ASCENSION MANUAL

THE LAWS OF LIFE EXPLAINED

### Methods of Self-Governance

And thereby the World, according to The Law: “as within, so without”

Instructions from the

Ascended Masters to bring earth into the permanent golden age As decreed by THE ONE TRUE GOD

**ALPHA & OMEGA**

THIS INFORMATION IS FROM THE ORIGINAL, PURE TEACHINGS FROM THE ASCENDED BEINGS, PUBLISHED IN THE “I AM” ACTIVITY and THE *‘*BRIDGE TO FREEDOM’ (incl. ADK LUK PUBLICATIONS,) ONLY. NOTHING HAS BEED ADDED. THERE ARE APPROXIMATELY 80 BOOKS CURRENTLY PUBLISHED OF THESE WORKS. THIS MANUAL IS A BRIEF SUMMARY

*This information is thanks to The Accredited Messengers: Beloved Guy & Edna Ballard (1930’s), Geraldine Innocente and later other members of the Philadelphia Group (1950’s and on), the Ascended Masters Saint Germain, El Morya, and ALL the Ascended Hosts that we have this life-changing material, and to the AMTF (USA) for compiling the Dictations given to Geraldine Innocente and the Saint Germain Foundation for the distribution of the books of the “I AM” Activity.*

For more information on this, visit websites:



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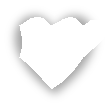
ASCENDED MASTER SAINT GERMAIN

MASTER IN CHARGE OF THE NEXT 2000 YEARS, WHO IS ULTIMATELY RESPONSIBLE FOR BRINGING IN THE PERMANENT GOLDEN AGE ON EARTH

“Remember, these are My Words, and let no human being on Earth doubt it when I say to you that Saint Germain has performed the Greatest Service ever attempted by One Being on Earth!” *Beloved Jesus – Voice of the “I AM” No. 37*

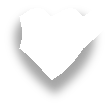
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# SUMMARY OF THE LAWS OF LIFE AND UNDERSTANDING OF THE “I AM” PRESENCE



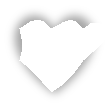
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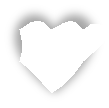
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MODULE ONE

# SUMMARY OF THE LAWS OF LIFE AND UNDERSTANDING OF THE “I AM” PRESENCE

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#### THE WORD (“I AM”) IS MADE FLESH

“Beloved ones, it was said long ago that "The word was made flesh" and dwelt among the peoples of Earth. Is that not true with every embodiment that takes place? As every individual takes embodiment, is not the capacity and power of the creative word "I AM" made flesh and through that one given an opportunity to express the Christ Estate?” *Mother Mary Christmas address 1959*



THE MAGIC PRESENCE OF GOD

“I AM”

DESCRIPTION OF THE CHART of the MIGHTY “I AM” PRESENCE

##### 'Voice of the "I AM" ' Mrs. G W Ballard - Saint Germain Press 1937

“The lower figure represents the human or flesh body; the upper figure represents the Individualized Presence of God which is the Electronic Body of the “Mighty I AM Presence,” Between the flesh body and the Presence is the Higher Mental Body, a form just as tangible in Its own Octave as your flesh body is here. It is your Discriminating Selective Intelligence. The Higher Mental Body knows the Perfection of the Presence and also the imperfection, the undesirable creation which the human has drawn about itself, but will not accept the imperfection into its world.

The Ray of Light, which goes from the Heart of the Presence, through the top of the head, anchoring within the heart of the flesh body, is the Life, the Light, the Substance, the Energy, the Intelligence and the Activity by which the physical body has Life and is enabled to move about. When your attention goes to the “Mighty I AM Presence,” this Ray of Light and energy begins to intensify and expand, *until the point of Light within every cell of the flesh body responds to it. Then* the process of throwing off of the denser qualities of the flesh body begins. As this intensifies, the Radiance forms a tube of Light about the flesh body. You can call the Presence into action to make It so invincible, so impenetrable that even a bullet cannot penetrate it. This becomes an “invincible Wall of Light” enfolding you and no human thought, feeling or suggestion can penetrate It or disturb you in any way. This is one of the greatest needs of mankind today.

The Violet Flame flowing up, through and around the lower figure, represents the Violet Consuming Flame, which is released by your “Mighty I AM Presence,” when you call for Its Action to be passed through you and your world to consume all discordant creation past and present.

The use of the Violet Consuming Flame is imperative. (more information on the Violet Fire is on page: 33 of this document) It is the *only* means by which all undesirable accumulation can be forever dissolved, consumed and its cause and effect annihilated. Every one should call the Presence into action to pass the Violet Consuming Flame from the feet up, through the physical, emotional and mental bodies like a blow torch, dissolving and consuming forever every undesirable thing or condition, which the human has drawn about itself. This is the *only means* by which you can become free from the wheel of birth and rebirth, free from the hundreds and perhaps thousands of embodiments in which you have lived. Any one who thinks it is not necessary or imperative to use the Violet Consuming Flame will find his great mistake, too late. There is no human being on earth that is an exception to this Mighty Law. Every one in this world has felt discordant feelings, spoken negative words and thought, imperfect and discordant thoughts, which means just so much substance and energy qualified with discord, all vibrating within the body and around it in the individual's aura.

Every one, who has ever accomplished the Ascension, Jesus included, had to use this Violet Consuming Flame to dissolve his own human creation, before the Substance of his flesh body could vibrate at a rate that would enable it to ascend. All must do this some day and it is the only way by which anyone can free himself and become Master everywhere he moves in the Universe.

When you sincerely and firmly give attention to your “Mighty I AM Presence,” your ascension begins that moment. The practical part of this True Understanding is, that when you give your attention firmly to your Presence, the Ray of Light and Energy from your Presence begins to intensify and expand, causing the rapid expansion of Light within every cell of your body, until the earth loses its attraction for the body. Then as the attention continues to the Presence the finer part of the flesh body ascends and is absorbed in the Higher Mental Body. Thus, the transformation from the human into the Divine takes place all sense and appearance of age leaves the face and body, the hair returns to its natural color and the clothing dissolves into the Garments of the Higher Octaves. Then the finer part of the flesh body is drawn into the Higher Mental Body, and It ascends into the Electronic Body of the “Mighty I AM Presence,” when the individual becomes the Ascended Being, which Jesus, Saint Germain and hundreds of others are. This is the individuals' Eternal Body of Light that never changes. The Ascended Being can raise or lower the rate of vibration of his or her body and make it visible or invisible at will, in the human octave. This is how the Ascended Masters appear

and disappear at will. There is noting spiritualistic about this. It is just a Mighty Divine Law of Life in perfect action, heretofore not understood.

The Ascended Master is as far above a disembodied individual as Light is above darkness. The Ascended Master is the Conqueror over so-called death, while the one who has passed through death has failed to hold the Mastery or Control of its substance and energy. Therefore, he must return in another baby body, grow up and try again to attain his Victory, by keeping his physical body harmonious long enough for his Presence to release through it the full Power of Light and Love and thus expand the Perfection of Itself, which is the Ascended Masters' Victory – the Ascension.

The Color Radiance around the Presence represents the accumulation of all the good from all the past lives of the individual. It is a Great Storehouse of Energy, which the individual has earned. This Great Energy will be released into physical use, when enough attention has been given to the Presence.

Around the lower figure or flesh form is the accumulation of whatever irritable, destructive qualities the individual has generated through the centuries. The great Mercy of the “Mighty I AM Presence” is, that few are ever permitted to see the discordant accumulation. This why it is *imperative* to call the Presence to use the Violet Consuming Flame each day, until this is completely dissolved and consumed.

At the left of the lower figure is Mt. Shasta, where some of the experiences of Unveiled Mysteries took place. At the right are the Teton Mountains where the Retreat – the Royal Teton is located. It is in this Retreat that the Great Assembly of the Ascended Masters meets twice each year, to render a Mighty Service of Light, Love and Perfection for the Freedom and Blessing of mankind and the earth.”

##### EXCERPT FROM DISCOURSE IV pg. 31 - The Great Divine Director

"I came at Beloved Saint Germain's Request, to assist the People of Earth. I came forth from My Home in the Light, after having rendered the Service in India, as described in “The Magic Presence." Saint Germain, after working for so many centuries for mankind, determined to try to awaken people again. Every time He would raise them to a certain point, rebellion in the human feeling at the discipline required—for the Re­lease of the Mighty Energy from their own God Presence, would swing them aside. In Our Discussions, We had to decide what was the most Powerful means, by which This Assistance could be given mankind. I said to Him: "I am willing to try with You and make a Final Effort, to release the Light within enough of mankind, so the people may have the Blessings, which It holds for them"!

THE ONLY THING IN THE UNIVERSE THAT WILL SET YOU ETERNALLY FREE!

“There is but one Application in the Universe, which sets mankind Free. It is first, the Understanding that you have an Individualized God Presence above you – the distance makes no difference. From your “I AM” Presence, comes the Stream of Life and Energy anchoring into your own Heart, and It gives you Life, Intelligence and Activity. It is the only thing in the World, which will give mankind freedom!” *The Great Divine Director - “I AM” Discourse XVII*

## THE THREE DISPENSATIONS

AND THE TEACHINGS FOR THE NEXT 2000 YEARS AS WE COME INTO THE PERMANENT GOLDEN AGE OF FREEDOM OF SAINT GERMAIN

***Excerpt from THE BRIDGE TO FREEDOM - Journal Book 4 – Page 264 - 265***

*(The Golden Plume Of Wisdom, The Blue Plume Of Power, The Pink Plume Of Love)*

An instruction by beloved Maha Chohan, read from the platform at Philadelphia on November 8th, 1953, in which it is said that the Pink Plume of Love is The Bridge to Freedom activity.

In explaining, recently, the perfectly-ordered sequence of the three great releases of the Ascended Masters’ Light and Love to the people of Earth in the last century or so, the beloved Maha Chohan had this to say, in substance:

**The Golden Plume Of Wisdom**

As you know, every 100 years the Great Ones in charge of a planet and the illumination and raising of their people, are given a quota of “Light Substance”, which is energy, to use to forward their plans on that particular “star.” In the 19th century, those in charge of our planet used their quota for that century in bringing forth and working through the great **Theosophical Society**, which did so much to make the Masters more real to the Western mind and world. (The people of East are more devotional and therefore, more in touch with the Divine Beings) There was much accomplished, which made it so much easier to bring their later activities into greater acceptance by the Western mind, in both Europe and America. This, in reality, was a part of the great divine plan for redeeming the Earth and her peoples, and was the release of the GOLDEN PLUME OF WISDOM of the Threefold Flame, the supreme power in the universe.

**The Blue Plume Of Power**

In the 20th Century, in the 1930’s, The Great Ones again invested Their energies through Mr. & Mrs. Ballard, to begin with, in the bringing forth and establishing the **“I AM Activity,”** and the group activities from about 1935 to 1950, returned that energy through the singing and decrees and various activities of the groups all over the world. This was the release of the BLUE PLUME OF POWER, which quality, not being balanced by LOVE AND WISDOM, could not continue to do its perfect work.

**The Pink Plume Of Love**

The present NEW ENDEAVOR (**The Bridge to Freedom Activity**) has come forth as the PINK PLUME OF LOVE activity, and must be carefully guarded and supported, always, by WISDOM AND POWER that it remains Pure Divine Love and does not become soiled by the outer mind’s ideas of so called “love” or become silly sentimentality. Thus we see the thread of truth running through all these activities and “time and harvest” will prove the authenticity and God-effect of this New Endeavor.

NOTE: With the three dispensations now in place, the balance will come and Victory of the Light is assured on this planet.

## “DIVINE LOVE”

EXCERPT FROM: “THE MAGIC PRESENCE”

*Chapter II – REVELATIONS*

"Love, Peace, Balance, Order, and Perfect Activity, or the coordination of all outer activities with the Patterns of Perfection from the 'Presence,' can only be brought about by the One Great Light, the 'I AM.' There, and only There, does the Design of Perfection ever exist. If the student or individual will fix his attention with determined tenacity and hold it upon the 'Mighty I AM Presence,' he can release such Divine Love, Light, Wisdom, Power, Courage, and Activity as he cannot possibly comprehend at present.

"Divine Love contains the Perfect Activity of *every* Attribute of the Godhead. When the individual enters the *conscious path* of Self-Mastery, he should fully understand and realize that from then on, he is obligated to accomplish everything he attempts by the Power of Divine Love from within his own 'I AM Presence'! He must know unmistakably and remember at all times that Divine Love contains within It the Complete Wisdom and Almighty Power of the 'Beloved Mighty I AM Presence.'

"When an individual generates enough Divine Love and sends It forth into all outer activities, he may command what he will through the 'Mighty I AM Presence,' and his request is always fulfilled. He may go among the wild beasts of the jungle and no harm can come to him. Divine Love, when consciously generated within the individual, is an Invisible, Invincible, and Invulnerable Armor of Protection against all disturbing activity. There is only one thing that can bring about Perfection anywhere in the Universe, and that is

enough Divine Love. Therefore, Love your own 'Mighty I AM Presence' *intensely,* and nothing else can enter your Being or world!”

THE SOURCE OF ALL LIFE

## “GIVING”

“GOD, THE MIGHTY “I AM,” IS THE GIVER, THE RECEIVER, AND THE GIFT, AND IS THE SOLE OWNER OF ALL THE INTELLIGENCE, SUBSTANCE, ENERGY AND OPULENCE THERE IS IN THE UNIVERSE”

“God is The Giver, The Receiver, and The Gift, and is the Sole Owner of all the Intelligence, substance, energy and opulence there is in the Universe. If the Children Of God, would learn to give for the Joy of Giving, whether it be love, money, service, or whatever it may be, they would open the door to such vast opulence that it would be impossible to want for a single thing in the outer expression. The unfortunate thing in humanity – which has caused such rampant selfishness and unprecedented condemnation of each other – is the idea of claiming ownership to the wonderful Blessings of God; for there is but One Love acting, One Intelligence, Power and Substance, and that is god in every individual.”

*Saint Germain: The “I AM” Discourses Book 3 Discourse II page: 16*

“When the sincere Student looks with earnest determination to the Master “Presence” enfolding him (the “I AM Presence”), he will have at his service the Mightiest Forces of the Universe; and this will cause those Mighty Forces to rush to his assistance what is required. Earnest Students who will do this will not long be affected by outer conditions.” *St Germain Discourse III - Book 3*

## THE GOLDEN RULE:

###### “WHERE YOUR ATTENTION IS, THERE YOU ARE!

WHAT YOU FOCUS ON, THAT YOU BECOME!”

*Saint Germain*

(EVEN PROVED BY SCIENCE NOW – QUANTUM PHYSICS!)

“'It is because of the attention to and the subtle fascination of the psychic plane that mankind is today as a mass of children needing much Help and the Wisdom of the Ascended Masters to raise it once more into the Understanding of the Light— which is the only means of Release from the darkness of Earth's present chaos.” *The Magic Presence - Chapter 2 - Revelations*

“There is naught in the Universe to say nay to whatever you desire, so long as it does not harm another of God’s children.”

*The Magic Presence by Godfre Ray King. Instruction by Saint Germain. Page: 77*

###### EXCERPT FROM “ THE MAGIC PRESENCE”

INSTRUCTION FROM SAINT GERMAIN ON DEATH, GRIEF AND THE PSYCHIC

REALM.

*Chapter II - REVELATIONS*

" 'So-called death is but an opportunity for rest and re-attunement of the faculties of the personal consciousness. This is to free them from the turmoil and discords of Earth long enough to receive an Inflow of Light and Strength which will enable the outer activity of the mind to take up the work of physical experience again. Physical embodiment is for the purpose of preparing, perfecting, and illumining a body

whose vibratory action can be raised to *blend with* the Body of the "Mighty I AM Presence." We call It "The Magic Presence." Beloved Jesus referred to It as the Seamless Garment.

" 'In this Body, which is made of Pure Electronic Substance, the individual has complete Freedom from all limitation, and through intense devotion to the "Mighty I AM Presence," anyone can release Its Power to the point where he can see this Blazing Body of Substance—so Dazzling that at first one can only gaze upon It for an instant because of the Intensity of Its Light. Through such devotion one begins to manifest more and more of his own individual Conscious Dominion over all manifestation. This is everyone's Eternal Birthright and the purpose for which all decreed the journey through human experience.

" 'When the one striving for such Freedom has reached the point where he releases any amount of Light he desires from his Electronic Body instantly by his own conscious command, then he can control all manifestation, no matter in what sphere he may choose to express. One has but to observe the world at large to see what discord in thought and feeling does to the beautiful bodies that Nature provides for our experience in the physical part of Life. In childhood and youth, the flesh structure of the physical body is beautiful, strong, and responsive to the demands made upon it; but when discordant thoughts and feeling are allowed to express in the personal self over the years, as one goes through Life, the body becomes incapacitated and the Temple falls into ruins—because the outer waking consciousness does not obey the *One Law of Life— Love, Harmony, Peace!*

" 'Call it what you will, the Eternal Truth remains that discord is another name for disintegration—a synonym for death. When mankind learns to live its Life by the *One Eternal Law of Love,* it will find that such obedience will have released it from the wheel of birth and rebirth, and hence the problems of human existence will have disappeared. In their place will come the Joy of ever expanding the Perfection which forever abides within Love. Constant new creation will ever go on, for *Life is Perpetual Motion* and neither slumbers nor sleeps, but is ever and forever a Self-Sustained Stream of Expanding Perfection in Joy, in Ecstasy, and Eternally New Design. This Perfect Activity and Joy of Life are all contained within Obedience to the *Law of Love.*

" 'The last enemy, death, will have disappeared, for it is but a means of release from a garment which no longer has anything of value to give for the use of the Perfection of Life. When the physical body is so incapacitated that the personality occupying it can no longer make Self-Conscious effort to express Perfection, then Nature herself takes a hand in things and dissolves the limitation, that the individual may have a new chance to make effort which is of benefit.

" 'Grief for the death of a loved one is selfishness and but retards the greater good the loved one should be enjoying. Grief from a sense of loss is really rebellion against the Action of a Law that has seen fit to give another greater opportunity for rest and growth, because nothing in the Universe goes backward, and all— no matter what the temporary appearance—is moving forward to greater and greater Joy and Perfection. The God Consciousness in us cannot and does not grieve, and the human part should know that as no one can ever get out of this Universe, he must be somewhere better than the place he left. If there be Real, True Divine Love, It can never cease to exist, and *must* sometime, somewhere, draw us to that which we love. In True Divine Love there is no such thing as separation, and that which feels a sense of separation is not Love. The sense of separation is merely one of the mistakes of the personal self which it continues to dwell in because it does not understand the nature of Consciousness. Where the Consciousness is, there the individual is functioning, for the individual is his Consciousness.

" 'When one thinks of a loved one who has passed on, he is really with that loved one in his Higher Mental Body the moment his Consciousness is upon the other person. If the Western World could understand this Truth, it would lift the chains which cause such useless suffering. Such grief is all due to the fact that the personality—especially in the feeling—accepts the body as being the individual instead of knowing the body is only a garment which the individual wears. Over it everyone should have *complete* and *Eternal* Dominion and should exact Perfect Obedience at all times.

" 'If one really loves another, he wants that other one to be happy and harmonious. If, through so-called death, an individual chooses to accept a better opportunity for future expression—if there be the slightest spark of Love, one should have no grief nor desire to hold that loved one in a state of incapacity when he might go on to greater Ease and Freedom.

" 'It is the ignorance of this Truth which enables such selfishness to keep humanity bound in its self- created chains of limitation. This sort of ignorance binds the Life Expression of the whole race and is a stubborn refusal to understand Life. It drags thousands of human beings every year into the depths of despair—wholly unnecessary and avoidable—when they could and should be enjoying happiness and living the way the "Mighty I AM Presence" intended them to live. Such an attitude toward Life not only prevents the accomplishment of everything worthwhile, but incapacitates the individual and fills him with self-pity— one of the most subtle and insidious ways by which the sinister force breaks down his resistance and makes him negative. The individual must remain positive if he is to attain his Victory and express Mastery. The sinister force which humanity on this Earth has generated uses this method to keep aspiring, marvelous individuals from gaining their Freedom and using the Full Power of Divinity which has been theirs from the beginning—the Gift of the Father to His children.

' 'Of all the faults humanity has generated, self-pity is the most inexcusable, because it is the apex of human selfishness. Through self-pity the attention of the personal consciousness, or outer self, is entirely absorbed by the petty, puny, human, useless desires of the physical body—and the Great, Glorious, Adorable, All-Wise, All-Powerful Light of the "Beloved Mighty I AM Presence" always abiding above the physical body, is entirely ignored; yet Its Energy is being used for this destructive purpose.

" 'Humanity cannot have anything better than it is experiencing today until it looks away from the little self long enough to acknowledge and feel the Presence of God, the "Mighty I AM Presence," the Source of every individual's Life and of all Perfect Manifestation.

" 'Grief is colossal selfishness—not Love! Discord is selfishness—not Love! Lethargy is selfishness— not Love and not Life! These sink the race into slavery because they break down the resistance of the individual by wasting the Energy of Life, which should be used for the creation of Beauty, Love and Perfection. This slavery continues because the outer activity of the personal consciousness does not make the necessary determined effort to free itself from the domination of the psychic world.

The psychic stratum contains only those creations of humanity generated by the discordant thoughts, feeling and words of the outer activity or personal consciousness. This means the daily activities of the mind, body and feeling with which the personality continues to entangle the creative expression of Life. The entire race has become so bound by its own discord that Great, Glorious, Transcendent Ascended Masters—out of sheer Compassion for the slowness of mankind's growth and the misery of its degradation—*offer to cut away the barnacles of the psychic plane and give humanity a new start!*

" 'People are entertained, fascinated, and self-hypnotized by the various conditions of the psychic world, but I tell you—and I know both the Inner and outer activities of Life from the Ascended Masters' standpoint—that there is nothing good nor permanent within the psychic stratum! It is as dangerous as quicksand, and just as undependable!

The psychic plane and the outer activity of the mental and emotional world, unless they report Perfection to you, are one and the same thing. It is entirely the creation of the human sense consciousness and is but the accumulation of human thoughts and forms energized by human feeling. It contains nothing whatsoever of Christ—the "Cosmic Light."

"'The desire for and fascination of psychic phenomena is a feeling—a very subtle feeling—by which it holds the attention of the personality away from the acknowledgment, the constant adoration, the continual communion and the Permanent Acceptance of the individual's "Mighty I AM Presence." Attention to the

activities of the psychic plane depletes the personal self of the energy and the ability required to reach to the God Source and anchor there permanently!

'"I tell you Eternal Truth when I say that nothing of the Christ comes from the psychic realm, regardless of any seeming evidence to the contrary, because the psychic or outer activity of the mentality is forever changing its qualities, while the Christ, which is the Eternal Light, is Ever-Expanding Perfection—the One— Changelessly Supreme, Imperishable Quality.

" 'It is because of the attention to and the subtle fascination of the psychic plane that mankind is today as a mass of children needing much Help and the Wisdom of the Ascended Masters to raise it once more into the Understanding of the Light— which is the only means of Release from the darkness of Earth's present chaos.

" 'World Saviors have come at regular intervals to give this kind of Help throughout the centuries ever since the end of the Second Golden Age upon this Earth. Following that Activity, humanity became fascinated by the world of form and the creation of things. The individual's attention was held most of the time in the outer activities, and the Conscious Recognition of his own Individualized God Self was *forgotten.* Hence, the "Mighty I AM Presence" abiding in his Electronic Body was completely ignored. *Thus he has only been able to express part of his Life Plan.*

“This presentation of the Existence and Power of your own “I AM Presence” as the *Source* and *Supply* of Life is a Mighty, Real, and Eternal Law! It is not belief, theory, hope, conjecture, blind faith, nor human opinion. It is the Great Principle of Existence which man has been using and misusing throughout the centuries. Ignorance of the Law does not keep one from the penalty of failure – which its wrong use always brings. All outstanding individuals who have ever achieved Victory in their lives know and recognised there was a Greater Power than their own human intellects, guiding them onward and upward.”

*“VOICE OF THE I AM” - Beloved Mrs G W Ballard - September 1937*

“Regardless of all appearances at the present time, the sinister force attempting to create chaos and destruction through-out the world will be completely destroyed. When that is accomplished, the mass of humanity will turn to the ‘Great God Presence” within each heart and also governing the Universe. *“Peace shall reign on earth – and man send out Good Will to man.*

“It is to cleanse this and bring humanity back to the Original Purity of Life that cataclysmic action takes place. It is following these periods the Kumaras release an *enormous outpouring* of LIGHT to illumine the strengthen earth’s children, ultimately enabling them to make the Supreme Attainment. (The Ascension)

“We are approaching another such period, this time the release of the Great Cosmic Love, Wisdom and Energy – The Mighty Rays of Light – will not only quicken the minds of the race, but the atomic structure of earth as well, making it more Luminous in our solar system. Many who have seemed to become hardened by their former activates will awaken, as it were, almost overnight, and feel the Nearness of the Great God ‘Presence’ within each heart.

