



*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 beloved children. I am Zalhem.

Ofttimes, individuals, who are sensitive and who find themselves going through emotional upsets, will bring themselves into the psychic realm. This is not at all uncommon. In most cases, the problem arises when those individuals decide to peruse and investigate the psychic field. When this is done without the knowledge of what they are apt to encounter, they sometimes find themselves in very deep water, so it is very necessary that one have some knowledge of the psychic realm before they undertake any investigation into it.

Very few individuals are aware of all the forces of nature that can be directed by mind-power. These forces can cause great damage, but they can also do a great deal of good when directed with good intention. These forces, which are known as elementals, are of both a negative and a positive nature. They can be directed by man through his own power of concentration, but unless the individual knows and understands what he is doing, he may bring great harm upon himself and others. This is true throughout the psychic realm.

There are many egos in the psychic realm, but I will not go into a detailed description. These egos can either be of a destructive or a constructive nature. If one enters the psychic realm without a foreknowledge of these egos and their powers and methods of operation, one can often be impressed to do things that he would not otherwise do. There are many examples of these things that happen every day. So if one wishes to enter into an investigation of this kind, it would behoove that person to first learn what they might encounter.

Now, if a teacher of the occult decides to take on a pupil, he will forbid him to investigate or tamper with the psychic realm until he has accomplished great strides in establishing character and poise. There is nothing to be gained in the psychic realm unless you have the knowledge and poise to enter that investigation with protection and power.

Many think that they can gain great knowledge in this field and that their lives can be directed and guided from this realm. However, sooner or later, they find out

that the knowledge was erroneous and they have been sapped of their strength. Often, this results in obsession and possession, and evidence of this exists throughout your planet. Your mental institutions are filled with the results of these things. Many of the violent cases which are occurring today, as well as those that have occurred in the past, are results that come from the psychic plane.

My advice to anyone who is entering the psychic field is that you should gain the knowledge, the wisdom, and the power to handle whatever you may encounter there before you ever step into that field.

Now, I would like to say to the one here who has experienced some of this, that you are quite sensitive and have been drawn to others who are also sensitive and have also gone through emotional upsets. Now, this is fine if you can help these people on a mental level, but you should be very, very careful in your association with them. I would be extremely careful with one of them in particular, because he has gone into the psychic field with very little knowledge of what he was to encounter. He is already being influenced by certain entities of not too high a nature, and through him, they are influencing others. As I said, I would be very, very careful.

As has been stated here in the past, being sensitive does not make one spiritual. Spirituality is only gained through knowledge. To become highly spiritual, one must become omnipotent, and omnipotence is only gained through long periods of study and work. One must gain the knowledge first, and then he must prove that knowledge to be correct.

If a teacher gives you a law and says to you, "This is the way it works," you can either believe him or not, but you will never truly know until you have proven the law to your own satisfaction. Then you will truly know.

What is true on the physical plane is also true on the mental or spiritual plane. You may have read how to build a boat or you may have watched someone build one, but until you have built a boat yourself, you cannot truly say that you know how to build one. This holds true on every plane of life. Knowledge is not yours until you have proven it to be so. Then you can say, "I know, and I know that I know."

Many people who enter these fields try to entertain themselves by making contact with those of other realms. I can state to you from my own knowledge, that no one who is functioning upon the lower mental level is contacting anything but the lower astral egos. It is not possible to contact the higher levels until you have raised your own vibrations sufficiently to do so. So I am saying that you should be wary of any information that comes to you. Guard yourself at all times against the undesirables. Do not associate with those who are dealing on those levels, for in so doing, you are attracting those same ones, and you are laying yourself wide open to those who would do you no good.

I will take a moment now, if any of you have a question with which I might be helpful.

**Questioner:** Are there others present here with us now, besides those of us on the physical plane?

**Zalhem:** Yes, each of you has your mentor, wisdom or guardian angel, as they are sometimes called, standing by.

**Questioner:** Is there any way to continue associating with certain individuals and still have protection, or am I too vulnerable?

**Zalhem:** You are vulnerable until you have gained the knowledge to deal with these forces and protect yourself from them. Believe me when I say that some of these individual egos can be very, very deceitful and devious. They can bring about feelings of ecstasy which one might interpret as being from a very high being. They can impress your mind with whatever they desire unless you are aware, for you would think that they were your own thoughts.

That is why we say, to develop one's self first and become knowledgeable of the universal laws and how you can use them to protect yourself. Through knowledge you gain power, and when you have gained the mental power, you will be capable of coping with these forces.

This is why the Nazarene could command these forces and very quickly remove the demons from those individuals. Often, people make the mistake of thinking that they have the power to do this when they do not, and then they find themselves in a very difficult situation. You can only gain the power through knowledge, as I have said.

Now, you seem to have the ability to help other people by speaking words of encouragement, praying and sending encouragement to them mentally. There is no objection to this as long as you are sure that the one you are attempting to help is really being helped, and is making good use of it. I would be very careful in taking instructions from the mental and other planes, whether you are doing this mentally yourself, or it is coming through other communicators, such as those who do automatic writing, etc., because you have no way of

knowing from what plane it is coming. You can be sure that it will not come from a very high plane unless the individual who is bringing it through is of a very highly developed nature. Those who are functioning upon a high level would not be found in the situation that these particular people are now in.

**Questioner:** When one has acquired the knowledge, how do love and service enter in?

**Zalhem:** Service to mankind is one of the ways that man grows, and there are many ways to serve mankind. Each person has to find his own way to serve, the way that is most suited to his abilities, talents, etc. Service is a requisite for anyone who decides to follow the Path, for the Path to the Kingdom is a path of service.

Love must be a part of all of these things. Not a possessive or emotional love, but an unconditional love, where you serve because you love to serve, and everything you do, you do because you love to do it. If one functions upon that level, they will find their life going much smoother because light attracts light. As we give out love, we receive love. If we give out hate, hate will come back to us. Whatsoever you sow, so shall you reap. This is just another one of the many laws that the Nazarene stated. He stated these laws many times and in many ways, yet there are few who put them into practice. Those who have really tried these laws and have proven them out know that they work, and they know that they know.

Now, beloved ones, as I leave, I extend to each of you my most sincere love and blessings. I invoke unto each of you, the love and the blessings of the Great Ones. Peace, beloved ones, peace, peace. Go in peace, walk in peace. Be peace. ☸