

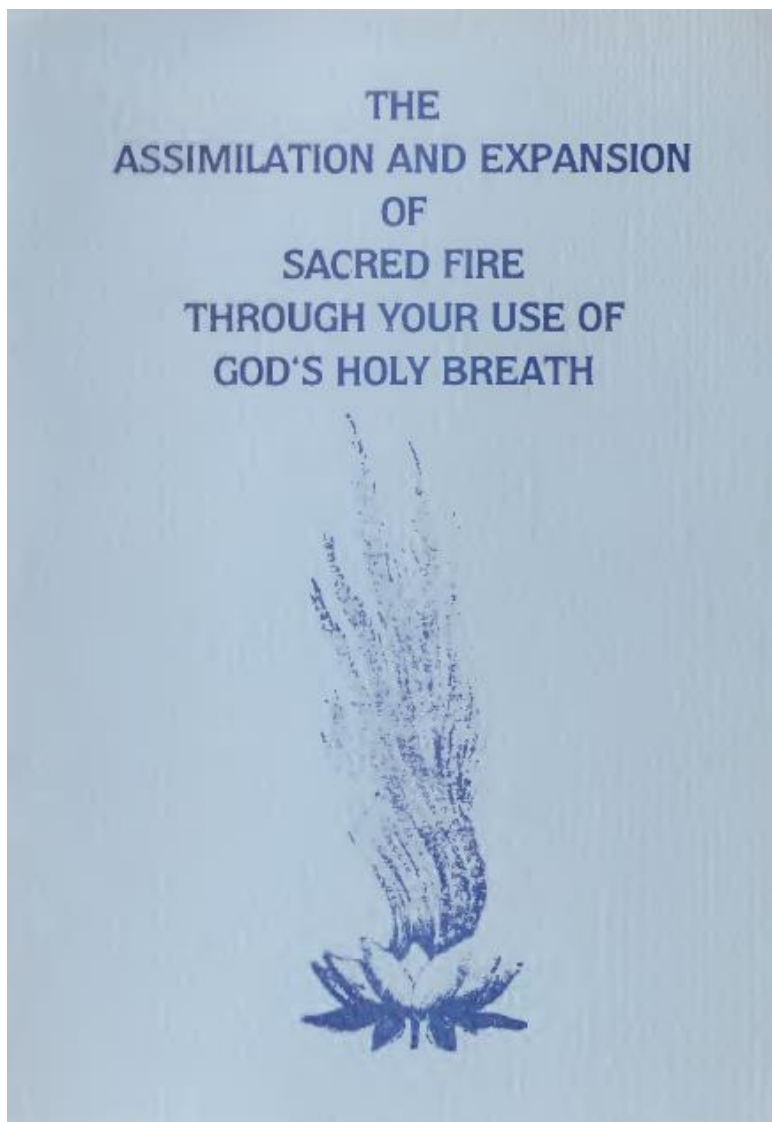
THE ASSIMILATION AND EXPANSION OF THE SACRED FIRE THROUGH YOUR USE OF GOD'S HOLY BREATH

The New Age Church of The Christ Publication

The following is a transcription of the out-of-print Booklet published in 1984. The intention is to present the contents in a more user-friendly format to accommodate e-readers and printing. Great care was taken to preserve this Teaching and only minor changes were made. This Booklet and other free downloads can be found by visiting Path of the Middle Way.org. Please join us in blessing these Beloved Servants for expanding and preserving the Light! We also bless the Beloved Messenger(s) Who originally anchored the "Bridge" and the dear ones who faithfully stood over copy machines for long periods of time to ensure these Teachings would be available to us so many years later.

WE ARE GRATEFUL!

To gain a better understanding of the 'inter-connectedness' on how all these "I AM" Teachings fit together as well as updated information, please visit <https://iamfree.co.za/free-books>.



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DEDICATION

This Booklet is dedicated in deepest Love and Devotion to Beloved AEolus, Cosmic Holy Spirit, under Whose Guidance the original Transmission of the Flame Classes were inaugurated in 1952. The purpose was to expand the Sphere of Influence of every Ascended Master Retreat on the planet Earth, through the incorporation of unascended chelas and their guided use of the Holy Breath as the vehicle for the Radiation of the Sacred Retreat Flame to reach mankind.