“All will be done by the Power of God Love, and humanity will truly begin to realise that it is the height of folly for one part of God’s Creation to war against another part.

“The desire to bless others instead of themselves will almost involuntarily enter into the hearts of mankind and send forth a Light that will illumine the rest of the Way to Perfection.

“Selfishness alone holds the children of this sphere in the bondage and misery which have been allowed to express upon earth; but when the Light of the Christ expands the Love in the Heart, selfishness flees and returns to the sea of forgetfulness” *Unveiled Mysteries by Godfre Ray King page: 190:*

“Everywhere throughout the Universe whenever the Power to create is given to a Being, the responsibility of creating is always co-existent with the Power. All creation is by Self-conscious effort, and if the individual upon whom this Great Gift of Life has been bestowed refuses to take his responsibility and do his duty, his experiences of Life will prod him with misery until he does; for mankind never was created in a condition of limitation and it can have no rest until the Perfection with which it was endowed in the beginning is *fully* expressed. Perfection, Dominion, Harmonious Use and Control of All Substance and Force is the Way of Life – the Original Divine Blueprint for humanity.” *Excerpt from: ‘Unveiled Mysteries’ – Godfre Ray King – pages 250 -254.*

#### THE GREAT MASTER WITHIN

###### (UNDERSTANDING THE FOLLOWING IS ESSENTIAL)

*SOURCE: “THE MAGIC PRESENCE” - GODFRE RAY KING (PG. 132 -134 )*

“THE FIRST SERVICE OF ANY OF MANKIND IS PRAISE AND ADORATION OF THE GOD SELF, “I AM,” THE GREAT MASTER WITHIN EACH INDIVIDUAL.”

“In thus fixing the attention of the outer mind on the Only Giver of anything Good we can ever receive, it raises the outer mind into the Full Acceptance of the Supreme Conquering Power anchored within the human form, which after all, is Divine.

If, in man's service to man he fails to hold his attention fixed on the "Supreme Source" of Love, Wisdom and Power, then he has failed in that service to a large degree.

If, in the quest of things in the outer senses, he becomes so occupied that the conscious attention becomes fixed on the manifestation instead of the "Supreme Presence” that produces it, then again he has missed the mark.

Again, if in man's great desire to serve, the overwhelming desire to serve his fellowman causes him to neglect to keep his attention fixed on the "Supreme Producer", then that service too, has failed to a large degree.

The Only True Service is in holding the attention and acceptance so firmly fixed upon the "Great Master Within" - the Only Producer- that the outer mind becomes so filled with the "Inner Presence", that naturally each activity of the day becomes, without considering it, the Perfect Divine Service of the moment. Then the “Great Master Within"- the “Mighty I Am Presence” -is always conducting the outer activity, until the entire action becomes Perfection expressed.

This "Great Master Within" will not intrude Itself unless welcomed and invited joyously to do so. I say joyously, because the more joy we can put into the acceptance of the "Mighty Indwelling Power", the quicker the manifestation follows. It cannot be denied. The attention and acceptance must be HELD LONG ENOUGH, firmly enough, and steadily enough upon the "Mighty I Am Presence" until the shell of the outer self is completely shorn of the idea that it has any power of its own.

...Never let any desire for service deprive you of the needed time – undivided - to fix your attention and your acceptance on your "Great Master Within”, knowing then, that you will naturally give the right service and do the right thing. This is the Law of True Divine Service which says forever to the personal self: Thou shalt have no other God’s before me". *This is the whole of the law applied.\**

*\*This Instruction concerning Service was originally given by Ascended Lady Master Nada. It was Saint Germain's request that it be put in “The Magic Presence” at this point, for He gives it to all His students.*

### THE THREE-FOLD FLAME IN OUR HEARTS

WITHIN OUR HEART IS AN AIRLESS CHAMBER THAT HOUSES OUR “THREE-FOLD FLAME” – THIS IS THE SPIRITUAL FIRE THAT BEATS OUR HEART AND GIVES US LIFE,

INTELLIGENCE and the ABILITY TO MOVE AROUND - it is the anchorage of our Mighty “I Am Presence” in our physical body. Without this Spiritual Fire in our Hearts we would have no life.

Blue on the left side (the Father aspect of the Trinity), Golden Yellow in the Center (within this Golden Flame is the perfect ‘Holy Christ Self’ – or the ‘Golden Man’ as referred to in the Vedas – it is the ‘Son’ and ‘Sun’ aspect of the Trinity) and Pink (The Holy Spirit – the Mother aspect of the Trinity) on the right side of the Heart.

“When you find your inner bodies difficult to master, think about what would you do if you were carrying a CHRIST WITHIN you and one wrong emotion or thought would necessitate the builders of form to abandon that

embryo The timing, the cosmic second, would be set off, while another mother was found! There was no time for a re- conception—and what do YOU hold in your hearts? THE SAME CHRIST! Do you hold your responsibility as I did? Let me help you! That is my reason for being.” *Mother Mary - December Address 1959*



FACTS ABOUT OUR HEART THAT HOUSES OUR THREE-FOLD FLAME:

Your heart cannot get cancer!

* The EKG of the heart 100 times stronger than the EEG of the brain
* It beats approximately 100 000 times a day = 2.5 billion times a year
* It pumps more than 6 quarts of blood through a staggering 18 000 km’s of veins, vessels and capillaries every 24 hours!
* It is the first organ to form inside the mother’s womb – before the brain even.

Excerpts from The “I AM” DISCOURSES

## “HARMONY”

*Book 8 Great Divine Director Discourse XVII pg. 228 – 247*

That day has passed, beloved ones, forever from the earth; and no one will ever again succeed in the future who practices deceit.

You cannot have perfection, you cannot have freedom, without your own earnest sincere application. That is your part of the balance to life!

When you realize HARMONY is the IMPERATIVE thing in your feeling, so this energy may flow forth and go out in It’s Full Power, Purity, It’s Perfection; then you will have no difficulty in making yourself successful in your outer efforts, in the outer world.

There is not one of you, who cannot have your Freedom in every way quickly, by two simple things.

Since you have come to know the “Beloved Mighty I AM Presence,” take a firm unyielding stand to hold Harmony in your feeling and make your Earnest Application (Tube of Light and The Violet

Consuming Flame). There is not one of you, who could not be Free in six months!

If you *really* understand and know your privilege today, it is the Greatest Privilege of all your pilgrimages upon Earth; you will realize the Great Mercy of the Great Law of Life, which provided a Means of doing it.

The consciousness which We are (The Ascended Masters), knows every requirement

Those who have a desire to revolve discord; find discrepancies; or something wrong, will find it; because the wrong is in their own consciousness and feeling; and so far as they are able to see, they see only what is within their own feeling!

In the realization of your Privilege today, will you take a FIRM COMMAND ON YOURSELVES, knowing the simple Requirements? It is not much to do really, when it enables you to have such a Release, that you will never again know what it is, to meet the problems of the outer world with fear and trembling.

Think of it beloved Children of Earth, here is This Great Presence of all Life, Your Mighty “I AM” Presence, which is giving you Life and Intelligence and beating your Heart, functioning every activity of your body; doing all this for you. Can’t you give just a little obedience, the little which is required to let the Light from the Presence, flow untouched by human qualification; in order to render This Service and release the Happiness and Perfection which is just waiting, waiting, waiting to push Itself through?

There is but one Application in the Universe, which sets mankind Free. It is first, the Understanding that you have an Individualized God Presence above you – the distance makes no difference. From your “I AM” Presence, comes the Stream of Life and Energy anchoring into your own Heart, and It gives you Life, Intelligence and Activity. It is the only thing in the World, which will give mankind freedom.

The one who is sincere and in earnest, who will still her/himself will know without one word from anybody, the Truth of this Instruction! Every Heart knows it, and if every Heart is left alone, It will continue to know it daily, with Greater Power and Expansion of the Light.

**YOUR CALL IS COMPELLED TO BE ANSWERED!** Why? Now notice this point! What is it with you, which makes the call? What is the Intelligence, the Energy, the Light, which enables you to voice the words or feel the feeling? It is Life, isn’t it? Could there be anything else? It is Life, and left alone to Its Perfection, It will always cause you to feel and do the Right Thing. Then it is Life, the Secret of Life revealing Itself to you!

Our Words are “Cups” which carry the Ascended Masters Perfection and Qualities into your feeling world, your Life and Its Activity.

I could say many things to you today individually, but it is not necessary at this time. PERHAPS IT IS ASKING A LITTLE TOO MUCH; BUT IF YOU WOULD SPEND FIVE MINUTES AT NIGHT JUST BEFORE GOING TO SLEEP; AND DIRECT YOUR UNDIVIVDED ATTENTION TO ME, I MIGHT BE ABLE TO DO SOME VERY JOYFUL THINGS FOR YOU, OR TO ASSIST YOU TO DO THEM.

Let Me remind you of the Great Power and Privilege which is yours. We have not thought it wise, to say too much but you today in this atmosphere cannot misunderstand it. Charge your Higher Mental Body on going to sleep, to pour back It’s Mighty Currents of Energy – healing if that is required; harmonizing or controlling your physical body. If you would call It to take Full Action on your awakening in the morning, you would find some very Joyful and sometimes Astounding Results!

Will you remember your Higher Mental Body is the Governor of you and your world out here, if given a chance? Because of discord, It has not been able to do Its Work. Thru your power of re-qualifying and clothing the energy, which goes out into your world, it produced the result of the feeling with which it was clothed.

If you want to maintain Harmony in your feeling, then charge your Higher Mental Body to make you do it. It is only waiting for the invitation. Now make you! The difference between the human effort to do something and making the Call to the Intelligence and Power which has the Authority to do it. The human

of itself has no authority! For instance, when you are using what we term the human will, it is the gathered energy in the outer activity of your world and you charge that forth. It is filled with human qualities and of course it does not produce the results you want. When you turn to your Presence and call Its Power, which is Light, Self-luminous Intelligent Substance into action – It knowing no resistance nor interference you are bound to get the Results of Perfection. I mean outside of your outer achievement which is required. In addition to your outer accomplishment, you have called into action the Greater Power of Perfection into your feeling world. This is the greatest need of today. Will you feel It and hold to It with Definite, Precision, so you may have this quick, Great Eternally Sustained and Ever-lasting Blessing?

## THE LAW OF HARMONY

*The most essential need of the people of the Earth, is to maintain a state of complete Harmony.*

ESSENTIAL CONTROL OF THOUGHT & FEELING

“All manifestation of and in the Universe is based on the control and direction of Energy, which is Life**.** People often think: If we are the Godhead individualized, the substance is from God, the energy from God, which after all is but another name for Life, and God is all Perfection—all Good —then how does it happen that discord is manifested here on earth and destruction seems to have such sway at times throughout the earth? The Ascended Masters say: "The human intellectual consciousness, through using only a few of its God Attributes, has the capacity to form judgments and conclusions, just from the reports of the physical senses, without taking into consideration the full knowledge from within the Electronic Body, which is the Supreme Cause and ALL-KNOWING CONSCIOUSNESS from the Great Central Sun. Thus, if the intellect wants to know the Law of the Universe above it, then it must CALL FORTH and use the Intelligence which controls that above itself. Thus the human intellectual consciousness has only fragmentary information upon which to make its decisions. Unless it calls for the full information to manifest Perfection, it falls short of the Perfection which is within Life, and which should be expressed; because it has forgotten to keep its attention upon the Supreme Source of its Being, the Electronic Body, and use ALL of its God- Attributes. The attention of the intellect has been focused into the world of form or upon the things of the physical world most of the time. The Rays of Light—which are Life—flowing down from the Electronic Body into the physical body, do the same thing for it, that the Rays of Light—Life—from our physical Sun do for the plant life of our earth: because all expanding of Perfection, on any plane of Life, takes place by the projecting down of Life energy, through Radiation from that which is above into that which is below. All is a constant raising, expanding activity of Perfection. All energy and substance forever act under Law, but they do not discriminate. The discriminating Intelligence is located and acts through the individual who says: "I AM." Returning to the Twin Rays: we want the students and readers everywhere to understand, that the supreme purpose of every human being's physical embodiment is to attain the Ascension as soon as possible; for that is the full expansion of the individual's Perfection, into and through the substance of this world. Everyone MUST do this some time, some where, and each one will continue.”

*EXCERPT FROM “THE MAGIC PRESENCE”*

*By Godfre Ray King – the Teachings of Saint Germain Page 360*

"If mental statements of the Law of Life and prayers were the way to Perfection, Happiness and Freedom, the number of sermons preached on this Earth should have perfected and illumined a hundred planets long before this. If prayers—which, by the way, are generally a series of 'I wants,' or 'O Lord give us'—were the way to Freedom from limitation, the prayers that have been uttered in this world should have perfected a dozen humanities.

"I do not say that prayers have not brought good; they have. But prayer should be a quieting of the intellect and a stilling of the feeling, that the personality might *feel* the Outpouring of the 'Mighty I AM Presence' and receive the Response from within. Prayer should be an Outpouring of Love and Gratitude to the 'Presence' for the limitless opportunities and good contained within Life.

"*The outer world likes to flatter its vanity by the feeling that it has the ability to accomplish great things;* but so far as the control and Perfection of the feeling is concerned, the outer world is still in a savage state. Human beings sting others as well as themselves through vicious feelings just as surely as does the scorpion. The predominant feeling in our modern world is terrifically vicious when personalities are opposing and

criticizing those who disagree with them. So-called civilized people commit murder every day of the week through sending out angry and irritated feelings that kill the higher impulses in others.

"It is the feeling of the race that needs to be redeemed and saved from its own self-generated destruction. Until the individual understands the need of Self-control in regard to his *feeling—*in the waking consciousness—it is impossible to maintain any permanent forward movement of a constructive nature. All accomplishment that is not attained through the Feeling of Divine Love is but temporary, for Divine Love alone is the way to Permanent Perfection.

"It is pitiful to see how for centuries the human race has occupied its time and used its energy to build up things through thought, and at the same time tear its creation to pieces by inharmonious feelings. It is childish and is a stubborn refusal to fulfill the Eternal Plan of Perfection.

"The hour is at hand when the Great Cosmic Law which governs this system of worlds is releasing a tremendous Expansion of the Light of the 'Mighty I AM Presence' throughout our group of planets, and whatever cannot accept the Power of that Light is consumed thereby. So mankind need no longer fool itself with the idea that it can continue to generate destructive feeling and survive. The end of the former dispensation has come, and all things are made new. Let him who runs, read—that he may learn the Way of Light while there is yet

time.

"There is no evil anywhere on this Earth or any other except that which human beings have generated themselves sometime, somewhere. Most of it has been done through ignorance, but a great deal has been done willfully by those who ought to know better and who are fully aware of their wrongdoing. The individual who uses his intellect to foster destructive activities in the New Cycle into which we have recently entered must face his own destruction, for its recoil is inevitable. It will be swift and definite, for the present activity is expressing such speed that the recoil is many times only a matter of hours, weeks, or months at most, where heretofore it has been a matter of years.

"The Ascended Masters work ceaselessly to have humanity understand and see this; and the work of Our Messengers is to get this Truth into the consciousness of mankind as clearly as possible.”

###### FUNDAMENTAL CONCEPTS OF ASCENDED MASTER TEACHING

[www.iamfree.co.za](http://www.iamfree.co.za/) [www.ascendedmaster.org](http://www.ascendedmaster.org/) [www.theascensiontimes.com](http://www.theascensiontimes.com/)

Use of Those Having Human Frailties

*Mother Mary Christmas address 1959*

“Beloved ones, it was Lord Maitreya, in his great mercy, seeing the earnestness of your hearts, seeing the strong measure of your own soul's worth, and seeing your feelings of incapability doing these works, it was he, in person, who said, "Show them that you, too, knew joy and sorrow, uncertainty, and in showing them, perhaps they will have new courage, that just because they have frailties this does not mean that we cannot use them in cosmic ways."

### WHO IS AN ASCENDED MASTER?

“Mankind, en masse, has forgotten the Great Cosmic Laws that govern the Earth and humanity, and has forgotten that there is a Divine Blueprint for each of us, which, when fulfilled, brings love, peace and happiness into our worlds, and they have forgotten that there is a great Spiritual Hierarchy, which has guarded and endeavored to guide them, for eons of time, to prevent their completely destroying themselves and the Earth.

This Great Hierarchy, known as the Great White Brotherhood, is composed of Ascended Beings, many of whom lived on this Earth in physical bodies, even as you and I now do, and who, by the understanding and application of the Laws Governing Life, were enabled to “graduate” into a higher sphere of service. They have foresworn serving in those spheres of beauty and perfection, and have remained “prisoners of love,” in order to assist the struggling mankind of Earth - when invited to do so - for, by Cosmic Law, they are not permitted to intrude upon the FREE WILL of even the least of men. Jesus, beloved Mother Mary, Buddha, and Moses belong to this Great White Brotherhood, among many others.

The Ascended Masters are REAL AND TANGIBLE BEINGS, ready to assist mankind, PROVIDED THEY ARE ASKED TO DO SO. The Masters ask to be recognized as a potential force for the common

good of mankind, but they do not demand obedience and do not ask to be worshipped. The Ascended Masters are the Directing Intelligence of the Godhead. They are God’s helpers. It as simple as that.

Through the teachings of the “BRIDGE TO FREEDOM,” these Great Beings have given, to you, the explanation of creation, and have answered questions which we all have asked, at some time or other: “WHERE DID I COME FROM?” “WHY AM I HERE?” “WHERE AM I GOING?” The Ascended

Masters KNOW the answers to these questions, since they once lived on Earth, as we do. By understanding and applying the Principles which helped THEM to gain THEIR Ascension, you may gain your freedom, as well.

WHY DO WE NEED THE ASCENDED MASTERS? WHY CAN WE NOT GO DIRECTLY TO GOD?

No one has ever gained his mastery over all outer conditions, without the assistance of the Ascended Host of Light. The calls that people make to God are actually taken up and answered by these Ascended Masters, who are the messengers of God. The vibrations of the higher spheres are so fine and delicate that very few are able to receive them, clearly enough, to act upon the promptings

received. If the Ascended Masters do have, in physical embodiment, a trained and proven contact, who is able to clearly receive their instructions, and if they have the benefit of a special dispensation, granted by the Karmic Board, this makes it possible to transmit new information during the duration of that special grant.

CAN PEOPLE BE “SAVED” BY VICARIOUS ATONEMENT?

It is NOT POSSIBLE for ANYONE to “save” another! The idea of a personal “Savior,” and that Jesus will “save” those who believe in Him, is NOT TRUTH! Jesus will give every possible assistance to those who love HIM and ask for it, but neither he nor anyone else can “SAVE” you, any more than someone else can get well for you, when you are sick! No one is born for you, no one lives for you, no one dies for you, and NO ONE CAN SAVE YOU. EACH MUST DO THAT FOR HIMSELF!

There is only ONE God. He is in every part of life. Every living thing lives, moves, breathes and has its being within the body, intelligence and love of God, at all times.

Embodiment on a planet is the voluntary commitment of individuals to grow spiritually, to emulate God, and to become co-creators with God, albeit on a smaller scale. Truly, then, “Ye are Gods” in embryo.

The purpose of creation is to allow each lifestream, called forth from the Universal Heart of God, to unfold his spiritual nature, and become master of energy and vibration, through the conscious control and use of his own creative faculties (thought and feeling). In order to become such a Master Presence, the student needs to undergo several tests, called initiations. All lifestreams are given the opportunity to re- embody, a sufficient number of times, to redeem the majority of their misqualified energy, learning the lessons that each life offers.

The goal of all life is the Ascension. Once an individual has constructively qualified more than 51% of the energy allotted to him, throughout all of his embodiments, he is eligible to make the Ascension and to become an Ascended Master. Then, after having Ascended into his Spiritual Body, called the “I AM Presence,” the Master has the choice of remaining in the proximity of the Earth, to help mankind, or to advance further. Those who choose to help mankind, join the Great White Brotherhood.

The Ascended Masters are part of a group of Divine Messengers, who, since the fall of man, have carried the Word of God, for the Enlightenment of the human race. The Masters ask to be recognized as a potential force for the common good of mankind, but they do not demand obedience and do not ask to be worshipped.

The Great White Brotherhood is not an organization that an individual can join, while still on Earth. However, one can establish a working relationship with the Brotherhood as a co-worker, by assisting in implementing the plan of the Great Ones. Only by living and expressing the perfection of the heavenly realms on the physical plane, through SELF-CORRECTION OF HUMAN WEAKNESSES AND SERVICE GIVEN, WITHOUT ANY THOUGHT OF FINANCIAL GAIN OR PERSONAL ACCLAIM*,* can an

individual draw himself into association with the Brotherhood. The Ascended Host directs the attention of the chela, but it is up to the student to make the right choices. No individual has ever made the Ascension without the assistance of an Ascended Master.

After the “Fall of Man,” ways and means had to be devised, whereby the inhabitants of Earth would be awakened to their own responsibility in creating an aura of Light around the Earth, sufficient to meet the demands of the Cosmic Law. Sanat Kumara, as head of the spiritual hierarchy of the world, at that time, prepared for this event by founding the Great White Brotherhood.

###### **“**WHERE THERE IS NO ILLUMINATION, THERE IS RELUCTANT ENERGY!”

It becomes ‘duty’ service – the service that comes through fear and superstition. THIS SHALL NO LONGER BE! In the New Age and Era, under the direction of the Ascended Master Saint Germain, it is the fiat of the Cosmic Law that man shall KNOW why he must purify his physical, mental, emotional and etheric bodies, and to what purpose he must remain harmonious. Then there will be loving co-operation on the part of the aspiring student! It is through the activity of our beloved El Morya, in THE BRIDGE TO FREEDOM, that we are endeavouring to give the WHY of this endeavour to the outer consciousness of mankind*.”*

*Pg. 108 21 Essential Lessons Vol. 2 – compiled by Werner Schroeder*

### THE SEVEN BODIES OF MAN

(PLEASE EXAMINE THE CHART ON PAGE 4 WHEN READING THIS)

###### SUMMARY

THE FOUR LOWER BODIES

* PHYSICAL – the vehicle by which we are able to move about and have our being and which houses our Three-fold Flame, the anchorage of our Mighty “I AM” Presence in our physical bodies. We need to keep it good and healthy, but we do not want to place excess focus on this body – as it is merely a vehicle!
* ETHERIC – Soul or memory body, it stores all the experiences, both good and bad, we have had in all embodiments.
* MENTAL - mind
* EMOTIONAL – feelings – the biggest body by far – it relates to the water element.

THE THREE HIGHER – SPIRITUAL BODIES

O “I AM PRESENCE” – White Fire Being or of Electronic Body God

O THE CAUSAL BODY – the ‘Cause’ of our Ascension, and the storehouse of all the Good (God) we have ever done in any embodiment. This storehouse of “Good” will be released for our use in the outer world when we focus enough on our Mighty “I Am” Presence

O THE HOLY CHRIST SELF – HIGHER MENTAL BODY –intermediary, or step down transformer, as the Mighty “I AM” Presence knows no imperfection, so this beloved Being acts as an intermediary to bring us the solutions to our earthly challenges and fulfil our requests

#### THE SEVEN BODIES

*Excerpt from “The Seven Mighty Elohim speak on the Seven Steps to Precipitation.” Page: 23*

**The I AM Presence and the Threefold Flame**

The I AM Presence is the individualized focus of God, connected to the heart of the physical body through the silver cord. It is the “real you,” the being through which you will function after you have achieved your ascension. It is the God within you and knows only perfection, and is ever pouring it forth, expanding it. It is your permanent self, which never dies.

This individualized focus has the potential power of the God-parents. The I AM Presence can think and create from primal life what it desires, through the use of free will. When you first came to the planet Earth, the glorious Presence of God filled the entire form which you then wore. That God Presence, enfolded in the Threefold Flame, was visible to the physical sight of all men. Through the rhythm of that flame, you were able to draw from universal light substance any form you desired, and by the magnetic power of the coalescing action of the flame, you could design and precipitate food, clothing, shelter, temples, or whatever you desired or required. Through the power of your feelings, which energized these thoughtforms, these manifestations took place instantly.

What has happened to that magnificent Presence? When the ATTENTION no longer rested on that God- Presence, but began to focus on the human creation that man was generating, the flame within the heart began to DECREASE in size and influence. In the average spiritually-unawakened individual, this flame is now less than one-sixteenth of an inch in height!

As that flame in the heart is now FED by your ATTENTION and LOVE, which is your life, it will begin to increase in size. This focus of God-perfection, anchored within the physical heart of every individual functioning in a physical body, is composed of three beautiful plumes of brilliant flame – blue (representing energy, which becomes power through use), gold – the center plume (representing wisdom and illumination) and the pink plume (representing divine love), on the right.

The presence of God, WHEN INVOKED AND ACKNOWLEDGED, always fills the individual with light! If you would be consciously believe that “I LIVE, MOVE,

AND HAVE MY BEING IN THE VERY PRESENCE OF GOD – I

cannot lift a finger, except by the use of the life of that Presence – I cannot speak a word, but for that Presence,” consecrating your mind and feelings to remembering the actual presence of God, then shall you truly be a LIGHT BEARER to the world!

