



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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June 10, 1987

Zalhem: Greetings to you my beloved children. I am Zalhem. What would you like to talk about today?

Questioner: Is the disease known as AIDS going to remain the same or is it going to continue to spread and turn into a worldwide killer?

Zalhem: It is already a worldwide killer. Perhaps not in the millions yet but in the thousands. It is worldwide. It is much worse in some areas than in others. I believe that we have discussed this once before. It is the result of man's wrong doings and is part of the pestilence that man has brought upon himself. This disease is going to survive for quite a while. Your medical research has not come close to an answer yet and the population by and large is not taking it very seriously yet. They are going to find a number of ways that this disease can be transmitted. It is a very serious problem at this time and it is going to become much more serious.

Questioner: Do you think that it would be wise to avoid restaurants and places like that?

Zalhem: It is wise to keep as far away from it as you can in every way. The main thing is to keep your own self as pure as possible. Do not become involved in any way, in anything that can transmit it to you. This is part of the price that man must pay for his immorality. This was predicted long ago that these things would happen in the later days of this age. Any time that a civilization's morals drop to a low level, they are bound to pay. This is due to the law of retribution. There is no way around it. As you sow, so shall you reap. There will be other things that will come about which will be as serious and as baffling. There will be unheard of insects and pestilence that will plague man.

Questioner: Will there be new insects?

Zalhem: Yes, there will be new species. The creation of these new diseases and insects does not happen overnight. It has been in a growing process for many, many years, even centuries. When the proper amount of negative energy is available these things materialize. When your planet goes into the next age, these energies will be absent and these things will disappear.

This is why the Earth has to be cleansed of its parasites every so often. When it reaches a point

where things become so negative and so uncontrollable, they have to wipe out the causes. That is why there will be great upheavals. There are two purposes for these upheavals. They will cleanse the Earth and give the Earth a chance to transform itself in the areas that have been fed with the minerals and so forth over the centuries. These minerals have been washed down into the oceans. The depleted lands go down to go through the process of being replenished. It is a cleansing process and it includes man. It includes all the species of planet Earth.

Questioner: Will some of the lands that sunk during the destruction of Atlantis come back up during this current change?

Zalhem: Yes, you see through the natural process much of the minerals and the top soils are eroded into the ocean. With man's careless use of the planet he has hastened this process of land erosion. This happens by not protecting the land to prevent it from washing down into the oceans. Also the planet becomes overpopulated so you have to cull out the weeds and return them to Universal Consciousness to be used again in creating new expressions. Each creation is an expression.

Universal Consciousness creates out of that. So it also can be returned to where it came.

Questioner: Does the Mayan calendar end on August 16, 1987 and why does it end on that date?

Zalhem: Yes, it does end there. It is because they were not able to see beyond that.

Questioner: What was the reason that they could not see past that time?

Zalhem: They were not supposed to. That date marks the end of an era. A new calendar will be created in the future that will be for the future. That one was designed to go up to that certain time. There will be great changes starting at that time. There will be a period of great change from that date on. Much greater changes than you have seen in the past.

Questioner: Is there a significance to that date?

Zalhem: Yes the dates of August 16 and 17 in 1987 will be another time when those who are aware and

those who are seeking can increase and develop their consciousness more rapidly. Some of your sources say that this will take place during these two days and this is true however it will be more intense at this time. If man makes the effort, he can make a greater change but it will be easier from then on for those who are seeking, trying and really putting out the effort to increase their consciousness, to gain more knowledge and to put it into practice.

One of the great problems among many who seek to know these things is that they have sought the knowledge and have found a great deal of this knowledge but they have not really put it into practice. They have not used it. Knowledge is a wonderful thing and we should all continually seek greater knowledge but we should also use that knowledge. Put it into practice. From that date on (*August 16 and 17, 1987*) it will be somewhat easier for those who are trying to make greater progress. It will also be the beginning of many changes that are coming about such as economic changes, greater weather changes and an increase in Earth activities such as storms, earthquakes and that type of thing. Those dates are the beginning of the greater changes and will culminate into a new and better era. The Earth itself has moved into a new area in space where the vibrations will be better, so to speak. They will be more beneficial to man and man's progress will be greater and more rapid.

Questioner: Would you talk about the candida yeast infection that so many people seem to be having problems with?

Zalhem: There are a number of things that have contributed to this. One of the greatest things is the antibiotics that man has been receiving. You get it from so many sources. These antibiotics are man-made and they cause a toxic condition in the human body. Of course, they are using these a lot in animals and a certain amount of this stays in the flesh of the animal. Then when you eat the animal, you get quite a bit of it in your body that way. I think you will find it is more common in those who are heavy meat eaters. These chemicals are used so widely now. They use it in your fowls now. So you get it from many sources. It is also taken directly into the body for control of various infections. Man does not realize this and nothing is done to counteract it.

