



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: Now, I would like to say a few words about Hypnosis. When one submits himself to Hypnosis, he is submitting his Mind to the control of another Mind. Personally, as an Occultist, I do not recommend this, for it has many dangers. Before allowing one's self to enter into a relationship of this type, one should have a thorough understanding of Hypnosis. I think you find that a full understanding is hard to come by in your society, unless you are fortunate enough to find an advanced Occultist who really understands Hypnosis.

In the first place, when you submit yourself to another in this way, you are opening yourself to many dangers. The type of dangers to which you will be subjected, will depend upon the efficiency of the Hypnotist. A Hypnotist who puts another into a complete Hypnotism is driving both the Subjective and the Objective Minds from the body. This alone has its dangers, for the Subjective Mind is going forth into the Subjective Plane, or what you refer to as the Astral Plane. There, he is endangered by going among others who may take advantage of this Subjective Mind.

Partial Hypnosis only removes the Objective Mind. In this state, the Objective Mind will receive and accept any suggestions made by the Hypnotist. The Objective Mind has no choice but to follow the directions given. This is why the Objective Mind carries out the instructions once the patient has become fully conscious, and the patient knows not why he does it.

Mind Power is unlimited. Very few individuals, who have not made a study of these things, realize the power that one mind, which is capable of concentration, can have over another. Many of your Hypnotists say that one who is under a hypnotic spell cannot be made to do anything that they would not ordinarily do, or that would go against their conscience. This is not true. It has been proven many times that a powerful Mind can influence other Minds to do that which they would not do of their own volition.

There are many more than you realize today, who have made studies of these influences for their own benefits, and to control and gain advantage over others to cheat them out of money and property. It is being done every

day in your society. Those who are being influenced do not even realize what is happening.

If we are to be protected against these things we need to be knowledgeable. The more one allows one's self to be influenced by another through hypnotism, the more one becomes open to mental suggestion. After this develops to a certain state, this does not need to be done through a hypnotic session. It can be done at a distance. One can be easily influenced by the thought of another, so these are things we need to become aware of and to guard against.

So always be aware and in control of your own mind.

My blessings and peace I leave with you.

March 28, 1982

Zalhem: Greetings. It is my pleasure to come among you. I hope that I may be of some service to you.

First, I think that we should have some understanding of the Mind, what it is and how it functions. This is made very complicated by most of your Earth's Mind specialists, but in reality there are only two parts to your Mind. There is what you call the Higher Mind or Higher

Self, as you refer to it, and the Lower Self. We shall refer to the Higher Mind as the Subjective Mind, and to the Lower or Animal Mind as the Objective Mind.

Now, you have the two Minds, each consisting of a positive and a negative. The negative side of the Subjective Mind is the Intellect. The positive side is the Will. In the Lower Mind the negative side is reason and the positive side is desire, so you have two Minds functioning together. The Objective Mind, being the desire Mind, is also the habit-forming Mind. That is where the habits form. When you have repeated the same thoughts or the same actions for a few times, you find yourself with the urge to repeat this same thing again at that same time; thus habit is beginning to form. The Objective Mind will not control this. It will continue to repeat these desires as often as the habit requires.

The Objective Mind is also the root of the emotions, fear being the first and foremost. It is the most dangerous and the first to be dealt with. Fear has many ways of expressing itself. Anger is a form of fear. A

murder is committed out of fear. All things of a negative nature are expressed through fear.

The second to be dealt with is sensuousness, less dangerous than fear, yet it is a very important emotion to be overcome.

Third would come the sex desire, not to be eliminated, but to be controlled for the purpose for which it was created.

The fourth and last emotion is vanity. This, also, has many expressions which we will not go into at this time, but all of these things are part of the Objective or Animal Mind. All had their parts at one time, before this Mind was joined with the Subjective Mind, or the Son of God.

Your Subjective Mind is that part of you which is referred to in your Scriptures as the Sons of God. This Mind must now come out from under the control of the Objective Mind and take its mastership over the Objective Mind. This, my friends, is accomplished by the awakening of the Will.

Intellect, or the negative part of the Subjective Mind, has been awakened in Man, but very few have awakened the positive side, or the Will. It is the Will when put in command, that will conquer these emotions which come from the Lower Self.

We have tried to present this Mind picture briefly, and I hope, fairly and clearly, although it would take a great deal of study to really understand in its completeness.

I leave you in love and understanding.

March 28, 1982

Zalhem: There are so many individuals today who have read a few books and taken a few seminars and become authorities overnight. Many of them have very little knowledge of what they are really doing. In some cases they may help. In others they do more damage than they do good, not realizing that they do not have enough knowledge of what they are dealing with.

As time passes you are going to see more and more authorities arising on many subjects because there is more interest being taken in the Mind and what you call the supernatural. In reality, we know there is no such thing as supernatural. Everything has to be natural. It is a part of the laws of Creation.

