learn as you go.

**Questioner:** Has there ever been a nuclear war on this planet?

**Zalhem:** No, not on this planet. There have been experiments with similar energies, back in other civilizations.

**Questioner:** Was that the civilization that had to do with the Easter Island statues?

**Zalhem:** No, not particularly. That was a civilization that was wiped out by what you call catastrophe. It was not a result of any nuclear war. It was a result of natural catastrophes.

**Questioner:** Is it the same as what is about to happen concerning coming Earth changes?

**Zalhem:** Yes, there will be many remnants of this civilization in which they will appear like that. There will be things that will be above ground with no explanation, in a thousand years to come. These items are proof that there have been civilizations before you.

As I leave I extend to each of you my love, my blessings, and I invoke the blessings of the Great Ones upon each of you. Go in peace. Be peaceful. Be joyous and happy.

Peace, Peace, Peace. So be it.

**August 21, 1985**

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

**Questioner:** Thank you for coming to visit us. We have missed you.

**Zalhem:** I have been far away for a few days of your time, and have just returned. I thought that I would drop in and see how you are all doing.

**Questioner:** Why don't you tell us about where you were?

**Zalhem:** Oh, it was not so far, maybe a few light years. There is no time and space to us. We do not deal in time and space as you do. It was only far away from your viewpoint.

**Questioner:** This earth life can become so boring.

**Zalhem:** It can also be very beautiful. It only gets as boring as you allow it to get.

**Questioner:** Can you tell us something about your life?

**Zalhem:** My life is a very, very busy life. We try to carry out our missions and our orders to the best of our ability, and as rapidly as we can. We only serve to our fullest. But your life and our life is much different. We function on a different vibration than you do, and it would be very foreign to you at this time.

**Questioner:** It is too bad that you have to interrupt your life to come back here with Earth people.

**Zalhem:** We enjoy coming back to help Earth people, but we can only help to a certain degree. We must have your cooperation. The greater your cooperation, the more that we can do to help.

**Questioner:** Did you travel in your etheric body or did you have to create a spacecraft, like the Otavana?

**Zalhem:** No, spacecraft are only used in certain instances, depending upon your mission, and what you need to accomplish. We just go in our etheric body. In the case of a physical body as you know it, both the physical and astral bodies would be left behind. We do not have that kind of a body. Ours is of a finer vibration and therefore has capabilities that your physical body does not have. It is designed only for this environment. Your higher self could not remain upon this planet were it not for your physical body. It is of too fine a nature, so it has to have this physical body in order to hold it to Earth's environs.

**Questioner:** We have been restudying some of the healing lessons that you have given us. Your words are so beautiful. Thank you so very much for sharing your knowledge with us.

**Zalhem:** They were only examples as to how you should do it. As the Master that you call Jesus said when he gave the Lord's prayer, "after this manner." He did not say that you had to use these words. This was only a pattern, and this is what I was giving you, patterns. You can put your own words into those patterns. As long as you know what you want to express, put it into your own words, and this gives you an outline to follow.

**August 21, 1985**

**Questioner:** I can't believe that I have received all this help and not be a beautiful, healthful person by now.

**Zalhem:** That is because you have allowed your lower self to control your emotions, your feelings. You worry too much. Do you realize that the things that you worry the most about, the dire things that you fear would happen, did not happen? You have to learn to relax the mind. As long as you keep it tense, it does not function well. The more it functions negatively, the more incompetent it becomes.

I want you to visualize the orange vibration. See it flowing to her. Flowing to every cell and every atom of her being. Now I am directing this orange vibration into the auras of all of you. Now just relax and let go of the orange. Let your mind for a moment just relax. Try not to think of anything. We are preparing to make the change through relaxation.

Now we are going to call forth the green vibration. A light green, just a shade or two lighter than the grass, when it is at its greenest. Now we are pouring this vibration into her aura, and your auras are getting filled and you are passing some of that on to her. It is flowing

now. Now again we are going to relax. It may be a little difficult for you changing from one vibration to another.

We will use the blue this time, the light blue, what we call the electric blue. Now we are going to call forth the blue. We see this beautiful blue vibration. It is vibrating and scintillating to us. We see it flowing into the auras. We feel this energy glowing up the left hand, up the arm and out the right hand into Her aura. We are all joined together in a beautiful blue cloud. Is this not soothing? It gives you a feeling of security and good will, and of peace. It helps you to know that you are immune from all negativity. You are protected by this blue shield.

Now again we will relax, clearing our minds ... This time we are going to use the gold, the golden sun. We want to use the light of the color of the sun. That is the color that we want to use. Alright, here we go. Gold filling the aura of all of you. You should feel peace in your mind. The gold is a very soothing peaceful vibration. It gives one the ability to draw peace and quiet to them. To attune to nature. It is the vibration that puts you in tune with the good. It is soothing to the heart, beneficial to the heart. It relaxes the heart muscles. It relaxes the mind, allowing it to function more clearly. It relaxes the body chakras. It allows them to function more freely. And so it is.

Now then little one, let that mind function freely on a positive level. Continue to do this. Visualize only the good things. I believe one of your songs says something like "accentuate the positive, eliminate the negative." Keep this in mind, and you will find that things will flow much smoother. ☸