From the Holy Spirit comes our first BREATH of embodiment and every BREATH thereafter that sustains Life, both physical and Spiritual. In the end we give out last BREATH of embodiment back to the Holy Spirit. An understanding of this beautiful Gift of Life, will prompt us to consecrate our use of BREATH to further the work of expanding the Light of God in this planet.

-THE NEW AGE CHURCH OF THE CHRIST

***FOOTNOTE:** It is presumed the chela sincerely interested in the study and eventual mastery of the Holy BREATH will progress through this Booklet slowly, practicing the various exercises one at a time. until each one is mastered...moving slowly from the beginning to the end of the Booklet.*



FOREWORD

Beloved Reader:

The following is a general history of the innovation, development, and progression of an Idea born in the Heart and Consciousness of the Maha Chohan.

Like all ideas, it depended for its subsistence upon the voluntary acceptance of the pristine essence through the consciousness of some members of the race to be benefitted by its development, nourishment and sustenance.

Many such ideas are born and sent forth by their creators, only to die without fulfillment. Others are eagerly seized upon and pressed into the personal service of some individual. Others are fortunate enough to be reverently received by earnest, determined and sensitive Lifestreams, such as composers, statesmen, saints and developed into workable, practicable benefits for the race as a whole.

The idea of inviting interested students on the Path to visit the Retreats of the Masters of Wisdom, was conceived by the Master El Morya. To amplify the blessings of the Retreats to the mankind of Earth, the Maha Chohan conceived the further idea of drawing the students together rhythmically, at the same time that the initial pulsation of the Retreat had begun to pour out Its intensified Radiance into the atmosphere of Earth, and of allowing them gradually to become conscious co-workers with the Great White Brotherhood Whom they have loved so long, AT THE SAME TIME AS THE BROTHERHOOD WAS ACTIVE IN ANY PARTICULAR SERVICE.

The response of the students, the development of their Spiritual dexterity. and the tremendous results manifest at inner levels can be traced on the following pages. The Maha Chohan has said, *"The reception of this idea and it subsequent development with tremendous benefits to the race, to the atmosphere of Earth and to the three evolutions progressing upon the Planet is marvelous proof to the Cosmic Law that among embodied Lifestreams are many who will cooperate when the outer consciousness is given opportunity to do so."*

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Thus the history of the birth and expansion of the Transmission Flame activity stands witness before the Cosmic Law, the Lords of Karma, and the Spiritual Hierarchy that there are individuals WILLING to "make things right", to serve with the God-free, and to develop and mature any and all suggestions, desires and plans through the voluntary energies of Lifestreams in the process of purifying their own energies.

May the history of the future show expansion again in such overwhelming numbers and Quality and Radiation, that dispensations without limit will be granted to bridge the chasm between the Ascended Master octave and the human octave, and not only the ideas and plans of the Brothers, but Their Living Breathing Selves many enter into daily association and companionship with the evolving race as well.

THIS IS OUR PRAYER TO LIFE!



QUALIFIED BREATH IS LIFE

AEOLUS:

It is one thing for an individual to signify an interest in Spiritual Knowledge because the pressure of personal discomforts prods the intelligence inherent within Life to find a way and means of alleviating such unpleasant manifestations and such a desire is worthy commendation but when the intelligence voluntarily offers to apportion its daily Gift of Life to help the evolution of the entire scheme, such a one becomes part of the Living Breathing Body of a Guardian Presence!

Your BREATH is Qualified Life...drawn into your body, clothed in the substance of your consciousness and breathed forth again to contribute to the heritage of the race - for good or evil - according to the state of that consciousness from time to time.

In the course of a natural day, the Lifestream who is yet not Master of his Energy, qualifies the BREATH according to the mood of the moment, and in periods of prayer, meditation, contemplation and decreeing, offers that Qualified Life on the constructive side of life and in periods of individual confusion and struggles against the shadows of the appearance world, offers the misqualified Life to the sustaining of the imperfect creations in the astral realm. As you apply to the Universal God for BREATH - you are given a Grant of Pure Life which enters through your nostrils to be qualified by the consciousness of your bodies. As you hold the BREATH within your physical body, your inner bodies pour the color of their consciousness into the BREATH and as you exhale, the qualified BREATH becomes a Bridge of actual Energy which connects with the point of consciousness toward which you direct it. **I cannot emphasize too much the importance that lies within your qualification of the BREATH, as it passes through your home and environment.**

The Assimilation and Expansion of the Flame is accomplished through the BREATH. The awakened student is taught the value of deep and rhythmic BREATH and it is through the conscious participation in thought, feeling and rhythmic BREATH that this blending of consciousness, both human and Divine takes place.

