



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 to you, my children, I am Zalhem.

You have been studying today a very important phase in the study of occultism. One of the differences between occultism and your religions is that the occultist attempts to go to the basis of all things and learn what laws they come under and how the law works. How we can apply it and have it work for us at all times. In other words the occultist's method is not a hit and miss method. The advanced occultist knows what he is doing, knows how to do it, and why it will work.

Now in the beginning of the chapter that you were studying today, the various religions were mentioned. It was pointed out how each religion was using a somewhat different method to attain the same results. This was not in any way condemning these religions, for they play a necessary part in your civilization, but are only stepping stones to higher knowledge.

The Yogi's method is a very old one that has been used for many, many centuries and it has its good points. It also has its disadvantages. Development or exercise of the body, conditioning, is good and should be used, but exercise, like everything else, should be done in moderation. You can overdo these things as well as not doing them enough, so wisdom and caution should be used.

You mentioned that if they are used to the higher degrees they will open some of the psychic centers but not all of them. But as Mr. Ingalese says, these exercises will only prepare them to work upon the first plane, the subjective plane, and will not develop them to a point where they can function upon the higher planes which requires more mental work. Unless they go on and develop themselves upon the mental plane they will not rise above that point.

Yoga, as it is taught in your country by most of your teachers, is not harmful if it is not overdone, and if the teacher knows what he or she is doing and does not go too far with it. But many of them do not know what they are doing and consequently often damage is done. So one must use caution and wisdom in these fields.

Now you were being given the occultist's explanation of how to attain that which you require and desire through your mental efforts. These methods as they are given, if properly used, can bring you that which you desire. It was emphasized that the mental attitude that one uses in what was called the philosophical meditation, is very important. Now you can ask for and concentrate upon whatever you desire. Whether you are mentally positive or negative will not stop its coming to you. If you concentrate upon it, visualize it enough, it will come in due time, depending upon your mental ability to visualize and to concentrate. But if you are doing this in a negative state of mind it may come to you, but it may not be beneficial to you, for you have thrown out vibrations that will affect the results. For instance, if an individual required a certain sum of money for a definite purpose and concentrated upon it and visualized it in a negative state of mind, the money would come to them. But the chances are that something would happen to prevent the money from being used for the purpose that they had desired it for.

If they had used a positive state of mind it would have come to them sooner and would have fulfilled the purpose for which they desired it. There would be harmony in the working of the law. But when negativity is thrown into this, a discord is established there and things do not harmonize as they should. Does this make sense?

Questioner: Yes.

Zalhem: So you see it is very important that you realize the workings of these laws so that you might apply them properly. The law will work whether you understand it or not, or whether you use it rightly or wrongly. The law will function but the results may vary. There are many of your people who are using these laws and are getting very good results, but they know little of the law. Fortunately they are using it properly on the positive and constructive side.

Many of your healers today have marvelous results but they do not understand the law. They think that God or Jesus is doing this for them at their request. But the fact is that their belief and sincerity are strong. They are demanding results. They have reached a state where they can really concentrate on the asking of this, whatever it might be, and the results are often

instantaneous. Often, course, there are egos or entities who work with these people of which they are not aware. But it really doesn't matter as long as they get results.

Many of those who have conversions, as they are called, or who have been born again or whatever, believe that Jesus has walked into and taken over their lives and is directing them. There are those of the Buddhist faith that have these same things happen, and they think and say that it is Buddha, instead of Jesus. But the fact of the matter is that the individuals themselves have come to the point in their lives where their Higher Selves, or their subjective Mind has convinced them that it is time to make a turnaround. And through an experience they are convinced that someone has forgiven all of their sins and turned them around. They make a decision to live a different life, and they believe then, that good things will happen to them, and they do. Good things do happen to them.

Their life has changed. They are living a different life, they are giving instead of receiving, and when you give freely you receive freely. They do not know or understand the law, yet they are working the law. Someday these individuals will reach a point where they will discover the laws and how they work and why they work. They will gain new understanding of this great Universal Mind, or Consciousness, or what they call God. They will learn that God or Universal Consciousness expresses through Its creations and that they are one of those creations.

Universal Consciousness is expressing through them and each of you are also a part of this Consciousness. Universal Consciousness will express through you to the degree that you will allow It to, through your own desires and your own positiveness.

So be positive, stay positive. Always vibrate on the positive side or the constructive side of life, and life will be much sweeter. We have talked much in the past about vibrations and much more will be said in the future. This is something that you must get an understanding of, for the keynote to creation is vibration.

My friends, as you go along the Path you will realize more and more the importance of the things that we have been talking about. As you begin to cultivate your mental powers, to develop them and to put them to work, you will find the environment about you changing. For you can control your environment once you have developed the mental power to do so, and have developed the wisdom to use this power.

As I leave I extend to each of you my love and my blessings. May each of you quickly come to the realization of the importance of developing that mental part of you, the real you, and develop it into a strong and powerful you.

Go in peace, beloved ones. Peace, peace, peace. ☸