

ESSENTIAL LESSONS FROM THE ASCENDED MASTER TEACHINGS

*Compiled from the Teachings of the
I AM Activity and The Bridge to Freedom and material released
from the website www.pathofthemiddleway.org*

***Werner & Annette Schroeder (AMTF) compiled the original book:
21 ESSENTIAL LESSONS in two volumes. Eternal Gratitude and Love to
them for their tireless service to the Light!***

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DEDICATION

This series of instructional lessons is dedicated to the Great White Brotherhood, a group of Ascended Beings who have guarded and guided humanity for millions of years. (NOTE: The name 'Great White Brotherhood' does **not** infer any affiliation to any race or nationality, it purely relates to the colour 'white', which denotes absolute Purity, and was named millions of years ago. It is also dedicated to Their committed chelas and sincere seekers of truth everywhere.)

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FOREWORD

The purpose of the Ascended Master Teachings is to bring to the attention of students, the original Teachings of the Great White Brotherhood (*the name Great White Brotherhood does not refer to any nationality or colour, it refers only to the colour 'white', being completely pure*) as given through two Major Dispensations.

We are grateful to be able to present this publication to the public. The entire text is based on Discourses and Dictations by the beloved Ascended Masters given in the 1930's through Guy and Edna Ballard and 1950s through Geraldine Innocente and others of the Philadelphia Group after Geraldine's transition. They were the chosen and authorized messengers of the Great White Brotherhood.

A simple, practical way of life is presented to the reader explaining how they may cooperate with their "I AM" GOD-Presence, and many helpers in the Ascended Realm. This enables students to out-picture and manifest the Kingdom of Heaven, while still living on the Earth-plane, and fulfill their Divine Plan. These instructions are timeless, they apply to humanity's situation of yesterday, today and tomorrow. The Masters called this material, the "New Age Bible, written for generations yet to come."

These lessons are intended to give both beginning and more advanced students, an overview of the most important points of this Teaching. They were written in such a way to enable individuals and group leaders to learn and share this knowledge in an orderly step by step basis. This saves hours of preparation, otherwise necessary to research a given subject.

According to the wishes of the Great Ones, we shall not talk in long, complicated sentences. We shall talk straight from the heart, using a simple, organized approach. The Masters said this teaching should be presented in a way that even a little child could understand.

In closing, we would like to quote the Lord Maitreya, the teacher of Jesus.

"Beloved chelas ever seeking illumination upon your spiritual pathway,

I invoke the descent, *today*,
of the Flame of Illumination,
from the heart of every Divine Being in Heaven
to pour to and through you *now!*

Thus, you shall sit at the table of the GODS, and partake of the substance of our Light which shall be assimilated by your alert consciousness, expanded through your four lower vehicles and projected upon the paths of others, who yet walk in shadow.

With knowledge comes responsibility! The use of the sacred truths of the GODS determines the amount of added illumination which shall be given you.

Walk in the Light!
Expand the Light!
Project the Light!
Be the Light of GOD in action
on Earth here and now!"

LESSON 1 : INTRODUCTION TO THE TEACHING

ANSWERING THE BASIC QUESTIONS OF LIFE

<https://iamfree.co.za/where-to-begin>

Is there a person upon Earth today who has not at some time in their life asked these questions:

Where did I come from?

Why am I here?

Where am I going?"

Is it possible to find out where you came from, to know your reason for being, and to know what your ultimate goal is? During the following lessons we shall discuss the answers to these questions, as given by the Ascended Masters.

Dear student, for what purpose are you living? What is your goal in life? If you have doubts about the answers to these questions, would it not seem wise to try to find out and stop wasting time? Can you love GOD and your fellow human beings enough to help in this worthy cause - to bring permanent peace and freedom to this lovely planet earth? Then read with an open mind and ponder the message in your heart.

Test what you are about to learn. Question the message. Is it internally consistent? Does it make sense? Is it logical? Practice the teaching; apply it in your daily life. Understand the moment of opportunity opened before to show how you may grow spiritually and you may assist at this time of cosmic import.

The I AM Activity and The Bridge to Freedom have come forth to acquaint you with the Divine Plan for the Earth and humanity. This plan contains both the vision and a practical plan of freedom for all of GOD's creation. A Cosmic Moment of opportunity has now opened up before you, to show you how you may grow in spiritual understanding, learn about the Source of your life, your "I AM" Presence, how to CALL for the Light from your "I AM" Presence to set you FREE forever, and learn the Universal Laws of Life, so you may never re-create misery and limitation again, and finally how you may assist to bring the Divine Plan for the Golden Age of FREEDOM into fruition.

GOD HAS MANY HELPERS

There is only one GOD and GOD is All-In-All, and is both our Father Alpha (I), masculine, and Mother Omega (AM) feminine GOD, and is in every part of life. Every living thing lives, moves, breathes has its being within the Body, Intelligence and Love of The infinite "I AM" at all times.¹In order to integrate all the functions of creation, GOD employs many messengers.

When looking at the infinite number of stars in the sky, the infinite variety of fruits, grains, flowers, trees and vegetables - all part of GOD's creation - you must realize that GOD, like a business leader, must have many helpers. The head executives of a great industry do not perform every single service of their vast organization down to the sweeping of the floors. They have many trained and trusted individuals in charge of each department under them, They perform their particular service and report on it. These people may also have others under them who do likewise, and so on. The size of the structure varies in complexity according to the organization's size.

So does the great Godhead have many messengers of varying grades in charge

of each one of the different department of life who report to their superiors. 'As above, so below'.²

Everyone who ever lived on the Earth and graduated in the victory of their ascension as Jesus did, became an Ascended Master and is a true messenger of GOD - there are thousands of them. There is a great God-Being in charge of every department of life. Some work with individuals, others with groups, nations, the elemental kingdom and nature; others work with the angelic host, each is a specialist in their particular field of service.

Moses, Buddha, Jesus And Mohammed Still Live

In the Jewish religion they talk about what Moses did centuries ago.

In the Buddhist religion they talk about what the Buddha did centuries ago.

In the Christian religion they talk about what Jesus did centuries ago.

In the Muslim religion they talk about what Mohammed did centuries ago.

All these great people were Messengers of GOD - that is, they were people bringing a message from GOD to humanity, and were acknowledged as such.

What has become of these great people, and many others like them? Did they cease to exist when they passed from the Earth after having fulfilled their mission? Not at all. they are still the messengers of GOD on a higher plane, still trying to assist humanity, if humanity will accept their services. Most of them are serving unknown and unhonoured, except for the very few who know of them. They achieved their ascension, even as Jesus did, one by one, and joining the ranks of others of GOD's messengers who love and serve humanity. They will continue this selfless service until everyone has done the same thing and the Earth expresses Peace on Earth and Good Will to All of Life.

The Great White Brotherhood

People have forgotten the great Cosmic Laws governing the Earth and her humanity. They have forgotten there is a Divine Blueprint for each one which, when fulfilled, brings love, peace and happiness into their worlds. They have forgotten there is a great Spiritual Hierarchy who has guarded and endeavored to guide them for eons of time to prevent them from completely destroying themselves and the Earth.

This Hierarchy, known as the Great White Brotherhood, is composed of Ascended Beings. Many of them lived on this Earth in physical bodies, even as you and I. By the understanding and application of the laws governing life, they graduated into a higher sphere of service. They have foresworn serving in the spheres of beauty and perfection, instead remaining to assist the struggling people of Earth - when invited to do so. By Cosmic Law they are not permitted to intrude on the free will of even the least of us.

The Ascended Masters are real and tangible beings, ready to assist humanity, provided they are asked to do so. The Masters ask to be recognized as a potential force for the common good of humanity. *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 is that simple.

The Great White Brotherhood is not an outer organization. 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 into association with the Brotherhood. The Ascended Host direct the attention of chelas. It is up to the students to make the right choices. No one has ever made the ascension without the assistance of an Ascended Master.

The Basis Of World Religions

A world religion is given out to humanity to explain a specific part of Cosmic Law. It is designed by an Ascended Being called a World Teacher. The new teaching is taught at a specific time, at a particular location, to manifest a portion of the Divine Plan for the Earth.

The Divine Plan for the Earth contains a common foundation, the Love of GOD for His creations - human, angelic and elemental. All world religions were established by a World Teacher who is a member of the Great White Brotherhood. Thus, all world religions have a common fount and are similar in nature.

Students need to find GOD alive within themselves. Then, once having found their source, students should strive to allow GOD's Divine Plan to be fulfilled through them.

The Spiritual Meaning Of A Bridge

According to Webster's dictionary, 'A bridge makes a way over anything that hinders' - for those who choose to use it. No one would choose to swim in a swift, cold current if they have the choice to safely walk over a kind and sturdy span.

Today sincere people are seeking a spiritual way over the world appearances of war, famine, disease, poverty, ignorance and limitation, into a world of peace, health, opulence, enlightenment and freedom. They are seeking a way a way for themselves and all people to enjoy the permanent Golden Age. They are seeking a way for themselves and all people to contact the Will of GOD and intelligently cooperate with it to expand the borders of His kingdom. This is the task of the 'Bridge Builders' of today.

What The Masters Are Doing Right Now

You cannot live in the past or even in the future. You can only actually live in the present, *now*. One main difference between the "I AM" and Bridge to Freedom Activity and all other religions and lines of truth, is The Bridge tells you what the Ascended Masters are doing now, and the current Divine Plan to awaken humanity and save this world, so you may cooperate with and assist them if you choose. It is not what they did in the past, but what they are doing now that people need to know in order to offer their energies and cooperate for the protection and blessing of the Earth.

Through "I AM" Activity and The Bridge to Freedom, these Great Beings have given the explanation of creation, and answered questions all have asked at some time:

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. By understanding and applying the principles which helped them to gain their ascension, you may likewise gain your freedom. The Masters of Wisdom know

self-conscious effort must be made by each one to attain that freedom which they now enjoy. They are telling you how to do it, for it is destined that the Earth shall once again become Freedom's Holy Star made manifest.

Therefore, truly 'Seek and you shall find. Ask, and it shall be revealed to you. Knock, and the door to your freedom will be opened'.³ Enter in dear students and Be At Peace.

SOME FREQUENTLY ASKED QUESTIONS

What Is The Divine Plan For Each Individual?

You, and every one of humanity, came forth from the Heart of GOD, and truly you are Gods in embryo. You have chosen to take embodiment on the Earth for the purpose of learning mastery over all energy and substance, which means your own thoughts, feelings, words and actions.

When this is accomplished, and you have purified and harmonized all the life loaned to you by GOD, and charged yourself with enough Divine Love, you become a candidate for the ascension. Then, at the close of your embodiment, you can become an Ascended Master, even as Jesus did - forever free from imperfection. This is called 'going home to the heart of GOD' from whence you came.

If God's Will Is Perfection for Each One, Why is there So Much Suffering?

Our Father / Mother GOD has endowed each child of Their Heart with the gift of free will, with the privilege of being a creator, even as They is. All are free to experiment with their Life-Energy and think, feel, say and do as they choose. When these activities express something constructive (the sowing), individuals reap constructive things. When GOD's Law of Love and Harmony is broken and individuals express discord, either carelessly or with intent to harm, that imperfection passes into their own world and they reap distress of some kind.

Can Any Religion or Organization Truly Claim It is the "Only One" that Can Save Humanity?

Most certainly not! The Earth has existed for eons of time, and millions have lived on the planet. Neither a good parent nor a good person, let alone a good GOD, would give life to millions only to let them be destroyed and save only a few.

A different aspect of the same truth is brought forth about every 2,000 years. Christianity has been dominant for the past 2,000 years. The Buddhists of South and East Asia and the Muslims of West Asia have also brought forth certain aspects of truth. We are now at the opening of a new 2,000-year cycle where freedom will come forth for every part of life.

No one has ever gained their mastery over all outer conditions without the assistance of the Ascended Host of Light. The calls 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 have, a trained and proven contact in physical embodiment, who is able to clearly receive their instructions and if they have the benefit of a special dispensation granted by the Karmic Board, it is possible to transmit new information during the duration of that special dispensation.

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 gives 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. No one can save you. All must do these for themselves.

Why Do You Believe in Reincarnation*(re-embodiment)?

The arguments for re-embodiment (reincarnation) are many.

To start off, it only makes sense that a person who committed a wrong by thoughts, feelings, or actions against GOD's Law of Harmony, should be responsible for such action; rather than have somebody else carry that burden.

It is only logical, that a loving GOD gives a person another chance to right the wrong committed in a previous embodiment.

Additionally, how can the actions of a prodigy be explained, a person who at the age of 10 composes entire symphonies without previous training? Does this action not imply this skill was obtained as a part of training in a previous embodiment?

Most of the Earth's population believe in re-embodiment. The Christian religion of today is one of the few that does not. Some researchers believe the doctrine was removed from the Christian Gospels as part of the Councils of Nicea⁴ and Constantinople.⁵ [*This section is about reincarnation, not transmigration. See Glossary]

Is This Activity Connected With Spiritualism?

