



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.

Now let us establish ourselves in a positive attitude. We are going to lay aside all resentments, all fears, all tensions. You are not going to allow any of these things to become a part of your consciousness. Let us declare, "I am positive, positive, positive. I am positive, positive, positive. I am positive, positive, positive." Let it be said, let it be so. Let us prepare ourselves for healing.

"Our Father which art in heaven, holy be thy name. Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day the ability to use these cosmic energies that surround us. Give us the ability to draw them to us, to see them in our minds eye, to create them with our own minds and bring them into clarity."

We give thanks that we have this power, that it has been given to us. We give thanks that we have the knowledge and intuition to know what energies to use and to use them forcefully for the good of those whom we wish to treat. We give thanks that the patients have open minds and can receive these energies for their benefit. We give thanks that this is so. So be it.

Now I would like to cleanse your auras. It will be easier to you to work if we get your auras cleansed first. Please stand. It is done.

I want you to relax. Let go of all your cares, all of your tensions; become one with all creation. Visualize yourself in the most pleasant place you can think of, as by the side of a beautiful lake. You are lying upon the shore in the shade of a beautiful oak tree, with the waters gently lapping at the shore. The birds are singing in the trees. Nature is expressing itself all about you in its beauty, even the flowers are sending to you their beautiful fragrance.

All is peace and calm. Nothing can disturb you for you are at peace, peace, peace. Peace surrounds you. The air that you breathe brings comfort and peace to you, brings the joy of knowing that it is bringing to you the life-giving energies that make you stronger. You're at peace. Your tranquility is such that you've lost all consciousness of the world tensions, of all the things that bother you. At this moment you have no thought of

anything but peace and a oneness with all creation, with all mankind. You are at peace.

You are mind and being mind you cannot be ill. Disease has no power over you for you are mind and mind controls and creates all things. You are going to allow your mind to create nothing but peace, harmony, love and health. You are a Light center, a true center, a Light center created out of that one Great Light, and you have all of the attributes of that Light center. You have the same creative power for you are an offspring, a part of that Great Light center out of which all things are created. Therefore you are strong, your mind is all powerful; it can create what you desire. You need only to awaken that part of that Light center, that will—the will to do that which you desire.

You will not allow anything to interfere with your desire. Anything that arises from that lower reasoning mind will be put down, for you, the real you, that which came from out of the Great Center, can, if it wills, control all things.

You are mind and you can do all of these things. You need only to put the will in command. You will listen to no other thought but that which comes from the real center of Pure Light. You can control your own life, your own environment if you allow your will to take over. Know that you have this power at command, that is the captain of your ship and it will direct it safely through any storm regardless of its severity.

You are because IT IS, and you have that power. Never doubt this for one moment. You can command all situations if you will follow these instructions that I have given you.

Never allow the objective to dictate or out-reason the subjective, for the true You will express only from the subjective side of life, the constructive side of life. The destructive cannot be part of you, for you will not allow it to be so.

Know this. Do not just believe, but KNOW, and will it to be so. Repeat over and over to yourself, "I am the master of my lower self, for I will it to be so, and it is so."

It has been said, so shall it be.

As I leave I extend to each of you my love and my blessings, my joy and my peace. I ask the blessings of the Great Ones be bestowed upon each of you. May your intuitive guidance come to you loud and clear so that you can give your best to mankind in service. May you be of aid in helping others pull themselves up in consciousness.

Peace, beloved ones, peace.

Go in peace, walk in peace, be peace. ♣