FOOTNOTE: *The BREATH is both:*

- 1).the measurable physical substance needed for physical life, which is the cup or vehicle AND*
- 2) for Spiritual Substance immeasurable, but ever so necessary for Spiritual Development.*

Whether this Spiritual Substance be the naturally occurring 'Spiritual Nourishment' given for man through the Elemental Kingdom (prana) or specifically qualified with Sacred Fire from Ascended Beings, we can receive it

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gladly, accepting it as "Our Father's Food" and expand It to bless Life around us; or we can reject the Gift of Spiritual Nourishment through ignorance and blindness and use BREATH only to sustain basic physical Life. This latter case is unfortunately, the position of the greater bulk of mankind currently using the schoolroom Earth in their soul development.



ONE BREATH

EL MORYA:

Let us consider for a moment the question of the Heart - whether that of a body or an activity of any kind. Have you thought of it in relation to this whole Activity and its effect on the consciousness of the race?

You have on one side of the physical Heart what is called the 'auricles' and on the other 'ventricles'. Auricles taken from the Greek word 'oracle' (the receiving center) and the ventricles doing exactly what is contained within the word, pushing the vital blood and Energy through the body. Do you not see then how the double action of the Heart might be considered one...the INBREATH and the OUTBREATH as part of the ONE BREATH!

Do you not see why it is necessary that the student body being the Heart of the movement should function as one organ? It is to bring to you a conscious awareness of this unity - a consciousness of individual and collective service as ONE UNIT, that We come again and again; draw aside the veil of maya and explain in as simple terms as possible the activities which can give you assistance and, through assistance greater Light. This has been called the Group Avatar - ONE UNIT embodying the Nature of the Holy Spirit.

Turning now to the BREATH, I would like you to understand the Power you have in the control of your four lower vehicles through the use of the controlled BREATH.

I tell you that in control of your BREATH you can draw the substance of your emotional, mental, etheric and physical bodies into the Sacred Fire within your Heart, sublimate it there and then in the expansion of the Flame (the release of the BREATH) consciously feed each of those bodies with the Divine Qualities and Virtues contained within the Sacred Fire and upon which your attention rests.

The activity of breathing in the Flame from any of the Retreats follows the same exercise if you choose to experiment with it. Within your Heart is the Immortal, Three-fold Flame of God. Therefore, within your Heart is a potential spark of every God Virtue from every Ascended Master Retreat active within the thirty-day period. (I refer you to the current "WORD" Journal)

Does your Heart possess less power of Resurrection than the daffodil or any dormant seed? As you consciously connect with the full gathered, Cosmic momentum of the manifested Power of the Resurrection Flame and as you breathe it into the Flame within your Heart, you expand the Resurrection Activity through your four lower bodies, giving you a foretaste of Life Eternal.



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BREATHING EXERCISES

KUTHUMI:

The Holy Christ Self of each man is Pure, Perfect and Divine. Your own individualized God-Presence is Pure, Perfect and Divine. Your Causal Body - the accumulated storehouse of all the God-Energy you have constructively used during the long centuries you have lived is Pure, Perfect and Divine also. Therefore, when We come to unascended individuals who wish to sit at the feet of the Master, We must deal primarily with the soul and the various sheaths which surround it, which for the time being are causing certain restrictions in the release of the Light from your Presence; in the release of your Financial Freedom, your Perfect Health, your Eternal Youth and Beauty, and all those great Powers of Precipitation and God-Freedom you desire so earnestly and which are a part of your Divine Heritage.

From your Presence, there is directed into the Secret Chamber of your Heart a focus of Itself. This is the Immortal, Three-fold Flame of God and is the intelligence by which you think; the motivating Power by which you move and is the only part of you that remains Eternally...*your Ascended Body when you are God-Free.*

Now, Blessed ones, I would like you to think about that Flame in your Hearts for a moment. In the undeveloped It is very, very small and lives within the airless cell. In the more developed, It begins to expand, and it is the endeavor of the Great White Brotherhood, Those of the Golden Robe primarily, to teach chelas and sincere students how to expand that Flame and how to utilize It for the Redemption of all the energies in their vehicles.