No, it is not. While spiritualism has rendered a great service by proving there is life after so-called death, the medium generally only reaches individuals among the so-called dead who have no more wisdom about how to live life than when they were on Earth.

It is also very harmful to call people back after they have passed on, because it delays their progress.

The person who is a true contact for the Ascended Masters is able to raise the consciousness to meet that of the ascended beings. When you contact the ascended masters, their instruction is truth since they have overcome the world and are now the fullness of GOD's love and wisdom. When their instruction is followed, it sets people free.

The true contact is always in control of the mind and body, and the ascended masters never work in the dark, but always in blazing light. They never exalt any personality, and accomplish all through the power of Divine Love. They are absolutely selfless.

Is---(Name Of Person)---A Good Channel?

(NOTE: False channels caused the sinking of continents:

<https://iamfree.co.za/s/FALSE-CHANNELS-RESPONSIBLE-FOR-SINKING-OF-ATLANTIS.docx>

This by far, is the most frequently asked question. The most seasoned chelas have difficulty (despite their claims) in mastering the subject of discrimination. This subject is so largely misunderstood and so important, that a major part of a future lesson is devoted to it.[Lesson 15 Part 2]It is suggested that the sincere seeker of truth consult the many references of the Masters on discrimination (there are about 90 of

LESSON 1 : INTRODUCTION TO THE TEACHING

them in the index to *The Bridge to Freedom* publications).

LESSON 1 : INTRODUCTION TO THE TEACHING

To be chosen as a Messenger of the Ascended Master's is very rare. Here are some major points distinguishing authorized channels of the Great White Brotherhood from those who are not:

- 1) On the average of once every 100 years, a cosmic 'stockpile' of energy is given to the Brotherhood. This stockpile is awarded to a particular Master as part of a special dispensation. This dispensation is used to give out new information on Cosmic Law, the current activity of the Brotherhood, their retreats, and other information the individual can use either to make the ascension in this embodiment, or to consciously cooperate with the Brotherhood.
- 2) After initial contact, the new channel is trained for many years before being allowed to give dictations to the public, and also has been trained in the 'inner levels' by the Ascended Masters for many lifetimes.
- 3) There is never any glorification of the outer self, such as newly-assumed titles. Any semblance of ego or arrogance immediately shuts the door.
- 4) There is never any condition or semblance of trance or losing consciousness, nor losing control of mind or body. The Ascended Masters will never take over a body, so you will never hear any change in the voice of a messenger.
- 5) A special cherubim is appointed to ensure there is a continuous, clear line of communication between the Ascended Realms and the physical octave.
- 6) The true contact knows that all information so obtained remains the property of the Great White Brotherhood. As such, it must be shared freely with everyone, and at a reasonable price if there are costs involved, such as printing, or freely given on a website. There can be no restrictions whatsoever in the distribution of literature.
- 7) The messenger is aware that the Master who originally obtained the dispensation is responsible for replenishing the cosmic energy stockpile. He went out on a limb, so to speak, hoping students will return the energy thus spent through decrees, visualizations, songs, the distribution of the literature* or translating such material for the greatest benefit of all.
- 8) The true contact practices the rules of spiritual courtesy. He acknowledges and gives credit to other messengers of the Brotherhood.

*[When distributing literature, it is most important to visualize the Illumination Flame over the student who receives it. One can call on Archangel Jophiel and Ascended Master Kuthumi to blaze this flame through the student receiving the literature.]

Channels who do not match this criteria, fall in a different category. They may make a constructive contribution, but they are channeling only partial truth. They are unable to give a clear and truly reliable message.

Many people both see and hear on the inner levels of consciousness, and receive many promptings which prove advantageous for the governing of their own lives. However, these people have not been chosen by the Masters to be an instrument who is qualified to bring forth a global instruction for an era of time.

What Is The Meaning Of The Word 'Bridge' As Used Here?

It means a *Bridge of Light-Energy* from Heaven to Earth, being built by the great Ascended Host of Light from the prayers, petitions, and decrees of the students who are consciously serving with them at this time. Everyone who believes in the Ascended Masters and calls to them, strengthens this Bridge.

There are students in America, and throughout the world, who meet in groups and issue positive prayers or decrees. They combine their energies in calling to their GOD Presence and the Ascended Host of Light to remove the causes behind all distress and bring about the illumination, purification, healing and perfection of all life.

What Is 'The Bridge To Freedom'?

<https://www.youtube.com/watch?v=3-6RxyM6ImM&t=17s>

'The Bridge to Freedom' is the instrument through which the instruction was given forth by the Ascended Masters on how each one can purify and harmonize their four lower bodies (physical, etheric, mental, and emotional), so each one may sow only perfection into their world.

This teaching shows how to liberate the *Christ Within* and thus fulfill their reason for being, by achieving the goal of all life - the ascension. In addition, the teaching explains how students can cooperate with the Great Ones to further the progress of all life on the planet and the planet itself.

Why And When Did The Bridge To Freedom Teachings Come Forth?

The first issue of The Bridge to Freedom magazine came forth in April, 1952. Its purpose was to acquaint people with the various Ascended Masters, their homes and foci of light, and the truth that will be the code of conduct for the next 2,000 years, and is a **supplement** to the "I AM" Activity material, making the Dispensation complete. **Both sets of books must be read, in order to get the full understanding.**

The retreats, homes and foci were once physical structures on the Earth, where the God-Powers of Light and Love were drawn and radiated forth to bless and assist people. When the physical structures were destroyed in ages past, the etheric replicas remained and have continued to pour forth their blessings.

Masters and Cosmic Beings (of whom the Ascended Jesus Christ is but one member) are known as the Great White Brotherhood. Some specific members of the Brotherhood involved with *The Bridge* and related activities are:

- the Ascended Master El Morya
- the Lord Maha Chohan
- the Ascended Master Saint Germain

Master Saint Germain is in charge of the Earth for the next 2,000 years and is bringing the *Era of Freedom to All Life* and the permanent Golden Age!

All The Ascended Host of Light are assisting in this gigantic task.

Who Are The Ascended Masters Saint Germain And El Morya?

We entered the present 2,000-year cycle of time, which is to be the *Era Of Freedom*, in May of 1954.

The Ascended Master Jesus, as Chohan of the 6thRay, was in charge of what had been known as the Christian Dispensation over the past 2,000 years, the Ascended Master Saint Germain, as Chohan of the 7thRay, is the director of the Earth's activities for the next 2,000 years.

He represents freedom for every part of life - human, animal, and elemental. There will be tremendous changes in the way of thinking, feeling, and spiritual understanding. Saint Germain brings the inner truth which Jesus knew and used, but formerly was only taught in the retreats of the Ascended Masters. Now it is available for all to accept, apply, and prove in practical everyday living. It is to be lived now - every moment of the 24 hours of each day, and not after so-called death.

The great Ascended Master known as El Morya has long served humanity. He brought forth The Bridge to Freedom activity to assist Saint Germain in the gigantic task of setting all life free from that which has bound them for so long. All the Ascended Host are working together in love and harmony to bring this about.



THE BELOVED ASCENDED MASTER SAINT GERMAIN

A TRIBUTE TO SAINT GERMAIN:

<https://www.youtube.com/watch?v=IIs98Gb5M1o&t=12s>

LESSON 2 : MESSENGERS OF THE GREAT WHITE BROTHERHOOD

A TRIBUTE TO THE ASCENDED MASTERS

<https://www.youtube.com/watch?v=QhpOndSC4TE>

MESSENGERS BEFORE 1930

Ascended Masters are still at work today. Assistance by the Masters of Wisdom comes through many avenues, and no one particular individual or organization can claim the exclusive radiation of the Great Ones. Some organizations, however, teach higher concepts of truth, and some explain GOD's Law - Cosmic Law - more fully.

The original text of the Christian Bible corresponded more closely to the teachings of the Great White Brotherhood than it does now. The book has been embellished by many translators, and by representatives of the Roman Catholic Church at various conclaves. Throughout the ages, there has always been, and continues to be, the human tendency to change truths and impress a personal imprint upon them. For centuries churches have had the opportunity to free people but with little result.

Ascended Master Jesus: The Crucifixion Emphasized not the Ascension

Speaking Through Guy W. Ballard, 1939

"Observe how little good my example of the ascension did. Just 300 years afterward, the great truth was so obscured, humanity scarcely understood anything of the achievement and example I left. Instead of concentration on the ascension, there is concentration on the crucifixion. There is always a vicious force in the world wanting to destroy the light."

It is, therefore, not surprising the Masters of Wisdom choose to work outside the framework of established churches to explain new aspects of the Law. Rather, simple and humble, truth-loving people were chosen as messengers. Social standing, title and scholarly intellect mean little to the Great Ones. The display of *any* type of arrogance or glorification of the human ego closes the door to the Ascended Masters.

Early in the 19th Century, Lord Maitreya (Jesus' teacher) called the attention of the Chohans (Lords of the Rays) of the Earth to the necessity of bringing the knowledge of the actual existence of the Masters to the outer consciousness of the people. He explained that up to now the Masters had concentrated their attention in the East, and it was time to shift attention to the Occidental world.

The universal presence of the Holy Ones has long been accepted in the East. However, the nature of the Eastern Holy Man, being absolutely devoted and limited to adoration and worship, did not allow for the use of the vital energies required to translate vision into tangible action and results.

After a good deal of effort and persuasion by the Masters, Mrs. Blavatsky¹ (Yelena Petrovna Blavatskaya) offered her assistance. The Theosophical Society was founded in 1875. In addition to Helena Blavatsky, there were other people, who in the 19th and 20th centuries, gave certain new phases of the teachings of the Great White Brotherhood to humanity. The Masters mentioned Joseph Smith², Mary Baker Eddy³, Alice Bailey⁴, Baird Spaulding⁵, Guy W. Ballard⁶ and Geraldine Innocente⁷.

Mrs. Eddy was the author of *Science and Health with Key to the Scriptures*, and

other books. She stressed spiritual healing, in the way Jesus healed the sick, and called her discovery of the healing method, 'Christian Science'.

Baird Spaulding, through his books *Life and Teaching of the Masters of the Far East*, carried to the Western mind a greater realization of the activities of the Ascended Masters.

In 1919, the Ascended Master Djwal Kul obtained a dispensation enabling him to communicate with Alice Bailey. She was a 'natural' automatic writer, but did not seek, at first, the opportunity to be a medium. It took great persuasion before she finally consented. Djwal Kul and Alice Bailey had had a close association during some previous time-period. This was helpful in obtaining the dispensation.

THE FIRST NEW AGE DISPENSATION: THE DAWN OF A NEW ERA— 1930 THE "I AM" ACTIVITY

The first 'New Age' dispensation was primarily the effort of the Ascended Master Saint Germain. He sought out those who had assisted him in his previous efforts with the Sahara Civilization 70,000 years ago, and saw enough reason to carry the Light to America and the people of the Earth. The Ascended Lady Master Nada assisted the efforts of Saint Germain.

This dispensation shows an entirely new approach. Saint Germain did not use any established religious teaching as a base and add to it. He made no attempt to revive Theosophy.¹⁰ Only sparingly did they refer to the Vedic literature of India or to the Christian Bible. Starting totally anew, Saint Germain and other Ascended Masters explained Cosmic Law in clear terms. *The method of instruction is based on logic and common sense.*

The Masters also added their radiation, helping the instruction gain acceptance through the feeling nature of the students. Saint Germain gave out this new message in America, the country which at this time-period is to be the leader of the human race. He presented a new style of the Ascended Master Teaching to the world.

There were changes in the substance of the teaching, as well. For the first time, the Ascended Masters could give out information on the following four subjects:

- 1) Knowledge of the I AM Presence, one's individualized God-Presence,
- 2) The protective Pillar or Tube of Light
- 3) The Violet Transmuting Flame
- 4) The Ascension as the goal of all embodiments on earth

Jesus understood these cardinal points. He applied them and he left the example to all humanity - he attained the ascension. Before this time, such knowledge was only permitted to be given in retreats, to individuals of considerable advancement.

It was the need of the hour and the fact that a certain stockpile of cosmic energy was available that enabled Guy Ballard to receive messages from the Masters in clear and simple terms. This gave humanity the knowledge of the I AM Presence and the Violet Flame for the first time since the days of Atlantis. Typically this stockpile of energy is available for use once within a century.

Under the dispensation given to Saint Germain, the teachings were given clearly and simply. The Occult Law had governed all religious teachings prior to this event.

Under the Occult Law, certain truths could not be given simply and directly. They had to be veiled in parables, myths, legends, plays, or phrased in such a way only an initiate, and not the general population, would understand. When Plato, an

initiate in the mysteries of the Occult Law, wrote about Atlantis, he did it in the form of a dialogue.

Therefore, beginning in 1930, the Ascended Master Teaching assumed a new approach, unique from any previous method of instruction. This effort by Saint Germain has been labeled by the Masters the 'Beginning of a New Age'.

