

The Law of Healing Explained By the Ascended Masters.



Through
The I AM Activity
and
The Bridge to Freedom
Dispensations

HEALING CONTEMPLATIONS

"I AM" The CHRIST Presence within me, drawing me, through the magnetic power of It's love, into the full realization and acceptance of my Divinity. I do now abide within That Presence and "I AM" It's full manifestation of Perfection right now!

My mortal consciousness is now centered within the Sacred Fire within my heart and there "I AM" at one with the Divine Concept of my own perfection which shall now be made manifest through me.

The Sacred Fire within my heart is now expanding with full Power in all It's beauty and perfection, through every center within my body and I shall now attain full use and mastery over all the inner faculties and their centers of force within me.

THE BRIDGE

TO FREEDOM

A Monthly Journal Devoted to Individual Unfoldment, Contact
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Volume III

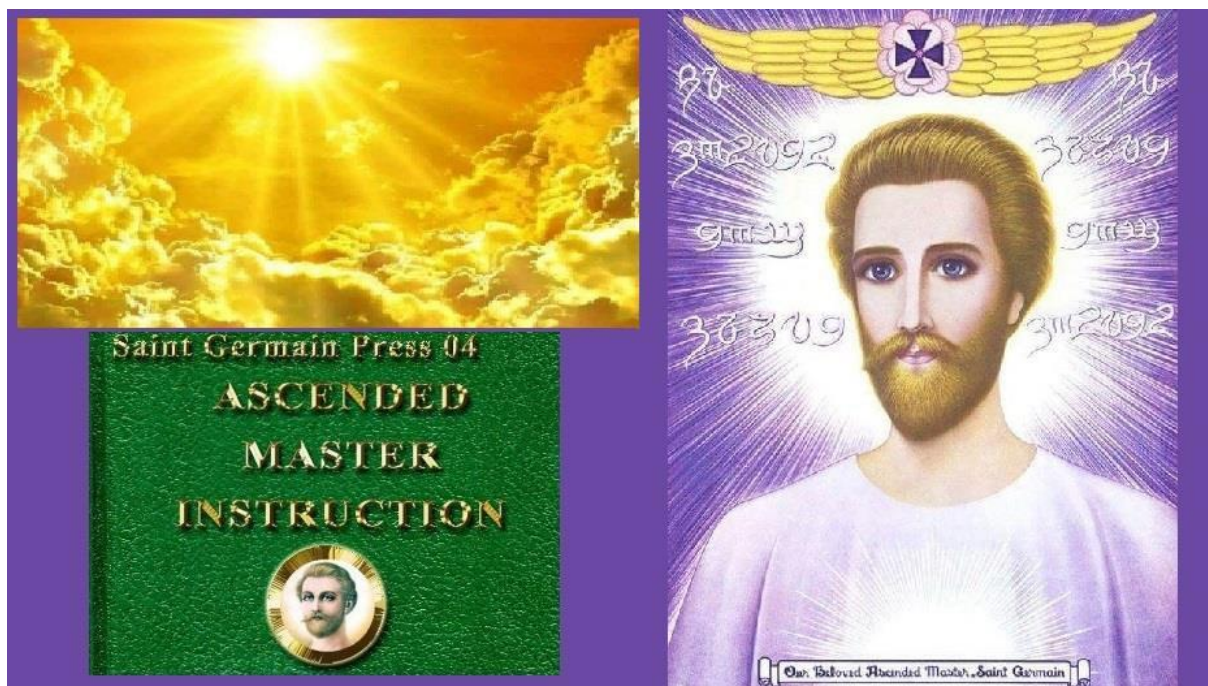
May, 1954

No. 2

Practice the Presence of God for permanent release from bodily disturbance.

Ascended Master Saint Germain.

Ascended Master Instruction. Discourse XII.



The two Wings of the Soul: It is said or conceded by those of orthodox opinion that Angels have wings. I shall explain to you why. Determination and power are the two Wings of the Soul, not necessarily visible even to the Inner Sight, but they are there just the same. And where you recognize determination as will with its accompanying power, the Soul may rise to any height of Mastery, and in that recognition draw the outer into Itself that there be only One - God in Action. The Supremacy of the Mighty Inner Master "Presence" must be acknowledged by the Students as Real and True, and the Students must acknowledge that they have the ability and power to practice that Mighty "Presence" in every act of Life. The more the students practice the Presence of God within themselves, the easier it becomes and the

more they want to practice it. However, as I have mentioned many times before, **the outer, in the beginning of the advancement, will find every excuse to try to get the attention on outer things or on the body**, which in its ignorance it claims as its own.