**The Causal Body**

All of the constructively qualified energy gathered during all of your embodiments, is contained in the great reservoir of good and perfection, shown as seven concentric circles of color around the I AM Presence. This is known as the Causal Body, and within this body are stored the “treasures in Heaven which can neither be stolen, rust, nor decay.” The Causal Body contains the “accumulated good”—the opposite of karma—which is the energy qualified in a harmonious manner.

The Causal Body of each individual is built through eons of time, starting with the time we passed through the Seven Spheres. Even when out of embodiment, dwelling at inner spheres, we are adding to the good of this Causal Body. Thus you can see all Causal Bodies are not alike. The band of the color of the sphere in which you spent the longest amount of time will be the largest around the Causal Body. It determines the ray to which you, as an individual, belong. We can often discover the ray to which we belong by asking ourselves what our favorite color is. An individual may be on two rays, one of them being dominant. Really advanced students may be on several rays.

There is an additional service the Causal Body performs. When only 51% of the energy of the individual is qualified with perfection, that energy anchored within the Causal Body acts as a magnet, assisting the lifestream to ascend. Thus, the Causal Body becomes the cause of the ascension, from whence comes its name.

**The Christ Self**

When the individual decided to apply for embodiment, the Christ Self came into being. This Christ Self is the provision which the I AM Presence has made to give us assistance in the human world. It is a replica (in form) of the I AM Presence, but vibrates at a lower rate. The Christ Self abides in a position between the I AM Presence and the physical body. It regulates the amount of energy flowing through the silver cord.

Operating at a lower vibration, it is aware of imperfection such as disease, but does not take it on and accept it. The Christ Self is aware of what we are doing and whatever our needs are, and it takes those needs to the I AM Presence. Therefore, the Christ Self functions as a step-down transformer. The Christ Self is the discriminative, directing intelligence through which the Presence works. It guides the individual in a particular embodiment. It is “the still, small voice within,” also called the guardian angel, sometimes giving promptings to do certain things. The number of promptings is usually three. If we do not follow these promptings, they will be discontinued after the third time.

**The Mental Body**

The mental body was formed out of the substance of the air. It was designed to be the chalice for the receptivity of divine ideas. It has the power to mold these ideas into workable form. The mind, also called consciousness is contained in the mental body.

The mental body was created to be the instrument to hold the pattern, or vision of perfection, to build the form of what you desire to manifest, holding it until the feelings energize it for physical manifestation.

Mankind has used this process in reverse, by holding in the mind pictures of imperfection propelled into manifestation by energizing these imperfect pictures through the feelings.

Watch what you invite to be the guests of your mental body for the next twenty-four-hour period! Change your habits of thought, feeling and spoken word!

**The Emotional Body**

The emotional body, the largest of the four lower bodies (consisting of the emotional-, mental-, etheric- and physical bodies) contains our feeling world. Its correct service is to nourish divine ideas with the positive feeling of accomplishment, to radiate the nature of God and every virtue of happiness, purity, mercy, forgiveness, and peace. The mental body was designed to create form, the feeling body was created to nourish that form with qualified life. Having total control of feelings is a desirable goal.

When the emotional body was created, it was made up of electrons drawn from the emotional realm, the realm of feeling, the realm of the angels and the Archangels. Your emotional body is made up of millions of tiny electrons in constant movement. These form the atoms. Now, if that motion of the electrons is in accord with the rhythm of your God-flame, and is in accord with the constructive radiation of some Master, that’s fine. Then, your emotional body deflects all destructive feelings projected at you, as well as all the discordant energy which you contact. You are then the master control of all energy, wherever you are.

**The Etheric Body and the Soul**

In the etheric body are contained the memories of all past deeds, thoughts and feelings during former embodiments—both good and evil. The accumulation of these records is called the soul. The etheric body, therefore, is the envelope of the soul. When an individual is not in embodiment, he lives in his etheric body, and has the consciousness of the soul.

Discordant experiences have caused wounds or tears in the etheric body. These, nature heals and patches over, but the scars remain, and under certain circumstances or during similar experiences, when undue pressure is placed on that scar by these similar experiences, it acts like an incision. It gives way, bursts open, and manifests as disease, distress or disharmony. Deep feeling definitely makes a record on the etheric body. The etheric body is the one most closely connected to the physical, and it is the one in which you travel at night, when you sleep. So, the more purified that etheric body is, and the more sensitive it is to divinity, the easier it is when that etheric body slips back into and around the physical body, to remember the divine truths and happy experiences that take place at the inner levels—to know the joy of being in the presence of the Divine Beings and bringing that association back into the world of form.

When you live, over and over again, the distressing things of the past, you energize them to again act in your world. This is why, in recounting the history of mankind, the Masters never told of the destructive records of wars and injuries to physical bodies.

**The Physical Body**

The physical body provides the anchorage to the Earth. It is the vehicle through which man functions and expands the borders of God’s kingdom into a lower vibratory plane. The physical body, therefore, is the temple of the living God. Originally, this body was not as dense as it is now. It vibrated at a much higher level and it consisted of what we would today call etheric substance. Mankind, as it existed during the first Golden Age, would appear to us today as etheric, misty, shadowy beings, but of identical form as mankind today, if we could see these beings at all. The silver cord enters the physical body at the top of the head (the soft spot of a newborn baby), and provides the connection to the Christ Self and the I AM Presence. It is the life-giving, life-maintaining fount of energy. If left without this fountain of life-force, the physical body could not operate, and so-called death would ensue.

The brain is the physical organ through which the mind functions. It registers impressions from the outer world. The brain is the vehicle of the mind.

By the correct use of the creative word “I AM,” which is the name of God, himself (Exodus 3:14), and by cleansing his four lower bodies through use of the violet flame, man may build his world, anew, and attain eternal mastery in the victory of his ascension into light. This is the immortal goal of every lifestream on this planet or any other – the ascension into the light! The Ascended Master Jesus Christ accomplished this victory, and attained his own ascension by the faithful use of the same laws which he and the other Great Ones are teaching us, today. Did he not say: “The things I have done SHALL YE DO ALSO!”?

## ORIGIN & HISTORY OF MAN

WHERE DID WE COME FROM and WHY ARE WE HERE?

OUR VERY SMALL UNIVERSE OF 49 PLANETS

We are in a Universe of ‘7’s’ – One Great Central: Sun Alpha (I) and Omega (Am) - there are billions of universes, differing in size and design. We have Seven Suns in our small Universe.

GOD IS ONLY PERFECTION AND LIGHT

The Great Central Sun - Alpha (I) & Omega (AM), where the words “I AM” originated - hold the Power of Creation of our Universe, in them. Alpha and Omega invited 7 surrounding Suns, who willingly agreed to be part of this Universe, and these Suns, birthed 7 planets each. There are 49 planets in all in our Universe. Birthing is not like that in the ‘fallen’ human realm, it is done by the Great Elohim from the Elemental Kingdom using Light and Sound Rays.

Helios & Vesta – our Sun in the sky, Helios & Vesta, birthed 7 planets, one being Earth.

The creation of Earth through the Beloved Silent Watcher who held the ‘Immaculate Concept’ of the Earth, as was originally designed by Helios and Vesta and the Seven Great Elohim, who are part of the Elemental Kingdom, who actually directed the Elemental Kingdom, to bring the perfect planet into being.

We are ‘breathed out’ as Spirit Sparks from the Beings in the Great Central Sun, Alpha and Omega, we are their children - we are twofold in expression – Male & Female = the balance of creation, we are these two Flames (Twin Rays) sometimes expressing individually or sometimes together. We have a choice is all we do.

The Seven Rays – the creation of the Earth – Elohim and the 7 Rays - The Virtues of God The 7 Spheres around our Sun

###### MANKIND, ELEMENTALS & ANGELIC REALMS

In the beginning 3 Intelligent life-forms were given the opportunity to unfold their own ‘God-Nature’ on this planet.

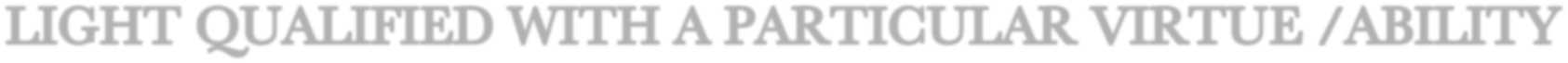
All destined to work together to expand the ‘Kingdom of God’ in the denser physical realm and to weave the Spiritual Bridge to tie Earth with the Heart of God

The purpose of embodiment is to MASTER ENERGY on a lower vibratory plane

###### MASTERING ENERGY AND VIBRATIONS – OUR REASON FOR TAKING EMBODIMENT ON A PLANET!

We are here to learn Mastery over our 4 lower bodies – our thoughts, feelings, spoken words and our actions

– and then with the Virtues of the 7 Rays and the co-operation of the Elemental and Angelic realms, learn to consciously create as the God- Head does and become Masters of energy and vibrations



THE FIRST RAY.

###### THEIR COLOURS, KEEPERS AND VIRTUES

Has a White centre surrounded by ELECTRIC OR brilliant SAPPHIRE BLUE – it represents the First Ray of God’s Will, Strength, Power and Protection. From this Ray we can draw Power, the receiving of the ‘God ideas’ and the capacity to lead people, and manifest energy to accomplish any constructive service, as well as the Illumined FAITH and PROTECTION of Beloved Archangel Michael and Archaii Faith, and the STRENGTH of Beloved Elohim Hercules and His twin Ray Beloved Amazon . Chohan or Lord of the First Ray is the Ascended Master El Morya, whose Retreat is in the etheric octave over Darjeeling, India. The day that this Ray is most predominant on Earth is **Sunday.**

THE SECOND RAY

The Ray of Wisdom, Perception, Discrimination and Illumination vibrates in the colour spectrum of GOLDEN YELLOW. It is the focus of Illumination, the "Illumined Action" of God. We can draw inspiration for all educational and ‘Religious’ endeavours from this Ray. The Chohan or Lord of the Second Ray is the Beloved Ascended Master Dwal Kul (he took over from Lord Lanto, who has gone onto Higher Service although he is still the Hierarch of this Ray); He teaches us the ‘Great Reverence for All Life’. It was Beloved Lord Lanto, that brought that Living Flame all the way from Lemuria, when that Great continent sank below the Pacific Ocean. He was following instructions that He had been given. The Retreat is in the etheric realm over the Grand Teton, Jackson Hole, Wyoming. The Archangel of this Ray is Jophiel and His feminine counterpart is Constance, and the Elohim and Eloha in charge of this Ray are Cassiopeia & Minerva. The second Ray day is **Monday.**

THE THIRD RAY

Is the Ray of the Pure Divine Love of God, the very essence of consummation of Oneness in the Holy Spirit. Tolerance, harmony, compassion and adoration are all attributes of this Ray. Through this Ray whose spectrum is from the PINK colour, we can draw all the LOVE we require for our altruistic endeavours and for our use in our daily living to bring about tolerance and understanding, as well as the love from the Beloved Archangel Chamuel and the Beloved Archaii Charity, and the great Elohim Orion and Eloha Angelica. The Chohan or Lord (Law) of the Third Ray is now Ascended Lady Master Rowena. (prior to Her taking office, Beloved Paul the Venetian was the Chohan, he has gone on to be the Maha Chohan.) The Retreat is the Chateau de Liberte, which is over southern France. The third Ray day is **Tuesday.**

THE FOURTH RAY ( White Ray - the Full spectrum of Light)

Is the Ray of the Purity of God, Resurrection and Ascension, it is ultimately our way back home; it’s FLAME IS PURE WHITE. Like all the Flames, this White Flame is intelligent and can be called into action to ‘Ascend’ any distressing condition in our outer world to be resurrected into a state of peace, happiness and harmony. The colour white embodies all of the rays; and therefore, ultimately, the disciplines of each of the seven rays, bringing one to this doorway, to the ascension, the soul’s eternal liberation. We can draw from this band inspiration as artists, sculptors, writers, architects, as well as the limitless help to accelerate our way back home. The Chohan or Lord of the Fourth Ray is the Ascended Master Serapis Bey, whose retreat is the Ascension Temple in the etheric plane over Luxor, Egypt. The Archangel is Gabriel, we can call on him to assist us to hold the immaculate concept and we can call to the great Elohim, Purity, to help us maintain purity in our lives, He also known as ‘Clair’. The day is Wednesday.

“Beloved Serapis Bey told you some time ago that the Ascension Flame was so practical that it could actually tune a piano or "tune-up" a motor. The Ascension Flame could render you many practical services in the restoration of those so-called inanimate objects which you have around you in your home. Individually, I challenge you to invoke that Ascension Flame to blaze up constantly through your homes and see what it will do for the substance and actual appearance of your present furnishings, not to mention what it can and will do (if you will allow it to do so by your feeling of acceptance of its power) to transmute the disharmonies which often arise in family life.” *Archangel Michael – “The Angelic Kingdom” page: 203*

THE FIFTH RAY

Is the (emerald) GREEN RAY of Truth, Healing, Concentration and Consecration and the Science of God. It is a ray of abundance, which vibrates in the colour spectrum as Light bright emerald green. Scientists, doctors, healers, mathematicians and musicians draw from this ray in their pursuit of scientific mastery of the self and of the planes of Spirit and matter on this Ray. This they do this through a quest for truth in every discipline, including the healing arts. The fifth Ray is the means whereby those who require the logic of the logos can find their way back to the Christ consciousness, back to their God-design or Divine plan. The Chohan or Lord of the Fifth Ray is the Ascended Master Hilarion, whose retreat is the Temple of Truth on the etheric plane over the island of Crete. The Archangel is Raphael and the Elohim is Vista (Cyclopea). The day is Thursday.

THE SIXTH RAY (Ruby and Gold)

John the Beloved, the greatly loved disciple of Jesus, and the one who was such a comfort to Mary during the time of the crucifixion , and also her time in the community after Jesus’s Ascension. He took over the office of Ascended Lady Master Nada, and formerly of the Master Jesus, who has now taken the office of World Teacher together with Lord Kuthumi. This Ray represents the attributes of Peace, Grace and the Ministration of God. The Sixth Ray has a frequency in the spectrum of RUBY AND GOLD. This Ray is the path of those who minister in the energies of peace to the evolutions of earth as counselors and comforters in every walk of life. From this Ray we draw forth our COMFORT and PEACE. The inner vow of those who serve on this Ray is **"I AM my brother’s keeper,"** and their soul motto is **"He that would be great among you, let him be the servant of all."** The Suva Temple of Love & Peace, is in the Pacific Ocean. The Temple whose Hierarch are Lord Cuzco and Lord Surya, minister to the Great Flames of Peace and Love. Lady Mother Mary and Lady Nada are also keepers of the Flame of Peace and Love. Lady Nada is aligned with the Temple of Illumination located over lake Titicaca in Peru, South America, the Hierarch’s are God and Goddess Meru. Beloved Nada has a Temple of Transfiguration situated in the etheric over the Great Mt Meru in Tanzania East Africa. Lady Nada achieved her Ascension seven hundred years before Jesus, and has built up a tremendous momentum in the use of the Pink Flame of Divine Love. The Archangel of the sixth Ray is Uriel and the Archaii is Donna Grace, and the Elohim is Tranquility and Eloha Pacifica. The day is **Friday**.

THE SEVENTH RAY

Has a frequency on the spectrum of **Violet**, is the Ray of Freedom, Invocation, Mercy, Rhythm, Purification and Transmutation, and the Forgiveness of God through the alchemy of the Violet Fire of Mercy. It is the way of freedom for the soul, and through the use of this Violet Fire we will achieve our Freedom and Ascension. From this band we draw the Violet Consuming Fire of forgiveness to purify others and ourselves and all life we have ever mis-qualified since falling from Grace. Beloved Saint Germain, who is known as the ‘God of Freedom’ to the earth, is the Master or Chohan of this Ray, which is now the predominate Ray for the next 2000 years. Saint Germain has retreats both in Europe over Transylvania (Romania), and in the Cave of Symbols in Table Mountain of the Grand Teton Range, Wyoming and at Mount Shasta, California. The Archangel of this Ray is Zadkiel and the Beloved Archaii is Amethyst, and the Elohim is Lord Arcturus and the Eloha is Holy Diana. The day is **Saturday.**

THE ROOT RACES, RAYS AND CYCLES

THE ELEMENTAL AND ANGELIC KINGDOMS PRECEEDED MANKIND IN ORDER TO PREPARE A PLACE OF BEAUTY FOR MANKIND TO DEVELOP

The Divine Plan for the Earth - 14 000 year cycles, mankind was to come and take embodiment every 2000 years, in order to Master that Ray, and then after 7 embodiments achieve their Ascension. This was accomplished in the beginning - the first 2 Root Races achieved their Ascension – it was the time known of in the Bible as ‘The Garden of Eden’ or the ‘Golden Ages’ in other sacred literature.

A New Ray every 2000 years

A new Root Race every 14 000 years

###### THE COMING OF THE LAGGARDS AND ‘THE FALL OF MAN’

This happened during the incoming of the 3rd & 4th Root Race approximately 4.5 million years ago.

Billions of life-streams unable to incarnate on their home planets (+- 6.5 billion – but not all at once) were given opportunity to embody on Earth, in order to try and further their evolution and achieve their Ascension. According to Cosmic Law – as planets accelerate in vibration so must the life on it. If life-streams cannot find a planet on which to take a physical body, they can be faced with the ‘second death’ which will require the lifestream to return back to the Great Central Sun for re-polarization, and this means the loss of the individualised “I AM” Presence and the Causal Body, to be re-born again as a ‘Spirit Spark’ from the Heart of our Mother/Father God of our Universe, Alpha and Omega, and again to journey through the 7 Spheres, surrounding the Central Sun, which is the ‘Causal Body’ of the Central Sun.

It was an ‘Act of Mercy’ from the Hierarchy of Earth to allow these laggard souls (lagging behind in evolution) to take embodiment, hoping they would take on the ways of the ‘Holy Innocents’ the original Earthlings, but this did not happen, through CURIOSITY Mankind took on the ways of the laggards, and ‘FELL FROM GRACE’, it took over a million years for this to happen and the Veil of Maya to completely prevent mankind from seeing our own "I AM" Presence, the Angelic and Elemental Kingdoms, and the Ascended Masters, who reside in a higher vibrational frequency.

This drastically changed the course of Earth. The chief faults of laggards: ARROGANCE, REBELLION, RESISTANCE TO PROGRESS, STUBBORNESS & RESENTMENT TOWARDS CHANGE

#### CURIOSITY!

The downfall of Man! The people of Earth gradually succumbed to the subtle temptations of the ‘Sense world’ and so became ‘sense conscious’ instead of ‘God Conscious,’ and tuned into the impure thought-forms of the Laggards and started to ‘play’ with them. We have progressed very little up to our current day, which is clearly evident in our world around us, and only THROUGH EFFORT, KNOWLEDGE AND SELF DISCIPLINE will we learn to live according the LAWS OF LIFE.

AVOID GOSSIP AT ALL COSTS

Gossip includes thinking, feeling or saying ANYTHING ABOUT ANY PERSON PLACE & CONDITION OR THING THAT IS NOT POSITIVE and HELPFUL, and to learn the use of the SACRED FIRE to assist with TRANSMUTING anything negative.

LIKE ANYTHING IN LIFE, THIS KNOWLEDGE REQUIRES APPLICATION!

### THE SEVEN DEADLY SINS!

GET RID OF THEM! Use the Violet Transmuting Flame to Help with this AND ASK for help!

1. anger, malice & hatred
2. fear. . . of anything!
3. greed & gluttony, covetousness,
4. lust & passion
5. lethargy & laziness
6. envy & desire for personal power
7. pride & arrogance

LEARN TO SPOT THEM AND STOP THEM IN THEIR TRACKS. THEY ARE A ‘REAL’ ENERGY’, CONSCIOUS AND INTELLIGENT, AND HAVE HAD THEIR OWN WAY FOR CENTURIES AND CAN BE COMMANDED OUT AND TRANSMUTED WITH THE SACRED FIRE!

###### CONSEQUENCE OF THE FALL

O OUR Bodies became more dense, and we are no longer the LUMINIOUS BEINGS that is our Divine Birth right. Shadows came into being - aging, poverty, disease & death and other un-Godly things came into being. Animals came into existence, and we also became more animalistic in our ways. We became vicious, lustful, selfish, greedy and fearful.

O Creation with the use of Light Rays came to an end

O The Light in the Heart Decreased in size – focus on the ‘I AM Presence’ was lost as we became ‘sense conscious’ and lost our ‘God consciousness’ and the silver cord reduced to a thin thread – at one time we had sunk so low, we became hairy, fearful cave-men!

O Fear registered in the etheric body for he first time

O Our soul (etheric body) accumulated records of all experimental use of life

O Man for the first time experienced ‘death’ as we know it

O The veil of Maya came down – the Music of the Spheres could no longer be heard, we had created a world where we were groping in the darkness!

O The Karmic board came into being, as for the first time karma was created.

O There is no punishment from anybody other than ourselves - we create our own punishment from the unavoidable, impersonal Law that applies to ALL life on all planets in all Universes – the Law of the Circle - Cause and Effect or ‘As you sow, so you reap’ all mean the same thing and it is this law that brings in all our distress, disease, sorrow and hardship – WE MAKE OUR WORLDS 100%

###### SANAT KUMARA

THE GREAT WORLD SAVIOUR SANAT KUMARA CAME FROM VENUS, AND SAVED THE EARTH FROM ‘DEATH’ +-4.5 MILLION YEARS AGO. WITH HIS GREAT MANTLE OF LOVE HE HELD THIS PLANET IN ITS ORBITAL POSITION FOR THESE MILLIONS OF YEARS. WE OWE OUR VERY EXISTENCE TO THIS MIGHTY BEING OF LOVE, AND ALL THOSE ON VENUS, AND LADY MASTER VENUS, HIS TWIN RAY. IT WOULD NOT HAVE BEEN THE FIRST TIME A PLANET ‘DIED.’ THERE ARE MANY OF SUCH EXAMPLES IN OTHER SOLAR SYSTEMS.

ALL IN THE UNIVERSE IS BALANCED AND IF A PLANET DOES NOT EMIT LIGHT TO BALANCE THE LIGHT RECEIVED, THE ELEMENTAL AND ANGELIC LIFE IS REMOVED, AND THE LIFE ON IT IS RETUREND TO THE FIRST CAUSE, THE GREAT CENRAL SUN, AND THAT ENERGY IS ‘RE- POLARIZED’ AND BREATHED OUT AGAIN.

THE EFFECT ON THE SURFACE OF THE EARTH

O The beautiful alabaster colour of the earth changed – greys and browns appeared – due to decay. The Earth no longer emitted Light.

O Fire-engine red & black only appeared 80 000 yrs. ago

O Deserts appeared over millions of years

O Mans mis-qualified energy brought: gas belts, pressure chambers, earthquakes, droughts and floods, volcanoes etc. and the sinking of continents

O Cave-man, dinosaurs – man at his very lowest

O Animals appeared on earth. The life energy beating their hearts is not individual heart Flames, they do not have the power of Creation – they cannot say the word “I AM”, they out-pictured man's fear & viciousness. This trapped elemental life form needs to be LOVED FREE! There will be no animals on Earth when we

move into the Golden Age. As there will be no fear and no viciousness. The domestic animal life is a reflection of man’s heart becoming warmer and unconditionally loving.

O Within the heart of these imprisoned elementals (animals) is the divine pattern that they once out-pictured – and which they will picture again – (always send the animals back to the Great Central Sun for re-polarization when they leave the Earth plane).

O Nature kingdom – weeds, poisons, thorns, heavy bark, soil (decayed matter) came into being.

### LOVE . . . . . .

IS THE KEY AND THROUGH LOVE EVERYTHING IS HELD TOGETHER AND MOVES IN PERFECT RHYTHM – AND ALL WILL BE REDEEMED

WORLD SAVIOURS APPEARED

In the 1050’s were told that 49 ‘World Saviours’ had come to Earth so far since the Fall of Man.

The first was Krishna (from the Central sun) He drew to Earth the Resurrection Flame, as a means to restoring the fallen sons and daughters of God. He brought to the consciousness that “SERVICE IS THE LAW OF LIFE”

OTHER WELL KNOWN ONES;

JESUS, GAUTAMA BUDDHA, ST GERMAIN, LORD KUTHUMI, EL MORYA and many more!

PURIFICATION OF OUR BODIES THROUGH THE USE OF THE

## VIOLET FLAME

IN ORDER TO REACH OUR ASCENSION WE NEED TO PURIFY OUR 4 LOWER BODIES

THE TRANSMUTING VIOLET FLAME

“Our beloved Saint Germain long ago promised you assistance in the use of the Violet Transmuting Flame in, through and around your homes, if you will just believe in its reality, efficacy and immediacy of action for you, self-sustained and ever-expanding. So command it to be! If you feel you have not enough faith in its willingness and ability to serve you, ask me to give you MY FEELING OF THAT FAITH WHICH YOU REQUIRE. I live but to express the reality and power of Almighty God as the Supreme Source of this universe and, remember, THE CREATOR IS ALWAYS GREATER THAN HIS CREATION! Therefore, whenever your destructive use of freewill has satiated your feelings with the distressing experiences of the outer world, the everlasting love and mercy within the heart of the Eternal Father are not only willing but able to allow you to come "home," there to live in invincible, eternal harmony and peace and "go out no more."