When Saint Germain first conceived the idea of putting forth this work, he explained to that master called The Great Divine Director, he had people in embodiment who he felt were strong enough to carry his message. The Great Divine Director asked him if he were certain of this. Saint Germain replied, "I shall try it, and we shall see."

The messenger, Guy W. Ballard, met Saint Germain in August of 1930 on Mount Shasta. After the experiences on Mt. Shasta. Guy Ballard returned to his home in Chicago, receiving further explanations by Saint Germain, as part of many discourses. These instructions were given via the Light Ray and the Sound Ray; some were delivered by Saint Germain in his Ascended Master Body, and some were delivered via projected 'golden letters of living Light' making sentences in front of Guy Ballard.

Following this period of preparation, Guy Ballard gave the first classes in 1935 and talked to large audiences all over the United States. Mrs. Ballard talked over the radio. Together they reached hundreds of thousands of people.

Often, Guy Ballard did not know what he was going to talk about. All he knew was Saint Germain requested he rent a certain auditorium in a certain city, on a certain date. After doing this, and the audience was assembled, Mr. Ballard stepped to the platform. Then there appeared before him two-inch-high letters of 'golden living light'. He read those messages to the audience. Some people in the front row also saw those letters of light.

William Cassiere, also known as 'Brother Bill', a messenger appointed by Saint Germain to work with the Ballards, told us he saw the letters of living light several inches high, both from the front row of the auditorium and in the back row, with his eyes open or his eyes closed. (Brother Bill later became a member of the Ascended Master Teaching Foundation)

One student who accompanied Mr. Ballard on many of his trips throughout the United States stated Mr. Ballard was clairvoyant and clairaudient. She said he usually had no problem reading 'the letters of living light'. When he was disturbed, it was like reading through tears.

In the activity of the 1930s, the Masters for the first time placed emphasis upon the art of invocation. They explained that students could best support their efforts if they employed the power of the spoken word, called decreeing. The student body responded to this request, and this helped greatly to bring about the manifestation of the plan of the Great Ones.

Prior to, and during World II, the calls of students made it possible for the Ascended Masters to create a line of protection along the eastern and western seaboard of North America. As part of this effort, the cities of New York and San Francisco were saved from destruction.

Another accomplishment of this activity was the removal of thousands of discarnates (earthbound souls) from the Earth's vicinity, leading them to higher realms. One-third of the destructive accumulation of humanity was dissolved and removed from the Earth forever.

Twenty thousand healings were attributed to Mr. Ballard. Many people were

healed while attending the lectures. William Cassiere witnessed many of these healings. He told us that at the end of the public lectures, some left their crutches because they were no longer needed. Is there any greater proof needed for the validity of the message and the quality of the messenger? Jesus said, "By their fruits shall you know them."⁸

In April of 1936, Guy Ballard had qualified for his ascension. He decided to continue with this instruction to help Saint Germain bring in the Golden Age. Guy Ballard made his ascension on the last day of 1939. He lectured to the very end.

THE SECOND NEW AGE DISPENSATION– 1952

THE BRIDGE TO FREEDOM:

<https://www.youtube.com/watch?v=3-6RxyM6ImM&t=2s>

Ascended Master Light On Page 127

"Oh, I tell you, dear people, nothing in the world is so important as getting those books to as many people as possible. So I say to you, beloved ones, if you wish to serve, if you wish to help to gain this freedom, do whatever you can to help spread these books and magazines"

After the ascension of Guy Ballard in 1939, this book [*Ascended Master Light*] and others were no longer available to the general public. Some of them became available again in the 1980s. The books were never translated.

Why is the Great White Brotherhood so concerned in getting this message out to all people? The Law of Conservation of Energy applies just as much to the Ascended Masters as it does to humanity. People need to return the tons of energy released by the Great Ones. How can this energy be returned if new students do not have access to the original dictations?

Ascended Master El Morya: Opportunity to Learn the Law

"If students are not given an opportunity to learn the Law, and are denied by language restrictions and by limitations of distribution of the tremendous accumulated store of wisdom that lies unprinted, how can they be counted upon to contribute their light? It was for the purpose of reaching these millions that this endeavor, The Bridge to Freedom Dispensation, was started, not as a new activity but as a complement to the former, a supplement, not a competitor."

It was primarily for this reason the Masters had to look elsewhere to carry forward their message. Starting in 1944, Geraldine Innocente, the Twin Ray of the ascended Master El Morya, received dictations. She gave these dictations to a small group of students. However, it was not until 1952, when El Morya received a 20-year dispensation to give new aspects of the Ascended Master Teaching, that Geraldine became an 'authorized' messenger of the Great White Brotherhood and the dictations were published. However, these Dictations differed from the "I AM" Activity, as The Ascended Masters opened Their books of Life and LOVE was the result!

As an express condition for being granted the dispensation, El Morya had to agree to replenish the cosmic stockpile of energy if there was an inadequate response from students. Again, we see the Law of the Conservation of Energy in action.

Geraldine had been embodied several times as an oracle at Delphi.⁹ The Masters were able to use Geraldine as a channel by accelerating the vibrations of her mental

and emotional bodies, and by using the brain consciousness and the vocal cords for reception.

Since the dictations of the first New Age Dispensation were not available to other students, the teaching of the Laws of Life needed again to be explained by the Great Ones and published as part of the new Bridge to Freedom material. Many new subjects were added, that were not explained before:

- Qualities and Colors of the Seven Rays
- Activities of the Archangels and Elohim
- Ascended Master Retreats
- Pictures and Keynotes of the Ascended Masters
- The early history of humanity before the Fall of Man
- Previous embodiments of Ascended Masters
- The Transmission Flame Service

Frank C. Pita of Havana, Cuba and Mrs. Francis Ekey volunteered to become the manager and associate editor of the monthly journal called '*The Bridge*'. Its first publication occurred in April, 1952. Geraldine's mother, also the twin ray of an Ascended Master, helped. She wrote articles in this journal under the pen name, 'T.D. Marches'. El Morya became the editor of *The Bridge* using the name, 'Thomas Printz'.

According to El Morya, he chose the name 'Thomas' from his former embodiment as Thomas Moore, an Irish poet. So 'Thomas is printing', became 'Thomas Printz'. *Thomas Printz' Private Bulletin*, was also available to subscribers of *The Bridge*. This weekly publication contained priceless wisdom presented by the Maha Chohan, representative of the Holy Spirit to humanity and the Earth.

Once El Morya had received the final dispensation for The Bridge to Freedom, all members of the Great White Brotherhood joined in his effort.

During the time of Geraldine, the wishes of the Masters were followed, and some of this work was translated. Several books were translated into Spanish and German. New groups came into being. This created new, permanent force-fields, magnetic centers drawing angels closer to the Earth and gave the Masters greater freedom in bringing forth specific instruction and radiation. The Masters said the task of The Bridge to Freedom will never be complete until the very last lifestream has crossed this bridge of light on the way to his ascension.

The Transmission Flame Service (TFS)

MORE INFORMATION ON THE TFS:

<https://iamfree.co.za/starting-a-group>

The new teaching explained that the Spiritual Hierarchy meets twelve times a year at a different retreat each month, and has done so for eons of time. As part of this gathering, a certain amount of radiation is given to the people of the Earth.

Humanity, not knowing of these events, does not respond and offer energy in return. Consequently, the Masters are prohibited by Cosmic Law to give out their radiation beyond a certain point.

There was a great need to acquaint students with the knowledge as to which retreat are open during a particular 30-day cycle, and to have students consciously send the God-Quality radiated by the retreat throughout the world as part of a Transmission Flame Service.

**THREE DISPENSATIONS: GOLD, BLUE, PINK
– VICTORY OF THE LIGHT ASSURED!**

Excerpt from The Bridge to Freedom - Journal *Book 4* – Pages 264 - 265

The Golden Plume Of Wisdom, The Blue Plume Of Power, The Pink Plume Of Love

An instruction by The Maha Chohan was read from the platform at Philadelphia on November 8th, 1953, in which it is said 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 Masters' Light and Love to the people of Earth in the last century or so, the Maha Chohan had this to say, in substance:

Every 100 years the Great Ones in charge of a planet and the illumination and raising of their humanity, receive a quota of light substance, energy, to use to forward their plans on that particular 'star'.

The Golden Plume Of Wisdom - Theosophy – Dispensation 1

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. Much was accomplished, making 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 people, 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 - I AM Activity - Dispensation 2

In the 20th century, about 1930, the Great Ones again invested their energies, initially through Guy and Edna Ballard, in bringing forth and establishing the 'I AM Activity'. The group activities from about 1935 to 1950, returned that energy through 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 - Bridge To Freedom - Dispensation 3

The present endeavor, The Bridge to Freedom activity, has come forth as the Pink Plume of Love Activity. It must always be carefully guarded and supported by Wisdom and Power so it remains 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. ***[With the three dispensations now in place, the balance will come and Victory of the Light is assured on this planet. Ed.]***

THE TEACHINGS OF THE NEW AGE

The instructions of the Ascended Masters are a harmonious blend of Eastern and Western teachings. They combine the Oriental qualities of contemplation, adoration and worship of GOD with the Occidental qualities of initiative and accomplishment.

These instructions explain Cosmic Law, the Law of Life, in a simple, easy to understand manner. No longer is it necessary to teach GOD in an abstract way. Such statements as 'GOD is Good' and 'GOD is Love' are basically correct, but the

inquiring mind is looking for more depth to gain the full significance of these statements.

The Ascended Master Teaching stands on its own, and is not Christian, Buddhist, Muslim, Jewish, or Hindu. It may be called the root, the fountain of truth, from which all known religions had their source.

These are scientific, demonstrable principles. Sincere seekers of truth now have the opportunity to study and apply this wonderful teaching, so students may walk the path of light, in which alone permanent happiness may be found.

In looking at the many fields covered, and the type of detail given, one realizes the original presentation as given through Geraldine Innocente, is unique and applies to today's conditions and to the future.

Every word the Ascended Masters speak is a cup of their pure God-Energy, Light, Substance, Power, and Qualities. All are powerfully charged to help students accomplish the victory of the ascension.

Commenting on the dictations of *The Bridge to Freedom*, the Masters emphasized the material given was many times more than required to gain the ascension. **Hence, the requirement of the hour is not a new 'channel', but to study and practice what has been given, and to disseminate the works of the Ascended Masters.**

The Maha Chohan stated: "Each of the planets of our sun must be quickened to enter and sustain itself in the orbit of the graduating planet. We are, therefore, of necessity *forced* to reach humanity quickly, ALL of them, and I shall expect every assistance in the cosmic push of the hour." *The Bridge Journal* article, October 1959

The Great Ones called Geraldine Innocente a temporary contact. They knew this contact would last for a limited number of years. Therefore, they utilized her ability as a channel as much as possible. In the span of nine years, about 6,000 pages of dictations were published.

Regarding *The Bridge to Freedom* Activity, **Archangel Uriel** wrote:

'Biblical Law Being Written Again'

"Genesis and all of the succeeding Biblical Law is being written again. It is being written now, not by unascended beings, but by God-Free Beings. It is a Bible made up of the energies of the archangels, the Cosmic Beings and the Ascended Masters that will stand for the rest of the civilizations being brought forth on this planet Earth." *May 16, 1954*

Maha Chohan: Material Given for the Present and Future Evolutions

"You may be given too much of the Law for your outer minds to digest at one time. However, we feel for the sake of those following after you, an entire evolution of people who would perhaps benefit by the instruction you may never even need to use, we had better take advantage of the temporary contact between the Ascended Masters' Realm and the human, and get as much of this Law as possible to you - because we are writing a whole Bible that will live and be read by millions of people long after you have come home."

May 20, 1956

LESSON 3 : CREATION

THE STORY OF CREATION By Beloved Lord Lanto:

<https://www.youtube.com/watch?v=fdksLJ1O6kY&t=649s>

THE PURPOSE OF CREATION

From The Book of Genesis – Chapter 1

	Verse
In the beginning, GOD created the Heaven and the Earth	1
And GOD said, let there be Light, and there was Light	3
And GOD said, let us make man in our image, after our likeness	26
So GOD created man in his own image, in the image of GOD created He him, male and female created He them	27
And GOD saw everything that He had made, and behold it was very good	31

It is the nature of GOD to allow His children the opportunity of becoming co-creators with him. As our children have the same potential as we do, so it with our God-Presence "I AM" – all Sparks from our Father (Alpha - I) Mother (Omega - AM) God.

The purpose of creation as well as the sustenance of any system of worlds, is to allow each lifestream 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 their own creative faculties of thought and feeling.

To become such a Master Presence, the three-fold nature of the God-Parents has to be nurtured and developed within everyone.

