



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. What would you like to talk about today?

Questioner: Why do the strange things happen in the Bermuda triangle?

Zalhem: There are certain forces at work there. It is a result of one of the power units of the civilization of Atlantis in the sea there. When this unit activates, it causes things to change dimensions. They go into another dimension. It causes the sea there to act very peculiar. Actually this unit was used as a power source. It was a large crystal outfit that was used as a transmitter for power without wires, as you use them today. They did not use a wire system to transport their electrical power. It was done by crystal formations. They had them in various sizes. That is one of the larger ones. It does activate occasionally and causes strange things to happen.

My children, you were created to be happy, to be joyous, to be prosperous and to live life to its fullest. You were not intended to be worried, to be poor, to be ragged, to be in want, to be downtrodden, to be sorrowful or to be tense. You were created to live life to the fullest. I mean by that, to enjoy life, to be joyous, to be happy, to be prosperous and in order to do that, you must think in those terms. You must listen to that still small voice to guide you into the right path, the right things to do. That is what we mean when we say, "God goes before you, clearing the way." When you are receptive and open to his guidance, to his love, to his joy, you will be guided by this inner peace, this inner voice, through ideas. You must be open to the ideas and they will come as new ideas, telling what to do and how to do it.

This Great Universal Consciousness works in many ways, if you only listen, cooperate and let it come through. It is yours to have. But you must do your part. You must place your trust and your faith in God. That is your only salvation. Until man learns to do this, you will have turmoil. You will have injustice. You will have wars. You will have crime. You will have all of these things until man begins to realize who and what he is and what he is capable of and how he should go about attaining it.

Cooperate with the Law. Use it for good, never selfishly. Always want what is best for yourself and all concerned, then things will happen and you can live a full life. You can be peaceful, prosperous and loving. Above all, be loving. That is the one great attribute that man must strive for, being a loving caring human being. Love all creation. Love the God, which is within you. Love yourself and your neighbor. These are words well spoken, with great meaning.

Never condemn or judge the actions or expressions of others. Rather extend your love to that individual and know that this God force lives within this individual also and that he or she is expressing to the best of their ability or consciousness at that time. Leave your judgment to the Law. You need not be either judge or jury. "Vengeance is mine, sayeth the Lord." Little is understood of that statement. It means that we are not to make judgment. The law was set up by the Creator to be just and it deals justly at all times. It is never unjust. That is why "As a man soweth, so shall he reap." So you need not be concerned about the expressions of others but rather turn your attention inward to yourself. To quote again from your master, "Do not try to remove the moat from your brother's eye until you have removed the log from your own."

People pay little attention to these statements. Oh yes, you hear them repeated now and then, but very few stop to think what they really mean and apply it to themselves. When we see things that bother us in others, that is the time that we should be looking within ourselves to see why it is bothering us. Now I have expounded long enough upon that subject.

Questioner: How do I get more poise?

Zalhem: Practice. Poise is the manner in which you react to a situation. You do not get frightened from situations. You learn to deal with the situation no matter how difficult they may seem or how terrible. You do not 'fall apart'. You hold your attention. You become aware of the situation. You see it calmly, peacefully and you are able to deal with the situation. You do not become upset.

This is one thing that your politicians have to develop, especially along certain lines because they can take all kinds of abuse without reacting. Politicians in high

office must have a lot of poise such as your President. Oh they do not always come through 100%, but they still have to have a lot of poise in order to deal with the situations that they find themselves in.

That is what poise is and of course there are various degrees of it, the same as there is of everything else. Practice developing your poise when you find yourself in situations where it is needed. The more you practice, the stronger you will become in that area.

For instance, if you were to come upon a situation where there were many injured people and there was great turmoil, if you fall apart and cannot maintain your own poise, then you will be part of the problem and will be of no help to others. It will be your poise that will help you to handle these situations. Do not allow yourself to become emotionally involved. The tests will become greater as you develop more. You are never tested beyond your capacity, if you are trying.

That is why an individual in his evolvment, cannot be taken into the sub-world until he has developed enough poise so he can handle the situations that he would find himself in. He or she could not become frightened and hysterical and so forth. It takes a great deal of poise to handle situations of that kind. So it is a thing that grows.

It is my privilege. If I have been of any help, I am happy. I hope you all have benefitted by your healing treatments today. Now as I leave, I extend to each of you my love, my joy, my blessings. May each of you go forth with a new outlook, a new determination to live your life to its fullest. To develop the joy, the peace, the harmony and the love that will bring about your fullness.

And so it is. Peace, Peace, Peace. ☸