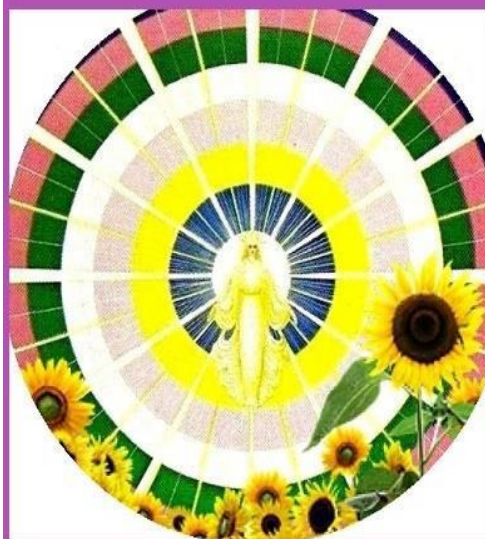
The only sure release from bodily conditions is to take the mind off the body and keep it off. If there seems to be something that needs correction in the body, put your mind on God and hold it there until the condition that seems to need a remedial agent suddenly disappears.

This is why there is now and then a student who conceives the idea that there is nothing to heal - because anyone who will practice this the instant there seems an appearance in the body of anything discordant, and who will put the mind on God, knows that "Presence" is the most powerful remedial agent in the Universe.

Many, by the use of this application, will find instant release from any bodily condition that seems inclined to hold the attention. This is, in reality, consciously taking the problem into the Great Silence where there is nothing to heal because all is Perfection. This is just as true of business conditions as for healing the body. In fact, anything that seems to express imperfection can be handled the same way. **No permanent release from bodily disturbance can be had, so long as the mind or attention is allowed to be drawn to the condition from which one wishes to be released.** With many natures the same thing is true of denials, because the more they deny a thing, the more they bind it to them;

for in the denial, they are letting their attention rest on the very thing from which they wish release.

To truly practice the Presence of God, we must know that there is only One Intelligence which can act, One Power to use, and One Love with which to accomplish. You know by this that you have within the Victorious, Conquering Activity every moment. Thus, whenever there is anything to be handled – it matters not what - the moment it seems to have an appearance, using your Wings of Determination and Power, say: **"God, solve this problem and do it at once! I give You all the power where it belongs! I recognize You as the only Activity! Therefore, this appearance has no reality and dissolves instantly before Thy Mighty Presence!"**



**"At the Door
of the Consciousness
of every individual
should be engraved forever
the words: 'Be yourself.'**

**I mean by that: dependent alone
upon that Mighty
God Presence in you".**

*Ascended Master Saint Germain. Ascended Master Instruction.
Saint Germain Press. Volume 4.*

Illumination of the mind so the individual stops the cause, is the first step to permanent healing.

The Voice of the I AM. April 1936.

REMEMBER ALWAYS, that the calling forth of energy just to heal a body without bringing Illumination to the mind will always bring punishment to the one who draws it forth and the power to bring it into outer activity will eventually cease. This is the reason why many, who have done healing in the outer world, have had the power of healing through various activities for a while and then, the ability to heal ceases and the individual himself passes out of the body. It is because the healing was done for a livelihood, **instead of for the purpose of illumining the individuals, through the experience which had made the healing necessary.**

If all, who work to heal human bodies, could but realize that illumination of the mind so the individual stops the cause, is the first step to permanent healing, they would never use any energy to heal, unless the mind could be illumined too.

This is more important than the individual can possibly realize and the Ascended Master will never use any energy to heal unless through that healing permanent illumination can expand.

The Inner Cause and Inner Healing of Disease.

By Beloved Ascended Master Serapis Bey

The Bridge to Freedom Journal. January 1956.

My beloved friends, THE HEALING OF THE NEW DAY COMES UNDER AN ENTIRELY DIFFERENT ASPECT OF THE LAW than all preceding service along this line, because we enter a new cycle, wherein PERMANENT ILLUMINATION will out-picture as divine perfection and the activity of the Healing Flame will be directed toward the DISSOLVING OF THE INNER CAUSES WITHIN THE LIFESTREAM, which result from certain definite mal-adjustments in both mind and body.

Science is beginning to realize that a great many physical and mental disorders are due to unseen emotional causes, which rest within the consciousness of those concerned, sometimes buried beneath the reach and memory of the individual's personal identity.

The increase of illumination flowing from the Fifth Ray will open to the earnest and honest members of the Healing Profession a new understanding, which will require the blending of religion and science, one of the



integral steps toward freedom, which has been promised to mankind.

To illustrate briefly: Every organ and cell within the physical mechanism has a vibratory action of its own, separate, and distinct from the vibratory action of its neighbor's. Within the inner bodies, there are certain centers that VIBRATE IN UNISON with these physical organisms. Certain mental and emotional distortions within the inner bodies affect the physical mechanism in a discordant manner, so that the inner vehicles must be harmonized and purified in order to have a permanent relief and release from maladjustment of the outer self. When these inner causes are removed from the consciousness, by ILLUMINATION of the OUTER MIND, the purification of the inner bodies and the co-operation of the personal self, you will find the distressing effect in the physical organism dissolved and dropping away.