Each one must become a God-Director of His life plan - The Father
An externalized son of right-use-ness (righteousness) - The Son
a dispenser of the Holy Comfort and Spirit of Life to the world - The Holy Spirit

To assist in this development, Seven Cosmic Rays have been created and are sent earthward in rhythmic pulsations, to give the same nourishment to man's spiritual nature as the seasons of the year provide for the kingdom of nature. These cosmic currents are as orderly in their outpouring upon the Earth as is the beneficent radiation of the four seasons.

GOD, the owner and giver of all life, is called The Great Central Sun in our galaxy. It is the sun 'behind' our physical sun, and is the source of all life and all things in the entire galaxy.

The activities of the Great Central Sun are governed by Beloved Alpha and Omega, the Supreme Beings of our galaxy.

The galaxy to which we belong is composed of a number of planetary systems. Each planetary system consists of one sun and several planets. Our planetary system (the 'solar system') is directed by the Divine Beings, Helios and Vesta.

<https://iamfree.co.za/the-i-am-presence-ascension-1>

THE CREATION OF OUR EARTH

'As above, so below'¹ is a well-known expression. Every physical manifestation is preceded by some action at higher, inner levels. After Helios and Vesta decided to become God-Father and God-Mother of our solar system, they had to prove, through the directing of light rays, they could radiate enough concentrated energy to first create a solar system, then to maintain its planets in a certain orbital position, and to sustain life on them. Helios and Vesta passed the initiation. Thus, Alpha and Omega vested them with the authority for such a system.

The first fiat issued by Helios and Vesta was, 'Let there be light'. Through thought and feeling, Helios and Vesta determined the size of the planets, their location, and the number of lifestreams that would abide on each one. This could be compared to our designing a home and the interiors that go with it.

When the Light pattern was completed, Helios and Vesta placed the blueprint into the hands of *the Cosmic Silent Watcher*, who is responsible for holding the pattern of our planetary system.

The Cosmic Silent Watcher absorbed the pattern of design and accepted the responsibility of holding the immaculate concept for each planet until the time when Helios and Vesta would designate the externalization of each. The blueprint contained the oceans, seas, rivers, lakes, lands, trees, shrubs, and other vegetation, the mountains and atmosphere for each planet.

When the time for the creation of the Earth was at hand, the Cosmic Silent Watcher turned the blueprint over to *the Planetary Silent Watcher*. The name of the Earth's Silent Watcher is Immaculata, a feminine being.

Now Helios and Vesta drew forth *the Seven Elohim*, the builders of the universe. They answered the call of Helios and Vesta. From the Planetary Silent Watcher they studied intently the plan held within her consciousness, which it was their joy, service, and opportunity to bring into form.

Their first activity in this direction was the projection of the mighty light rays from their combined consciousness forming the matrix of the new planet. When this was done, they summoned the directors of the forces of the elements and the lesser builders of form, the angel devas and the elemental spirits. These beings magnetized the electronic light-substance, filling in and fashioning the planet according to the instructions given them by the Elohim. As builders return to the architect's blueprint, so did the Elohim return again and again to the study of the Light pattern held in the consciousness of the Planetary Silent Watcher.

People have no concept of the fidelity, consecration and sacrifice of a being who chooses to hold the Divine Pattern and plan as a Silent Watcher for a planet for millions of years beyond the time originally scheduled for its perfection. This great, blessed Silent Watcher for our Earth has held the pattern as designed in the heart of Helios and Vesta and the pattern for every lifestream destined to manifest God-Perfection.

THE NATURE KINGDOM

<https://iamfree.co.za/the-laws-of-life-self-mastery-a4kijy>

The Elohim invoked the directors of the forces of nature, the majestic Virgo (Earth), the mighty Neptune (water), and the Aries (Air). They joyfully answered the summons, grateful for the opportunity of contributing the gifts of their respective elements for the comfort and well-being of the newly-born Earth and its future inhabitants. Helios and Vesta, provided the element of fire.

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After this came the invocation to Amaryllis, the Spirit of Spring, to come and set up the rhythm of the spring in blossom, flower and the beauty of nature. This beautiful being came in answer to the call, bringing with her legions of angelic and elemental helpers. Their combined energies clothed the sweet Earth in such beauty and gladness, that she looked like a beautiful dryad, wearing a wreath of flowers upon her head, waiting to welcome the spirits who were to make her their home.

Nine hundred consecutive rhythms of springtime came and went to make the Earth more and more beautiful - the lakes, the great rivers, the giant waterfalls, the crystal seas, the mountains pointing their fingers toward GOD, and the Immortal Threefold Flame of GOD, *the Great Eternal Sun of Even Pressure*, pulsating from within Earth's center.

The elementals wove the smallest and daintiest of flowers, the great devas unfolded the leaves on the trees, the mighty spirits of the air actively worked in their own element, all nature working together harmoniously to the rhythmic music of creation. With its alabaster-like surface, the Earth sparkled like a jewel. It was a beautiful thing to behold.

So one *cosmic day*, the work of creation was completed, and the Seven Elohim signified to Helios and Vesta that the planet Earth was ready for habitation.

THE CREATION OF MAN

Three distinct types of intelligent life were given opportunity to unfold their God-Nature on our planet: angels, humans, and elementals. Each one contributing in some manner to the well-being and progress of the other. Their combined life-force was ordained to weave the spiritual bridge to tie the Earth with the heart of GOD.

The purpose of embodiment is to master energy on a lower vibratory plane. Thus, in the denser substance of the Earth-plane, humanity learns how to wield the powers of thought, feeling, spoken word, action, and to consciously create as the Father does.

Creation is more difficult on a lower vibratory plane than on a higher one. Hence, individuals who have had this additional experience and have gained mastery have the opportunity to progress farther than those electing to have no embodiment.

After the Seven Elohim and the lesser Builders of Form (the devas and elementals) created and beautified the planet, Helios and Vesta drew from the Central Sun billions of spirit sparks. A spirit spark may be defined as primal intelligence, and needing the love of Solar Lords, in this case Helios and Vesta, for further expression.

While these spirit sparks rested for some time in their vicinity, the God-Parents projected light rays from their hearts. These rays converged and formed individual Threefold Flames of God-Consciousness. Utilizing these flames as magnets for drawing universal light-substance, Helios and Vesta then created individually-designed garments for the spirit sparks.

This action results in a *White Fire Being*. It is conscious of its identity, and through the words, 'I AM', finds itself a living, breathing intelligence, vested with life, opportunity, and free will.

Now the White Fire Being must decide whether or not to voluntarily project the dual aspect (masculine and feminine), of its Divine Nature. Those choosing to go on out further, project forth two rays, called 'Twin Rays'. At the end of each projected ray is a Threefold Flame, around which is drawn light substance, forming the individualized I AM Presence. The I AM Presences have a Causal Body, white in

color. The I AM Presences are now prepared for embodiment by entering a school. This preparation is called the 'Journey through the Seven Spheres'.

[More on Causal Bodies in Lesson 3: Seven Bodies]

JOURNEY THROUGH THE SEVEN SPHERES

The individualized I AM Presences, each at its own pace, then begin the journey through the seven inner spheres. These are seven concentric bands of color around our Sun. Here, contact is made with highly developed intelligences expressing the particular qualities of each sphere. These God-Intelligences are desirous of doing the Father's Will, expanding His kingdom and consciousness.

Starting with the First Sphere, the individual lifestreams (I AM Presences) have the opportunity of absorbing the qualities of each sphere, abiding in each as long as they wish, adding the color of the sphere to their Causal Bodies as they progress. Typically, an individual is attracted to the properties of one particular sphere, preferring to stay there longer, while absorbing its qualities. When embodied, this preference for one particular sphere often results in the pursuit of a line of work that closely identifies with the properties prevailing in this sphere.

When an individual stays longer in one sphere and thus absorbs its qualities more than any other one, this particular sphere becomes their predominant sphere of development. Sometimes, the term ray is substituted for sphere. Therefore, 'sphere of development' becomes 'ray of development'; for example - 'an individual is on the 2ndRay'.

While the God-Virtues or qualities of a sphere and a ray are identical, spheres and rays act at different time intervals. A ray is part of a cycle. A cycle lasts 14,000 years, and is composed of Seven Rays, each of which is predominant for a period of 2,000 years.

Therefore, all of us have experienced many times the beneficial influence of a ray, but went through the Seven Spheres only once.

The experiences gained while dwelling in a particular sphere may be likened to going to school before embodiment on a planet.

As in other experiences of life, free will is involved, and some elect to stay in one of Seven Spheres. Only 1 of every 12 White Fire Beings progresses to embodiment. The others elect to stay somewhere along the path, preferring to work there at inner levels.

The following is a summary of the colors and qualities of each sphere. Also shown are corresponding occupations (service on the planet) an individual may have while embodied at a later time, expressing the qualities of that ray.

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FIGURE 1: THE SEVEN SPHERES - COLORS AND QUALITIES

Sphere	Color	Quality	Service on the Planet
1	Blue	To do the Will of GOD All God-Ideas born here. Illumined faith, capacity to lead and manifest large amounts of energy. Initiative.	Rulers, leaders and executives
2	Sunshine Yellow	Perception, illumination, inspiration. Ideas are perceived and molded into thought patterns and workable form.	Teachers, Educators
3	Pink	Love, compassion, tolerance. Love is shown as the cohesive force, holding together manifested form.	Peacemakers, Arbitrators
4	White	Purity. Artistic development.	Poets, artists, musicians, painters, architects
5	Emerald Green	Concentration, consecration, healing, truth. Scientific development.	Scientists, engineers, inventors, healers, doctors, nurses
6	Ruby with Golden Radiance	Voluntary impersonal service outside the community.	Missionaries, Spiritual leaders
7	Violet	Ceremonial service. Culture, refinement, diplomacy.	Diplomats, ministers, Spiritual leaders



THE "I AM" PRESENCE

DESCRIPTION OF THE CHART:

<https://www.youtube.com/watch?v=OxpwnzviP-Y&t=3s>

OUR SEVEN BODIES

Introduction

To embody and function on the physical plane and go through the experience world, every individual must have seven bodies. Each body is created out of the substance of the realm in which it is to function.

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The seven bodies are classified as 'higher' and 'lower'.

The three higher bodies are Divine and already perfect.

The four lower bodies contain energy which must be redeemed and transmuted into perfection by the one who has imposed imperfection on them through many ages of living.

The three higher bodies function in the octave of the Ascended Masters; the four lower bodies operate in the lower vibrations of the astral or psychic plane which contain humanity's misqualified energy. All seven bodies contribute in some manner to the individual's consciousness.

The three higher bodies hold a consciousness of perfection. The four lower bodies are constantly adding to the sum total of the consciousness of the lifestream through their reports of the positive and negative. These lower bodies, by reason of their limited unfoldment, accept the appearance world at its face value. They add to the conglomerate mass of human thinking which forms the average consciousness of humanity as a whole.

The three higher bodies are the 'I AM Presence', 'the Causal Body, and 'the Christ Self' (also called 'Holy Christ Self' or 'Higher Mental Body'). The four lower bodies consist of the etheric body, the mental body, the emotional body, and the physical body.

The seven bodies function due to a steady stream of life-giving energy (electrons), originating from the Great Central Sun. They flow through the physical sun, the White Fire Body, the I AM Presence, and the Christ Self, to the four lower bodies. The moment an electron is invoked by an individualized Threefold Flame, it is stamped with its own certain pattern such as a Maltese cross or lotus flower. For every electron so invoked, humanity must give an accounting. The electronic light in the universe created all forms. This primal substance forms the aura of GOD. Electrons are drawn into form through the designing faculty of mind and the speed at which they revolve within the mind.

The pattern is determined by the feeling (emotion) pouring through them, setting the pattern for the vibratory rate. *Thought*, is the cup, the design, or outline into which the primal substance of life is poured, and *feeling* is the vibratory pulsation sent through the electronic light which brings forth the manifestation.

Many electrons, swinging around a central core, form one atom. Between each electron there is a distance. As the electrons revolve within their atom, they are either expanding their light, or they are closed in by the discord and substance of the astral and psychic realm. This psychic and astral substance is forced like pie-shaped wedges between these points of light through thought and feeling.

When your thoughts, your feelings, and your etheric memories dwell upon imperfection, you slow down the vibratory action of your electrons. Then the substance of the psychic and astral realm closes in around them, lowering the entire vibration of your four lower bodies. In this way, you become an easy prey to depression, poverty, ill-health, to any number of the various negative aspects which humanity at large mirror and out-picture today.

FIGURE 2: THE FOUR LOWER BODIES - RELATIVE POSITIONS

Body	Location
1 Physical	Provides the anchorage to the Earth for the other bodies
2 Etheric	Interpenetrates and extends 4 inches to 6 inches around the Physical Body – also called the 'soul' - ovoid shaped.
3 Mental	Interpenetrates and extends around the Etheric Body – ovoid shaped
4 Emotional	Interpenetrates and extends around the Mental Body – ovoid shaped The largest of the four lower bodies, it extends up to 3 feet or more from the physical body.