Beloved ones, please believe me for I know whereof I speak! I stood before the throne of your God and mine, long, long ages ago, in the beginning of the habitation of this planet. I stood there then and I stand here today as a servant of that God and of the light within your hearts. I have no other reason for staying in the lower atmosphere of Earth twenty-two hours out of every twenty-four except my very Love for your life and my very determination to convey through my radiating into your world my feeling of conviction in the ultimate destiny of each of you as God-beings and the ultimate destiny of the planet Earth and its evolutions as Freedom's Star.” *Beloved Archangel Michael* - “*The Angelic Kingdom” page: 203*

Life has provided the Transmuting Violet Flame as the way and means by which mankind can, through conscious application harmoniously change and transmute wrong conditions and all that is less that perfect. The Violet Flame is the activity of Divine Love, which consumes or transmutes. It is that rate of vibration. Violet Flame is Divine Alchemy. It cleanses the forcefields of the electrons composing the atom, which produces a change in vibratory action and results in Divine Alchemy. The use of the Violet Flame will change vibratory rates and through transmutation bring about transformation. It is an action of Mercy and Compassion.

The Flame for Transmutation is an action of the Seventh Ray. It is coming in now at the close of the Sixth Ray – the Christian dispensation which has reigned for the last two thousand years with the Master Jesus in charge. That knowledge of this phase of the Law regarding the use of the Transmuting Flame was

not permitted to be made public until recently (1930’s). Jesus referred to it as “Grace,” Violet Flame is a Grace from God.

On the 1st May 1954, the Violet Ray became predominant, and the Chohan or Lord of this Ray is the Beloved Ascended Master Saint Germain. He is responsible for the incoming Golden Age, and the next 2000 year period on Earth.

You can call The Violet Flame forth into action in, through and around you. Through Its use you can begin to balance your account to life, by expiating karma while yet here in the physical body, transmuting the discordantly qualified energy of this lifetime and all previous ones. This will bring freedom in your being and world. *It can transform your world when applied sufficiently.*

The use of the Violet Flame is a science. Its transmuting activity is as scientific and practical as melting ice (over a fire) into water and with greater heat turning it into steam. Through the use of fire (note: fire - flame), the vibratory action is changed, which changes its consistency. The Transmuting Violet Flame will do the same with qualities of a wrong nature in the inner bodies and the physical body too. The smell of the Violet Flame is like ozone. It is an intense action of the Violet Ray. It is an inner action of the Violet Ray from the Sun to the Earth which science knows.

The Transmuting Violet Flame may be likened unto as eraser. When used sufficiently one can erase from his life-stream all that is not of the Light that has accumulated over lifetimes. It is not just a repression of karma, making it inactive; but actually changes the vibratory action and makes the discord or wrong qualities non-existent. The Transmuting Violet Flame is *what* will dissolve your human creation; that is the reason it was provided by the Cosmic Beings.

In some teachings, through sheer will, students are able to push back as it were, this misqualified and destructively qualified energy – karma - as it is called in the East. In that way many healings are effected, but that energy is not redeemed, transmuted or purified. Therefore it sometimes happens that at a later time when the pressure of will is released, or no longer sufficient to hold back that creation of misqualified energy, then the disease again manifests. That is what is generally not understood, but with the use of the Transmuting Violet Flame it can be transmuted and that is permanent unless one recreates the same qualities.

All manifestation comes from the unseen – from the inner into the outer (that which is perceived by the senses.) Distress and disease are results of causes set up on the inner. They are conditions in the mental and emotional bodies caused by wrong thought and feeling. Therefore, for a permanent cure one must remove the cause, instead of just treating the effect. This can be done through the use of the Sacred Fire, particularly the Transmuting Violet Flame which will dissolve the human creation. By Its use one can alleviate suffering and furthermore, prevent it. Suffering is a purging, and action of the fire element in the physical body, caused by previously created discord (karma). With *enough* use of the Transmuting Flame the cause of suffering which is in the mental and feeling worlds can be transmuted and balanced before it out- pictures in the physical and is experienced in suffering. Disease is energy heavily charged with discord, and it takes very intense action of the Violet Flame to completely transmute it.

Now through the Teachings of the Ascended Masters, particularly the One known as Saint Germain, the use of the Transmuting Fire has been given to mankind. It is also known as the Violet Flame, being violet or purple in colour according to Its intensity, and is *one* action of the Sacred Fire.

The Violet Flame is radiance from the Freedom Flame; It is the consuming, transmuting activity. IT HAS THE POWER TO TRANSMUTE AND REDEEM ALL THAT IS NOT PERFECT.

By the use of the Transmuting Violet Flame, forces that are acting to prevent one’s success can be removed. It will dissolve appearance, and the accumulation of the ages. What causes limitation? It is this accumulation around the human form. Tragedies occur because one has not used the Violet Fire earnestly enough. They are caused by past momentum of things in your stream of life.

To use the Transmuting Violet Flame daily is most imperative, preferably 3 times or more a day. As the attention goes to the Presence more and more of the accumulated mis-qualified energy of the past will come forth for redemption. Be grateful for it’s coming forth, so it can be redeemed. Then it will not come

into action in an unguarded moment and cause distress of an accident. You will feel a lightness – a lack of the former pressure. Do not fear it, but call to the Christ Self to draw it forth into the Transmuting Flame and command it be completely transmuted, cause, core, record, effect and memory.

As you call for the Violet Flame a Ray comes from the hands, heart or head of the Presence or the Christ Self (Higher Mental Body) and as it touches the surface beneath your feet it bursts into a Flame. Also there is the potential Violet Flame in the Flame of the heart and in the points of light in every cell, but it is latent. It can however be activated at any time by calling the Presence into action. There are three actions of the Violet Flame:

1. It Blazes up, in through around us;
2. It is in the points of Light in every cell
3. And there is the action of the Cosmic Light

It is well to call on the LAW OF FORGIVENESS just before calling for the Violet Flame. By calling for the many, we release greater forgiveness for ourselves. We can say: “Beloved Magic I AM Presence, I AM the Law of Forgiveness for myself and all mankind for all mistakes, mis-qualified energy, human consciousness and for straying from the Light.”

One can call forth the Violet Flame something like this:

“Magic I AM Presence”, BLAZE through and around me the Transmuting Violet Flame, Thy Sacred Fire, in Its most powerful activity. Purify and Transmute now, ALL impure desires, hard feelings, wrongs concepts, imperfect etheric records, causes, cores, records effects and memories, known or hidden. Keep this Flame sustained and all-powerfully active, Replace all by the Pure Substance, Power and accomplishment and the Divine Plan fulfilled.”

You can repeat the call several times (three or seven) in succession, at least in the beginning, as it helps to anchor and make it real in your consciousness. Meanwhile, picture (mentally see it), like a soothing Flame, violet or purple in colour, penetrating your very being and world, right up through your body, organs, bones and all. The physical body is not completely solid as it seems. It is a small universe (microcosm) in itself, there being space between the cells.

Visualise a Flame as you might see it in a fireplace but see it violet or purple in colour. Some have gotten good results by turning on and lighting a gas jet, then watching the flame until they got the feeling and inner action of it. It is to get the *feeling* of it that really brings results. It does not cause a burning sensation but gives a joyous, comforting feeling, relaxes and makes you feel Lighter. You can qualify it to warm, or in over- warm weather you can qualify it to be cool. Hold that visualization for fifteen minutes or as long as you can comfortably do so, or have time for.

The use of the Violet Flame will not harm anyone; but it can and will transmute distress, irritation, anger, lack and limitations, bad habits and disease. It will give you a freedom never experienced before.

You can make the following call, to Beings who have offered Their assistance since the students were not handling conditions sufficiently:

*“Beloved Lord Gautama, Archangel Michael, Saint Germain and Ascended Jesus charge into this Violet Flame Your Purifying dissolving Power of Divine Love, in its most powerful dynamic activity.”*

In the use of the Violet Flame there is naturally left in the place of what was transmuted some pure substance, but we need to call forth more of the perfect qualities. Therefore, after using the purifying action it is well to call forth or charge your world with constructive qualities that you require or desire. You can simply say:

“*My Magic I AM Presence charge! Charge! Charge! Me with Perfect Health, Joy, Happiness, Illumination, Love, Wisdom, Power, Abundant Supply and with Ascended Jesus Christ Consciousness.”*

Or whatever you may require. You may also like to use Saint Germain’s Ascended Master Consciousness or any other Ascended Master.

USE THE TRANSMUTING VIOLET FLAME WITH GREAT INTENSITY! CALL FOR IT AS IF YOUR VERY LIFE DEPENDED UPON IT!

To control the feeling – when you feel anything not of happiness at the solar plexus, feel the Violet Flame flash up quickly and come out at the heart a Golden Flame; and BLAZE it through the other person or condition which is the CAUSE of distress. If it is a mental thing that bothers you, BLAZE it up through the head. Then feel the fullness of the Presence.

The position of one who has not contacted this understanding of the Law of the “I AM” is different from one who has. When one does give attention to the Presence, the accumulation of the past begins to be drawn forth; that is for the purpose of being transmuted (redeemed) so the individual may become free. *All misqualified energy seeks redemption.*

With the Violet Flame the record is transmuted, not only qualities of discord. If it were not so that record would draw to it again the same quality.

Purgatory is not a place of damnation imposed by God. It is a state of consciousness, which is experienced at inner levels after so-called death when the individual is aware of his wrong doings. When one is freed from the physical body the awareness is many, many times more acute; but he need not remain there forever. He can expiate his wrong doings (karma) to a certain extent and enter into higher realms – “mansions not made with hands.”

When Jesus said, “Thy sins are forgiven thee, go forth and sin no more,” what happened? Jesus called for the Law of Forgiveness for the other person and called forth the action of the Transmuting Violet Flame which transmuted the wrongly qualified energy and corrected the condition through the use of the faculties of attention, vision and qualification. Meaning by this, to change one’s thought and feeling so as not

to reproduce the same conditions, or bring about a re-occurrence.

*Information from ADK Luk “Law of Life” Book 1*

*EXAMPLE of VIOLET FIRE DECREE page 14 (see more Violet Fire decrees in AMTF Songs and Decrees book)*



Violet Flame Exercise for the evening

The beloved St Germain suggested that before retiring at night you stand in your room and calling the violet transmuting flame into action up through and around you for at least 9 feet in every direction. You raise your hands to your ‘I AM’ Presence, asking It and St Germain to qualify those hands with the purifying power of the Violet transmuting flame.

Then, starting at the head, pass your hands down over your body to the feet, taking in as much of the body surface as you can reach with your hands.

Now, with the left hand, sweep down over the right shoulder, arm and hand, and with the

HARMONY & HARMLESSNESS TO ALL LIFE AND EVERYTHING AT ALL TIMES IS THE KEY TO THE KINGDOM OF HEAVEN

Understanding the premise that ALL life is composed of ‘ENERGY & VIBRATION,’ we can safely assume that we have the ability to control this life substance, which is conscious and intelligent and responds to our thoughts and feelings and we can therefore raise this energy, until we are Masters of this Energy which comes into our orbit, which is the Body of God.

NOTES

###### OUR PHYSICAL BODY

The most dense of our 4 lower bodies

* WHAT ARE YOU EATING AND ARE YOU TAKING CARE OF PHYSCIAL BODY? It is important not to focus too much on the physical body, other than to give it the necessary care to keep it clean and in good condition.
* Everything that we eat has a vibrational frequency –

The importance of becoming a vegetarian – see Chapter in The Magic Presence - THE GREAT COMMAND

* Live food = live body. Raw live food is a good way to go! Sprouts are good!
* Organic = harmless - vegetarian – vegan, the Ascended Masters stress again and again the importance of eating a vegetarian diet. Meat has the frequency of death, fear, viciousness and cruelty and that attaches to our emotional bodies. We have been told to stop eating garlic and onions it gives the body an odour that is attractive to negative energies and entities, and the Ascended Masters cannot work with us if we continue to eat the things we have been told not to eat.
* Ripple effect of our diets - try to eat things that bring the least amount of harm to yourself and all life on the planet.

Addictions will need to be erased (with the help of the Ascended Hosts) ‘ASK AND YOU SHALL RECEIVE,’ never forget this - we live on a planet of FREEWILL AND ONLY THROUGH THE ASKING CAN WE RECEIVE HELP through the use of the Light Rays. We are advised by the Ascended Masters that we need to refrain from :Alcohol, meat, nicotine, (all mind altering substances), and excess sugar, excess salt, and excess strong coffee,

* THE RIGHT USE OF THE SEXUAL ENERGY: “The seed within a man and woman is only intended for the sacred office of creating a body, by which another soul may come into being. At all other times, the “Glorious Light” within the body, should be raised to the top of the head and allowed to flow up in Adoration unto the ‘Mighty “I AM” Presence.’ Then, by uplifting thoughts and feelings one can do creative work at the mental level, through glorious ideas, ideals of art, music, invention, discovery, research, and the creation of

beauty and harmony of every description, through service that blesses humanity, and therefore the individual that gives it. Instead of wasting the wonderful Liquid-Light the marvellous God-given Essence of Life, in sex sensation and excesses, whereby the body becomes decrepit, flabby, crippled, the face lined, the eyes dull, the whole structure stooped and feeble, the brain inactive, the sight and hearing impaired, and the memory not able to function, the energy should be rightly used in Wonderful, Idealistic, Creative Activity.”

*Excerpt from “The Magic Presence” page 101*

* Exercise – gentle, don’t put undue stress on your body – keep it filled with energy
* OUR BODY IS THE VEHICLE FOR OUR 3-FOLD FLAME - IT IS THE TEMPLE OF “THE MOST HIGH LIVING GOD”

### THE IMPORTANCE OF DECREEING

*An excerpt from "SANAT KUMARA'S SACRIFICE" By Beloved Meta - 'Dictations’ - Bridge to Freedom Publication*

"In large metropolises like London, New York, Paris and others (Cape Town & Jhb!) where millions of people reside, their discordant thoughts and feelings are constantly passing into the atmosphere and coalesce there into terrific vortices of evil, which pulsate like gigantic, moving jelly masses. Any lifestream that opens itself to a discordant quality of any kind, even for a moment, magnetizes that substance as great distress of some kind. These great wheels of Light created by the forcefields of the group endeavours, are constantly laying upon these evil vortices, dissolving and melting them away, thus relieving elemental life so that mankind is literally enables to stand erect, breathe in the air, and actually exist in physical form.

When you go into action in your groups, making tremendous calls for the Light Rays to expand and to remove those causes of distress, you render a service that you will never fully comprehend until you are ascended. That is why the cities where sanctuaries of Light are established are more pure by far than those that are not so blessed. OVER FIFTY PERCENT OF THE ACCUMULATION OF DISCORD AND EFFULVIA OF MANKIND IN A CITY OR VILLAGE IS HANDLED BY A SANCTUARY WHERE A DOZEN PEOPLE (OFTIMES LESS) ARE ACTIVE - IF THEY ARE EARNEST AND SINCERE!

It is a magnificent service to life, one that your outer minds cannot conceive as possible. I certainly thank and commend you for the assistance you give. Do you see how close you come to my activity, and how interested I am in your service, when you go into action on those CAUSES? Remember you must go back through the outer cause to the inner CORE OF THE CAUSE, which is the quality in the thoughts and feelings that have spewed them forth. Therefore, you render a service in changing the NATURE of people because then these masses of discordant thoughts and feelings are removed by your calls.

It takes away the pressures upon the emotional bodies of mankind, which prod them to more and more discord. Thus you are helping to change the NATURES of the people and permanent healing comes only by changing the NATURE of the individual. Every type of moral, mental, emotional or physical disease is due to a flaw in the nature of the outer consciousness. When that flaw or defect is transmuted, the distressing condition disappears! This is mathematically exact. It is scientific. Call to me. Call to the brothers and sisters of the etheric temples, and we shall give you the assistance of our beams of Light. At your call, I shall send you a brother or sister from the Temple of Healing and then, if you accept from that one the beam of his or her energy, you may develop the capacity to direct the Light Rays yourself.

We are coming into strange days, beloved ones. We are coming to the end of an era. From the Great Central Sun (sometimes called "The Sun behind the Sun"), more Light is being released to each one of the Seven Spheres. Why? Because the Cosmic Law has asked that the whole universe increase its Light. Every Ascended Master and Cosmic Being is increasing and intensifying his or her own individual aura and gifts to life at present. The Cosmic Light becomes an increasingly greater pressure in the lower atmosphere, because unascended beings like yourselves are calling for Light. As that Light comes, it presses the psychic and astral realm closer and closer to the Earth. Of course, in time, the Light descending will transmute it. Meanwhile, as that **pressure of Light increases, the causes of distress set up by mankind will endeavour to find their way back to redemption and perfection through their creators.** That is why at the end of an era, before the Golden Age comes in, you will find tremendous cataclysmic action, as well as the release of plagues and many other discordant conditions that prey upon and frighten their creators to a terrifying extent, BUT THESE CAN AND WILL BE DISSOLVED BY THE USE OF THE LIGHT RAYS."

### DECREES AS A METHOD OF INVOCATION

*By the Ascended Master Saint Germain*

*Extract from: INITIATIONS OF THE SEVENTH RAY – W Schroeder Pg.’s 184 – 190*

“Thou shalt decree a thing and it shall be established unto thee!”

“The clothing of the ideas and truths in the physical energies of the individuals who make up the groups, through the spoken word, covers the thought and feeling forms created by the mental and emotional body with the actual substance of the third dimensional plane. It lowers the vibratory action of the spiritual energies to a point where they vibrate on the SAME PLANE as the conditions that need adjustment.

This provides a mighty “stockpile” of QUALIFIED PHYSICAL ENERGY, which is utilized by the God- Beings to dissipate evil forms and foci of every kind.

As most of the conditions affecting mankind are vibrating at a rate similar to that which can be released through the spoken word, the power to remedy these conditions is greatly intensified by the individual or the

group which chooses to be the STEP-DOWN TRANSFORMER of the more subtle energies which form the master authority in the higher spheres.

TRUTH *IS*, but it manifests on every plane only as some intelligence grasps that Truth and positively releases it through the plane or sphere in which he is functioning at any given time.

The efficacy of the decree is determined both by the amount of FEELING AND CONVICTION that is released through it, and the CLARITY OF THE PICTURE held in the mental body, which actually forms the pattern around which the physical energies of the worded fiat coalesce.

For instance, the flaming sword of Lord Michael, the Archangel of Deliverance, is his own thoughtform. It is vitalized by the God-feeling of absolute mastery, and directed by his will, and often his word, into conditions that require assistance. If he had no clean-cut thought, his sword would be vague, vapory, poorly formed and would act with little efficacy.

The ability of the student to picture the activity which he is decreeing to be established into him or through him and the AMOUNT OF POSITIVE FEELING in the EFFICACY of that activity to manifest control of a situation, form more than EIGHTY PERCENT of the power in the decree. Therefore, the interest of the student must be BEHIND THE DECREE and his energies must be POSITIVE and CONTROLLED, if he is to have results of a positive nature.

The amount of POWER which is released through the decree varies according to the nature of the student. I have seen a man struck dead by a whispered decree of hate and venom which was charged with sufficient force to shatter the physical envelope. (Of course, the generator did not realize that he was signing his own death warrant, the moment he released his decree.)

The control of energy through the vocal chords is determined by the amount of mastery which the individual has over the emotional body. The VOLUME OF SOUND released is not as important as the QUALITY OF THE SOUND. For instance, the hysterical scream of a person in distress releases much volume, but renders no constructive service. Yet, there is the CONTROLLED SUMMONS of the initiate which raises the dead to life and which, in both volume and power, is known to shatter glass and blow out walls.

Some individuals can, by nature, be extremely positive in the use of a low, masterful tone. Others cannot convey feeling except by the exertion of a measure of physical force, which gives assurance to the individual of accomplishment. Here, freedom is the order of the day. Action is the requisite of the hour. Balanced control of energy whether it is coupled with the “loud voice” by which Jesus raised Lazarus from the tomb, or the voice of the silence by which the Sun is bidden to rise each morning from the bed of night.

When the decree is coupled with the VISUALIZATION OF THE ACTIVITY OF THE SACRED FIRE, which is being invoked, the positive quality of the voice will avoid the “sense of battle” which is sometimes apparent in the uncertain life energy of the student.

On the other hand, more feeling is charged into the group, which will be revivified in their individual activities, if the decrees are given in a good firm manner.

The importance of the audible decrees lies in the fact that the thought and feeling forms are clothed in the substance, energy and vibratory action of the octave in which most of the distressing appearances abide.

I would emphasize that power is drawn and focused through the rhythmic invocation which emphasizes the FEELING of the student body, clarifies the thoughtform and builds the momentum in the release of the energy, not only of the unascended beings, but also of the Great Ones who always respond to such calls.

Unless the group with which one is working are masters of invocation, force is scattered by changing the pattern and decree too often and little is accomplished thereby.

When I Am called upon to work with a group of chelas, my first endeavor is to CENTER THE CONSCIOUSNESS OF THE INDIVIDUALS WITHIN THE THREEFOLD FLAME WITHIN THEIR

HEARTS. From this center, the invocative powers of the chelas are most effective.

“I consciously enter and abide within the THREEFOLD FLAME WITHIN MY HEART – the true center of my being.’

“I AM the Presence of God within THREEFOLD FLAME WITHIN MY HEART and I speak and COMMAND with authority.”

“I AM” VESTED with the power of transmutation.” “I AM” VESTED with the power of precipitation.”

“I AM” VESTED with the power of levitation.” On and on ad infinitum.

Short clear endings are preferable because they SEAL the decree in the *feeling* of the energy of the students, as well as the conditions which are being transmuted. Then by the command and authority of the I AM Presence anchored within the heart, utilize *the power,* in one good rhythmic decree and let the momentum build….

“In the name of the Presence of God which I AM, through the magnetic power of the Sacred Fire VESTED in me, I command …. etc.

“In the decrees, I advocate using constructive thought patterns, rather than destructive ones like “tornado” because all destructive activities of nature VISUALIZED ADD TO THE COMING APPEARANCE, when nature’s forces are unleashed.

***If you were in a position to have the inner sight opened for a moment and could see the tremendous response of the Beings at inner levels, when a group of mankind, vested with the conscious power of the Sacred Fire sends up the rhythmic release of their energy in a word pattern, it would fire you with the desire to stay with that form, until the signal of your feeling world acknowledged full accomplishment!***

The ascending invocation completes its pattern on the last word of the decree and the God-beings begin their outpouring on the first word of the acceptance.

On the next rhythmic wave, the ascending invocation rises to the top of the preceding crest and then, with the added momentum of the increased energy, pierces further into the upper spheres and brings back an amplified outpouring.

The competence of the director, in drawing the energy into a RHYTHMIC BEAT, determines the efficacy of the decree and the height to which it can reach, with the subsequent return of the God-light, into the word of men.

This is exactly the principle followed in using a “battering ram” against a locked door, or used to harness the energies of men, in the old days, at the oars of the galley or the ropes of the Volga boats. Today we use it to more constructive ends. The volume of sound is not as important as the UNITY OF THE ENERGY. Some people can accept accomplishment only through the strong release of the spoken word. Others can accept accomplishment through the feelings. It all depends upon the evolution of the individual and the tendencies of their nature. The universe is builded on rhythm, precision and harmonious expansion and contraction. In decreeing, in singing in breathing, in walking, perfect rhythm is the balanced activity of life, and when it is incorporated into the ritual of the Seventh Ray, there will be no sense of exhaustion or depletion. When the energies of the individual are “off-center,” endeavor becomes effort.

Suffice it to say, RHYTHM, ONE-POINTEDNESS, CLARITY of the pictured activity and SUFFICIENT SPEED of TIMING –TO KEEP THE INNER BODIES ALIVE – are *requisites* to God-accomplishment.

As there is no limit to the powers of the God-protection that can be called forth – and no limit to the transmuting power of the Cosmic Christ-love, YOU HAVE EVERYTHING AT HAND by which to draw forth, protect and sustain your God-endeavors.”

#### MEDITATION & CONTEMPLATION

*Beloved Saint Germain speaks: (excerpt from Unveiled Mysteries – Godfre Ray King)*

“The individual, through his control of the outer consciousness, must make the effort to rise out of this condition of his own free will, in order to transcend these limitations PERMANENTLY, and no one can hope to rid his life and world of misery, discord, and destruction, until he leashes his own thought and feeling. In this way, he refuses to let the life, flowing through his mind and body, become qualified by the discord resulting from every little disturbing occurrence in the world about him.

“At first, such discipline does require determined, continuous effort, for THE THOUGHTS AND FEELINGS OF NINETY-FIVE PERCENT OF HUMANITY RUN AS UNCONTROLLED AND FREE AS

A LITTLE TRAMP DOG. However, no matter how much effort it takes to bring these two activities under control, it is worth any amount of time, energy, and effort, and no REAL, PERMANENT DOMINION of one’s life and world can take place without it. It will be my pleasure and privilege to teach you the use of these higher laws. Their application and use will enable you to release true wisdom and bring about all perfection.