Therefore, at the request of the Maha Chohan, it is My pleasure to offer you a group of Breathing Exercises which should be of tremendous assistance in your Spiritual progress if you choose to use them.

In the activity of drawing the impure substance of the four lower vehicles into the Purifying Action of the Three-fold Flame within the Heart and breathing out the Purified Substance, it may be easier at first to treat one body at a time. In this exercise, it may not be possible for a beginner to draw in the BREATH, sustain it while you hold the picture, expand it and project it through all the four lower bodies at once .

Start with the emotional body (the outermost); draw the impure substance of that one in...hold it in the Transmission Flame for the duration of the held BREATH. Charge the Purified Substance back into the emotional body on the outbreath and then project as much Purified Substance as can be carried on the BREATH out into the bodies of all mankind while you hold the BREATH out of the body.

Follow the same procedure with the mental, etheric and physical bodies, drawing in the impure substance, seeing it purified in the Flame, charging the purified substance back into the body to which it belongs and blessing the emotional, mental, etheric and physical bodies of the race with the Purified Substance on the Projected BREATH. You will be doing very well as a beginner in the study of this important esoteric exercise if you successfully treat one body at a time.

If you are constant with this...if you will take a few minutes three times a day to experiment with it, you will gradually be able to treat two bodies at a time, then three then finally the four. Dexterity comes with experience after you have gained absolute control over the BREATH.

As you begin, you will find the drawing in of the BREATH easy, while you are mentally accepting the sublimation of the impure energies in the Flame within the Heart; but you will have to watch on the expansion of the Purified Energy to give the world at large a Blessing on the projected BREATH. Remember that you must follow the same rhythm on each of the four BREATHS...the in-BREATH; the

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held BREATH; the out-BREATH and the projected BREATH. You will find that you will require a good deal of control to save enough Energy for an outward drive of Purified Substance as a Blessing to the world. The latter (projected BREATH) is part of the Cosmic Service.

Many people in their instruction on The Law of The BREATH just give the first three steps; they take in the indrawn-BREATH, the held-BREATH. the expansion or out-BREATH but the Ascended Master Saint Germain's Activity includes a Blessing for the world in the projected-BREATH.

Remember that every God-Quality is held within the Flame in your Heart. Let us take FAITH - (and that is surely a Quality required by the race) - you may draw from your emotional body the quality of despair or lack of faith into the living Blue fire in your Heart...see it transmuted there into Archangel Michael's Faith, then charge it back into your emotional body and out into the world at large on the projected BREATH. Treat the contents of your mental, etheric and physical bodies the same way and **do not forget that every purified BREATH YOU PROJECT Blesses all mankind.**



PURIFICATION THROUGH THE BREATH

EL MORYA:

Now consciously draw on the incoming BREATH from your emotional body all the impure substance within it into the Beautiful Transmuting Flame within your Heart...Next hold the BREATH within the Flame and mentally see all the impure substance transmuted within that Sacred Fire.

Next, consciously expand, on the outgoing BREATH into your emotional body all the Transmuted and Purified Substance from the Flame. When that Purified Substance has filled the emotional body, your next step is to hold the BREATH out of the body and consciously project into the world the Ascended Master feeling from the Sacred Fire in your Heart, adding to it whatever Quality, Virtue and Activity which you, yourself, might desire to Bless Life.

Do the same with the mental body using the same rhythm, drawing all the pictures, patterns and forms of imperfection that fill that body and all the half-truths that lurk therein, into the Heart of the Sacred Fire. As you hold the BREATH within the Flame, mentally see all those pictures, concepts and patterns dissolved and replaced by the Divine Pattern of your own Presence. Now expand the Holy BREATH until it fills the entire body and then project it by the Power of thought into the atmosphere where those constructive pictures may be picked up by other individuals.

When you come to the etheric body, you can breathe into the sublimating Sacred Fire within your Heart all the unhappy experiences, all the etheric substance that has been qualified imperfectly, and while the BREATH is held within the body, feel the Purifying Power of the Sacred Fire within your heart CHARGING through that etheric substance and removing every record of discord that lurks therein...then when the Flame expands, you can charge into your etheric body all the Glory and the memory of that Perfection that you had in the Sun before the world was and as you project it forth you can charge that etheric Faith and Confidence into the world around you.