1: The I AM Presence and the Electronic Body

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 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.

Since there is no impure substance at all within the Light rays of the Electronic Body of the Mighty I AM Presence, every group of electrons forming the spiritual atoms emit the music of our (ascended master) keynote, the fragrance and perfume of our being, and the beauty of our reason for being.

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.

El Morya: February, 1962 Bridge to Freedom Journal

“Your great Presence of Life, the individualized focus of GOD, is a mighty Being of Fire dwelling with you in the realms of such exquisite perfection as would stagger the human intellect.”

This Presence has worked with the Ascended Masters consciously for centuries of time, and knows the particular powers of each Master to assist. When, in its great wisdom, it sees you have made sufficient endeavor in your desire for the Light, have been steadfast to serve the Light, and have, to the best of your ability, desired to master your thoughts and feelings, then and only then does your Presence come to those Masters who can best assist you towards your upward progress.

When you acknowledge the Presence of GOD acting through you in whatever you are doing, you are expanding the Light of the world. When you allow the intellect and human self to accept the credit for whatever is accomplished, (even silently to yourself), you are denying the Presence of GOD as the only power that can act, and are adding to the shadows.

When you first came to the planet Earth, the glorious Presence of GOD filled the entire form which you wore then. 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 thought-forms, these manifestations took place instantly.

What has happened to that magnificent Presence? When the attention no longer

rested on that God-Presence, but began focusing on the human creation people were generating, the flame within the heart began to decrease in size and influence. What life sustained through attention, shadows, began to grow larger. These shadows and mass karma increased, until finally only a spark of the great God-Presence remained in the heart. Then, it was truly called the Unfed Flame, but now it is called the Immortal Threefold Flame. As that flame in the heart is fed by your attention and love, which is your life, it begins to increase, until it fills the body once again with its perfection.

The person cutting wood, acknowledging the Presence of GOD's energy flowing through their arm as the power by which they work expands the God-Presence within, lighting their aura and lighting the world. The singer who acknowledges GOD as singing through them, expands the Light of the world. The person moving about the daily household tasks, acknowledging it is the Presence of GOD enabling them to do it, is also filling their aura with light and expanding the Light of the world. The Presence of GOD, when invoked and acknowledged, always fills the person with Light.

You will truly be a light bearer to the world when you consciously believe ...

I live, move, and have my being in the 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

all the while consecrating your mind and feelings to remembering the actual Presence of GOD.

USE THE WORDS "I AM" AS WRITTEN IN ENGLISH, THEY ARE THE 'NAME' of GOD, AND MUCH OLDER THAN THE ENGLISH LANGUAGE

BELOVED MIGHTY VICTORY'S DISCOURSE

Philadelphia, Pennsylvania November 14, 1937

"I say to all peoples of the Earth, in whatever language you speak, use the Words " I AM" as written in English, if you wish to have Their Power! No translation can ever be made of Those Words, and I say that to all about all languages! You may not change Those Words ever! They have come down from the beginning and shall remain forever! They are the announcement of the God-Head in Manifestation in the physical octave! Those who do not use that Great Creative Word, will not have the Blessing and Benefit individually. No words can ever take Their Place! Be assured of that forever! Those who will use Them with earnest intensity, will see the Power of Those Words!

You have been informed in this Class that the Ascended Masters' Words are Cups which carry Their Qualities! So I remind you tonight, that Those Words — " I AM" — are the Cup, the two Cups — the Twin Cups which carry the Quality of the God-Head into your Life and world, into your activity! Then do you wonder that God's Great Creative Word — which "I AM" is — can produce such so-called Magical Results? It is doing It! Why cannot mankind see? If there were only a few who accepted, mankind might question; but when thousands of people are using Those Words — " I AM" — with tremendous results, then why does mankind hesitate at least to try out This Instruction and see what can be accomplished?

The Voice of the I AM, June 1981. Saint Germain Press.

ARCHANGEL MICHAEL'S DISCOURSE

Philadelphia, Nov. 15, 1938

"The Words, "I AM," are the Mightiest Words in any language that ever has come forth in the use of mankind in four and a half million years. They are the Power of Light! They are the Signal to all the Forces of Light, when you utter Those Words, to come into action at your point in the Universe. They are an acknowledgement that you are God Beings and that the Power of Light in you is the Power of God, the "Mighty I AM." As you come to understand this more fully and feel more deeply Its Power and Action in and through you, then will you gain your Mastery. You will see the outer manifestation so quickly, your heart will rejoice that you were strong enough to stand until the momentum gained its full power in action at your call."
The Voice of the I AM, January 1939. Saint Germain Press.

THE GREAT DIVINE DIRECTOR'S DISCOURSE

Seattle, Washington August 11, 1937

"As the Messenger has said to you so often, if you will do but One thing in an emergency; still yourself and say: "I AM," "I AM," "I AM," you would release the Power of your Presence into action! Then and there, when you utter Those Words firmly like that, It is Divinity announcing Its Power and Action at your point in the Universe, where It is expressed. There are no words in the vocabulary of any language which touch one thousandth part the Power of Those Two Words—"I AM."

That is why We ask all, please, in all reference to your God-head or to Divinity, use the Words "I AM"—or "Mighty I AM Presence"! Do not go on using your old terminology or the things which you have known. They do not carry the Same Power as the Words "I AM"—your "Mighty I AM Presence." Think of what It means, in the vibratory action, to say: "My 'Mighty I AM Presence.'" Its Power is released into and thru your body, every time you say that; and if you say It with Great Firmness and Determination, then the Intensification of your Presence and Its Energy which beats your heart, is released into and thru your body into action."

The I AM Discourses by the Great Divine Director. 1942. Saint Germain Press.

THE GREAT DIVINE DIRECTOR'S DISCOURSE

September 18, 1937 New Bedford, Massachusetts.

"Dear Ones, please use the Terminology which We have given you. The Words, "I AM," as written in English today, have come down from the Beginning of mankind's appearance upon the Earth. In the Royal Teton—on your map, known as the Grand Teton, there are the Records of these civilizations—every one which has ever been on Earth. In every language which was used during those many civilizations— the Words, "I AM" as written in English today are there; showing Those Two Words are the Power of God.

Mankind needs to learn to use Those Words, as We do. In any crisis, if the Individual did not think of anything else just for the moment, and would say: "I AM," "I AM," "I AM," It would release the Powers of the Presence into action! Ofttimes it would perform a so-called Miracle for him or her, then and there! That is the Power of those Two Words; and there are no two words in the vocabulary of human

LESSON 3 : CREATION

experience, which release the Power Those Two Words do. The Words, "God," "Divine Mind," "Divinity" and all other Terminology used to express the Godhead, do not contain the Power the Words "I AM" do. That is the Reason why Beloved Saint Germain has brought This Use of the "I AM" forth to mankind at this time. It is the Power which sets the people Free! Why? Because It is their own Life!

The I AM Discourses by the Great Divine Director. 1942. Saint Germain Press.

BELOVED SAINT GERMAIN'S TALK THROUGH MR. G. W. BALLARD

San Francisco, California July 18, 1937 Minute Men's Meeting

"Remember, right here in America, two thousand feet down from the top of that great mountain south of the Yellowstone Park in the Teton Mountains, is a Great Audience Chamber cut in the heart of the mountain. The records of every civilization which has ever existed upon the face of this Earth are there in physical form. In the language of every civilization are the Words "I AM" as written in English today. This is why the Words "I AM" are the most powerful in the vocabulary of any civilization. When you utter those Words—"I AM"—It is Divinity announcing Itself at your point in the Universe, as much as to say, " 'I AM' here! The Power of the Universe acting in the world!" That is true—literally! As you continue to acknowledge your "Presence," you will find the Infinite Power of the "Presence" will flow forth to produce Perfection in you and your world."

The Voice of the I AM, April 1992. Saint Germain Press.

BELOVED SAINT GERMAIN'S TALK

Through Mr. G. W. Ballard New York, NY October 24, 1937

"That is why, Beloved People, the Understanding of your "Presence" is the greatest thing in the Universe, whether it be upon Earth, Venus, or anywhere else! Those Great Ones in the planets on the upper trend of the Greater Perfection—for instance, take Venus—those people who have that great Attainment, and the planets beyond, all have It by this Understanding of the "Presence," your own God Presence. Dear People, try to feel with Me today that whatever the achievement is upon your Earth or in any planet, even to the Great Central Sun, is by the Power of that acceptance of your individualized "God Presence," the "Mighty I AM."

In all places in the Universe, those Words "I AM" as spoken in English today are written and understood the same. They have not varied throughout the centuries and the countless civilizations that have been—even on Earth—besides those on other planets. That is the Source of the Life of the Universe—yourself included. That is the Source of all Great Beings, Ascended Masters, Legions of Light or Cosmic Beings. All have attained through this identical Understanding of Their own God Presence, the "Mighty I AM," which is the Law of Life."

The Voice of the I AM, September 1992. Saint Germain Press.

2: 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 .In the 'Chart of the I AM Presence', it is 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 decay². The Causal Body contains accumulated good, the energy qualified in a harmonious manner.

The Causal Body of each one 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 is 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.

The God-Qualities or virtues and colors are identical for a particular sphere, ray or spherical band of the Causal Body. For example, the God-Qualities and color of the First Sphere are identical to the qualities of the 1stRay and to the 1stBand (relative to the center) of the Causal Body. [Figure 1: The Seven Spheres-Colors & Qualities]

The I AM Presence of each lifestream uses this battery of spiritually charged momentum of energy to contribute to creation at cosmic levels. On Earth, we are to use the momentums in the causal body to serve humanity along some specific line. The only reason we embody, is to serve GOD, and by serving humanity, we serve GOD.

When we become aware of the I AM Presence and make application for the use of momentums of our own Causal Body, that one's Presence is happy, indeed. Then there is set into motion the process of purifying the four lower bodies. We must purify the four lower bodies (the etheric, mental, emotional, and physical bodies), so the Causal Body's momentum of perfection can be released around and through the outer self.

In our daily life, let us use the momentums of our Causal Body. Let us charge those powers from our Causal Bodies into our Tubes of Light. Charge those momentums of our Causal Bodies into conditions and lifestreams needing assistance. Send healing when we hear the sirens of an ambulance. When we see a person with a misshaped or damaged form, send that one Light, instead of pity. We can use our God-Powers every day.

In the silence of your room, turn your attention to the Holy Christ Self within your heart, and invoke it to magnetize or externalize the gifts of your Causal Body through your outer self, *now*. It is truly the requirement of this world hour.

There is an additional service the Causal Body performs. When at least 51% of the person's energy is qualified with perfection, the 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.

3: The Christ Self

When the individual decided to use the experiences of the Seven Spheres and apply for embodiment, the Holy Christ Self came into being. This Christ Self is the provision 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, vibrating at a lower rate. 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. It may be considered the mediator between the individual's God-Self and their outer consciousness.

The Christ Self is the discriminative, directing intelligence through which the Presence works. It guides the personality, the outer self. 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 Christ Self abides in a position between the I AM Presence and the physical body. The Holy Christ Flame is anchored within the heart of every man, woman, and child in this evolution, focused within the Threefold Flame in the heart. It regulates the amount of energy flowing through the silver cord. As students learn to love this Holy Christ Flame in the heart, it expands, and takes complete possession of the four lower bodies, making every person a Christ in action, just as the Ascended Master Jesus manifested this Christ in action centuries ago.[See Glossary on the word Christ]

4: The Mental Body

The Mental Body is formed out of the substance of the air. It is designed to be the chalice for the receptivity of Divine Ideas. It has the power to mold these ideas into workable form. The mind is contained in the Mental Body. The mind, also called consciousness, is to be the servant of the individualized flame, not its master.

The Mental Body is the instrument holding the pattern, or vision of perfection, to build the form of what you desire to manifest, holding it until the feelings (emotions) energize it for physical manifestation. People have used this process in reverse, by holding in the mind pictures of imperfection generated through seeing, hearing, and talking. They are propelled into manifestation by energizing these imperfect pictures through the feelings.

If the space between the electrons of the Mental Body fills with the effluvia caused by depression, discouragement, resentment and rebellion, the Mental Body becomes sluggish. This process is like the action of a pencil sharpener. If the container becomes clogged with filings, the rotating motion of the sharpener is impaired. In a similar manner, the Mental Body begins to vibrate slower and slower until it is so sluggish it is no longer receptive to finer thoughts and inspirations. You know, it often happens that when you try to comfort people in distress, they do not seem to hear your words of consolation or encouragement. The Mental Body is so bogged down, the vibratory action so negative, it is absolutely unresponsive to any inspiration, even from the Christ Self.

Changing these conditions in our own experience is easily done. Light is the answer to all. We may change the vibratory action of the Mental Body by calling for the Violet Fire. See the atoms composing it, purified from within, out - the electrons within them spinning more and more rapidly.