MEDITATION:

“The first step to the control of yourself is the stilling of all outer activity, of both mind and body. Fifteen to thirty minutes at night before retiring and in the morning, before beginning the day’s work, using the following exercise, will do wonders for anyone who will make the necessary effort: “Make certain of being undisturbed, and after becoming very still, picture and feel your body enveloped in dazzling white light. The first five minutes, while holding this picture, recognize and feel intensely, the connection between the outer self and your mighty God within, focusing your attention upon the heart center and visualizing it as a golden sun. “The next step is the acknowledgment: (say aloud if possible, (do not whisper) or silently in your mind) ‘I now joyously accept the fullness of the mighty God Presence – the pure Christ.’ FEEL THE GREAT BRILLIANCY of the Light and intensify it in every cell of your body for at least ten minutes longer.

“Then close the meditation with the command: ***I AM A CHILD OF THE LIGHT – I LOVE THE LIGHT – I SERVE THE LIGHT – I LIVE IN THE LIGHT – I AM PROTECTED, ILLUMINED, SUPPLIED, SUSTAINED BY THE ‘LIGHT,’ AND I BLESS THE ‘LIGHT.’ (FEEL DEEP GRATITUDE FOR THE LIGHT)***

“Remember always: ‘ONE BECOMES THAT UPON WHICH HE MEDITATES,’ and since all things have come forth from the Light, Light is the supreme perfection and control of all things.

“CONTEMPLATION AND ADORATION OF THE LIGHT COMPELS ILLUMINATION TO TAKE PLACE IN THE MIND – HEALTH, STRENGTH, AND ORDER TO COME INTO THE BODY – and

peace, harmony, and success to manifest in the affairs of every individual who will really do it, and seeks to maintain it.

“All the way down the centuries, in every age, under every condition, we are told by all who have expressed the greater accomplishments of life, that the Light is supreme – the Light is everywhere – and in the Light exist all things. “That truth is just as true today as it was a million years ago. As far back as there is any record of humanity, the wise and great ones of all ages are portrayed with a radiation of Light about them, emanating from the head and body of each.

This Light is real – just as real as the electric lights in your homes.

Thru the ages mediation has been used as the process of awakening the head center. Meditation is to get one’s consciousness or conscious awareness out of the human realm and connected with a realm of higher

vibrations. Then listen, be receptive. This way the outer self learns of the reality of life beyond the physical realm.

Thru daily practice and being willing to listen one can get some directions from the Higher or Christ Self.

The motive behind meditation is to connect or make connection with a higher realm, for ease, peace or some satisfaction for the self. While contemplation is to connect with the Christ Self and enter into the action of the I AM Presence and then go along with it.

When one has learned of the I AM Presence, the Christ Self and actions of Sacred Fire, one can then truly contemplate instead of just meditate, which is the negative or feminine aspect. Contemplation brings in the positive aspect as well, and thus lets the inner awareness come into the outer consciousness. In consideration of the Presence, it is much better to think of It as contemplation instead of meditation. The general consciousness about meditation is to sit in meditation so long that one becomes negative, which is not what is desired. Meditation denotes stillness. Although one needs to still the four lower bodies, so that the Divine can get thru and function, (as it was created for that), yet contemplation is action. And when the attention is held on the I AM Presence, the word contemplation means action of the Presence. Under the old or occult law meditation has been the process to awaken the head center, bring it under one’s control and use. In this way the outer self and the inner action were brought together, coordinated. This at-one-ment produces a greater inflow of spiritual energy and activity, and brings forth latent talents and also bad karma to be redeemed. That is why purity is stressed, not only physical purity but purity in thought, feeling and deed as well. By living a one-pointed life and mediating each day brings brain cells into action and awakens the brain consciousness or outer self to the Light within. Living this kind of life over a period of years can awaken the chakras or centers in the etheric body. The awakening must not be forced or brought about by breathing and other types of exercises. Before the bodies are developed sufficiently. This can be dangerous, especially in awakening the kundalini, which is stimulating into action the energy at the base of spine.

Yoga, for the occult student for this transition period, is to constantly practice the Presence of God. For those who have the explanation of the I AM Presence, etc., that means practice the I AM Presence, which is not so abstract but much more concrete. It does not say to meditate on the point between the eyebrows and on a guru, or to open any particular center, which was the occult practice formerly. It should be done with one- pointed intent and directed purpose, and ordered regular meditation, done systematically thru years of effort, while giving loving service done with detachment. This denotes impersonal service, in comparison with the former. Then the centers will be awakened naturally and safely including the kundalini fire. As now there is such great general world stimulation. They warn against excessive and prolonged meditation, fanaticism in diet or anything else, and not hold the interest on psychic development and experiences, but work unemotionally and hold a balance. The real occultist has nothing to do with the three lower centers.

That is similar to our Teaching. Make regular daily personal application: contemplate, do decrees for protection, Violet Flame, etc., and render impersonal service, thru group work whenever possible. Thru the release of Cosmic Light since 1936, has brought much change and great assistance to those endeavoring to walk the spiritual Path. Instead of practicing old occult methods for awakening the centers we give attention, as Saint Germain instructed, only to those above the dividing line, the heart, throat and (two) head centers and do it thru the I AM Presence which will bring all into line and balanced action.

The aim of contemplation – meditation is: 1) The formation of thoughts, to bring abstract ideas and intuitions down to the concrete levels of the mental plane. 2) The aligning of the outer self with the higher Self or Christ Self, and to get the outpouring of the I AM Presence and Causal Body which will eventually free the individual.

The reason or purpose for (intoning the Word) saying words, a phrase or decree three times is to send it forth on the mental plane affecting the mental body, on the emotional plane for the emotional body to help stabilize it, and on the physical plane acting on the physical body and is counterpart the etheric body. Visualize it going forth thru the bodies. There is a three-fold effect on the bodies.

The oriental posture of sitting with the legs crossed, etc., comes under the occult law, then the main endeavor was self-development. One had to attain to a certain point before he could render service to the whole, that is render impersonal service, as we do now. Therefore he crossed his legs and arms to shut out, block off outer world activities, the vibration of the outer world. Now that the occult law has been set aside, and we know our I AM Presence, how to call forth protection and how to use the Violet Flame for transmutation, the action is different. Instead of working for self-development first then render service, it is reversed. Now impersonal service comes first, then the self. However, both should be carried on continually. The posture should be, sit and stand with feet and knees about four inches apart, arms uncrossed, hands at the side or at least four inches apart. This is so the currents from the Presence can flow thru. By crossing arms or legs it makes a short circuit, like two electrical wires touching each other.

The various Yogas have had their place and purpose. But to return to those now especially those dealing with the development of the centers, thru breathing exercises and certain type of meditation, from a certain aspect, is retrogression. The greater Yoga (Raja) includes all the lesser. Under the old or occult law, thru the practice Raja Yoga was when one had assumed sufficient directional control who centered his consciousness in his soul, his Real Self, as best he could perceive It. This makes the other forms of Yoga unnecessary. The soul, here meaning one’s Real Self, his Reality, this we know as the I AM Presence. This again corroborates with Saint Germain’s instruction of giving the attention only to the heart, throat and (two) head centers. (Unveiled Mysteries, p. 255, second edition.)

The occult law was in effect thru the past ages preceding 1931, when it was set aside. Under it the real Truth was hidden by the use of blinds, veils, parables, symbols, etc., which made it mysterious. That is why people pursued and were fascinated by the mysterious things, because behind it was some Truth. The pursuit of many is still in that direction. Although this new Teaching of Saint Germain and the Great Ones, explaining about the I AM Presence, Whose action/activity is the Law of Life, has done away with mysticism.

To just chant “Om” or “Aum” to experiment or see what will happen is not a wise thing to do. It may draw some radiation or power, some of it may be Light but are you sure you will know what to do with it or how to handle it? “Om” being universal, can draw to or around one whatever is in the atmosphere; and it is full of all kinds of human creations. On the other hand in the use of “I AM” there is a safe guard not otherwise had; because this invokes (what people term) God, individualized (an individualized focus of God), wherein is discrimination and selective intelligence.

Hence, there has been far more accomplished in the past years since in the 1930’s, (in fact from 1936 to 1939) thru the use of “I AM” than there was during the past millions of years.

**The Great Divine Director *(May 30, 1954.)***

“Thru each of the various yoga practices, they have endeavored to reach their Source, to find their way back “Home”. They endeavor to reach the Goal, the purpose of being in embodiment, which is for the outer consciousness to ascend consciously into the Electronic Body of the “I AM” Presence, which is the Source. For all those who attained It, what yoga practice did was just prepare them to then be able to get the real training required, which was only given in an Ascended Master Retreat. Even Jesus got It in a Retreat. All who have attained that Ascension had to know their I AM Presence before It took place. Even now under the New Dispensation for the Ascension in case they do not know their Presence while in the physical body, they learn to know It in the etheric body before the Ascension takes place.

The old occult laws needed to be set aside and the literature thereof containing now only about 35 percent of the original purity and reality, needs to be cleared of the human concepts which have gradually clothed it. It is the same with the Bible today, Thru translation human opinions are always imposed upon the original.

In India and the East there is the long built-up concept to go into meditation, to release oneself from the body and go into Samadhi, into the higher Realms consciously. But that is not Victory. One must bring the power of the Presence into the physical body and into the outer activity of the individual, to win Life’s Victory. There in India are hundreds of factions as to what God is or means, and thousands of fanatics. Here we have

now the great privilege of knowing the I AM Presence, and how to call It into action. Many people think they can bring about world peace thru just meditation.

The evidence is before us, it has been the occult law and practiced thru the ages without accomplishing it. The real occult law, and not any psychic stuff, has been the law for spiritual development and attainment, up to the 1930’s, when it was set aside. This attainment meaning complete freedom from all human creation and action, which can only be thru one’s self-conscious effort by making the Ascension into the Light, as Jesus did.

Under the occult law one attained step by step thru certain definite initiations.

Now since that law has been set aside, we learn that the highest and ultimate understanding possible to be given to our human consciousness, of God, or Deity know by whatever words of expression used, is “I AM”, instead. That “God” is not the name but is a title. The name is “I AM”, the proof is that no one else can use It (or Its derivatives) only you can use “I AM” for yourself.

So to be free from all human creation, one has to go somewhere else, but where have we gotten? There is ultimately only one place to go. And to get there has to be done self-consciously. It is the same for every human being. Although many roads may lead to that place, that place is each one’s own “I AM Presence”. Under the occult law it has always been the same. Hence, at a certain initiation, secretly one learns of his/her I AM Presence, and how to apply it. No one gets his/her Freedom except by accepting the “I AM” and making application, using It, making or giving It a change to work, self-consciously in one’s own being and world. That means apply not just read. There is no other way to gain the Ascension, as Jesus said, follow thou “Me”, the “I AM” in Jesus (not the man Jesus), but the “I AM” which is the same in you and everyone else, only individualized for each. “I AM” the Ascension into the Light. One can take a pale of water out of the ocean and put a certain coloring in it, but it is still the same H, O, water. Those of you who have done some decrees but get discouraged because you do not see the results you expect, just remember the Cosmic Law has been set into action. But it depends on mankind, because of free will, as to how fast or quick the perfection can manifest.

Like a baby body, thru the human way it takes years to mature, however, it has been set into action and each day it progresses, works towards a goal, although you do not see it.

But Thru the Divine way the body could be produced full grown right at the time.

Since the old way has been set aside, and Saint Germain and Others have brought forth a new method of spiritual attainment which is much easier, sager and quicker, the why not go that way instead of the old occult way of just meditation, etc.?

The reason many want that way is because thru perhaps many embodiments, they have practiced the old. Therefore, what is built into their inner bodies and they tune in on that which they feel and it makes them think that is the way, and only or real way. So here we are still in human embodiment which is proof we have not made it, as Jesus said we were to do. World conditions have not changed more because not enough has been done by human beings, as Saint Germain and Others have suggested. Yet in the 1930’s there was proof it can be done. As in three years’ time more was done for the Freedom of mankind and the world than had been done under the occult law since man turned from the Light. Had that viciousness not interrupted what was being done thru the “I AM” Activity when Mr. Ballard was here (in 1938-39), and had the people gone on in their application, and the expansion of the Light continued, all discord could have been removed from the earth, and we could have much greater perfection manifest now. None of the hundreds of methods of spiritual training in existence, will ever give an individual complete Freedom. Everyone who has gained It thru any one of these methods had reached a point where the understanding of the “I AM” Presence was finally revealed to him/her. This should be evident, to anyone who really studies Saint Germain’s Instructions. Those who just want to meditate and feel comfortable and are satisfied with it and their social activities, or just want to go on in their human way of living, are free to do so. Each one must choose. If they are interested in the number of attendance then they are still a long ways from qualifying to enter an

Ascended Master Retreat under the former method. The greatest number are at the bottom of the mountain, the few at the top.”

Now we can have this Teaching intellectually and then thru application get it from within, instead of the other way around. Also we have the opportunity to render service while at the same time working on our own development for our own Freedom; in a way never known on earth before.

### COLOURS

Excerpt from “COLOURS”

Mrs. G W Ballard ‘*Voice of the I AM” August* 1937

The colours all mankind need most today are open doors through which constructive qualities come into your mind, body, feelings and world. *The Law of Energy and Vibration is Eternal, Absolute and Unconditional. You are the one who must choose, operate It,* and then live in the results of you choice.

PERFECTION IN COLOURS

In this explanation of colours and their effect upon the life, health, and supply of the individual, we state the *Ascended Masters’ Law* from the standpoint of energy and vibration. From this there is no escape; and it matters not what the human opinion of any one is, the *Great Eternal Law of Energy and Vibration* does not change to suit the theories of human intellects, which have but fragmentary information.

*The Great Ascended Masters know this Mighty Law of Energy and Vibration in Its Fullness, and They are the only authority* concerning its Mighty operation throughout the Universe.

Each colour is a special rate of vibration, which is Its quality. In electrical parlance, each colour is a special frequency, which is the manifestation of a definite form and quality.

It is only in the lower octaves of vibration that discord can register, because when a certain frequency is reached, all becomes Perfection. In other words, when the rate of vibration reaches into the *Ascended Masters’ Octave of Life,* it becomes so rapid that only Perfection can exist within it.

Each rate has a special effect upon the mental, emotional, and physical bodies of the individual, his pocketbook (money) and world as well. It is the understanding of this which mankind needs to have in order to correct destructive conditions and reach Perfection.

No one on this Earth need ever expect health, prosperity, protection or happiness if that ones insists on wearing black or red clothing (bright red as opposed to pinky ruby red). There are absolutely no Life, health, nor prosperity vibrations in black, for it is the absence of all *Life.* When the *Ascended Masters* make this statement, people often say, “well what about the darkness of night provided by nature for sleep?” The *real truth* is, the actual colour vibration of the night hours is not black, it is dark *blue,* and blue is always an energizing vibration.

The red of this planet has nothing constructive in it for our humanity. All red on this planet is a record of impurity, and when that impurity is removed the colour instantly becomes gold! The colour vibration for all humanity is gold.

Anyone can test this out. When fire is burning, the colour of the flame indicates the amount of impurity in the substance being burned. For instance, when the leaves and debris of nature are thrown into the fire, the flame becomes golden, except when they have become contaminated by impurities imposed upon them by the discord of human beings. The red in all physical fire is the impurity being consumed.

Notice how even the outer world’s use of the colour red is always to indicate destruction. Even in the stoplights and danger signals, the red always means destruction, both physical and moral. *It is imperative that humanity understands this* in order to stop the use of that rate of vibration, which destroys all that the people are really trying to accomplish.

Students should especially understand this. Whatever colour surrounds them; they are *absorbing* into their minds, feelings, bodies and worlds.

Everyone absorbs through his eyes the quality of every colour he looks at; and through his eyes, that quality is recorded in his flesh, through the optic nerve which goes directly to the stomach through the sympathetic nervous system. This is very evident when one waves a red flag at a bull, which the toreador does to arouse all the destructive qualities within the animal. This being true of the coarse animal, how much more is it true of the sensitive human being in *his* every activity of the day. This is why babies and very young children cry when grown people dressed in black or red try to hold them. The children are infinitely more sensitive than grown people and feel the qualities of colour much more keenly that do their elders.

One of the most disastrous effects of colours in the use of the infrared ray for so-called healing, it sometimes temporarily allays pain; but if those using it could see what is registered within or attaches itself to the emotional body of the individual – which they must handle days or weeks later – they would never use it the second time nor want the second look at the vicious forms it creates. *Law is Law,* Dear people of Earth, and no one ever escapes this *Mighty Law of energy and Vibration.*

Certain rates of vibration create a feeling of ease within the individual and others create the opposite.

It is very evident therefore, that if one wants Perfection, comfort, healing, happiness, prosperity, and so on, he must *definitely* determine and control the rates of vibration flowing through his mind, body, and world. The choice of colour by which he surrounds himself is one of the most powerful and simplest ways of doing this, and anyone can prove it for himself.

When it comes to the supply of money, energy, or anything the individual needs in his life activity, it is impossible to attain or retain a sufficient supply of money, food, clothes, energy or any good thing if black and red are used. *There is no prosperity, health, nor peace in black or red.* Remember that always! When one shuts off the Light from plant life, it dies. Black shuts off the *Light of Life.*

Now we come to the rates of vibration which contain the things that make mankind happy and Perfect. These are contained in the colours *white, gold, pink, violet, blue and green.* Only when these colours are used in their clean, clear, bright shades are they the channels for the release of the *Perfection all crave.* Dark, dirty pastel colours and shades are not constructive. One can have pale shades of any colour and still have them constructive; but the dull, muddy, dark colours are all destructive in their effect upon the individual’s life and its activities, especially the emotional body – the feeling world.

The use of destructive colours in the channels of fashion and art, is the hypnotic suggestion of the sinister force to drag down mankind’s resistance, so the people cannot hold to the Ideals, Power, Victory of the Light, which only manifest in *clear, bright, clean colours!* The Ascended Masters’ Ideals and Perfection are the only Source of Permanent Happiness, and These are Victory of the Light. Individuals who want the Victory of the Light, health, supply, and happiness, will only wear and surround themselves with the clean, clear, bright colours containing Perfection, and *which are the channels that release these Blessings and Gifts.*

The colours all mankind needs most today are *white, gold, pink, violet, blue, and green.*

*VIOLET: Purifies, strengthens, illumines, spiritualizes, raises and gives very great Freedom.*

*GOLD: soothes, illumines, harmonizes and raises all into the ‘All-knowing Mind of God’. It soothes irritated nerve conditions.*

*GREEN & GOLD together act like a magnet to draw supply to the outer activity of the individual, and to bring Harmony and sustained supply for those who will use them.*

*PINK: the activity of Divine Compassion and Divine Love, which extends Mercy and Forgiveness to all It contacts. It releases a tremendous Healing Power because of Its soothing, forgiving feeling and the ease of Divine Love.*

*WHITE: is always the most powerful Purity of the “Mighty I AM Presence” and contains all the other colours and their qualities. It purifies, illumines, perfects, raises, heals, and protects, because within the* PURE WHITE LIGHT *is the Fullness* of all Good things; and It is the *Primal Substance* from which all form has come into being.

*BLUE* is the Energy, Strength, and Power; but unless it is qualified with the *Ascended Masters’ Consciousness of Divine Love and directed by Their Wisdom,* it is simply electronic force, which is Power. Power that is not qualified by Divine Love and directed by Wisdom will energize anything it contacts.

The colours all mankind need most today are open doors through which constructive qualities come into your mind, body, feelings and world. *The Law of Energy and Vibration is Eternal, Absolute and Unconditional.*

*You are the one who must choose, operate It,* and then live in the results of you choice.

Good, clean, clear bright colours are the Rivers of Blessings from the Realms of Light – the source of all Perfection. The Ascended Masters are the Fullness of the Perfection all crave.

**THE GREAT DIVINE DIRECTOR ON COLOUR**

*(“Voice of the I AM” December 1939)*

“My Dear People, there are some who say, “Why this does not apply to me. I do not need the Violet Consuming Flame, I am not afraid of red and black.” You might not be afraid of a tiger that would tear you to pieces either! What do you think, Children of the Light, has torn mankind asunder during these hundreds of thousands of centuries? Of course, the beginning is their own discord; but when they do come into certain amount of discord, it will force them into every other vibratory action corresponding with it.

Black represents death – red, intense anger, and when you are discordant, you will want to be in the radiation of those things. The poor unfortunate people in the social world think they can go on using those things and not reap the results. What a pity! My Dear Ones, when We who are All-Powerful, Perfect Beings look up the social world, the arrogant pride which is there, We think, oh, when will the awaken? I am not speaking of all of them, but there are some whose arrogance is so great! They would not condescend to come to one of these Meetings because some of their social set might see them. I come a Wholly Magnificent, Pure Being, who has throughout the centuries been the Governor of the Life Streams of mankind! Yet when I am so admitted, I come to give you Assistance. The Great Goddess of Purity has come from within the Great Silence to render Her Purifying Service for mankind; and puny human beings in their false pride and arrogance say: “Oh, I could not afford to give attention to supposed Ascended Beings or even the ‘Mighty I AM Presence.’ I Am not sure about that.” What childish foolishness! One day, Life says to them, “Now you have reached the end of your span. What are you going to do? You have lost your opportunities!”

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#### THE USE OF THE “PROTECTIVE ARMOR OF LIGHT”

*Excerpt form “The Angelic Kingdom” Archangel Michael*

Beloved ones, there are certain vicious conditions active in the astral realm into which I would not think of entering WITHOUT FIRST PUTTING ON AN ENTIRE ARMOR OF LIGHT. Yet, so often we see you, through mighty decrees, plunging into mass creations of sickness and disease and all manner of distress, just clothed in those Tubes of Light which you have drawn about you (without full faith in their adequacy) and which you puncture every few moments by discordant thought, feeling, spoken word or deed! I am very grateful indeed that you do call those Tubes of Light forth and that you are strengthening them as you continue to call for them and then hold more and more uninterrupted harmony in your worlds.

Now, WHY DO YOU THINK I HAVE OFFERED YOU AGAIN AND AGAIN THE USE OF MY

ARMOR OF LIGHT? Please use it, for it is, of course, to completely enfold you in my feelings of protection, my helmet, armor, sword, shield, Cross of Christ, PLEASE PUT THEM ON AND USE THEM BEFORE you go into action, dealing with powers of certain concentrated vicious-ness of which your outer self knows nothing!

Dear ones, when I see you so sincerely and earnestly making your calls to light, and without adequate protection of the light, I always immediately call in limitless legions of angels around you to give their Christ protection to you. You have no concept of the amount of Cosmic Christ protection, which has been necessary to be invoked by myself to enable you to receive from "On High" through the psychic plane into

the lower atmosphere of Earth, the radiation and spoken word of the Archangels, even during this four-day period.

Up until now, most of this protection has been given from our side, but it would be so wonderful if each of you individually and all collectively (when in group activities) were to call my Protective Armor of Light into action *before* you call forth and direct the mighty flames and light rays into the riptides in the atmosphere of Earth of hate, uncontrolled sex, crime and viciousness of every kind. Unless you had been given this protection by me and our legions in the past, you would not even be here today, nor could there have been anything of a permanent nature anchored into your outer consciousness from the Great Ones to whom you have called, nor could there have been the tremendous purifica­tion, which has taken place here.

Now it is not that we are not either able or willing to sustain this protection for you, but it is a matter of divine economy. You see, you are all at a point of consciousness now where you are able to hold this protection for yourselves and when you do reach such a consciousness, the great Law requires that you use it! There is a great conservation of energy in the heavenly realms as you have been told. For every project we undertake, we are allotted a certain amount of energy to accomplish that task and, if we are obliged to use that energy to protect you, there is less for us to use in other ways - either to expand your own personal light or our activity. Do you see? SO, IT WILL BE OF TREMENDOUS ASSISTANCE TO US, TO OUR ACTIVITY AND TO YOURSELVES IF, FROM NOW ON, YOU WILL CALL FORTH MORE CONSTANT AND COMPLETE PROTECTION AS YOU PROCEED IN THE SERVICE OF THE LIGHT. WILL YOU TRY?