It is very difficult to get this infection out of your system. Your medical profession does not realize that the antibiotics they use are helping to cause this. They use these quite extensively, more than would be necessary in a lot of cases. A lot of things that they use antibiotics for now, people used to get over without them. It merely speeds up the process of recovery but there are other things that could be used and have been used in the past. These were less harmful although not as speedy.

Questioner: It seems that events of change are happening with greater frequency. It seems that things are really starting to change now, is this true?

Zalhem: Well you see, these things come about rather gradually. As they build up more rapidly, you begin to take notice. There will come a point where some of the very important and destructive things of your economy will happen very suddenly. These things have been building up over many years.

The more knowledgeable you are and the more intuitive you are, the sooner you see these things. The sooner you see these things, you can avoid as much of it as possible. Protect yourself.

Questioner: On August 16 and 17, 1987 do you see large economic events taking place?

Zalhem: Not right on those dates but I think that it will not be too long after, you will see things happening more rapidly and crumbling more rapidly.

Questioner: If one were to buy silver would it be a good idea to buy before those dates?

Zalhem: Yes, if possible. It is hard to set exact dates. You can see your economic situation rocking back and forth on the razor's edge all the time. It could take a big plunge anytime. All you can do is to do the best you can to prepare yourself for it.

You see many of these things were given in your Bible or your scriptures such as the illustrations of preparing for the bad times during the good times. Most people do not listen to those lessons. They do not realize that this is trying to tell them something. To them it is just a story that happened a long time ago. They think that these (*stories*) do not apply to them now.

Questioner: It seems that many who do read, study the bible and know that these events are coming are doing nothing to prepare for these times in the belief that God will take care of them.

Zalhem: This is true. What they do not realize is that "God helps those that help themselves." God can only work through people. In other words if you fall down, God is not going to pick you up. You must pick yourself up. You only get as much help as your effort deserves. If you do not make any effort yourself, you are not going to get much help.

Questioner: What can a person do on the mental plane to keep destructive insects from a garden?

Zalhem: One would try to attune themselves to a rapport with these insects and then ask them to leave. Tell them they are harming your plants and you would like them to leave. This should not be done in an angry, forceful manner but in a loving manner. This is very possible. It will take some concentration and effort to do this.

You see force begets force. When you try to force something it only comes back as more force. In other words as one of your sayings goes, "You catch more flies with honey than you do with vinegar." Be nice to them but ask them to leave. Tell them they are harming your fruits and your vegetables and you would like them not to do that. Ask them to go somewhere else.

Questioner: Would someone with the proper amount of concentration be able to ask the birds not to eat all of the fruit from the trees?

Zalhem: Yes. These are some of the things that are going to be done in the next civilization. You will not use chemicals. You will not have all of these destructive insects for one thing because you will not have all of the negativity that creates them. So therefore you will not have so many to contend with. When all life lives in harmony and I mean all life from the lowest to the highest, you do not have those problems. Each gets their share but no one takes more than their share.

Questioner: Will there be people who eat meat in the next civilization?

Zalhem: I doubt that very much. It may take some time for that transition but as people grow in consciousness it should happen. It will take a few generations to do this. Do not get the idea that you are going to jump right from one area into another. From one of negativity into one of perfect harmony. This will take time. It will be a gradual change. These things do not happen suddenly. It has been going on for quite a while. You are not going to wake up some morning and find yourself in the New Age where everything is perfect. Man does not evolve that fast. Man has many thousands of years left to evolve, a long way to go for many but in reality, in cosmic time, it is not so long.

The progress in the next age and the rate at which man evolves depends upon the effort that man puts forth. The more effort man puts forth, the more help he will receive. The success of the next age is up to man. It can still fail if man does not live up to his potentials. Nothing is for certain where man is concerned.

Questioner: When one is trying to infuse a tree or plant with orange energy, what is the best way to do it? Would you draw in the energy through one hand then pass it through your body and out the other hand or would it be better to simply visualize the tree along with the energy?

Zalhem: In the case of a tree or bush I think that your visualization would be about as good as any way. How much good you do depends upon your power of concentration but that is true in either case. In treating a person we more or less concentrate the energies by using our hands. The mind can create what it desires to create. The more concentration that you can put into visualization and the clearer you can visualize, the more you will be able to do.

It has been my pleasure to spend this time with you. As I leave I extend to each of you my love, my blessings, my joy, my peace. Go in peace beloveds. Go in peace. Walk in peace. Be peaceful. ✨