This is why the spiritual healing of today is more protracted than in the earlier days, but it provides a vast field for experimentation by the lifestream interested in “raising the cover” on this tremendous science, with the desire to join one's forces with the Cosmic Movement of the Age and, by application, to manifest the proof of the Law presented. An intelligent understanding of the mechanics of the physical form, in relation to the other three lower bodies, will enable you to become more valuable to the Hierarchy and to mankind in the treating and dissolving of the cause behind the appearances of imperfection.

The nervous system of the body was provided to carry pure light from the I AM Presence, to sustain the various organisms and to motivate them according to the direction of the higher mind (Holy Christ Self). Medical science will attest to the fact that the brain center directs impulses of energy through the nervous system, which precede all activity, conscious and unconscious. When the impulses from the brain are blocked by contracted nerve channels or injured nerves, the body ceases to function perfectly in the particular area where such blockage occurs. WHY? BECAUSE THE LIGHT (which is life), IS THE ONLY ANIMATING AND MOTIVATING POWER IN THE UNIVERSE and, if the channel through which it passes does not REMAIN OPEN (for one reason or another), the light in that portion of the body, organ, limb, or cell, steadily decreases, having no feeding station from which to draw.

The nervous system is affected by all discordant vibrations set up in the mental, emotional and etheric bodies. It is like a hose that has lost its resiliency, or become stuck together, so that the passage of fluid through it is no longer possible and it becomes unfit for use. Fear, depression, uncertainty, as well as anger and other violent emotions, continually corrode the lines of very sensitive fibers, which comprise the nervous system. This causes old age, disintegration and so-called “death.” The blockage of the flow of light through the nervous system is the only reason that the various parts of the body cease to receive the renewing power contained within this natural Life-flow and, gradually, disintegration takes place. In the ordinary course of nature, if the nervous system were not impaired, even the

small percentage of light allotted to the use of the outer self of mankind today (ONLY 5 TO 10% OF THAT WHICH COULD BE HIS WERE HE TO REMAIN WHOLLY HARMONIOUS AT ALL TIMES), would completely renew every nerve, every cell, every tissue, every bone and muscle within six months to one year! The light that flows through the nervous system carries the renewing power and, when the channels through which that light flows are disintegrated, the renewing and rejuvenation processes cease.

In his progress to perfection, although mankind would have had to change his physical garments from time to time in order to vary his life experience on the Earth-plane, he could wear those garments (bodies) in youth and beauty and discard them while they were yet functioning perfectly, by merely consciously withdrawing all the life and light from the nervous system and the cells and atoms which were still intact. Then the remaining structure, (placed in the flame), would be returned to its natural elements.

All poor eyesight, impaired hearing and retarded mental faculties, as well as all “wasting” diseases to which mankind are prone (AND, FOR THAT MATTER, EVERY IMPERFECT EXPRESSION OF DISEASE), is lack of light, resulting from blockage or “broken lines,” which previously carried light into that particular section of the anatomy that seems to be disturbed.

You would do well to secure a chart of the physical body and study the nervous system. You will find that the nerves extend all the way to the tips of the fingers and toes and to all strategic and vital organs and that fine

hair-lines of feeders (which may not be illustrated on the chart) extend from the main channels.

If there is an appearance of distress or disease in any particular section of the vehicle, YOU CAN THUS INTELLIGENTLY TRACE THE PARTICULAR PART OF THE NERVOUS SYSTEM THAT HAS BEEN IMPAIRED. THIS CAN BE REPLACED AND REBUILT BY THE VISUALIZATION OF THE LIGHT FLOWING THROUGH THAT SECTION, repairing the damage done. Then the lifestream must be carefully examined for the CAUSE WITHIN which has shattered the nervous system in that section. A SINCERE CALL TO YOUR OWN GOD PRESENCE WILL REVEAL (in the privacy of your own heart) THE CONDITIONS OF THE MENTAL, EMOTIONAL AND ETHERIC BODIES WHICH ARE RESPONSIBLE FOR THE DAMAGE.

In the name and authority of your own beloved I AM Presence, COMMAND that discord to CEASE! That discord is merely impulses of vibration which are like the clashing of cymbals in a destructive manner. Command such discord to cease in your bodies and in those of ALL mankind. In this way, YOU COULD REBUILD any faulty organ into perfect health in a matter of hours, days, weeks, or months, according to your specific capabilities and concentration.

Blessings and love to you all!

The Law of Healing Explained

An Address By Beloved Ascended Master Mother Mary.

Flourtown, Pa.

