



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, I am Zalhem.

Today we are going to attempt to carry on a healing exercise that can be beneficial to all of you and to others that you might wish to draw into the circle.

Now I would like you all to relax. Let go all of the tensions, all of the earthly problems and just clear your mind of all these things. Know that you have nothing to be concerned about, that all is well and all is moving along according to Divine Order. Let the body become relaxed. Let go of all the muscle tension so that the nerves, the atoms and cells throughout your body can become completely relaxed.

Declare to yourself, I am positive, positive, positive. I am positive, positive, positive. I am positive, positive, positive. No negative thought will I allow to enter my mind at this time.

Now if there are any others that you would like to draw into your circle now is the time to call them in. Visualize them gathered together here in the center of your room. We will take a moment for you to do this ... Now that we have gathered them into our midst, they are here. We know that we need no longer to concentrate upon the visualization of these individuals, for we know that we have gathered them here.

So I want you now to completely relax, and as I speak I want you to follow my instructions mentally. Apply them as I instruct you. Now we are going to call forth the orange vibration. We are drawing this now into this room, and we are going to fill your auras with this orange vibration. So let it flow to you, put up no resistance whatsoever. Let it be drawn to you that it might bring to the atoms of your physical nature, your body, a new charge of life-giving, life-sustaining energies. This is the energy that sustains all life. Life could not exist without it in plant, animal or man. By recharging your cells and your atoms with this, it will give you new energy, new vitality, new vigor, so let it flow, absorb it. Just relax your body and your mind and let it flow to you. Now we have absorbed as much of this energy as is needed.

We are going to move on to the green. I'm going to use a green energy about the shade of your grasses. This

energy we are drawing forth to us now. We are tuning ourselves to this energy. It is a beautiful green, vibrant energy, flowing in great abundance to us. Now that I have attuned and drawn this energy to myself, I am now going to fill your auras with it. It is filling your auras, penetrating into your body, bringing new, highly charged atoms to replace the old, discharged atoms.

Now we will change to the medium blue vibration. I'm going to draw this forth. We are going to attune to it, bring it forth in great abundance. Now you are being filled with this vibration, and through the law of attraction and repulsion, it is drawn to the areas that synchronize with this color, bringing new, charged atoms to replace the old. It is flowing, flowing, flowing, and you are receiving it. All those that you have drawn here have also been receiving these same energies. Each atom of your body that is attuned to this vibration is beginning to vibrate at a higher level. Your body is becoming recharged, vibrant and active in this beautiful blue energy.

Know ye, my children, that you are Mind, that Mind is all powerful. You are created in the image and likeness of your Creators who are pure Mind, endowed with all the powers to create that which they desire. They create that which they know is the will of God, as you call it, They are the only Ones who truly know the will of God. You are endowed with all of the powers that they have. They have given you these, but you have lost sight of them.

So again, you must gather to you the realization of who and what you are and why you are here, and what you are expected to accomplish, and what you want to accomplish ... Being Mind you have the power to decide that which you want and that which you want to do. Being Mind you can be that which you want to be.

So, beloved ones, you are what you think you are. So think, think Positive, think Health, think Prosperity, and you will BE and have these things.

Beloved ones, It is up to you to make that decision firmly. But it must be made firmly, not with doubt or fear or inharmony. For you are and will be that which you wish to be, if you are willing to make the effort to accomplish it. So, let it be so, let it be so.

I leave you, beloved ones, by extending to each of you
the love and the blessings of the Great Ones, and I
leave with you my love and my blessings.

Go in peace, go in peace. Be peaceful. Be peace. So
be it. ✿