### READING IS ESSENTIAL TO PROGRESS

RECOMMEND READING TO START:

“Let him who runs, read – that he may learn the ‘Way of Light while there is yet time!” *The Magic Presence page: 361*

1. 'UNVEILED MYSTERIES' By Godfre Ray King - St Germain Press
2. (Available from [www.theascensiontimes.com](http://www.theascensiontimes.com/) or from the St Germain Press website)
3. 'THE MAGIC PRESENCE' By Godfre Ray King - St Germain Press
4. (Available from Anthea, [www.theascensiontimes.com](http://www.theascensiontimes.com/) or from the St Germain Press website)
5. THE “I AM” DISCOURSES - Saint Germain Press – Volumes 3 – 20 [www.theascensiontimes.com](http://www.theascensiontimes.com/)
6. 21 ESSENTIAL LESSONS VOLUME 1 & 2 - complied by Werner Schroeder
7. MAN HIS HISTORY, ORIGIN & DESTINY – Werner Schroeder
8. ‘DICTATIONS’ By the Ascended Masters – Bridge to Freedom Publication

THE SAINT GERMAIN PRESS PUBLICATIONS and “THE BRIDGE TO FREEDOM” books are

ESSENTIAL READING for true seekers. Books can also be ordered from Amazon and other online book stores. Some Audio and e-books are now available. Or order directly from website [*www.ascendedmaster.org*](http://www.ascendedmaster.org/) also available on [www.iamfree.co.za,](http://www.iamfree.co.za/) [www.live-free.co.za](http://www.live-free.co.za/) The Ascension Times website: *-* [*www.theascensiontimes.com*](http://www.theascensiontimes.com/)

### “OUR THREE HIGHER SPIRITUAL BODIES”

Comprising of our WHITE FIRE BODY, OUR CAUSAL BODY, AND OUR HOLY CHRIST SELF,

WHICH RESIDE ABOVE OUR FOUR LOWER BODIES, (physical, etheric, mental and emotional) OUR THREE-FOLD FLAME THAT BEATS OUR HEARTS IS CONNECTED VIA A ‘SILVER CORD’ TO OUR MIGHTY WHITE FIRE BODY – OUR ‘I AM PRESENCE’.

*Compiled by Anthea Torr from the ‘Bridge to Freedom’ material.*

In the centre of our Spiritual bodies is our “White Fire Being”. This is our original ‘Spirit Spark’ from the Great Central Sun, our Godparents, Alpha and Omega, and when first brought into consciousness was a Perfect Circle of Light, with equally balanced male and female energy. When each one of mankind was first breathed out from the Hearts of the God Parents, we had awareness and a realization of identity. We felt and thought, “I AM”. We found ourselves as Beings, self-conscious and in every fibre of our Presence we realised “I AM” Being! Our God parents took the responsibility for evolving a race upon the planets of our universe and drew forth billions of ‘Spirit Sparks’, individually moulding EACH Divine Archetype, the ‘White Fire Being’ and the Electronic Presence, and EACH beautiful Presence became the *‘Only Begotten Son’!* The purpose of creation is to expand the perfection of God’s Kingdom, and to allow each “I AM” Presence called forth from the Universal Heart of God, to unfold a Spiritual Nature and become MASTER of energy and vibration through the ‘conscious control’ and use of his own creative faculties of thoughts and feelings.

Just as any individual needs and uses ‘garments’ for proper functioning, so the ‘Spirit Sparks’ after leaving the protective bosom of their Goddess Mother needed coverage. For this to come into materialization we were directed by our God Parents, via Universal Light, into the Three-fold Flame, with a Great White Being around it. This was the original Individualized man who stood before God, his creator, in the form of a perfect Circle of Light, **created in the same image as our God Parents - The Great Central Sun.** This was not a compact single piece – it was ‘twain’ – one half the masculine nature of God and the other, the feminine nature of God. These are known as the ‘Twin Rays’ or “I AM” Presences, each half representing one of the genders. These two Divine Compliments have free will and can descend through the Seven Spheres, which can be likened to a school covering the seven virtues of God, as is required of ALL individualized Beings, at their own time. It may seem strange, but these Two Divine Compliments do not always proceed together through the Seven Spheres, because through free-will, one may remain a little longer in one of the Spheres than the other. It is exactly the same when One of the Two Divine Compliments decides to take embodiment and leave the Higher Realms to descend into the more dense spheres. This is not necessarily the wish of the other Twin Flame. So your Twin Flame may not always be on Earth with you, although in some cases both decide to participate in the realm of experience and descend into the world of form together. For every Individualized “I AM” Presence, that accepted the responsibility of passing through the Seven Spheres and eventually descend into the world of form, there were at least one dozen or more that preferred to return into the Universal, which was pleasant, rather that assume the responsibility involved in the Individualization (Archangel Zadkiel). Furthermore, others using free will, refused to be divided into two “I AM” Presences, and preferred to remain one, going through the Seven Spheres single and together!

The words “I AM” are not of recent human invention, as some think, but have come down to

present time from the beginning of man’s coming to Earth. Proof of that, is to be found in the archives at the Royal Teton Retreat. These two words are the POWER of God. The words come from Alpha and Omega (The Great Central Sun) our God Parents. “I”, represents Alpha, the ‘ONE’ who signifies the Source, the numeral ‘One’ (1) and the word “I”, and Omega represents the “AM” and is therefore called A-may-ga. I - AMega – the beginning and the ending.

A Divine Ray of Light constantly streams from the Mighty I AM Presence – our White Fire Being, through our Holy Christ Selves and in through the top of our head and from this we receive our Life, Conscience, Light intelligence, energy and physical being. Before the “Fall of Man”, this stream of Light was wide and full and our physical body was that of our Holy Christ Selves. As this silver cord enters the top of our heads it splits into two branches, one going down the spinal cord and the other anchoring into the heart, giving it it’s rhythm and Life Power. This cord has dwindled to a minute thread of Light reflecting the lack of Godliness and Light in our lives. We are, in the main, unaware of the consciousness of this Gift from God and that from the heart of our “I AM” presence, this Light flows as a steady stream of little **intelligent Beings**, with ‘winged sandals, shining garments and miniature crowns upon their heads’, carrying gifts of health, illumination, understanding, Love and Light. These conscious intelligent little ‘Beings’ are given into the heart of the ‘I AM’ Presence of every unascended lifestream, and they are what the world calls ‘Life’ – or in biblical terms ‘The Holy Spirit’. The Presence **blesses** every one of these miniature Beings, which we call ‘Electrons’ in our scientific world, and sends them forth, in rhythmic pulsation to us in our human form, hoping that they can pass through the channel of the human personality as an open door, and give their gifts to the Universe, as was originally intended, before the ‘Fall of Man,’ millions of years ago. From the time they leave the aura of the ‘I AM’ Presence, they are catapulted by the emotions, thoughts and vibratory action of our four lower physical, mental, emotional and etheric bodies, and their journey into the Universe is **completely** disrupted by the disintegrating forces of the uncontrolled channel through which they pass. Their little vials are broken and their gifts destroyed as they pass from our bodies, with no animation left in

their Beings! ***So now we know why the Masters tell us again and again to remain harmonious at ALL times and that there is not ONE thing in the outer world that warrants discord to come into our bodies!*** To think of the ignorance of the majority of mankind, as they go about their daily tasks, allowing discordant selfish thoughts and feelings, angry reactions and unnecessary sorrow, (usually a result of self-pity) to cause the destruction of these gifts of Life from God, and these beloved little creations, conscious and intelligent, leave battered and bruised, having arrived so full of Divine Life and enthusiasm from God. It is this that causes our decay, death, disease and all other un-Godly things happening on our planet. Training ourselves to keep our thoughts and feelings harmonious, loving and happy at ALL times is essential, REFUSING to partake of any thoughts of gossip, selfishness, poverty, greed or other lower energy thing. The more discordant our thoughts and feelings the less the light expands our electrons. I repeat again what the Ascended Masters say, that there is not ONE thing in the outer world that is worth letting our thoughts and feelings become discordant or despondent about – not ONE! If we were in complete harmony and love at all times, these ‘electrons’ would sustain our bodies with the perfection with which we were originally designed – no death, disease, decay, or un-Godly things all. To leave our physical vehicle would be a choice as it was meant to be, (and still is – although most of us are not conscious of this, so do not make the choice!) and we would live for many hundreds of years, if not thousands, depending on our fulfilling our Divine Plan, as it was in the prior Golden Ages. We are going forward into the next Golden Age, but in order for each individual to fulfil this Divine Plan we have to behave and ‘be’ that state of harmony and peace at all times! Quite an undertaking when we have been living for probably hundreds of lifetimes accepting that decay, disease, death, lack, anger, blame, resentment and all the other discordant ways are our lot in life! We need to re-program our lower earthly bodies, and this is done with regular decrees, prayers, and realisation that we are ‘God’ in action on Earth. We were born from God and are his ‘children’, and as our children learn to do as we can do, so can we learn as other great Beings have done, the way-showers, to live as God intended us to live on Earth. Practice, practice and more practice! Now is our time to change this and bring the new Golden Age into being. It is the age of 7th Ray, headed by our Beloved St Germain, and this came into being in the 1950’s. Every 2000 years a ray becomes predominant, and for the past 2000 years we have been under the influence of the 6th Ray headed by Beloved Jesus. We will be bringing more of this information in the next issue of The Ascension Times.

The Great Causal Body, which is a sphere of rainbow coloured Light around our Mighty White Fire Body, is the CAUSE of our Ascension, and our Ascension is our REASON for being here on Earth, there is no other reason - and when our Causal Body has accumulated enough ‘Good’ through selfless service (i.e. we don’t expect something in return – we do it because we have so much unconditional love in us – and the ultimate desire is to expand the borders of the Kingdom of God on this physical plane) we Ascend into the realm of the Ascended Masters! The Causal Body is the storehouse of all the Good we have ever done since our original individualization, and this body cannot and does not know anything of discord. Our Causal Body will reflect perfectly the amount of good we have done in each Ray, and this will be expanded here on our earthly journey as we do our work in these areas. If we are a good healer, the green band may be more predominant than others in our Causal Body, as we may have spent more time perfecting this gift from God, or we may have spent more time in the Pink Ray, learning the gifts of unconditional love, peace and the ability to get along with our fellow men, and so on. ***We can call to our Beloved Mighty Causal Body and ask that all the attributes of ‘Good’ from these spheres come into the electronic body that surrounds our physical body. If done daily, this is an extremely powerful and good thing to do, but like anything, it is the rhythm, regularity and faith of the call that builds up the momentum. For this to really be of great benefit, we need to see and feel these great rays descending into this electronic body, and then BEHAVE in a God-like way for this to manifest here on Earth.***

The Holy Christ Self is often known as “The Higher Mental Body”, and this is because it acts as a

go-between between the ‘I AM Presence’ and the lower form of man. Every time the ‘I AM Presence’ is called it is actually the Holy Christ Self that is getting the message, as the ‘I AM’ Presence, in an unascended being, remains in the Higher realms and knows nothing of the limitations in the lower realms. This is because ‘God’ knows nothing of limitation and all our mis-creations; there is ONLY perfection in that realm. The Holy Christ Self acts as an intermediary allowing the communication to our own God-Selves. It knows the perfection of the ‘I AM’ Presence because it is derived from it, but it also knows the imperfections of the human form, as it has been associated with it for eons of time. This does not in any way mean that our Holy Christ Self condones our human existence, but it does through love and mercy, knowing the needs of the physical existence, and when it seems fit to do so, renders succour by appealing to the ‘I AM Presence’.

The Immortal ‘Three-fold Flame’, that beats our hearts in our physical body, is connected via the ‘Silver Cord’ to our higher spiritual bodies. It is the ANCHORAGE of our Mighty God Presence “I AM” in our physical bodies. It remains connected to the White Fire Being, our I AM Presence, and then on up to the Great Central Sun – Father/Mother God or the Divine Principle/Creator, or what ever name you are comfortable with. This ray of Divine Light, at the time of physical death, is what gets severed and our heart stops beating. This Three-fold Flame embodies all the powers of the “Father, Son and Holy Spirit”. ‘The Father’ symbolises our Father/Mother God, the Divine Principal of All. This is seen on the left side of man and is blue/white in colour. The ‘Son’, symbolises creation, and is seen in the centre of man the colour being golden yellow, and the Holy Spirit, symbolises the Light filled Electrons that constantly pulsate with the gift of Life from the Great Central Sun – embodying Alpha & Omega, allowing the expansion of the ‘Kingdom of God’ to happen. This is seen on the right side of man and is pink in colour. This Flame is about three-sixteenths of an inch in man now, and reflects our lack of connection and concentration upon our I AM Presence and the Godly ways in which we are supposed to live! In the time of the first two Golden Ages, the Silver Cord and Three-fold Flame was well developed and we lived in perfected Light bodies, as was the original Divine plan. Now it is task to re-establish these Divine Blueprints – we have the tools!

In order for us to raise the frequency of our bodies – ALL bodies must be addressed and ascend together. We cannot have one body lagging behind. This means work needs to be done on ALL levels – physical, etheric, mental and emotional.

*As Beloved St. Germain said: (Bridge to Freedom - Jan. 1955)*

“Living the past, Beloved Ones, is not good. Live in the NOW and prepare for the future. Do you know that all your resentments, hatred, and all your dislikes are part of the depravity, which is the result of living in the past. Your body consciousness has ruled you so long, that the ‘I AM’ Self, centred within the heart flame, has not been allowed the conscious control of your energy. Your mental, your emotional, your etheric and even your physical bodies are for the most part, the control of your energies. Seizing upon that energy, these bodies cause it to act. Then, in the quiet of your own home, when you are still, you wonder why in the world you have said, done and felt certain things!”

Call to your ‘I AM’ Presence to take control of all conditions in your life, and when you hit a bumpy road, call again and ‘LET GO AND LET GOD!’ – You will be amazed at the outcome!

#### “TRY NOT TO PERSONALIZE ENERGY”

Instruction from Archangel Michael

*“The Angelic Kingdom” page: 203*

Now, in your daily endeavors as you move upon a comparatively peaceful course of living, you have opportunity hourly (by the use of the Violet Fire) to practice raising the quality of unhappily qualified energy of fear and other discordant feelings, whenever you see such energies acting that are less than the virtues of God. This can and should really be a joy instead of a tedious task, if you will realize that through this practice you are arising into individual mastery.

Again and again the Ascended Masters have said: "Try not to personalize energy." If that energy is shadowed, depressive, inharmonious or unhappy in any way, that energy needs forgiveness, purification and redemption. Be not concerned with the facet (personality) through which that "soiled" energy flows. If it is discordant, it is some of God's beautiful Life which temporarily has been imprisoned in discord and is now calling for freedom.

Please do not become so concentrated in your attention upon the form through which the "soiled" energy is flowing that you actually add your own resentful feelings to it and thus increase the riptides of those distresses, which riptides sweep constantly back and forth through the Earth's atmosphere. In the name of God! Let us recognize the fact that, wherever there is a sharp word, a depressed feeling, an impatient gesture, wherever you sense heaviness, lethargy, discouragement or any of the negative qualities, try to realize that that energy is really part of the body of glorious Helios and Vesta (or some other Solar Lord if the lifestream is a guardian spirit and has come here from another planet). This life has been imprisoned temporarily through discordant thought and feeling by those who really know not what they do. The opportunity of the wise, then, is the

immediate use of the Violet Transmuting Flame and other purifying flames of the Sacred Fire to raise and redeem that discordantly qualified energy, thus not only freeing the energy but gaining personal mastery by the practice of the use of the Sacred Fire as well.

One need not audibly call forth this Sacred Fire if he is in the presence of individuals who need assistance but who are not cognizant of the Ascended Masters and their ability to help them. However, through the power vested in you by the presence of the immortal Three-fold Flame of Eternal Truth anchored within your beating heart, you can silently call forth an all-powerful focus of the Violet Transmuting Flame which will instantly go into action to control and purify that destructively-qualified energy. You can raise the quality of energy in yourselves as well as in an inanimate object by the use of that flame.

### DECREES

###### VIOLET FIRE DECREES

If possible play the **‘Blue Danube Waltz’** by Johann Strauss II while doing the Violet Fire Decree – within this melody is the ‘keynote’ of the Violet Fire

ALWAYS CALL FOR, AND FEEL THE LAW OF FORGIVENESS BEFORE DOING THE VIOLET FIRE DECREE

***Say: “I AM” the Law of Forgiveness for Myself and ALL mankind’ (3 x or 6 or 9)***

*PAUSE and FEEL deeply the forgiveness flood your feelings then do the Violet Fire Decree with great earnestness and LOVE for that Conscious Intelligent Flame that WILL set you free if you keep it ‘alight’ with constant rhythmic application (calling forth)*

Mighty Presence of God, “I AM” in me, and all mankind; Mighty Arcturus and Holy Diana, Beloved Archangel Zadkiel and Amethyst, Beloved St Germain and Lady Quan Yin, and all Great Beings and Powers, and Legions of Light and those that Minister to the Violet Fire; the Angelic Host and all activities of the Sacred Fire: In the name of the Mighty Beloved Beings invoked and by the Power of The Sacred Fire vested in me, I DECREE:

Blaze! Blaze! Blaze! the Victorious Cosmic Violet Fire of Freedom’s Love as of 1000 Suns ,through all four of my lower bodies; physical, etheric, mental and emotional and all destructive Karma bearing my stamp in the Universe, before it presents itself on me for redemption. Blaze through any person, place condition of things that I have ever harmed since the beginning, setting ALL Life Free and into the Light. Consume it all, and transmute! transmute! transmute the cause, core, record, effect, and memory, before it can act, approach or longer be sustained. Replace it by The Ascended Masters' Self-Luminous Intelligent Substance of Light, eternally sustained and ever expanding to the complete fulfilment of God’s Great Divine Plan and do this for the whole of humanity, and ALL LIFE on this planet, and keep this call FOREVER MAINTAINED AND SUSTAINED until we are all WHOLLY ASCENDED AND FREE and INTO THE LIGHT FOREVER

– THANK YOU ALWAYS – FOR THE LIGHT OF GOD NEVER FAILS and “I AM” THAT LIGHT OF GOD!

**BLEST VIOLET FIRE DECREE**

Blest Violet Fire of Freedom’s Love Oh, Blaze and Blaze and Blaze! Blest Sacred Fire from God above, All raise, all raise, all raise!

Descend! Defend! Transmute and dissolve!

Now free the Earth by fiery love! Blest Violet Fire in Freedom’s ways,

Oh, Blaze and blaze and blaze! (x 3 or 6 or 9)

Sit quietly and VISUALIZE THE VIOLET FIRE blazing UP, IN THROUGH and AROUND your four lower bodies, at least 3 feet in all directs – feel great GRATITUDE and LOVE for the freedom It is giving you. Do this for 5 – 10 minutes or more three times a day, until you are ASCENDED! The results will be all you need to know of the Truth of this Freedom Flame of Great Mercy. Use it as if your life depended upon it! Never miss. It is of little benefit if done sporadically, as it needs to be invoked at least 3 times a day. The nature of a Flame is to rise, so we need to draw it down into our world again and again, by calling to it, through the Power of our “I AM Presence,” to bring the results we crave – Freedom and eternal Happiness.

AFFIRMATIONS - DECREES

“Mighty I AM Presence”! Charge me with the Fullness of the Ascended Masters' Divine Love! Release all Its Qualities and Attributes of PERFECTION into dynamic action through me and my world at all times.

“Mighty I AM Presence”! Charge me and my world with the Pure Electronic Substance from the UNFED FLAME in Its Cosmic Activity of the Ascended Masters' Consciousness eternally sustained.

“Mighty I AM Presence, “ Great Cosmic Beings, Great Host of Ascended Masters! Stand guard over me and my world forever! Prevent any irritation from ever acting again! Charge me with such Almighty Ascended Master Self-Control, that only Ascended Master Perfection can ever register within me, my world and all to whom my thought is directed and keep it eternally sustained.

**HELPFUL “I AM” STATEMENTS**

This is the day the Lord has made. It will be a day where I will express the virtues of God in all of their beauty and perfection.

I AM at one with the Heart of God and I will constructively qualify the life energy given to me today.

I AM at peace and I AM expressing full and perfect harmony, knowing that the Ascended Host will protect and guide me and fulfill my every need.

I AM the mighty victorious Presence helping me to manifest perfection in every situation I will be facing today.

I AM determined not to give attention and power to the appearance world, and I will be the porter at the door of thought and feeling. I insist that man is potentially divine. For all that which I AM ready to receive, I AM deeply grateful.

**MIGHTY STATEMENTS OF JESUS**

I AM the Resurrection and the Life of my perfect health! X 3

I AM the Resurrection and the Life of my limitless strength and energy. X 3

I AM the Resurrection and the Life of my limitless supply of money and every good thing! X 3 I AM the Resurrection and the Life of my divine plan fulfilled. X 3

**LIGHT DESCEND DECREE**

In the name, power and authority of the Mighty I AM Presence, beloved Helios and Vesta, the Goddess of Light, the Maha Chohan and the powers and legions of Light throughout infinity –

I invoke the Light of God that never fails and the cosmic peace that passeth the understanding of the human mind. Into every man, woman and child and nation of the Earth, I command into action here and now!

LIGHT DESCEND! LIGHT DESCEND!

LIGHT DESCEND! DESCEND! DESCEND!

LIGHT DEFEND! LIGHT DEFEND! LIGHT DEFEND! DEFEND! DEFEND!

LIGHT COMMAND! LIGHT COMMAND!

LIGHT COMMAND! COMMAND! COMMAND!

LIGHT I AM! LIGHT I AM! LIGHT I AM! I AM! I AM!

PEACE DESCEND! PEACE DESCEND!

PEACE DESCEND! DESCEND! DESCEND!

PEACE DEFEND! PEACE DEFEND! PEACE DEFEND! DEFEND! DEFEND!

PEACE COMMAND! PEACE COMMAND!

PEACE COMMAND! COMMAND! COMMAND!

PEACE I AM! PEACE I AM! PEACE I AM! I AM! I AM!

LOVE DESCEND! LOVE DESCEND!

LOVE DESCEND! DESCEND! DESCEND!

LOVE DEFEND! LOVE DEFEND! LOVE DEFEND! DEFEND! DEFEND! LOVE COMMAND! LOVE COMMAND!

LOVE COMMAND! COMMAND! COMMAND!

LOVE I AM! LOVE I AM! LOVE I AM! I AM! I AM!

**EVENING APPLICATIONS**

(Before retiring at night)

*From “The Bridge to Freedom” material*

Beloved Mighty Presence of God ‘I AM’, I humbly and most gratefully **THANK YOU** for the use today, of your most precious gift, My Life. I call on the Law of Forgiveness for any and all mistakes I may have made, as well as any and all omissions of service I might have rendered life, had I been more alert and more harmonious.

Beloved Presence of God, ‘I AM’ and Beloved Mighty Serapis Bey, Lord Jesus, and Lord Kuthumi, take me tonight, while my physical body sleeps! Instruct me in the fullness of the Ascended Master understanding of the ‘I AM’ Presence. See that I bring back that instruction clearly into my memory when I awake in the morning.

Take me out to your Ascension Temples, and there let me assist those preparing for the ascension. SEAL, SEAL SEAL! Our dear Earth, her atmosphere, her water and land, ALL her governments,

and ALL her people, all the Elementals and the four footed ones in OCEANS of the Ascension Flame. Let its fiery essence penetrate and saturate them ALL, lifting and raising ALL life upon Earth out of everything human into all that is Divine. Hold them there forever! Thank you.

***DO THE VIOLET FIRE DECREE ALWAYS – (see above)***

###### DECREE FOR VISITING A RETREAT IN PROJECTED CONSCIOUSNESS

*(Pg. 295 - ASCENDED MASTERS & THEIR RETREATS – W Schroeder )*

“In the name of my Mighty Victorious I Am Presence I call on the beloved Cosmic

Being Victory, beloved Ascended Lady Master Leto, and the beloved Sponsor of the Ascended Master Retreat that is currently open:

“Guide me safely to the Ascended Master Retreat that is currently most active, so I can visit it in projected consciousness.

“See that I receive the instruction needed that will help me to gain mastery over the challenges, the problems, and needs I may encounter in the near future and how I may redeem my karma.

“Make me understand and inspire me, in learning how I may be of greatest service to the Great White Brotherhood. See that I receive the radiation and blessings of the retreat and then guide me safely back to my physical body.” THANK YOU

If we know of the temple that is open, please ask to go to this temple. You may ask lady Master Leto and the Ascended Hosts who are currently residing in the retreat to take you there while your physical body sleeps.

Examples of known retreats that are open the same time every year are below.

*Further Temples to go to: RESURRECTION TEMPLE - March 15th – April 14th every year*

The Resurrection Temple – In the Etheric over The Holy Land (Israel)

If you like the idea ask to be taken, with great love and gratitude for beloved Archangel Gabriel, to the Resurrection Temple at night, while your physical body sleeps, and there to look upon and observe your own Holy Christ Self in action. If you do this for 30 consecutive nights, while the Retreat is open, having the proximity of your God-Image for this length of time, much of its nature will be impressed upon your etheric consciousness and into your flesh forms as well. If you also ask Beloved Archangel Gabriel to help you REALISE & ACCEPT your own Holy Christ Self, and to BECOME that Holy Christ Self in action you will be doing a great service and will have the added assistance of beloved Gabriel’s consciousness blazing through you.

*From: Resurrection Temple 1-1-1954 G. Innocente*

*THE ROYAL TETON RETREAT (Dec 15th – Jan 14th & June 15th – July 14th)*

During 15th December – 15th January and 15th June – 15th July every year the Royal Teton Retreat – Wyoming is open. If you like, you may ask your Mighty ‘I AM’ Presence and beloved Lord Lanto to take you to view the Immaculate Concept of our Beloved Earth and her people, so we can assist in being the Silent Watcher in our area that we live in.