Unless one knows and understands these laws and has experimented or proved them to a point where he knows, not just believes but knows, he should not be tampering with other people's minds or lives. By so doing he is going to develop a great deal of karma.

If one is to work upon the emotion of fear, it is better that he start with fear itself, rather than to start with phases of fear, or be bringing up old fears. Through our own suggestions and denials, if we will work at it and do it diligently, we can begin to eliminate fear itself.

Then as we become less and less fearful, we can begin to work on individual fears. For instance, perhaps we fear someone. We could start on that and say, "I do not fear this person. He is a center of light just as I am a center of light. He has no influence over me. I am myself and he is himself. I need have no fear of him, etc."

But first, we should lower our general level of fear. Once we reduce that, we will find the other that gradually fading away by themselves. To try to force these things too rapidly is to open a Pandora's Box, so we must work upon these things very gradually.

Now let us begin our "Exercise on Controlling Fear," by saying, "We are positive, positive, positive. No negative thought shall enter our minds. We are going to think positive thoughts of love, peace, and joy. You are positive, positive, positive."

You are Mind. You are pure Mind. This body is only a vehicle for your Mind. Your Mind controls this vehicle. You can create anything that you desire in this vehicle of yours. All things are created in Mind. Without Mind there would be nothing. Being Mind you have nothing to fear. Nothing can harm pure Mind, and you are pure Mind. Therefore, you have nothing to fear. Fear will not enter your Mind. Fear is a product of the emotion of the Lower Mind.

You are awakening the Will, or the Subjective Mind. It is taking over, taking command. No longer will you allow this Lower Mind to dictate to the real You, the one in command. You are the Captain. The Will is the Captain. He will dictate what will be and what will not be.

Fear is a product of the animal. It was necessary in the animal state for him to have the emotion of fear in order to protect himself. He does not need that anymore for you, the Intellect and the Will combined, is protecting him and he has nothing to fear. You will make this clear to this Mind. Every time he suggests to you that you must fear something, you put that thought down and replace it with one of a positive nature. You will say that you have no fear, for you have nothing to fear. You are the Son of God. Nothing can harm or destroy you for you are strong. You can do that which you will to do for you are Master.

Once this Will is awakened you will be in complete command. You can control your environment. You will never be a product of charity, for he who has mastered this lower nature and has put the Will in command will never have to repeat this again. Once you have mastered this lower nature, or the emotions, you have done it for all time.

Now you are relaxed. You are feeling nothing but contentment, peace and joy. You see yourself in harmony with all Creation, with all those about you. You see only good for you are at peace. You are calm. Nothing ruffles you. Nothing bothers you. Nothing that

anyone says or does will affect your emotions for you are at peace. Within your heart you feel joy. You rejoice that you are because He is.

Practice, study, work and you will overcome. ☸

As one of your great men said, "You have nothing to fear but fear itself." He was right. He was telling his people the truth.

Now, for a few moments, I want the others present to visualize an orange color, about the color of an orange. Try to see it as a vibrating, scintillating light flowing to you, surrounding you and being absorbed into you. This is a life-giving energy. Without this energy no life could exist, for it is the energy that all life must have to have life. Let us for just a few moments visualize this.

It is bringing new, highly charged magnetic atoms into your body driving out and replacing the old discharged and depleted atoms, renewing them. Each atom is magnetic, vibrating at a certain rate. Each atom will flow to that particular body or whatever that it is in harmony with and vibrating with. Your whole body is magnetic. That is what holds it together. If it were not it would fall apart. So be that.

Now, I am going to use a very light blue now, a very pale blue. We are going to send this to you and surround you with it. We see you as being completely surrounded and engulfed in this light blue haze. It is being absorbed into your body, into your aura, raising your vibrations. So be it.

Now, what I would like you to do in your daily practice is to try to practice visualizing what we have been calling the electric blue. It would be the color of a high tension spark that would occur between the poles of a static machine. You have often seen this when a trolley car makes an imperfect connection with the trolley. If you can visualize a color as close to this as you can, see it surrounding you and flowing to you.

It will take some practice. Another can help you with practicing this and sending it to you, too. It would be good for both of you. We have been suggesting this because it is a protective color also. Anyone who can draw enough of this blue into his aura and establish it as a predominant color there need not be worried about malignant or negative entities, because they will be repelled by such a color. They cannot vibrate on that high a range, therefore, they cannot penetrate any aura that is vibrating in this range. Also, you are attuning yourself to a higher vibration in the subjective plane, where any contact that you might get would be more apt to come from the blue range which is a higher range.

Questioner: Is this why it is sometimes suggested to use a blue light bulb to help keep negative entities out of a house?

Zalhem: If you use a blue light to keep negative entities out of a house, it will repel them because it is too high a vibration for them.