



*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.

We have spoken several times of the importance of overcoming and mastering the lower self and in your readings tonight this is mainly what they have been talking about.

But there is one phase that I should like to touch upon tonight which I feel is very important. Perhaps if you realize the importance of it, it may help. One instinct that is found in most all of mankind at the stage of evolution which planet Earth stands is fear. Fear is one of man's greatest enemies. If he could overcome fear he would have won about half of the battle of overcoming the lower self.

There are many aspects of fear, many phases of it. Man fears the unknown, therefore he does not search beyond a certain point in his consciousness to discover why certain things are a part of life and evolution as his fear of the unknown prevents him from gaining this knowledge. So fear is one of the things that holds back the progress and the evolution of man.

Anger is another offspring of fear. One becomes angry many times with another because they fear the results of what another may have done or said. They fear what effect it might have on their lives, and this in turn brings about resentment which is but another offspring of fear. We fear often to meet other people, we fear other people because we feel that they are more intellectual or more advanced in some way than we are, or that they are superior to us, therefore we fear to meet them.

We fear what they might think about us. We do not many times express certain beliefs because we fear what others might think. We do not do the things often that we like to do or perhaps should do because we fear what others will think.

Often spiritual growth, pursuit of knowledge is held back in individuals because they fear what other people will think or say about them. So you see, fear has a great effect upon our lives. So you must begin to treat this in whatever manner is necessary to overcome the fears that we have. If we fear the darkness, then we should encourage ourselves to go into darkened places, a darkened room, or whatever, and prove to

ourselves that the same thing is there in the darkness that is there in the light.

We often allow fear to possess us and we develop fears in many ways. We fear to do this, we fear to do that, we cannot ride in an airplane because we fear that we might have an accident or be killed. And this can be carried to very, very extreme measures. So we must treat these fears with positive action and affirmation, begin to tell ourselves continually that this or that holds no fear for us and can't harm us in any way. In so doing, you can soon train this lower self to eliminate those fears.

Fear at one time was an asset, but it has now lost that, and we do not need it. At a certain stage of evolution, fear was necessary for survival. The sense of fear kept one alert to the dangers about him and enabled him to survive where otherwise he might not have. But this is no longer necessary and man now needs to eliminate this part of himself and when he has done that, he will find that many of his problems will either improve or fade away.

So, my friends, it is necessary for one to realize this and to realize that many things that bring about anger, resentment, fear of this and fear of that, are all a result of the one word, fear. Many people would not admit that there is any fear within them. But if they check closely they will find some degree of this lower animal instinct still within them.

Think upon these things and realize the importance. One must start at a point to make any great accomplishments. You must choose a point to start and we believe that the first point of emphasis in the overcoming of that desire self or lower self, should start with the overcoming of fear and all of its offspring.

May the blessings, the love and peace of all the Great Ones be invoked upon each of you now.

May their love and their strength flow through the hearts of each of you.

May you walk in peace, peace, peace. ☸