



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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(Excerpt)

Zalhem: Come out of yourself. You are staying within yourself and not allowing yourself to express as you should properly. You are not giving yourself the respect and the honor that it deserves. Now, no one else can do this for you, you have to do it. Come out and lose yourself in service, thinking not of "why this or why that," as you come out.

As you lose yourself in service, your rightful place automatically appears, and you are self-led into the situations that are right for you. You are where you are, doing what you are doing, because this is the place that you need to be at this time, to learn what you need to learn at this time. But do not become concerned over that and dwell upon these things, but rather lose yourself and become selfless.

As you become selfless, not concerned with self and not saying, "What am I going to be doing tomorrow or what must I do today to accomplish that which I need to accomplish?" Instead, you accept the fact that you are where you are because you have put yourself there. That this is the place you need to be at the moment to learn what you have to learn, and you forget about what you are going to do. Oh, you may have desires and this is fine. You may have ambitions and this is fine. But do not worry about them. Just let them flow to you and they will. Because you are giving out, things are bound to come back to you.

But you must give selflessly. We often have too much, much too much concern about self. But as we become more and more selfless this disappears and things begin to flow. Live the law. As you give, so shall you receive. As you send out love and understanding, it will flow back to you in greater abundance and your life will balance, and the things that you need to do will present themselves in such a way that you cannot doubt. But when we spend too much time concerned and worrying about ourselves, as to where we are going and what the future holds, and "am I doing the wrong thing or am I doing the right thing?," we put blocks in our way. These blocks can be removed by doing as I afore mentioned.

Questioner: How can we analyze and know ourselves and be detached?

Zalhem: If you analyze your feelings, and do it properly, you will find that the things you are concerned about and worrying about need not be worried about at all.

Questioner: How does one get a good opinion of oneself without being egotistic?

Zalhem: You establish it. Selflessness is not ego. As you said, "Dr. Schweitzer did not worry." Of course he didn't. He had a goal in mind and he sought that goal. Once you have started on something and determined that this is what you are going to do, then you put your effort into that but still remain selfless and loving, still trying hard to establish selfless love.

But we can be giving a service and still not be selfless. We can still worry a lot about ourselves and whether we are going in the right or in the wrong direction, and put blocks in the way to keep things from flowing to us. Now, I do not say that this is easy and something that you can just turn off and on at once, when you have not practiced it through your life. But we do many things sort of subconsciously, not realizing it. Do I make myself clear?

Questioner: Yes.

Questioner: How can we correct this? Should we continually remind ourselves that we are worthy expressions of Deity, of Universal Mind, and therefore we are good. How can we get it down into a practical application?

Zalhem: You are an expression of the All, created out of the All. But you need to develop, to learn and to grow, and as an individual you evolve. But in your own evolvment, you also help Deity to evolve because you are a part of Deity. Those who do not evolve go backwards and are detrimental to the evolvment of Deity. There is little understood in your culture of the real nature of Deity and what man's relation to it is. But each individual is created out of Deity, the partiled part of Deity, by the Creative Spirits in their image and likeness which is Pure Mind. You must believe and know that you are this image of Pure Mind.

But if you have created an image of yourself that tells you that you are unworthy, that you cannot do this, you cannot do that, and that you cannot find your place in life, then these thoughts must be put aside. You must establish the fact that you are a part of Deity. I'm not saying that you are Deity. You are a part of Deity. You are a cell in that great mass, each growing in his own way or attempting to grow.

Each has his free will and can progress or digress. It is up to the individual. But it is important that you keep in mind that you are a part of Deity and that you have all of Its abilities and attributes. They need only to be developed. You are all creators; you are creating every day. Every thought you think is creative, so if you think you are a failure and you dwell upon that, you become a failure. If you believe that you can be successful and that you are successful, and you visualize it, you become successful. The stronger your visualization, your concentration is upon what you want to accomplish, the faster it will be accomplished. I am just suggesting to you how your progress can be more rapid.

I understand that in your case you have had a great deal to accomplish on the physical, material plane which has taken time from your efforts that otherwise could have been directed in other ways. But you are doing well under the circumstances.

It is necessary to keep in mind the spiritual goals that you are trying to accomplish, and to direct as much mental energy as possible in that direction. But above all, try not to involve yourself in such a way on the material plane that it causes you depression or doubt as to what you can do, or in self-pity. It is very, very easy for us to become depressed or to have self-pity at times, and these things can be retarding to our other spiritual efforts and physical efforts, too.

It is not always easy; I understand that. I know, I have been through it. I have experienced all of these things. It is something that you work at, and one day you find that you have mastered it. It is like anything that we want to accomplish that is a great accomplishment.

A great musician experiences the same thing, or a great artist. Their struggles are great at times, and they become depressed. Inventors especially, have failure, after failure, but they keep hoping, visualizing what they are trying to accomplish and one day, there it is. It is a great feeling to know that your struggles have finally paid off.

So do not become discouraged at a little failure here or there, but rather look at it as an experience to learn by. Everything can be beneficial no matter how negative it might seem or how much it might make us feel that we have failed. And if we look at it closely, we will see that there is a lesson there to be learned, and a lesson that can be beneficial in helping us avoid another failure. ❀