Be aware of 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. [More on the Violet Fire in Lesson 17, Seventh Initiation]

5: The Emotional Body

The Emotional Body, the largest of the four lower 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 creates form, the Emotional or Feeling Body nourishes the form with qualified life. Having total control of feelings is an extremely desirable goal.

While the Causal Body is the repository for all the constructively qualified energy, the Emotional Body is the opposite. It is the repository of all imperfect and unkind feelings.

It is necessary to transmute all this energy into perfection, replacing all human qualities with the God-Qualities of Divine Love, Peace, Harmony, Happiness, and all other constructive attributes. The transmuting Violet Flame helps accomplish this.

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 composed of millions of tiny electrons in constant movement, these form atoms. If the 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. Your Emotional Body then deflects all destructive feelings projected at you, as well as all the discordant energy you contact. You are then the master control of all energy, wherever you are.

6: The Etheric Body

The etheric body contains the memories of all past deeds, thoughts and feelings from former embodiments - both positive and negative. The accumulation of these records is called the 'soul'. The etheric body is the envelope of the soul. When people are not in embodiment, they live in the etheric body, which has the consciousness of the soul. Deep feelings make a record on the etheric body.

Discordant experiences have caused wounds or tears in the etheric body. Nature heals and patches these over, but the scars remain. Under certain circumstances or during similar experiences, when undue pressure is placed on the scars, the pressure acts like an incision. The scar gives way, bursts open, and manifests as disease, distress or disharmony. This is commonly referred to as 'bad karma'

The etheric body is the one most closely connected to the physical, and is the one in which you travel during sleep. The more purified the etheric body, and the more sensitive it is to Divinity, the easier it is, to remember the Divine Truths and happy experiences that take place at the inner levels. One can know the joy of being in the presence of the Divine Beings and bringing that association back into the world of form when the etheric body slips back into and around the physical body

It is the endeavor of Saint Germain and beings of the Violet Flame, to remove the cause, effect, record, and memory of all those imperfect etheric experiences.

Very important from Beloved Mother Mary, January, 1958

"What people do to one another in creating these deep wounds in the etheric body is much more unfortunate than the distortions woven around the physical body. Why? Because the physical body one day disintegrates. The etheric body moves with an individual from their first embodiment until it is absorbed at the time of transmutation at the instant of ascension."

When you repeatedly re-live the distressing experiences of the past, you energize them to act again in your world. This is why, in recounting the history of humanity, the Masters never spoke about the destructive records of wars and injuries to physical bodies.

The substance composing the Etheric Form has been used over and over and over again in successive embodiments. This substance requires purification to raise its vibratory action allowing it to emit light. You will see the great necessity for the dynamic use of the Violet Fire in connection with the work being done by the Builders of Form for each soul. When this is understood and conscientiously applied, we shall again have the 'bodies enduring' that are non-recordant to disease, disintegration and finally death itself.

[Builders of Form: see Lesson 6: Evolution of an Elemental]

7: The Physical Body

The physical body provides the anchorage to the Earth. It is the vehicle through which one functions and expands the borders of GOD's Kingdom into a lower vibratory plane. The physical body, therefore, is a Temple of the Living GOD.

Originally, this body was not as dense as it is now. It vibrated at a much higher level and consisted of what we today call etheric substance. Humanity, as it existed during the first Golden Age, if we could see these beings at all, would appear to us as etheric, misty, shadowy beings, yet of identical form as humanity today.

The process of creating a physical body out of the elements of earth required the use of centripetal force, anchored within the Immortal Threefold Flame of GOD, drawing the purified elements of Earth's atmosphere into a beautiful physical body, made in the image and likeness of each one's own individualized I AM Presence.

Since GOD has endowed you with free will, you choose whether you desire to place constructive or destructive qualities in your life. All the Life-Energy you have qualified with imperfection in thought, feeling, spoken word or deed, becomes a pressure of human creation standing in the aura around the physical form until transmuted by the Sacred Fire.

Looking at a picture of the chart of the I AM Presence, the Violet Fire that is seen blazing up, through and around the physical body, represents the Divine Tool the Ascended Master Saint Germain has brought to humanity. **Through the use of the Violet Fire, each one may *painlessly* transmute their mistakes of the past back into perfection once again.**

Your physical body is interpenetrated by your etheric body. These are enfolded by your mental body and your emotional body. [See Figure 2: Four Lower Bodies-Positions]

All of these are made up of atoms. Those atoms are composed of a series of electrons in constant motion, spinning around its tiny centripetal heart. The quality of the atoms of every one of your bodies is constantly subject to change - to purification and etherealization*, or to become more gross and more heavy. That is why people are sometimes very beautiful when they are young (around eighteen years of age). Their faces then are clear and unlined, their bodies are alive and buoyant, but after they have passed through the discordant experiences of some twenty or thirty years, you find the vital flesh atoms have been lowered in vibration. This makes the flesh form less beautiful than it was before the discord was registered upon it. *[See Glossary]

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. When left without this fountain of life-force, the physical body cannot operate, and so-called death ensues.

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.

The nervous system functions like a network of fine wires bearing messages from thought and feeling impulses to all parts of the body. Through the spinal cord two currents of energy work constantly:

- A descending current of electrical energy anchors the body on the surface of the Earth
- An ascending current enables one to move about and stand erect rather crawling on the ground.

When the activity of life is more powerfully charged into the ascending current, we come to the point where the gravity pull of Earth no longer holds the lifestream, and ascension is possible.

Conclusion

The fact that you have seven bodies should be no stranger than the fact that your automobile has more than one part. You are a very complicated piece of 'machinery'. The physical body is a marvelous piece of engineering.

In your car, various systems like the spark plugs, fuel delivery, electrical and cooling systems must all work together for it to run smoothly and efficiently. So is it necessary for all your bodies to be in alignment and mesh together perfectly for the perfect functioning of your world. Just as an expert mechanic can tell you what to do to make your car run better, so the beloved Ascended Masters guide and direct us in the more efficient operation of our several bodies.

With every thought, feeling, word and act, you are creating either your karma of distress, or a crown of light, for you are thinking and feeling something every moment, waking and sleeping.

How are *you* using each one of your bodies?

What are *you* creating?

The Violet Transmuting Flame (Violet Fire) is the merciful Divine Tool which changes everything in your world when, used enough.

It must be called into action. It will not come forth by itself.

Do not let up for one instant in your dynamic, enthusiastic application of this activity of the Sacred Fire until all distress and limitation of every kind are removed from you and your world. Through it you will one day be able to achieve the victory of your ascension into the Light.

FIGURE 3: THE 7 BODIES

1	The I AM Presence
2	The Causal Body
3	The Christ Self
4	The Mental Body
5	The Emotional Body
6	The Etheric Body
7	The Physical Body

LESSON 4 : COSMIC LAW

THE ETERNAL LAW OF LIFE – BY BELOVED SAINT GERMAIN

<https://www.youtube.com/watch?v=Za7oVR-Q0sg>

THE GREAT DIVINE DIRECTOR ON THE 'LAWS OF LIFE'

<https://www.youtube.com/watch?v=xGEEemiR0-8>

INTRODUCTION

Everyone seeking embodiment on a planet, and mastery over energy on a lower vibratory level, is subject to certain Cosmic Laws. These laws apply to everyone when in embodiment, or not in embodiment – the latter is a state called 'between embodiments'. They apply to Ascended Masters as well, regardless of whether the particular Ascended Master gained the embodiment on the Earth or is a guardian spirit originating on another planet.

To reach the ascension, the goal of all life, we must make ourselves familiar with these Divine Laws, and above all, apply them in our daily lives.

The Cosmic laws covered in this lesson are:

- the Law of Harmony
- the Law of Karma
- the Law of Re-embodiment
- The Law of Forgiveness
- the Law of Conservation of Energy

Other aspects of Cosmic Law, such as the knowledge and mastery of the Seven Rays, are discussed in other lessons.

THE LAW OF HARMONY

<https://iamfree.co.za/copy-of-ascension-topic-template?rq=HARMONY>

The Law of Harmony is one of the fundamental laws of life, upon which all else rests. GOD, the giver of all Life-Energy, requires every electron of that Life-Energy loaned to individuals, will be qualified in a harmonious manner.

In earlier times, people were eligible for the ascension only when *all* such Life-Energy was qualified in the amount of 100%. Today, people need to harmoniously qualify only 51% of all Life-Energy loaned to them during their many embodiments. This includes energy given both during and between embodiments.

Many people think for energy to be harmonious, it must all be spent in devotion, prayer, ceremonial service and solemn invocations directly concerned with spiritual aspiration. The truth is, *all* constructive and harmonious energy is a natural expression of the GOD life, whether it be the loving service to a friend, or even the constructive creation of a bench, a chair, or garment!

Someone may be scrubbing a floor on hands and knees, immersed in suds and water, yet their energy may be very harmonious and peaceful in that activity. In such an act, every electron released rises to their Causal Body. Priests may stand on an altar, in a state of rebellion, resentment or hate and not one electron adds an ounce of energy toward their freedom.

Saint Francis of Assisi¹ and many other Holy Ones dedicated their lives to humble service; walking the roads, serving the poor, feeding the hungry, and ministering to the ill. Saint Francis was a comforting presence, blessing life everywhere. Harmony is the God-Quality of the 3rd Ray*. It is the underlying principle through

which all facets of all Seven Rays seek expression in the human theater. For example, a person seeking to express GOD's Will (1stRay) must do so employing the Law of Harmony. A person seeking and teaching the wisdom and understanding of Cosmic Law(2nd Ray) must do likewise. *[See lessons 8 through 14 on the Rays]

Holding to the Law of Harmony, keeping an aura of undisturbed and sustained peace, expressing self-control and not anger, is a prerequisite on the path to the Ascension.

The ascension is accomplished over the course of many lives by bringing the thoughts, feelings, memories, gestures, spoken words, and *every* activity of the outer self, into a state of sustained harmony. Then, if the great Masters of Light desire to use you as a conductor of their light and through you, give some blessing to the life around you, their light will find no opposition or resistance from any impurity in your world. After all, such impurity is only a lack of harmoniously qualified energy in your four lower bodies.

When the complete purification of those bodies finally has taken place, and sustained harmony is your *natural* way of life, the glories of your Causal Body flow freely through your silver cord into your outer consciousness and use. The Immortal Threefold Flame expands within you, filling your aura with perfume and radiance. You become a channel of Love, Light, Prosperity, Healing, Peace, Comfort, Truth and Faith, and every God-Virtue this world desires and requires so much in its present state.

The Kingdom of Heaven to which Jesus referred when he said that kingdom was within you, might well be called the Kingdom of Harmony, for it expresses the God-Quality of undisturbed, sustained peace. It allows the Immortal Threefold Flame of Love, Wisdom and Power to be the God-Authority to act for and through you. In just such a manner was the Jesus enabled to instantly still the waves of the sea.²

Through daily practice of this surrender of the outer personality to the Divine Flame within, you will find the kingdom within you is externalized through and around you.

Without sustained harmony in the thoughts and feelings, the pure Life-Energy from GOD is unable to bring to you its blessings. Harmony, like mercy, love and compassion, is a powerful and positive force belonging to the strong, and is cultivated through century after century of self-discipline.

When we are in a crisis and our momentum of sustained peace is insufficient to hold a balance, we may call on an Ascended Being (such as Jesus, Mary or Kuthumi), to draw the harmony of the Ascended Master Realm into our aura. Holding the attention long enough on a picture of the particular Master, and asking for the fully gathered momentum of Love, Peace and Harmony of the Master (which is the nature of a Master) will help bring these God-Qualities into our experience.

Harmony, an action of Divine Love, requires the continuous pouring forth of kind feelings of good will to each other. To be in a continuous state of harmony, we must look to the God-Presence, I AM, and the Ascended Host of Light for guidance, protection, happiness and Peace! Let each of us say and feel:

'GOD grant us Peace, and Let It Begin With Me!'

Mother Mary: A Prayer For Harmony

"I come to give to you my feeling of the Kingdom Of Harmony. Will you accept it? Oh, Thou beloved Holy Christ Self of each and every one, I charge you in the name of my son, the Ascended Jesus Christ, this day, to command the emotional bodies, the mental bodies, the etheric and physical bodies with the vibratory action of the Ascended Masters' uninterrupted harmony.

Relieve and release the pressure of all outer tension. Give conviction to our presence and reality. Help them to realize the moment our names are spoken and their attention is placed on one of us, we respond at that moment.

Oh, beloved Infinite GOD I AM, who has given me life, I thank you for the privilege of acting in this physical appearance world, speaking to the hearts and minds of the faithful, using them as radiating centers by which my gifts may flow to all humanity."

Goddess of Liberty: Giving Us Comforting Words

At the very beginning of creation, everyone, just prior embodiment, receives the following comforting words from the Goddess of Liberty:

- "You are at liberty, beloved ones, to take pure and primal-life-substance into the Earth plane."
- "You are at liberty, beloved ones, to utilize life as you Will, in the physical appearance world."
- "You are at liberty, beloved ones, to call on any and all of us, as you may choose, to assist you when the momentums of energies of your own world seem not sufficient to handle conditions and to radiate the Light to fulfill your Divine Plan."