For physical healing, it is the most magnificent activity to consciously draw on the in-BREATH all of the substance of the body from the soles of the feet, from the top of the head, from the tips of the fingers and from every organ and cell, into the Heart of the Sacred Fire and there feel it sublimated with the Power of your own Divine Pattern and Plan fulfilled. Then, as you expand that Flame feel It flow out to

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the extremities of your physical body on the BREATH feeling them actually tingle with their quality and power of Light. Now, project It forth for the healing of your fellowman.

It is important to remember that each of your four BREATHS that make up the exercises should be taken on an exact same number of counts (8) as per table shown on Page 11.

Let Me again remind you that within that Flame in your Hearts is the sublimating power of the Violet Fire of Freedom's Love. Within that Flame is the Purifying Power by which the energies of your lower bodies may be Transmuted and Purified.

As you draw the energies from your four lower vehicles home, into the Heart of that Sacred Fire, I want you to feel the sublimation of those energies; then in the pressure of the expansion of the BREATH, charge back into the particular vehicle on which you happen to be working, the sublimated Energy that has been Transformed.

Let us consider the emotional body for a moment...it is the largest of your vehicles and forms the periphery of the concentric circles that surround the physical body...the emotional on the outside; the mental next; then the etheric body and the physical body in the Heart Center of the whole. In the emotional body there is a great deal of Substance and Energy that has been misqualified by passions and emotions of an imperfect nature in the past. These tendencies, patterns, explosive qualities, depressions - We need not name them in full - but if you wish to treat yourself for emotional instability, you can do it easily on the BREATH.

Remember always - before you start this Breathing Activity - to first center yourself in the Immortal, Three-fold Flame of God within your Heart, realizing that THIS IS THE ONLY CONSTRUCTIVE POWER THAT CAN ACT!



THE HOLY BREATH

KUTHUMI:

In your breathing, if you should come across a block, shall we say, in your endeavors, do not be disturbed any more than you would be in dealing with a small child if that child were not instantly responsive to your request for obedience. As you begin definite application through the use of the Sacred Fire on the Activity of Purification, It is apt to do two things...

First, it will expand the Flame in your Heart, making It larger and larger until It reaches out to the periphery of your vehicles - the outermost point of your emotional body.

Second, it will draw your four lower vehicles into the control of that Flame where they really belong and where they should have remained in the first place.

The Maha Chohan has been particularly desirous that I give you this information on the Holy BREATH and I would appreciate it if you would experiment daily with the Power that is centered within your Heart (the Immortal Three-fold Flame of Eternal Truth) and see what you can do toward cleaning up the channels which form your many sheaths.

You know that everything you desire comes from your own "I AM" Presence. Supply is limited only because of the shadows in some one of your four lower bodies. This is all that keeps you from being self-luminous and self-conscious Precipitating Beings of Light. As you continue earnestly, sincerely and

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consistently to use the Violet Fire of Purification, and experiment with the RHYTHMIC BREATH, you will get your vehicles into better alignment and then you will find the use of The Powers of the Causal Body will be yours.

You would be amazed and delighted too if you could see how much substance of your own worlds and that of mankind you have sublimated by your Calls. Your own Purified Energy has been returned to your Causal Bodies where it is waiting to be released to and through you by your own Christ Selves as the occasion presents itself.

When you absorb the BREATH of Life into your nostrils with every BREATH which is gently, rhythmically drawn into your body, you are drawing the very Life Essence of the Universe to Bless you. While you are holding that BREATH within your body, you can come to a point wherein and whereby you can direct that BREATH while it is still within your body, to any portion thereof that seems to require healing assistance; then as you begin to expand that Consecrated BREATH it flows from the pores of your body into the atmosphere around you and becomes part of your beautiful Aura. Then with the strength of your BREATH you can project it safely further and further without strain.

You inbreathe it, absorb it, expand it and project it with the motive of Blessing yourselves and others.

Beginning Students cannot do this safely for long periods of time (here in the West particularly), but the importance is the **RHYTHM** that is within the use of your BREATH in the inbreathing, absorbing, expanding and projecting; feel it with Me closely...the inbreathing, the absorbing, the expanding and the projecting. That is the most marvelous process, as it has been developed for stabilizing yourself.