(Visualize the perfection in your area)

*SHAMBALLA RETREAT – November 15th – December 14th*

“IF YOU AVOID PERSONS, PLACES, CONDITIONS OR THINGS YOU HAVE NOT MASTERED

YOURSELF!” *Saint Germain*

“Where peace, love and light do not abide within the thoughts and feelings of a human being, no amount of physical effort can possibly keep the outer self expressing youth and beauty”

*Saint Germain – ‘Unveiled Mysteries’ Godfre Ray King*

REMEMBER HARMONY – WITHOUT IT THE LIGHT RETRACTS AND WE CANNOT ACCESS OUR HIGHER CONSCIOUSNESS AND OUR CONNECTION TO OUR “I AM PRESENCE” AND THE ASCENDED HOSTS, DIMINISHES TO VIRTUALLY NOTHING!

###### TRY TO KEEP HARMONIOUS ALWAYS!

YOU WILL BE TESTED TO SEE IF YOU ARE MASTER OVER SITUATIONS!

### ESSENTIAL DAILY APPLICATIONS – EVERY MORNING

***According to the teachings from “The Bridge to Freedom” Books from the Ascended Masters.***

IT IS GOOD START THE DAY WITH THE RHYTHMIC BREATHING EXERCISES

(see below)

BE STILL and LISTEN

Start by stilling your mind and connecting to your Mighty I AM Presence – it is very important to be still, as you feel the Presence of God in you and the beloved Ascended Host (Masters, Angels and Elohim) give great love to your Presence, it is giving you life. Create as much GRATITUDE and LOVE as you can muster in your heart for your own individualized aspect of God that beats your heart and gives you life.

Say: “Mighty I Am Presence to guide me this day, and I ask that You and the Ascended Hosts charge and amplify my decrees, filling them with the pressure of your great LOVE and POWER.”

**Daily re-consecration**

“Oh thou Mighty supreme source of Life, I AM! I consciously accept thee as the creator and giver of all things. I know that thou are the intelligent force in all life. I relinquish now ALL power to thee, oh Beloved ‘I AM”!

I DO HEREBY RE-DEDICATE AND RE-CONSECRATE MYSELF TO SERVE YOU AND THE GREAT WHITE BROTHERHOOD TO FULFILL MY DIVINE PLAN AND THAT FOR THE EARTH

(Give, with DEEP FEELING, the following decrees or others that suit you – stopping after each decree to FEEL & VISUALISE – 80% of the efficacy – as WE are the creators of our world – with the help of the Beloved Ascended Hosts holding our hands and giving us the information that we need – FEEL the GRATITUDE and LOVE – do not concern yourself that you may not know who you are calling to, as you get to study further you will learn it all – just be open-minded and grateful)

1. Beloved Mighty I AM Presence and Beloved Archangel Michael, intensify and strengthen your pillar of pure Light substance through and around me, charged with your invincible protection. Expand, expand and expand the Electronic Belt from the Heart of God around my Earthy Bodies, and I ask that these protective shields be eternally sustained. “Mighty I AM Presence, enfold me now in thy Mighty tube of Ascended Master Light substance, of such POWER that NOTHING can penetrate it. See that it keeps me invisible, invincible and invulnerable to ANYTHING but Thy Almighty perfection – I thank thee” **(**See and feel this steely tube of Light around you - you can picture the same image as in the chart of the ‘I Am Presence’)
2. “I AM the Law of Forgiveness for myself and for all mankind for all mistakes, misqualified energy and for straying from the light, and I pledge to do my best today to not repeat any mistakes, and to learn from any I make.” (*FEEL forgiveness for yourself and others.)*
3. “Mighty I AM Presence, Beloved St. Germain, Archangel Zadkiel, Holy Amethyst, Lord Arcturus and Holy Diana and all the Beings and Legions of Angels that minster to the Violet Fire, I lovingly ask by your great love and power to BLAZE, BLAZE, BLAZE the VIOLET FIRE in through and around every cell, atom and electron of my four Earthly bodies, my loved ones, my home, my finances, my businesses and ALL my affairs, and any and all karma coming my way for redemption.” (*Call to any specific thing in your life that you wish to blaze the Beloved Violet Fire through. Visualize, feel and KNOW that this is GOD IN ACTION, with this neon violet flame BLAZING wherever you put it).* “Mighty ‘I AM Presence’, BLAZE through me every power and activity of purification to remove from me every cause and core of FEAR, known and unknown in my Being, and I thank you that this is INSTANTLY made manifest.”
4. “By the power of My Mighty I AM Presence, and the Beloved Maha Chohan I call to the HOLY SPIRIT to descend into all My earthly bodies, my life, all whom I love, my home and the Beloved Planet Earth.” (*See this GREAT LIGHT descending into you and onto the Planet.)*
5. “By the power of my Mighty I AM Presence, Beloved Great Elohim, Purity and the Goddess of Perfection, I thankfully and lovingly ask for Purity and Perfection to fill my Being, my Life and my World. Great Sacred Flames of Purity and Perfection, expand, expand and expand the Light and Perfection of my Electrons continually.”
6. “Mighty I AM Presence, Archangel Michael, Angels of the Blue Flame and Beloved Ascended Lady Master Astrea, LOCK YOUR COSMIC CIRCLE AND SWORD OF BLUE FLAME in, through and around all of the causes and cores of misqualified energy around all mankind and me. Seize and render this energy ineffective. ILLUMINE (X3) the source and see that this energy may not encroach upon life any longer.”
7. “In the name of my Mighty I AM Presence and in the name of all mankind, I now give FULL authority for the Earth and ALL world conditions to the Beloved Ascended Masters St. Germain, El Morya, The Maha Chohan and Mighty Cosmic Being Victory to bring into manifestation the Divine Plan fulfilled. I personally welcome with GREAT GRATITUDE and LOVE the Ascended Hosts, and give YOU the full authority to come into MY life and MY world, and ask that you guide me and expand your mighty Rays and Radiance in through and around me assisting in bringing into manifestation my Divine Plan fulfilled right now.”
8. Mighty I AM Presence, Archangel Michael and the Ascended Hosts seize and render inactive ALL negative influences and entities so that NOTHING comes my way.
9. Mighty I AM Presence YOU direct my activity, world and affairs! Take full command of ME, guide me and illumine me every step of the way. Enfold me with Your Mighty Directing Intelligence, Your infinite source of Divine Love and your limitless Strength, Health and Energy and see that I render the GREATEST

service possible. See in your wisdom that I make the Ascension at the close of this embodiment. (I AM the Ascension manifesting! x3) I thank you Beloved I AM.

1. I invoke by the power of my Mighty I AM Presence and that of the Mighty seven Elohim of precipitation, Beloved Hercules, Cassiopea, Orion, Purity (Claire), Vista, Arcturus, and Peace (Tranquillity) – EXPAND, EXPAND AND EXPAND your great LIGHT and understanding into my heart daily, so I might expand my 3-fold Flame in my heart and fulfil my Divine Plan on earth and Ascend ALL in service to God.

*Follow with your own decrees if you wish.*

KNOW THAT IT IS DONE ACCORDING TO GOD’S MOST HOLY WILL BELOVED I AM, BELOVED I AM, BELOVED I AM!

I CONSCIOUSLY ENTER AND ABIDE WITHIN THE HEART OF THE SACRED FIRE**,** THE TRUE CENTRE OF MY BEING

I AM the Presence of God within the Heart of the Sacred Fire and I speak and command with authority.

I AM vested with the Power of the Three Times Three.

I AM vested with the Power of Transmutation. I AM vested with the Power of Precipitation. I AM vested with the Power of Levitation.

etc.

**I HAVE SPOKEN I HAVE DECEEED**

**In His holy name ‘I AM’**

(DO IT TODAY, DO IT TO STAY) x 3

### UNDERSTANDING BREATH-WORK

*Man – His Origin, History and Destiny (Pages 256 & 257)*

In order to understand the planetary crisis of today, it is important to know how a galaxy is created and how it ends. Only then is it possible to draw conclusions about Earth’s present difficult situation.

Also, an understanding of the rhythmic breath is essential to understand this subject. The rhythmic breath is a natural activity of Life. This activity consists of four basic steps, as follows:

1. Inbreathing
2. Pausing, also called absorbing the breath
3. Breathing out, also called expansion of breath
4. Pausing, also called projection of the breath.

At steps 1 and 2, magnetization occurs. At steps 3 and 4 radiation takes place.

The breath, at the cosmic level, is similar to the breath we take on the physical level. Right now, our breath is only a two-step process. We breathe in and we breathe out. Originally, when mankind first came to Earth, man utilized the rhythmic breath, which includes a pause between each in-breath and outbreath. Individuals who use the rhythmic breath, live longer. In the Bible, we read of persons reaching an age of 900 years. They used the rhythmic breath.

Our galaxy was created using the rhythmic breath. On the Outbreath (step 3), the Central Sun breathed forth first, the suns, and then these suns, in turn, brought forth their planets into their pre-designated orbital positions.

During the pause (step 4), mankind, angels and elementals, are given the opportunity to develop and fulfil their divine plan on a planet.

After the planets have been created and all the inhabitants have gained their ascension, the In-breath will take place. The In-breath occurs in reverse order to the Outbreath. In the first step, each sun magnetizes (draws in) its

planets into its electronic belt. In the second step, the Central Sun absorbs the suns, together with their planets into its electronic belt. This belt is of tremendous size.

It should be emphasized that, when planets are returned to the aura of their sun or the Central Sun, the individualized beings, such as mankind, continue to exist. They are very comfortable. There is no need to fear the Sun; all is well.

There are millions of suns in the universe, all with their own planets circling around them, differing in number and size, but all following the same pattern of rhythm, or harmony, and of ever-expanding perfection.

All other planets of our galaxy have been ready for thousands of years for the cosmic breath. The earth so far has delayed this process. However, according to the will of the Earth’s Hierarchy, our planet, ready or not, may no longer postpone this process. This emergency has been called by the Ascended Host, “The Present Planetary Crisis.”

### BREATHING EXERCISES

##### The Rhythmic Breath

*From The Bridge to Freedom Journals - Thomas Printz, Private Bulletin - Book One*

ALL BREATH-WORK IS DONE THROUGH THE NOSTRILS

Firstly it is important to focus our attention on the Sacred Three Fold Flame in your heart. Connect to Your beloved I AM Presence, and give love and gratitude to it for your life – the pulse of Light that it sends you for every heart beat. This is the energy that beats your heart, that gives you life, it is your Divine Essence from our Mother/Father God and is connected to your Mighty I AM Presence, and has unlimited potential as sons and daughters of God. Give gratitude and love to your Presence and that Three-fold Flame – visualize and feel it. Pink on the right, golden yellow in the centre and blue on the left side of your chest. Expand this as large as you can in your visualizations – engulfing your whole body, remembering, what you focus on, YOU BECOME!

Always call to an Ascended Master of your choice to oversee the process, this is important as the energy built up from these breathing exercises can get strong and sometimes it will require the help of the Ascended Hosts to channel it correctly.

To expand this Flame, which is what we want to do, we need to focus on it and give it energy. When in- breathing **see and feel** what ever you are working with.

Say directly to your Three-Fold Flame in your Heart, as conscious and intelligent as the Godhead… **“Beloved Immortal Three-Fold Flame of Truth within my Heart, expand and do thy Cosmic Work” (x3)**

THEN SAY: “I call by the Power of My Mighty I Am Presence that the GREAT FIRE BREATH OF COSMIC CHRIST LOVE constantly fill my in-breath, saturating my Earthly bodies with the FIRE OF COSMIC CHRIST LOVE always”

**FIRST BREATH**

Focus on your Mighty I AM Presence of God, approximately 12 feet above your head. Give thanks and love to your Presence.

(All breathing exercises are done to a count of 8 – but don’t focus on this, just say the statement silently to yourself each time as you breath in, hold, out, hold – the length will expand the better you become at it)

In breath - say silently, (which will usually take the time of the 8 counts) 1 2 3 4 5 6 7 8

**I AM in-breathing the Divine Plan fulfilled from my Beloved I AM**

Hold - say silently

I AM absorbing “ “ “ Out breath - say silently

I AM expanding “ “ “ Hold - say silently

I AM projecting “ “ “

**SECOND BREATH**

Focus your attention on your Causal Body that surrounds your White Fire Body from the heart of Mother/Father God. Visualize this magnificent rainbow sphere of light around your White Fire Body.

**I AM inbreathing all the accumulated Good in my Causal Body**

Follow the same steps as above substituting the same statement for the four steps, “absorbing”, “expanding” and “projecting”.

**THIRD BREATH**

Direct your attention to your Holy Christ Self (your Higher Mental Body) – the intermediary between your “I AM Presence” and your lower mind.

**I AM inbreathing the nature of God from my Beloved Holy Christ Self**

Follow the same steps as above, substituting the same statement for the four steps, “absorbing”, “expanding” and “projecting”.

When these breaths have been done you HAVE PREPARED YOUR ALTAR OF THE SACRED FIRE by qualifying it with the FULL PERFECTION of your Three Higher Vehicles – Your I AM Presence, your Causal Body and your Hold Christ Self (or Higher Mental Body).

**FOURTH BREATH**

In order to increase the power, activity and quality of any specific virtue of the Immortal Victorious Three Fold Flame in our heart, we can consciously call and invite the fully gathered momentum of any God-Free Being to assist in, and accelerate that particular virtue through our Immortal Victorious Three Fold Flame in our Hearts. The Violet Fire of Transmutation chosen as purification, is most required by unascended Beings at present for this example, however any Flame may be chosen, such as the Blue Flame of Faith of Beloved Michael; the Golden Flame of Illumination of Beloved Jophiel; the Pink Flame of Love of Beloved Chamuel; the While Flame of Purity of Beloved Gabriel; the Green Flame of Truth of beloved Raphael or the Ruby/Gold Flame of Peace of Beloved Uriel.

Direct your attention to Beloved Amethyst who represents the FEELING of the Violet Fire. As you invoke this Violet Fire, see your massive expanded Three-fold Flame (10 feet in diameter around your body) turn completely Violet – dazzling, blazing and bright – all three plumes of pink, gold and blue turn violet. Do this with any of the Flames that you may feel like working with.

**I AM in-breathing the Violet Flame of Transmutation of Beloved Amethyst**

Then follow the same steps using the four statements.

**FIFTH BREATH**

###### PURIFICATION OF THE FOUR LOWER BODIES.

**I AM in-breathing for the purification of all the energy in my feeling world** *(feel it drawn in)*

**I AM absorbing for purification all the energy in my feeling world** *(on this held breath – feel it purified)*

**I AM expanding this purified energy of Christ perfection into my feeling world** *(here see that energy expand to the atmosphere around you)*

**I AM projecting this purified energy of Christ perfection into my feeling world (***here see this purified energy carried away by the power of our Mighty I Am Presence right around the planet)*

Do the same as above using **mental world, etheric world, and physical world.** Do the four steps with each breath.

On the in-breath feel the impure substance drawn into the purified essence of the Sacred Fire. On the breath held within the body feel the impure substance transmuted by the Sacred Fire. On the out-going breath feel the purified substance ***return*** to nourish the body you are treating. On the breath held out of the body, feel the purified substance of the body you are treating projected into the outside world for the blessing of ALL mankind.

If we do our breathing regularly every day we will be doing a great service for ourselves, for mankind, and all life on our planet Earth

### THE ASCENSION

Beloved Mrs. G. W. Ballard

*{"Voice of the "I AM,"®* May 1936)

The Students should as often as possible give conscious recognition, praise, and thanks for the Attainment of their own Ascension.

When one awakens in the morning, he can give praise and thanks that he is one day nearer to his Ascension. He can form the habit of qualifying all the energy in his being and world with the Victory of his Ascension; for the more recognition he can give It, the quicker will he attain It.

He can say often, " 'Mighty I AM Presence!' Take complete possession of my being and world — *now!* Prepare me, and see that I make my Ascension as soon as possible!" This will open the way for greater Assistance to be given him.

All should understand that when one has made his Ascension, he becomes a wholly Perfect Being of such Beauty and Radiance that all who contact him realize that he is superior in every way to all other beings. He is no longer subject to any of the limitations of the outer world; for he has the full use of the Power of Precipitation, can take his body anywhere he desires instantly, transcends time and space, and is such an Outpouring of Light, Love, and Peace, that all who contact Him know instantly that He is a God Being manifesting Marvelous Perfection in every way.

At the moment of the Ascension, the Light from the individual's own Electronic Body releases through the physical flesh body so powerfully that the vibratory action of the physical is increased to a rate in which no imperfection can register. Then, the discords and imperfections simply melt into the Perfection of the Light, which is the Pure Substance from the individual's own "Mighty I AM Presence."

Where the physical body has red blood in the veins, at the moment of Ascension, it becomes a Liquid, Golden Light, pouring Its Radiance through the flesh until the Rays of Golden Light fill the aura.

The Light within the Heart then begins to expand and intensify until It fills the whole body and pours out to some distance around the body. The gravity pull of Earth can no longer affect it; the body rises into the atmosphere and follows the thought, going instantly wherever the individual desires.

As an airplane propeller, when its speed is increased, generates enough Power to overcome the gravity pull of Earth, so does the increase of Light in the flesh body generate the same kind of Power to lift the body into the atmosphere. The Light in the body is *that Power,* and over It nothing on Earth has control.

It is all so natural, so normal, so majestic, so joyous, so self-evident, and so satisfactory, that when the Law of Its Accomplishment is explained to mankind, there is nothing to longer resist the Mighty Truth and Law of Life which It is!

###### THE VICTORY OF THE ASCENSION

Beloved Mrs. G. W. Ballard

*("Voice of the I AM,"®* March, 1940)

The Ascended Masters have said, regarding the Ascension, that the Law of Life demands a certain amount of self-effort—or giving from the physical side of existence. *This response from the human to the Divine is absolutely necessary if Their Assistance to the individual is to be released.*

That proportion, which is at least one-third of the energy and substance which Life demands, must come from this physical world—in order to fulfill the Law of Life's Perfection in the next Octave above the physical.

Many people through the centuries past have accomplished the Victory of the Ascension by tremendous service to Life in many embodiments; but in the embodiment in which the Victory was completed, each person was given this exact Ascended Master Understanding of the Great Creative Words of Life — "I AM"!

Each one was taught by some Ascended Master in private before the final work of raising the flesh structure was completed. Sometimes for days, weeks, months, or years before the completion takes place, the Higher Mental Body and the Ascended Masters giving Their Radiation draw the Purified Substance from the physical flesh structure gradually up into the Higher Mental Body.

Then, when the final withdrawing of the Light —which is the Energy of Life in the physical body— takes place, the etheric body withdraws from the physical body. What remains of the flesh is but the atomic structure, or chemicals of Earth in which the discord of human feeling has registered its qualities. The etheric body is composed of *the finest* of the physical substance of Earth, and in it are the records of all earthly experiences from all embodiments.

When the Ascension takes place, or when one is being prepared for the Ascension, the discordant conditions which the outer world calls illness only register in the atomic structure of that individual's body, because the Ascended Masters consume all records of discord from this physical world in the etheric body of the one who is to accomplish the Ascension.

In cases of illness where the individual is to be given the Ascension, the Ascended Masters do not allow the discord of physical suffering to leave its record in the etheric body; for They do not allow such a record to be left in the individual's Life Stream. *In raising into the Ascension, all records of discord from all embodiments are forever consumed from the entire Life Stream of the person who is to Ascend.* Life only permits Perfection to exist in the Ascended Masters' Octave, and that is the next Activity of Life above the human.

*When the physical body is cremated, the fire consumes the qualities of discord which have been imposed on the flesh, or earthly substance; but everyone has to have the Assistance of the Ascended Masters to consume the records of imperfection in the etheric body, and that is why the Use of the Violet Consuming Flame from the Higher Mental Body and the Ascended Masters has been given the "I AM" Students and mankind to help everyone consume the records of all his past mistakes.*

Everyone on Earth who will call to the "Mighty I AM Presence" and the Ascended Masters to use that Inner, Purifying Action of the Fire Element, which is the Violet Consuming Flame, can be set free from all mistakes and distress of this world. If he will harmonize his feeling and give obedience to the Law of his own Life, he can have his Ascension in this embodiment at the close of his otherwise earthly span.

In the case of Cardinal Bonzano, the work of His Ascension was completed during the Eucharistic Congress in Chicago, but the final withdrawing of His Etheric Body did not take place until some months later. Yet He made the Ascension, and that is the Truth, regardless of whether ignorant minds understand this Law or not!

The Inner Work of Mr. Ballard's Ascension was completed in Honolulu in 1936, but His Etheric Body did not withdraw until December 29, 1939. That is why our Beloved Ascended Master Saint Germain and the other Ascended Masters said so repeatedly that His Body was not like the bodies of the rest of mankind, even though to the appearance world He seemed like other people.

Because ignorant, doubting people do not understand these Mighty Inner Laws and Activities of Life as the Ascended Masters do, and as They have taught us, does not change the Truth, Reality, Mighty Cosmic Power and Victory of His Ascension and never will!

The Mighty Proof of His Ascension, and the Proof of the Tremendous Cosmic Power He now wields is the hundreds and thousands of Instantaneous Answers to the Calls of the "I AM" Students all over the world—which are being released everywhere to all who are making those Calls in love to Him and in obedience to Life.

As our Beloved Saint Germain's Cosmic Quality is Freedom to mankind, Godfre Ray King’s Cosmic Quality to this Earth is Obedience. His whole Victory of Life, in carrying forth this Light of the "I AM" for the Freedom of America and all mankind, is one mighty keynote of Illumined Obedience to His own "Mighty I AM Presence" and the Ascended Masters—which accomplished His Eternal Freedom.

So with all the Love and Gratitude of our Life Streams, we also pour out our Hearts to our own "Mighty I AM Presence" and to Him in Loving, Illumined Obedience forever!

Beloved Master Jesus

*("Voice of the I AM,"®* April 1939)

Let Me say something tonight that is so sweet, so beautiful, so glorious. You who have the frost of human concepts upon your hair and think you are weighed down by the weight of years, let Me assure you that the Light which is beating your Heart is Eternal Youth. It never grows old! It never knows limitation! It never knows distress of any kind! The Light beating your Heart is the Power which, under the New Dispensation, will bring you into the Ascension at your so-called passing from this Earth. It is the greatest Blessing that ever came to any planet in this system or ever will.

### CHAKRAS

###### (ENERGY CENTERS)

“LAW OF LIFE”

By A.D.K. Luk (Beloved Alice Schutz - Secretary to Guy and Edna Ballard 1930's & Geraldine Innocente 1950's– this information is directly from her notes)

Book II Page 406 CENTERS – CHAKRAS

When one first individualized and said and felt “I AM” he began to magnetize primal life and radiate it forth; from this has come the result of what he is today. Each one is endowed with the power of magnetization (to draw what is desired) and the power of radiation (to radiate, give forth); these should be under the conscious control of the individual at all times. He should be a radiating focus of light and power.

The present condition of mankind’s bodies is that they are negative, and absorbers, accepting and taking on the qualities about them, instead of being positive and radiating focuses and only accept that which is desired.

The seven centers or chakras (see page 74) are connecting points of the lower bodies one with the other, through which flows life-energy. It is through these centers, at these points that the inner energy or force flows from one body to another. The centers are usually described as wheels, that denote action, a turning; however, they are spherical and not flat like a wheel. These centers in the etheric body of the spiritually undeveloped individual are declivities, concave in form, which makes a suction, instead of protrusions and convex, which radiate, vibrate with vital essence and power. It is within these declivities that the sins of man and the various destructive qualities and activities are rooted.

These can be removed with the assistance of the Ascended Ones, particularly the Elohim of Purity and Astrea, and Archangel Michael and those on the Seventh Ray, Ascended Kwan Yin and Prince Oromasis. One can watch himself and at the first vibratory action of any of these qualities call to the I AM Presence and some Ascended Master, to remove it; it is similar to pulling a rubber suction cap from an object. There is a tendency to unconsciously hold on to them – so LET GO.

These centers should be positive, and radiate the qualities and colors of the Seven Rays. They should magnetize the qualities and activities from the Seven Elohim, Archangels and Chohans and radiate them out.

The awakening of the kundalini fire under the occult law was dangerous without the assistance of a visible Master. One should not unnecessarily dwell on the lower centers but he can concentrate on the heart, throat and head centers and make them blazing light. The heart center is Divine Love, Pink with Gold Radiance. The throat, the power center is white light with blue radiance.

The door to the mental world is through the pituitary gland; the solar plexus being the door to the emotional body, from the outer world. The five senses are connections with the world without; touch, taste, smell, hearing and sight; sight being the highest.