During the time-period called 'The Garden of Eden', there was no discord. Life in all its expressions manifested only in a perfect way. Humanity worked to perfect themselves on the physical plane, bringing the perfection of the heavenly realm into a lower vibratory level. Since there was no disharmony, there was no karma, and since there was no karma, there was no need for a Karmic Board.

After the event called the 'Fall of Man' things changed drastically. People accumulated karma at a rapid pace. What did the Great Ones say about the Law governing karma? Let us quote:

"The glorious pure energy of GOD, each electron of which contains the fullness of the Divine Plan, continues to flow for the individual's use under the conscious direction of the I AM Presence. For every electron loaned, they shall render an accounting. Energy is humanity's to command. Energy becomes power through use; whether through the wielding of a sledge hammer, or using the GOD Power-Almighty to build a momentum of victory in commanding the electronic light to manifest a decree."

THE LAW OF CAUSE AND EFFECT

<https://www.youtube.com/watch?v=ID4B-L0nc34>

KARMA AWAITS REDEMPTION

<https://www.youtube.com/watch?v=P3d9ZfPYAhw>

When the Law of Harmony is broken it results in karma. In this teaching, the term 'karma' is always used in a negative sense, showing the recoil of using energy

in a discordant manner. When we use energy in a constructive manner, we use the term 'Accumulated Good'. The Law of Karma is one of GOD's Universal Laws; sometimes called the Law of the Circle, the Law of Retribution, in the saying - 'what you sow, you reap', or in the common saying 'what goes around, comes around'.

That upon which you place your thoughts, feelings, words, and deeds, goes through your own being and world first, and then out to the person, place, condition or thing to which it is directed.

Since you are 'home' to that life and energy, after it has reached its destination, it begins its return journey to you - gathering more of that particular quality or vibration with which it was originally charged.

You receive back into your world what you sent forth, amplified: constructive or destructive. With every thought, feeling, word and act, waking or sleeping, you are creating either your karma of distress or a crown of light.

The Law of Karma was not intended as a threat of punishment of evil doers, but as an expression of the mathematical precision of life. One must sow the seed of perfection in concise mathematical accuracy. The reaping is in *exact* proportion to the sowing.

It is not generally understood that as self-conscious expressions of life, Cosmic Law holds each one of us responsible for every particle of this precious energy drawn from the heart of the Godhead.

Everyone has created a certain amount of what is loosely called 'bad karma', in Earth life since the Fall of Man. This karma acts on many places, determined by which body is the chief offender in the case. Some examples...

Physical plane acts such as violence, (acts of physical assault) releases a tremendous amount of misqualified energy that sooner or later attaches itself to the individual's physical body.

Mental plane acts of discord, such as crimes of mental cruelty, result in the mental element being charged with individual's vibratory action and stamp. At some future time these pressures return to the mental body.

Emotional plane acts such as cruelty charge the substance of the emotional plane with certain vibratory actions which will record in the individual's emotional body.

When an individual emits a discordant vibration, the intensity of delivery determines the distance it covers on both its outward and homeward journey.

The energy obeys the Law of the Circle. While that energy is absent from the aura of the individual responsible for its projection, it attracts to itself vibrations corresponding to its own rate. By the time it completes the circle and returns home, it is accompanied by a good number of vibrations bearing the same quality of thought and feeling vibrations with which it started.

THE KARMA OF OMISSION

There is karma of commission and omission.

Karma of commission means the use of energy in a discordant way.

Karma of omission means omitting something we really should be doing.

For example, if a Master has given a certain dictation, recorded in some book, and the lecturer puts this information in his own words, but misinterprets the Master's dictation through insufficient study and preparation, this is an example of the karma of omission.

When El Morya was granted The Bridge to Freedom Dispensation, he was given the following warning:

"If students do not return the energy of the dictations through study and application, you are creating karma [of omission] for them; and you, yourself, will have to make up that karma, through application, or by some constructive project."

It was only after agreeing to this provision, that the dispensation was granted by the Karmic Board. This is the reason the Laws of Life are given out very sparingly by gurus in the East.

Here are other examples of karma of omission, as given by the Great Ones...

"Those of you who do not now have financial freedom, one day had much wealth to contribute to GOD's plan, and you withheld it or used it freely for personal pleasures. Others who have limitations of mind and body had at one time perfect health and opportunity to serve GOD, but used those minds and bodies for baser ends."

THE LAW OF RE-EMBODIMENT

<https://iamfree.co.za/the-laws-of-life-self-mastery-5>

THERE IS NO DEATH:

<https://www.youtube.com/watch?v=sz0x8i7LwVQ&t=2s>

To familiarize ourselves with the cycle of re-embodiments, it is well to divide this subject into the following major components:

- 1) The change of garments (the death of the physical body)
- 2) Judgement and training for re-embodiment
- 3) Request for re-embodiment
- 4) New embodiment

1) The Change of Garments

There is no death. There are no dead. No one has ever died, no one ever will.

All is life, and its eternal expression and manifestation. So-called death is just a withdrawing of the life-giving silver cord of the I AM Presence. This leaves the physical body inactive. Although the organs are still there as before, the eyes do not see, the ears do not hear, the intelligence has withdrawn. The Real Self (I AM Presence) is released of this habitat and free to enter higher realms - realms of beauty, harmony, peace. The individual just passes from this physical realm of expression into greater freedom.

So-called death is an opportunity for rest and re-attunement of the faculties of the personal consciousness. This frees one from the turmoil and discords of Earth long enough to receive an inflow of Light and Strength, enabling the outer activity of the mind to take up the work of physical experience again.

The individualized identity is eternal.

When the outer form has become too discordant, life releases itself. Decrepitude and death are caused mostly by misuse and waste of sex energy and the lack of emotional control.

There is only one thing ever causing what the world calls death: the lack of enough liquid light within the nerve channels. This cohesive power holds together the atoms making up the flesh body. Liquid light is owned by, and only comes from,

the Mighty I AM Presence. The outer garment is the receptacle into which this Presence pours its light only for a constructive purpose and use. When there is continual interference with that purpose, the Light is withdrawn, and the flesh body, which should be a Temple of the Most High Living GOD, disintegrates.

The experience called death is a constant reminder of human disobedience to the original God-Plan, the Divine way of life.

The physical body is a garment. Individuals change garments as one changes coats at the change of seasons. Being in a finer body after transition, they are much more alive than before.

At the moment the soul is about to leave the physical body, the Great Being, the Maha Chohan, who represents the Holy Spirit to the Earth, prepares to accept the final breath. He breathes the first breath into the body when the person is born. As he accepts the final breath, the silver cord is severed. An angel or an Ascended Master awaits the person who is now functioning in the etheric body ('soul'), escorting that one to a beautiful realm for 'rest'. This is the heaven of many religions.

The physical body should be cremated, not buried. Through the purifying process of cremation, some discord in the emotional body is transmuted, allowing the individual to go to higher realms of light. Prior to cremation, the body should be held, without embalming, on ice or in cold storage for 72 hours. Whenever legally possible, an autopsy should be avoided.[In the United States, cold storage is available at most funeral homes and always at the county morgue.]

In ages past, the body was placed in the Sacred Fire, and it was instantly transmuted. The substance, having fulfilled its mission, was returned back to the universal, and was done in accordance with the great Law of Etherealization.

Invocation for the Departed

<https://iamfree.co.za/s/SERVICES-FOR-THE-DEPARTED.docx>

"Beloved I AM Presence, Archangel Michael, Ascended Masters Jesus, Saint Germain, El Morya, and the Angelic Host...

We call on the Violet Flame and The Law of Forgiveness to seize and transmute all wrong thought-forms, human concepts, opinions, blame, and disembodied entities in and around (person's name).

We call in the Name, Love, Wisdom and Power of the Mighty I AM Presence - Creator of All That Is - to take them to a Temple of Light at inner levels, where in this greater freedom he/she/they are taught the real meaning of the Law.

We enfold (person's name) in our love, and may he/she/they ever be enfolded in the love and blessings of the Great Ones to fulfill the Divine Plan until wholly free."

2) Judgement and Training for Re-Embodiment

After physical embodiment, departed individuals function in the etheric body, sometimes called the soul. Normally they are in a confused state of mind, and during a period of rest and adjustment, they have the opportunity to meet and communicate with friends and members of the family, also dwelling 'on the other side'.

Thereafter, the soul is called before the Karmic Board. Here they are shown their experiences of the last embodiment. They are made aware of missed opportunities and feel remorse for the discordant use of energy. This experience is sometimes

incorrectly called: purgatory, hell, and the last judgement.

Individuals are then sent to specific realms of vibration where they can best prepare for another earth life. They are grouped together with hundreds or thousands of others on the same level of development to receive training. The more individuals are developed in consciousness, the more attention they receive. All receive as much of the Laws of Life as they are able to understand and apply. Through use of the Violet Fire, they are also asked to transmute some past karma.

3) Request for Embodiment

After lifestreams have completed this period of training and redemption, they again come before the Karmic Board. The overall amount of karma is examined. A certain amount is allotted to the following embodiment. A large amount is held in abeyance to be transmuted at a future time. Were it otherwise, the returning currents would be too much to handle. We may say the average person is held in a state of protection where ignorance is bliss.

Those summoned before the Karmic Board, line up in groups of three. From those, one is chosen for embodiment, two are not. This procedure is repeated and additional lifestreams are chosen to achieve a balance so all of the Seven Rays find equal expression. Each selected individual primarily expresses the attributes of one of Seven Rays.

Generally speaking, for chelas close to the ascension the same steps apply. However, there are exceptions. Such chelas are eager to re-embodiment, so do not stay long with relatives. They also receive greater attention from the Karmic Board.

At inner levels, these chelas immediately start to expiate as much karma as possible. They use the Violet Fire extensively to transmute the karma located in the astral realm (also called psychic realm, consisting of the etheric, emotional and mental realms).

The lesson is: the more we are able to transmute of our karma while in embodiment, the easier we have it on 'the other side'. Let us, therefore, use the opportunity at hand.

When chelas of an Ascended Master apply for embodiment, they sometimes apply to transmute an extra ordinate amount of karma. Later, when in embodiment, they do not remember this request. Facing difficult problems, they sometimes blame the Karmic Board for their troubles. Occasionally, they wish they were one of those denied embodiment.

Therefore, let us not stand in judgement of anyone. We cannot compare a person who has a happy, serene, harmonious life with that of a chela who has a difficult and rocky road, full of peaks and valleys. We do not know how much karma is transmuted during a particular embodiment.

When in embodiment, for the most part, chelas must rely on their own effort to redeem karma. There is assistance from a Master. However, the Master will not allow himself to be a leaning post. A student may be 'on the path', but this is insufficient reason to take away karma.

4) New Embodiment

Re-embodiment is a truth and the only logical explanation for the many apparent injustices which can be seen around us. When you observe fine, constructive people going through very difficult situations, while others who appear to be living in a less constructive manner enjoying all the 'good things of life', you may be sure there is

no mistake. Each one is meeting up with the effects of previous causes of which they have no memory; causes set up somewhere in the past.

The way each one reacts to the present set of circumstances determines the future experiences. If one balances this debt by desiring to render a service to a particular person, and thus dissolve any of the hard feelings, such a one is free from the debt. If unable to do that, life brings them together repeatedly, in closer and closer association, until the balance is accomplished.

Most people are brought together for the sole purpose of balancing these forgotten debts of the past.

Where there is an attraction of love and harmony between people, it is certain they have worked in harmonious association before, and thus are able to expand that much needed quality into the world.

Where there is a feeling of resistance or of being on-guard when you meet a person, these feelings could be remembering past associations of a discordant and unpleasant nature.

GOD is a GOD of Love - a Good GOD. He would never send forth His children with half of them enjoying love, beauty, joy, supply, and everything that is good, while the other half is suffering with disease and condemned to the sordid things of life. Even good human parents do not discriminate between their children in such a manner. It is a certainty that GOD, who is All Love, would not differentiate and condemn part of His creation to a life of misery.

As an example, say there are two children born under seemingly equal circumstances...

One becomes an outstanding citizen in the community, the other turns to a life of crime. Each had equal opportunity. One chose to follow the God-Promptings received lifetime after lifetime, thus living up to the best that had been built into their character. The other chose to ignore the God-Direction from within their own heart and turn to a life diametrically opposed to GOD.

In that lifetime, these two qualified much energy, good and bad. In a later life, they embody under the circumstances which they have created - possibly one in a cultured family of great affluence, the other in the so-called slums.

The outer mind asks 'Why?'. But the Law of Life makes no mistakes. It is based on justice for everyone, according to causes they have set up in their worlds. People must learn that only GOOD comes from GOD.

All distress is of one's own creation.
It is not GOD's Will for *any* of His children to suffer.
When they do, it is the result of their own misuse
of the Life-Energy loaned to them by GOD.