If you take time, a few minutes several times a day just to go over that, you will find a release of the tensions that do mount when an individual has outer pressures upon them. As well, practice during the time just before going to sleep, for a deep peaceful sleep.

There is a saying that you have: *'take time to be Holy'*, and yet that is so often forgotten by those who are sincere, that I say to you: **BELOVED AND BLESSED ONES, DO TAKE THIS TIME TO BE HOLY IN THE USE OF THE BREATH OF LIFE.**



ACCELERATED ACTIVITY

May 1984

KUTHUMI:

For many years the Breathing Statements were used in the Transmission of the Flame Class at the opening of each Retreat. This served the purpose of the chelas unifying with the Retreat Radiation through the BREATH and assisting the Transmission of the Radiation throughout the planet. Then came the Assimilation and Expansion Service, accelerating the chelas toward BEING an actual electronic outpost of the Flame within their vehicles; and through their vehicles, expanding it out into the world through Decrees, Songs, Visualization, Service, etc.

Now comes the accelerated version of combining both the BREATH and the Electronic Assimilation of Radiation, in a Ceremony connecting the chelas' Christ Flame with the Flame on the Altar of the Ascended Master Retreat...Flame to Flame...so that the Vehicle assimilating the Ascended Master Flame

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is your own Christ Flame, your True Vehicle and Identity. It then continually expands the Retreat Radiation in your world through Its own Nature of Radiating Itself!

This is a two-fold process:

1. The chela inbreathes and absorbs (assimilates); expands and then projects the Flame
2. The Flame inbreathes and absorbs the Christ Flame of the chela; expands and projects the even more energized and perfected Christ Flame back into the world of form, carrying the Ascended Master Flame in action into the world.

Practice this in quiet contemplation until you can simultaneously feel the Sacred Flame BREATH going into your lungs AS your Flame is inbreathed into the Ascended Master Flame; until you simultaneously absorb the Ascended Master Flame AS your Christ Flame is absorbed by It until you can expand and project the Ascended Master Flame AS your Flame is expanded in Light and projected into greater Service by the Ascended Flame. Feel the RHYTHM of this dual process of assimilating and being assimilated, then expanding and being expanded, just as you Balance the natural flow of the deep RHYTHMIC BREATH.

This practiced through the years will then energize your Christ Flame with every God Quality needed to assure Victory for your own Ascension as well as Victory for the Divine Plan of the Hierarchy, through the Retreat Cycles opened to the chelas. Thus the Hierarchy externalizes Itself through every more Powerful and Balanced Christ Selves in Embodiment. This is the fulfillment of the Second Coming and why We open Our Retreats to chelas so freely; a Privilege far beyond anything earned as yet through Initiations in the outer world. But the time is right, and the entire Hierarchy remain in agreement on this plan!

God's Blessings of Sacred Fire through Holy BREATH, be upon you.

-KUTHUMI of Kashmir

World Teacher



MONTHLY BREATHING EXERCISES

The breathing is done through both nostrils at once with the mouth closed. There should be no sound whatsoever as the air is drawn into the body or released from it. Do not allow any jerky or spasmodic motions with the drawing in, sustaining, holding or expelling of the BREATH. All depends on smooth, fluidic, effortless motion.

The numbers on the following page represent the rhythmic activity of the inbreathing, holding, absorbing and projecting activity of the statement which the individuals follow on the occasion of the opening of a Retreat, although the Ascended Masters suggest that the activity of the BREATH be used sometime every day during the thirty days the Retreat is in intensive action.

Always, it is essential that you first center your consciousness in the Immortal Victorious Three-fold Flame of God within your Heart. Then proceed from the True Identity of the Christ in Action in use of God's Holy BREATH.



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For BREATH exercises aimed at Youth and Beauty see "*BREATH Beautiful*", a Publication of The New Age Church of the Christ.

Editor's Note: Click on <https://iamfree.co.za/ascended-master-retreats-open-for-2022> for the breathing activities of the Assimilation and Expansion of the current Retreat Flame.

EXAMPLE:

1 2
"I AM" inbreathing

 3 4 5 6 7 8
 El Morya's Love of doing God's Will

"I AM" absorbing
 El Morya's Love of doing God's Will

"I AM" expanding
 El Morya's Love of doing God's Will

"I AM" projecting
 El Morya's Love of doing God's Will