July 2, 1958

The Bridge to Freedom Journal. December 1958

Beloved ones, my activity has been concerned with healing for many, many centuries. Naturally, as my beloved son Jesus rendered many miraculous healings during his lifetime - so far as the outer mind of the people was concerned, although he used merely the spiritual law of love - so too, have I devoted my life, all during the time since my own ascension, to helping those who sincerely desire to heal the minds, bodies and souls of men in whatsoever constructive activity they serve: whether they are advanced students who know the mystical science of healing, whether they are the missionaries, whether they are the doctors and nurses under Hilarion's care, whether they are those who work under the ray of purity and in the cloister, whether they are those who work for world brotherhood, the humanitarian aspect of beloved Paul, the Venetian, whether they are the men and women who use the activities of the second ray in research and



accretion of knowledge which they put to use, or whether they are the honest and sincere individuals who heal by faith.

With Jesus, particularly, so many of the consciousnesses of mankind rejected him in life but have accepted him hundreds of years later. But that is the way of human consciousness. Only when one has passed safely beyond the gate of so-called death, is it safe for the human to accept their truths. That will not always be! I saw a man, majestic beyond all words to describe, walk humbly in Judea and speak to men and women by the hundreds, giving them the Law, and then proving that Law in raising the so-called dead, making the blind to see, making the deaf to hear, the lame to walk again and the lepers whole. That man was my Son! I saw how few desired to know the law, how many wanted the fruit thereof!

Today we see on the screen of life, as we measure each dear chela, that more and more among you are those who apply the law yourselves and this is magnificent, for it was not so in our time on this Earth. I say to you who are particularly dealing with the activities of healing, will you constantly remember while you are unascended, to ENFOLD YOURSELVES IN THE LUMINOUS PRESENCE OF SOME MEMBER OF THE ASCENDED MASTERS REALM, BEFORE YOU EVEN BEGIN TO DEAL WITH THE PROBLEMS AND DISTRESSES THAT WILL COME TO YOUR ATTENTION so that you do not, as the Maha Sahib said yesterday, draw that distress into you, but rather locked, sealed and insulated in my

presence or the beloved Jesus or Lord Michael or the Ascended Master Saint Germain, you may then direct the healing currents into those individuals who need the assistance either from their own I AM Presence or any Ascended Master, calling all of the flames and rays of Divinity's kingdom with which you have been acquainted into those lifestreams to give the assistance.

Let me again remind you, although all of us have, **FIRST YOU MUST REMOVE THE CAUSE AND CORE OF THE DISTRESS AT INNER LEVELS, WHERE IT IS NOT SEEN, BEFORE YOU CAN HAVE PERMANENT HEALING** here on the Earth plane. Otherwise, you do exactly like this: you place, through mental power, a 'kerchief over the condition and for the time it is not apparent, particularly while the practitioner or healer is alive, whose very energy and life repels that cause and core and very often accepts it into himself or herself. But when the individual who is rendering that healing or service is removed from the body, preceding the individual who has been afflicted, most often the condition returns even while in that embodiment, or if the individual who has been temporarily healed passes on, and the cause and core of the condition at inner levels is not removed, they will have to again experience that condition until someone makes that call.

THERE IS A CAUSE AND CORE BEHIND EVERY CONDITION, WHETHER IT IS MENTAL, EMOTIONAL, ETHERIC, PHYSICAL, FINANCIAL OR WHATEVER IT MAY BE. When that is plucked out by the roots by any of the Divine Beings who offer to do so, myself, the Goddess

of Light, Astrea, Kwan Yin, any number of us, when that is removed THEN YOU HAVE A PERMANENTLY HEALED PATIENT and remove also the tendencies to create new causes and cores, because on Earth you will find very busy people!

Individuals are creating constantly, waking, sleeping, day and night, constructively or otherwise. As our beloved Maha Sahib said yesterday, they create either more distress, requiring more comfort, or they create more comfort, more light.

Those of you who are interested in healing will know very often the individuals you heal, or whom God heals through you, will re-create those conditions unless you are alert and call to the I AM Presence, the Holy Christ Flame, of that one to remove the capacity to create a new cause and core. I have practiced this, beloved ones, I have done it now for almost two thousand



years. I give it to you as an explanation of the law of healing for those who choose to have it.

It is not always too comfortable to have the full truth presented, and I know it is always more comfortable to just tell you, and this is true, that I love you with all my heart. I love you enough to share with you my light, to believe in you as I believed in Jesus, even on the cross on Golgotha, when every cell and fiber of my being cognized the reality of light immortal, sustaining that feeling for him, until his resurrected form gave me relief from that particular vigilance.

So, I believe in you, and I hold for you the Immaculate Concept, for you each one, and for each other, even when you lose, for a time, the pattern of your own Path Home. Lovingly, kindly, and always your Mother in Light.

Mother Mary