###### EXPLANATION OF THE “CHAKRIC” CENTERS

*By the beloved Elohim of Peace (Tranquility)*

*January 2, 1955 – Bridge to Freedom Publication*

“Now, part of My assignment which was given to Me to include in this morning’s service is a brief explanation of the “chakric” centers in your bodies. You see, whatever takes place here in this “Forcefield” – the heart-center of Our New Activity – affects every individual belonging to this Movement. When We offer one of these Quarterly Classes, some are fortunate enough to feel it a real necessity to come into Our direct Presence to receive the gifts We have to give. Although some seem to feel it quite unnecessary to come, bringing their physical bodies here and so receive the blessings of such classes direct from Us, they are still the beneficiaries of them to a certain extent, since the radiation blazes forth at such times from this “forcefield” to all who are interested in Us. This morning, every gentle reader of our literature (especially “The Bridge” and “The Bulletin”) on every Continent of the planet, is having assistance from Us today.

When We endeavor so to draw you together in one place this way, it is that We may give to your bodies, minds, and feeling worlds, a definite service.

For a moment, let us consider the “chakric” centers in your etheric body, corresponding to the ganglionic nerve centers in your flesh. You know, the word “chakra” is an Oriental word meaning “wheel”.

As you have been told, the Seven Rays of the Seven Mighty Elohim are anchored in the forehead of every physical form, and, through the expansion of these, We are able to reach into your world to help you, if you will allow Us so to do. Of course, We never intrude in any way, for your God-given gift and prerogative of the use of your own free-will is always paramount! You see, from the beginning, it was intended that the Elohim, Archangels, Chohans of the Rays, and Angelic Host were to be in *constant daily association* with mankind, as They are on Venus and other planets; *and have been*, all through the ages. However, the “veil of Vaya” (effluvia of discord) gradually became so very thick around the planet Earth and the actual bodies of the people, that We could not get through to their consciousness at all. I think there has never been a recorded time on this planet when the Elohim and Archangels have spoken to the people of the Earth in consecutive order as has been done here recently. I believe the Chohans have.

In the etheric body, are seven centers which are called, in Oriental terminology, the “chakras”. These *should* carry the positive, clear, constructive colors representing the colors of the Seven Rays of the Chohans, the Archangels, and Ourselves. These “centers” were meant to be convex in shape and radiating foci of the qualities of perfection of the Seven Rays. Instead, because of centuries lived in discordant vibrations, these have become concave – declivities in the etheric body. Therefore, instead of being radiating centers of God-perfection, through long ages of human experience, these declivities have become filled with the destructive, humanly-qualified vibrations and have become the roots of the “seven mortal sins”, with many ramifications. If you will call to Me to help you in such activity, I shall be glad to help you to root out the *causes and cores* of these destructive vibrations and, drawing these centers from a depressed form, make them convex in shape again. When this condition has been so corrected, I can then recharge these centers with the positive radiations *which they should have*. Then, instead of being so negative and so easily accessible to the particular distresses which disturb you individually, you can then be a positive radiating center for the qualities of the Elohim, the Archangels, and the Chohans of the Rays, if you so choose. No one needs to accept this assistance unless he desires to have it!

Previously, We have not discussed these “centers” with you because, under the Law of the New day and the Ascended Master Saint Germain’s Activity, the attention of the students is to be focused only upon the three upper centers of the body. But, when the call went up from you this morning for the removal from yourselves, all under this radiation and all mankind, of the causes and cores of the “seven mortal sins”, through the intercession to the Great Karmic Board of Beloved Kwan Yin (Goddess of Mercy), We have permission to speak briefly on these “chakras” today.

Each “chakra” should be like a wheel moving rapidly in a clock-wise rotation, and the more rapid the vibratory action of these “chakric” centers in your four lower vehicles, the more non-recordant they will be to discord. This is one of the services rendered by your rapidly spoken decrees and quick tempo of your music. Please remember, though, that this is not to be confused with the idea of “hurry”. All along the way, it requires the use of the student’s discrimination – it is really the way of the “razor’s edge”. “Hurry”, in itself, is destructive and is to be avoided at all costs by the sincere student. However, a rapid, positive vibration quickens the energies of the four lower bodies and makes one repellant to the feelings of depression, doubt, fear, lethargy, and all of the various sins of the human; except, perhaps, the qualities of pride and rebellion, which move at a very quick rate and are more subtle than some of the others. These negative vibrations may get into the student’s world either from within his own accumulations of discord which are recorded in his own etheric body and are sometimes brought to the surface by the outer consciousness through recalled memory; or they may be floating in the atmosphere in which he moves; or they may be consciously directed at him and his world by others who have been caught in destructive activities.

These “chakras” in the etheric body are supposed to be like suns of their particular color – magnetic centers for the drawing into the world of the individual the radiations of the perfection of the qualities which they represent from the Elohim, Archangels, and Chohans of the Seven Rays. In the Jewish religion and in other religions where they use the Seven Jewels of Light on the Altar, these Jewels are representative, not only of the Seven Rays, but also of these centers within the etheric body and, through the etheric body, to the physical body.

The lowest “chakra”, which is at the base of the spine, is the focus of lust and passion in the spiritually unawakened. This is its *negative* aspect. In the “awakened”, it is the *positive* focus of Purity. The Elohim in charge of the “chakra” is the Elohim of Purity; the Archangel Who should pour His radiation of the Resurrection Flame through it is Gabriel, and the Ascended Master is Serapis Bey (Who, when allowed to blaze the purity of His Ascension Flame through this “chakra”, assists the individual to the victory of the Ascension). *Please do not put undue attention on this.* (WHITE)

The central “chakra”, located at the spleen, is the focus of anger, malice, hatred, and even mild dislike, in its *negative* aspect. Its *positive* activity is the power of Invocation. The Elohim in charge of this center is Arcturus; its Archangel is Zadkiel, and its Ascended Master is Saint Germain. (VIOLET)

The “chakra” at the solar plexus is the focus of greed, gluttony, covetousness, and fear in its *negative* aspect. That is why you feel “struck” in the solar plexus when you are suddenly fearful. People are gluttonous and covetous because they are fearful that they either are not receiving or that they will not receive their just share of the good they should have. The *positive* quality of this “chakra” is PEACE, and this focus is that over which I am in charge as the Elohim of PEACE. The Archangel Who radiates through this center is Uriel, and the Ascended Master is Our Beloved Nada. This is one of the reasons why, early in your study of these Laws of Life, you were asked to visualize the luminous Presence of Jesus in dazzling white light surrounded by gold \* on the forehead and over the solar plexus of yourself and others. When this “chakra” has been completely purified, and you hold the solar plexus in a wholly controlled manner, feeling the radiation of Ascended Master PEACE from My own humble Self (Lord Kuthumi, who has now gone on to be world Teacher with Beloved Jesus –Lady Nada is now Chohan of the 6th Ray) Uriel, and Nada, then you will have complete protection against both fear and the destructive desires of others of mankind; as well as complete protection from the “grasping” nature of your own physical appetites. (GOLD and RUBY)

The “chakra” at the heart, in the *negative* aspect, represents lethargy, sloth, and laziness. If your *heart* is not in a thing, you do not give it much of your life. The *positive* radiation of this center, of course, is that of pure, selfless, Divine Love. Its Elohim is the Beloved Orion; the Archangel is Chamuel, and the Chohan is the Ascended Master Paul, the Venetian, Who represents tolerance and “His brother’s keeper”. (PINK)

The “chakra” at the throat is the power center of the body where, in its *negative* aspect, rests envy and the desire for personal power. Its *positive* activity is the power to create perfection by the doing of God’s Will, and the Elohim in charge is Hercules; the Archangel is Michael, and the Chohan is the Beloved El Morya. (BLUE)

The “chakra” in the forehead is the focus of the power of reason, and its *negative* aspects manifest as pride and intellectual arrogance. It is the place where doubt is allowed to enter the mind. Its *positive* aspect is visualized in early mythology as the “all-seeing-eye” of God and the power of Concentration. The Elohim Whose name is Vista (Whom you have known through the years as “Cyclopea”) is the One in charge of this center. The Archangel in charge of this “chakra” is Beloved Raphael Who is the Archangel of Concentration and Consecration. No lifestream will consecrate himself to anything until both his mind and heart are convinced of the efficacy of the service he can render through such endeavors. The Ascended Master Hilarion represents that focus also. That is why, as Saint Paul (formerly Saul of Tarsus), He had the tremendous metal development of the Fifth Ray (the Ray of which He is today in charge). (GREEN)

Thank God that the “crown center” of the body (at the very top of the head) has not been touched destructively, and there is no negative vibration there. In most people, this center is completely undeveloped, but, in the earnest student, when the attention is rhythmically turned to his own Beloved “I AM” Presence anchored within his own heart, this center begins to throb and, eventually, forms an aureole or halo of light about the head. Finally, it comes to a point where, with the inner sight at first, you can see a blazing halo of living light around the head of the sincere student. This is the “chakra” presided over by Beloved Cassiopea, the Elohim of Illumination; its Archangel is Beloved Jophiel, and the Ascended Master is our dear Kuthumi. Of course, His Ray is that of Illumination, and all who start upon the Spiritual Path first come under the direction and instruction of Beloved Kuthumi. (note: Beloved Kuthumi has since 1954 moved to being World Teacher with Beloved Jesus. The new Chohan of the second Ray of Illumination is Beloved Lord Lanto.(YELLOW)

Now, we have given you a great deal this morning – yet *you must have this information and knowledge if you are to move forward into greater light! In the Name of God – dear people – after you have received this instruction – PLEASE USE IT!* You are going to be the Doctors of Spiritual Philosophy, and you should have everything essential for such service right at your “finger-tips”, if you are to be of help to your “patients”. You should be thoroughly familiar with the names and activities of all the Elohim and Their Divine Complements; the Archangels and Their Archaii (feminine counterparts of the Archangels); the Chohans (Lords) of the Seven Rays (Their activities also representing the positive functions of the ganglionic centers – “chakras” just referred to); the use of the various activities of the Sacred Fire; the powers of magnetization and radiation and – most important of all – *the capacity to do it yourself! ……..*

**CHAKRAS**

***7th*** – Crown – Sunshine Yellow – Illumination – Elohim Cassiopea, Archangel Jophiel, Ascended Master Kuthumi

***6th*** – Brow – Green – All-Seeing-Eye & Concentration – Elohim Vista, Archangel Raphael, Ascended Master Hilarion

***5th*** – Throat – Blue – God’s Will – Elohim Hercules, Archangel Michael, Ascended Master El Morya

**4th** – Heart – Pink – Divine Love – Elohim Orion, Archangel Chamuel, Ascended Master Paul, the Venetian (Paolo Veronese)

**3rd** – Solar Plexus – Gold & Ruby – Peace – Elohim of Peace (Tranquility), Archangel Uriel, Ascended Lady Master Nada

**2nd** – Spleen – Violet – Invocation – Elohim Arcturus, Archangel Zadkiel, Ascended Master Saint Germain **1st** – Root – White – Purity – Elohim of Purity (Claire), Archangel Gabriel, Ascended Master Serapis Bey **CHAKRAS – CENTERS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CHAKRAS** | **NEGATIVE ASPECT (OR**  **QUALITY)** | **POSITIVE ASPECT (OR**  **QUALITY)** | **RAYS** | **BODIES** |
| Crown | None | Connection with Christ-self. Halo | Second | Christ-Self |
| Forehead | Pride, rebellion, arrogance,  intellectual reasoning, doubt | All-seeing Eye,  Concentration, Consecration | Fifth | Mental |
| Throat | Desire for power, envy,  jealousy | Power to create according to  God’s Will | First | Causal  Body |
| Heart | Lethargy, laziness, sloth, indifference, deficiency | Divine Love, Tolerance, Forbearance | Third | Electronic |
| Solar Plexus | Covetousness, greed, gluttony, fear, feeling of insecurity | Fearlessness, Generosity, Peace | Sixth | Emotional |
| Spleen | Hatred, malice, anger; mild  dislike | Power of Invocation | Seventh | Etheric |
| Spinal (Base of  Spine) | Passion, Lust | Purity | Fourth | Physical |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **RAY** | **COLOR** | **ELOHIM** | | **ARCHANGELS** | | **CHOHAN** |
| **Masculine Aspect** | **Feminine Aspect** | **Masculine** | **Feminine (Archaii)** |
| First | Blue | Hercules | Amazon | Michael | Faith | Morya |
| Second | Yellow | Cassiopea | Minerva | Jophiel | Constance | Lanto |
| Third | Pink | Orion | Angelica | Chamuel | Charity | Paul The  Venetian |
| Fourth | White | Elohim of Purity  (Clair) | Astrea | Gabriel | Hope | Serapis Bey |
| Fifth | Green | Vista (Cyclopea) | Crystal | Raphael | Mary | Hilarion |
| Sixth | Ruby or  Gold | Elohim of Peace  (Tranquility) | Pacifica | Uriel | Donna  Grace | Nada |
| Seventh | Violet  (Purple) | Arcturus | Diana | Zadkiel | Amethyst | Saint Germain |

### “ASTROLOGY”

*Excerpt from the ‘ASCENDED MASTER INSTRUCTION’ Book 4 Saint Germain Press*

*Saint Germain: “*All names used for astronomical purposes contain within them certain and very definite Activity.

*Astrology and its use:* All negative interpretation of astrology is only what individuals give it. The original reality and use of astrology was that it drew the attention of certain Great Beings to whom the individual was somewhat naturally attuned, that he might receive the Radiation and uplift of the Great Beings. The idea that individuals are affected by the radiation of a Planet, which is in nowise a personal force, is —from the standpoint of reality — a perfectly absurd thing. For a force to operate, it must have intelligence back of it.

Consequently, knowing that God is the All-acting Power in the Universe, then We know that the Quality from any Planetary Intelligence can only be good, unless the mind of the individual requalifies it.

The present astrology is a constant throwing of obstacles into the path of the individual. The idea that one of God’s days is any more or less perfect than another for the activity of God’s Children, is the most absurd thing imaginable. I am amazed that people’s thought is so shallow that they do not think this through and see the absurdity of it.

*Take your questions to your God Self:* If the individual would take his or her stand upon any question in the mind and say, *"God, show me and tell me the Truth about this thing, "* it would start an activity that would bring the full explanation. One must hold fast until the answer comes, for it always will. If one wants to go downtown, he continues until he arrives there. It is the same activity that is needed with mental work. When one starts a thing, he should continue on the way until he attains it.

It seems so strange that individuals will not hold fast to the idea and use of the God Quality in everything about them, instead of trying to requalify it themselves. However, if the Student of understanding sees a wrong condition, then by knowing that *"there is only God in Action"—* it might be considered qualifying, but it is really loosing the God Power into action within it. This is really not re-qualifying, but instead is using the God Quality already there. Regardless of what is taking place, all energy is God's Energy. If people accepted the natural quality within, they would find it is really God. If they would know but this, it would be recognizing the True Quality, and so only God could come back to them.

*The animal element:* The substance that came into form was at one time far denser than now. The animal element that came through the lower activity, or the conscious lowering to creating for pleasure, caused the creation of the animal form in the atomic structure of the outer world. In other words, the bodies of animals are the objectification of the thoughts and feelings held in the outer consciousness of human beings when they created simply for the gratification of appetite and pleasure sensation.

*An Eternal Truth:* The human Soul never evolves through the animal. The outer atomic structure is but the raised or prepared condition for it, to be used in the forming of human bodies. This is nearing the last step from the atomic into the Electronic Structure.

The human Soul came directly from God. Therefore it could not have evolved out of the group soul of the animal. The human Soul must go back to God. Understanding the absolute certainty of the Law of Free Will, the "Law of the Expression of the Fullness of God," it must go through every phase of experience, attaining again that Perfection through the conscious understanding of all phases of Life's Activity.”

### “THE SACRED FIRE”

‘FLAME’ IS THE HIGHEST MANIFESTATION OF VISIBLE TANGIBLE SUBSTANCE – LIGHT IS AN

EMANATION OF THE FLAME. There is a nameless, unseen, indescribable Force with The Sacred Fire, which is Its Heart Centre, but for man, the highest that his consciousness can comprehend as the manifestation of God is The Sacred Fire. THE FIRE ELEMENT IS THE SUPREME GOVERNING AUTHORITY IN THE FORCES OF

THE ELEMENTS, THE LIFE OF MAN AND THE SOLAR SYSTEM. The Fire of Creation is the individual, Eternal Identity of every human being. It is DUAL in its purpose for it constantly creates manifestations of Itself, and may be called on to transmute imperfect expressions created by man. This two-fold action of the Sacred Fire is the Gift of God to His Creation.

The most ancient of Spiritual Customs of the peoples of this Planet, and other Planets, was the worship of the Fire Element. The flame within the Heart is one of the manifold expressions of this Fire of God. In the physical world, the elements of water, air and earth are provided for man without self-conscious effort on his part and given to him as gifts for his use, but to enjoy the Fourth Element (which is by its name an Element of the Fourth Dimension), one must exert conscious effort on his part, and through certain processes, draw forth this Sacred Fire. This is true, not only in ordinary physical activity, but also in Spiritual activity*.* Many, many centuries ago, Blessed Zarathustra brought the physical knowledge of The Fire Element to the outer minds of man that he may use it for heat, light and in Its transmuting activity, to remove debris, and He, since Fire is His natural Element, is most active in kindling the Spiritual Fire in the hearts and minds of upward reaching man today! *(Bridge to Freedom – Bulletin Vol. II no. 56)*

# SELF-MASTERY

*An Address by the Beloved Maha Chohan*

*The Bridge to Freedom Journal - Book 5, pages 88 – 91*

HOW TO CHANGE YOUR CONSCIOUSNESS

To treat a lifestream with a view to a permanent unfoldment of his spiritual nature, we must change the *consciousness* of that individual. Every thought and feeling the student entertains, even for a fraction of a second, becomes part of his *consciousness* and will form the environment in which he must dwell. Therefore, the student must start to cleanse the consciousness of impurity and imperfection. Man’s pure consciousness is polluted constantly, by every appearance that he accepts and allows to enter his world consciously or unconsciously. These appearances, dwelling within him, form the cause that reflects on the screen of his life, and will continue to remain there *until* such an individual chooses to cleanse his inner world by the use of the sacred fire, and replace these tramp thoughts and feelings by consciously generated and carefully chosen constructive thought and feeling images, which will, by the very Law of Life, manifest in the appearance world as perfection.

Rooting out Fear and Doubt

Whatever is most frightening to your inner nature attracts a host of malefic forms, which present themselves to your inner vision with the firm conviction that your energy being thrown at them will give them almost immortal life. To root out fear and doubt is to render these creatures harmless and thus stripped of the sustaining power of energy that keeps them alive, and they will disintegrate into their native nothingness.

On the other hand, the best idea in the universe never became a manifestation until some unascended being took the energy of his own lifestream and voluntarily clothed that idea with the substance of the physical world, and thus gave it form and outline.

Never Picturize Imperfection

*One of the rules of the Great White Brotherhood is never to picturize an individual imperfectly*. Every lifestream is endowed with the birthright of perfection. When any individual recognizes imperfection in any other lifestream in the universe, he is dishonoring the will of the Father, who created man in his image and likeness.

Remember that when you recognize imperfection in any individual, you are disobeying the Father himself, who created man in his image and likeness and who sees him always as that perfection.

To Energize Thoughtforms of Imperfection is a Sin

For any student to energize thoughtforms of imperfections is a SIN, and for any student to give these thoughtforms the substance of their own lifestream, whereby they might take physical incarnation, is a responsibility which such a one must face before the Cosmic Law. The only activity that any conscious student of the light should be engaged in is to create forms for expressions of beauty and perfection.

Bringing Forth a Manifestation

Every physical object in this universe was preceded by an idea in the mind of man or in the mind of God. These ideas are the cause that lies behind every manifestation – from a stone to a star.

Every manifestation in your own life was first presented to you, or to someone in your environment, as a mental concept or thoughtform. This proves the power of thought in moulding the very environment in which a man lives.

Receiving Divine Ideas

As there are many more divine ideas than there are receptive spirits to receive them, we are always *eagerly looking* for lifestreams to whom we may give the inventions which they can translate into practical physical objects, which will interpret the will of the Divine Mind for the blessings of this universe.

The Intuitional Faculties

The student should constantly strive for the unfoldment of his intuitional faculties. When we can achieve the unfoldment of the intuitional faculties of the student to a point where he or she does cooperate with the divine plan, we have a more pliable vessel, that can be used on a moment’s notice, when it is not always possible to contact the soul through the medium of the intellect.

Detachment from the Mass-Consciousness

The mental and feeling worlds of mankind are one. An individual who aspires toward spiritual illumination and freedom *must detach himself* from the mass thoughts and emotions of the people, by withdrawing the magnetic pull of the essence from the appearance world, and as those senses are focused on the quality of the spirit, the spirit responds in drawing such a lifestream into a oneness with the Ascended Masters’ kingdom.

Ask to be constantly enfolded in Our Luminous Presence, ask that the Flame of the Masters be placed upon your forehead, ask to be sealed against the intrusion of those externals which you shall, by necessity pass through.

How to Cross the “Bridge”

It is not so much an effort of the outer man to leap the chasm, as it is for the outer man to *let go* the authority which he has claimed. Invoke the God-power to do that which seems impossible of accomplishment, and if you can let go enough, the God-power will do for you what you can never accomplish of yourself.

How to Use God-Power

God can be addressed in simple terms and God will never fail to respond when *given the opportunity* to act.

This *opportunity* comes when the personal self acknowledges that *without* the power of the God-self, *nothing* can be done, and then if he addresses God as one would a good friend or Father and CALL this God-power into action, he will prove that God is an ever-present help at all times.

Saint Germain says, “PUT GOD TO WORK.” Every time your attention returns to a condition or the problem in question, INVITE GOD, again and again to act!

“I would like you to get used to this activity in a small way. In raising a window or in closing a door, put God to work. Your momentum gained by such daily practice will manifest for you what would seem to be miracles, to those who have not built up the momentum.” *Saint Germain*

*Practice the Presence!* Saint Germain has said, *“Practice the Presence!”* Practice the Presence in living. Practice the Presence in talking. And then when you require the FULLNESS OF THE PRESENCE, you will find that “practice has made perfect,” and the Presence will answer your call in all its fullness.

### CODE OF CONDUCT FOR A DISCIPLE OF THE HOLY SPIRIT

*By the Maha Chohan – Bridge to Freedom*

* 1. Be conscious ever that you aspire to the full expression of God, and devote all your being and service to that end, as expressed so ably in the First Commandment.
  2. Learn the lesson of harmlessness – neither by word, nor thought, nor feeling, inflict evil upon any part of life. Know that action and physical violence is but the lesser part of the sin of harmful expression.
  3. Stir not a brother’s sea of emotion, thoughtlessly or deliberately, knowing that the storm in which thou placeth his spirit, will sooner or later flow upon the banks of thine own lifestream. Rather, bring tranquility to life, and be, as the psalmist so ably puts it, “oil on the troubled water”.
  4. Disassociate thyself from the personal delusion. Let self-justification never reveal that thou dost love the self more than the harmony of the universe. If thou art right, there is no need to acclaim it. If thou art wrong, pray for forgiveness. Watching the self, thou wilt find the rising tides of indignation among the more subtle shadows on the path of right, called “self-righteousness”.
  5. Walk gently through the universe, knowing that the body is a temple in which dwelleth the Holy Spirit, that bringeth peace and illumination to life, everywhere. Keep thy temple always in a respectful and cleanly manner, as befitting the habitation of the Spirit of Truth. Respect and honor, in gently dignity, all other temples, knowing that oft-times, within a crude exterior burns a great light.
  6. In the presence of nature, absorb the beauties and gifts of her kingdom, in gentle gratitude. Do not desecrate her by vile thoughts or emotions. Or by physical acts, that despoil her virgin beauty.
  7. Do not form nor offer opinions unless invited to do so, and then only after prayer and silent invocation for guidance.
  8. Speak when God chooseth to say something through thee. At other times remain peacefully silent.
  9. Make the ritual of thy living, the observance of God’s rules, so unobtrusive, that no man shall know that thou aspireth to godliness, lest the force of his outer will might be pitted against thee, or lest thine service become impinged with pride.
  10. Let thy heart be a song of gratitude, that the Most High has given, unto thy keeping, the Spirit of Life, which through thee, chooseth to widen the borders of his kingdom.
  11. Be alert always to use thy faculties and the gifts loaned unto thee, by the Father of all life, in a manner to extend his kingdom.
  12. Claim nothing for thyself, neither powers nor principality, any more than thou claimest the air thou breathest or the sun, using them freely, but knowing the God-ownership of all.
  13. In speech and action be gentle, but with the dignity that always accompanies the presence of the living God that is within the temple.
  14. Constantly place all the faculties of thy being, and all the inner unfoldment of thy nature, at the feet of the God-power, endeavoring to manifest perfection through one in distress.
  15. Let thy watchword be GENTLENESS, HUMILITY, AND LOVING SERVICE, but do not allow the impression of humility to be mistaken for lethargy, for the servant of the Lord, like the sun in the heavens, is eternally vigilant, and constantly outpouring the gifts of his particular keeping.

*Thank you and God Bless You Always*

*And remember it is in OUR hands – no-body can do it for us*

*STICK TO IT – WE MUST NEVER GIVE UP TILL WE HAVE OUR FREEDOM and*

*assist others to theirs, and achieve our ASCENSION!*

“THE LIGHT OF GOD NEVER FAILS”

“I AM”

A picture containing outdoor object, laser

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