



*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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**May 1, 1981**

**Zalhem:** Greetings to you, my beloved friends, I would like to say a few words to you.

Continually dedicate yourselves to serving mankind. Set your goals high and determine to reach these goals. Concentrate on the necessary qualities that will enable you to accomplish these goals in serving mankind in a greater capacity.

Never let spiritual vanity get in your way. Always remember that although you have gained a great deal of knowledge and power, that you are still an infant compared to those Great Ones who rule the cosmos, those Cosmic Spirits that are so wise and have such great knowledge.

Fear is the thing that we must guard against continually. There are many aspects of fear. It comes forth in many ways, so let us learn to recognize this aspect of our lower nature that we may control and rule it. We need never to fear what another thinks of us, or says about us. We do not have to fear that we are not pleasing others, so long as we are doing what we know to be right and good. We will always be attacked by those who have views opposite to ours, or who do not agree with us, but we do not have to fear these things.

Let us always return good for evil, for returning evil for evil is only another phase of fear. So, let us always return good for evil. Let us never use anger to overcome, or try to overcome another. Anger is only the dweller on the threshold, rearing its evil head, a dweller that we have created through our fear. For whenever the dweller on the threshold rears his ugly head, let us put him down and trample him under our feet and not allow him to conquer us.

There are so many ways that fear enters into our consciousness. So let us always be aware of this and guard against it and conquer this Satan which we call fear. When we have accomplished this, we have made a great step forward in our progress of evolution. This, my beloved children, is the first thing that you need to conquer and this done, we can move on to lesser things and we will have greater power to master the lesser natures of our lower self.

Realize always that you are the only begotten son of the Creator and You, your Real Self, not your lower self, is the master. It is not very easy to realize this when you have lived many lifetimes under the rule of the lower self. Now it is time to come out from under this rule and You, the true You, take charge and become the master guiding your ship to the destiny where you wish it to be. You are the master, for your Creator gave you all the power that It has. You need only to learn to use it to become master of your own destiny.

Peace, my beloved friends, peace.

May you go forth realizing that you are the master, that fear can no longer rule you. You are the master of that fear.

Peace, peace, peace. ✿