This accumulation of distress in each one's world has gone on for millions of years, and without some means of mitigating those destructive causes which have been set up, the reaping can be excruciating, indeed. Fortunate are all who find and use the Divine Tool now provided for them. The Violet Transmuting Flame is a merciful Divine Tool, which changes everything in your world when it is used enough.

But it must be called into action. It will not come forth by itself. Until all distress and limitation of every kind are removed from you and your world, do not let up for one instant in your dynamic, enthusiastic application of this activity of the Sacred Fire, which eventually sets you free.

[See Lesson 5: Daily Application, on the Law of Forgiveness and the Violet Flame]

The Karmic Board

<https://iamfree.co.za/thekarmicboard>

The Karmic Board meets every year at the end of June and the end of December. It has done so for a long time. At those times, petitions that may benefit the spiritual development of the human race, are courteously heard. Petitions may be submitted by Ascended Masters and by students.

Students wishing to submit petitions should write them down in ink (this makes an etheric record) during the periods of June 16 to June 20, and December 16 to December 20. Then they should project them in consciousness to the Keeper of the Scrolls at the Teton Retreat. The student must be prepared to offer additional energy of application, such as decreeing, during the upcoming time-period.

The petitions are placed on a gigantic 'bulletin board'. Later, they are discussed and perhaps consolidated with other petitions. The Karmic Board takes action by July 4 and January 4. Petitions backed by the largest amount of energy are given preference.

Cosmic Law may not be superseded, except in exceptional circumstances, and even then there must be a good reason. The Karmic Board is subject to the Law. For instance, it does not have the prerogative to allow only chelas to embody. All people must be allowed to embody for spiritual development and mastery.

The members of the Karmic Board are not beings waiting to mete out punishment. Their service to GOD is to find ways and means by which each soul is given the greatest opportunity for spiritual progress, to balance its debt to life, to control energy and to complete the goal of all life - the ascension.

The tremendous fear and dread the orthodox religious world has induced in people concerning the 'day of judgement' is unfortunate and unwarranted. Such fear is primarily built on the fact that very few people live up to their promises to the Light, and therefore are their own judgement. The Karmic Board is a merciful body of helpful intelligences, not a scourge to punish the bewildered lifestream.

[See The Bridge to Freedom Journals for additional details]

FIGURE 4: THE MEMBERS OF THE KARMIC BOARD

Lady Portia	Goddess of Justice, Spokesperson for the Board
no personal name given	Goddess of Liberty
Lady Nada	Goddess of Love
Pallas Athena	Goddess of Truth
Elohim Vista	Elohim of Concentration, Consecration, Truth & Healing & The all seeing Eye of God (also known as Cyclopea)
Lady Kwan Yin	Goddess of Mercy
The Great Divine Director	Manu of the Seventh Root-race (Lord Saithru)

To sum up, We must recognize we are creators, and as such, we must become master of all we create. As creators, we must consciously control our thoughts, feelings, words and actions on a daily basis.

Cosmic Law is a stern teacher. All creation is a self-conscious effort. If the people upon whom this great gift of life has been bestowed refuse to take the responsibility to do their duty, their experiences prod them with misery until they do. Self-merit strictly determines each person's spiritual growth.

The Law of the Conservation Of Energy

According to the Divine Law of Conservation of Energy, all primal substance (Divine Energy) must be used wisely. Therefore students should control their speech. Idle chatter and gossip is a waste of GOD's energy. A German proverb speaks to this.³It goes like this

“Bedenke wohl, bevor du sprichst, ob's nötig, wahr und nützlich ist.”

“Before you speak, evaluate if what you are about to say is really needed, useful and truthful.”

Dispensations are another example of this Law. Dispensations are a special grant of a stockpile of Divine Energy by the Karmic Board to a particular Master. This enables the Master to give additional teachings of the Great White Brotherhood through a specially trained messenger. These stockpiles of energy are only given, on average, once in every 100 years. The energy of such a dispensation must be balanced through impersonal service (decreeing, visualization, songs). If they are not the Masters must withdraw their support and radiation. Likewise, the dictations of the Great Ones must be distributed on a basis as large as possible, so GOD's precious energy may be returned through daily application by the student body.

Knowing the law, the next step for students on the path is to apply the message in their daily life.

Studying and knowing the Law is a necessary first step.
It must be followed by practical application, service to
humanity and the brotherhood.

SONG 1 : Victory - Beloved Friend

Melody from the hymn: He Leadeth Me

To Victory, beloved friend,
Our gratitude and love we send
For answering our Saint Germain,
Bringing Earth GOD's victory in
Freedom's name!

Chorus:

Oh Victory, our Victory!
Thy golden flame is mastery!
Love's full forgiveness we would be,
For Love alone is victory!

From realms unknown to us below
Thy precious gifts and blessings flow.
Transmuting shadows in the Light,
Thus our Earth you're raising unto
Heaven's height!

Chorus

From Venus, star of love and light,
Come heaven's help by Victory's might.

LESSON 4 : COSMIC LAW

Now raising Earth on golden flame,
Forgiving all in freedom's name!

Chorus

And one day, when my course is run,
One day, when all has been said and done,
That day, please GOD, I shall ascend,
And spend eternity with Him - my friend!

Chorus

Oh Victory, my Victory!
At last my Presence has called for me!
Love's Divine Plan fulfilled to see,
Ascending - I AM victory!

LESSON 5 : DAILY APPLICATION

Daily application must include both decrees and meditation

<https://iamfree.co.za/the-laws-of-life-self-mastery-d47cl>

OUR DECREES SHALL FREE OURSELVES & HUMANITY

"There is no Greater Privilege of Service before mankind today, than THE ISSUING OF THESE MIGHTY DECREES FOR THE FREEDOM OF THEMSELVES AND THE WORLD; THE SEIZING AND BINDING OF THE ENTITIES; THE USE OF THE VIOLET CONSUMING FLAME; THE CALL OF THE TUBE OF LIGHT AROUND YOU! These are Mighty Activities which are imperative for you! Will you use them and be Free? The Choice is yours, Beloved Ones."

The Great Divine Director - "I AM" Discourses Book 8 pg 82-3

ASCENDED MASTER JESUS: DAILY ANCHORING IN GOD

Recalling his mission 2,000 years ago...

"My ministry was one of action. Every day before leaving my home, great numbers of people gathered to receive relief from all manner of discomfort and disease of mind and body. Very few came to learn the technique enabling me to alleviate their distress.

I never, never went forth to serve until I had first anchored my consciousness in the feeling and Presence of GOD.

Only when I had contemplated GOD and firmly established my unshakable faith, that indestructible fortress of GOD's Power and Omnipresence, would I endeavor to convey that consciousness of GOD's Goodness through words and works to my fellow human beings."

Now, if a being with the spiritual development of Jesus had to do application on a daily basis, should this not apply to us, also?

Daily application shields us from the various negative influences surrounding us. We live in the psychic realm, a realm filled with the negative thought-forms of the ages. These negative forces attempt to influence our spiritual development.

Therefore, daily application, is the secret for opening the door to the fulfillment of our Divine Plan.

Attunement to our I AM Presence and the Ascended Host, decreeing, applying the tools of grace - the Violet Flame and The Law of Forgiveness, contemplating - becoming still and filling our hearts with joy and gratitude for GOD's blessings,

Daily application results in additional blessings as we decree for perfection for ourselves and for all people, and purify our four lower bodies with the Violet Fire and take control of thoughts and feelings. Such purification makes us conductors, enabling the Heavenly Host to pour their radiation to the Earth through us. The radiation then pours throughout the atmosphere, touching and helping to purify everyone's four lower bodies.

Some people ask, "Why do we need to give energy through decrees and visualizations to the Ascended Masters, when they are more powerful than we are and can do anything without our help?"

According to Cosmic Law, humanity has full authority over the sphere of consciousness (the lower realm) in which it abides. Therefore, the Ascended Masters

cannot enter our sphere of activity and become active there without our invitation

THE SCIENCE OF INVOCATION

THE POWER OF DECREERING BY THE MAHA CHOHAN:

"TO CHANGE THE CONSCIOUSNESS OF MANKIND, WE MUST UTILIZE THE SACRED FIRE. This Sacred Fire can be drawn by any one individual, through the entire number belonging to this evolutionary system, without the outer intellect of any lifestream being aware of the service rendered. As this Sacred Fire of purification passes through the consciousness of the people, it removes the inner causes of diseases and maladjustments, and the effects automatically disappear, as when a mirrored room is completely cleared of all debris, you will find in that room no reflection of a grotesque or unpleasant nature."

Excerpt from Bulletin Book 1 - by the Maha Chohan

Correct Usage Of Decrees

"Thou Shalt Decree A Thing, And It Shall Be Established Unto Thee." ²

Invoking the powers of GOD has been practiced on Earth since the time when the 'Holy Innocents' (first inhabitants of the Earth) first accepted the hospitality of the planet. After the so-called Fall of Man, much of this power of invocation was misused by those who called themselves priests. Many of the destructive activities called forth are still with us today.

Now, through God-Invocation, students may undo much of the terrific chaos created by the wrong use of the power of decreeing. Therefore, the learning of the Science of Invocation is essential to redeem personal and planetary karma in this hour of world crisis.

Invocation of the God-Powers is a true science. It must be learned carefully and methodically. The decrees have been consciously presented to each individual's intellect so they may be used as a balance for the misuse of the spoken word and for imperfect thought patterns created by themselves and humanity as a whole. To shatter these thought-forms, it is necessary to use energy vibrating at the same rate, but constructively qualified. In other words,

A thought pattern created by wrong speech,
must be broken by a vibratory action of correct speech

The basis of any decree pattern is repetition. This is because in many prior embodiments, we have misused much energy through the spoken word and charged and charged it into the mental, emotional and etheric bodies. Thus, we have solidified qualities of a negative and destructive nature within those bodies. To requalify the energy in these bodies and the physical body, we must release the type of energy that blazes into them, shattering those patterns we set up through use of the spoken word.

What is the inner action taking place during our decreeing? Jesus tells us when a group of students gathers together for a meeting, a great Master Presence or deva stands within the atmosphere. As the decrees, fiats, and songs go forth in a fairly

rapid but balanced tempo, the rate of vibration of the atoms making up your physical and inner bodies increases. Much misqualified substance is thrown off and instantly transmuted by the Great One in charge of the meeting.

When a fiat or decree is made in the name of GOD I AM, the decree lives Eternally because it is ensouled by a God-Free Intelligence, Angel Deva, Cherubim, Seraphim, or Elemental. Those beings use the decree, keeping it in living, pulsating form for the benefaction of the race.

When a group or individual, with sincere intent and God-Desire to help people gather together and give forth any type of constructive call, visualization or decree, specific angels and devas are always sent. They are so happy in that release of energy, they keep it sustained and constantly active, long after the individuals have forgotten they made the calls.

We are not invading someone's privacy and taking away their free will by decreeing. It is our divine right to see perfection in any situation. If the person is ill, ask the Ascended Host, their I AM Presence and your I AM Presence to help you to see the perfectly healthy person. This is holding to the Immaculate Concept of humanity - to see each one as GOD made them, in His Image and Likeness.

Saint Germain: The Benefit Of Decreeing

"The activity of decreeing for ourselves, humanity, and all life in general, is a tremendous privilege of GOD's merciful love. It enables GOD's promises to be fulfilled, for it is in accordance with His own great law. Gratitude for such an opportunity gives greater blessings in each one's daily life, and life itself blesses and thanks those who love it enough to decree it free."

The Use of the Words 'I AM'

BELOVED MIGHTY VICTORY'S DISCOURSE

PHILADELPHIA, PENNSYLVANIA NOVEMBER 14, 1937

"I say to all peoples of the Earth, in whatever language you speak, use the Words " I AM" as written in English, if you wish to have Their Power! No translation can ever be made of Those Words, and I say that to all about all languages! You may not change Those Words ever! They have come down from the beginning and shall remain forever! They are the announcement of the God-Head in Manifestation in the physical octave! Those who do not use that Great Creative Word, will not have the Blessing and Benefit individually. No words can ever take Their Place! Be assured of that forever! Those who will use Them with earnest intensity, will see the Power of Those Words!"

The words 'I AM' is the Creative Word of the Universe, used by all God-Beings everywhere for that purpose - not only on Earth. When a call is made using the word 'I AM', it signals intelligent life to create. Life, which is intelligent, obeys. The call compels the answer. It always has.

Every creation living in your world, constructive or otherwise, is the result of the obedience of life to your command somewhere upon life's way. Turn to the constructive, positive, conscious use of the powers of the creative words, I AM and prove to yourself intelligent life manifests according to your decree. There is no greater teacher than one's own experiences.

I AM is GOD's own, most sacred and holy name. Jesus learned the power of the

creative word I AM and used it, enjoying the buoyant, uplifting feeling of the constructive use of any statement preceded by the words 'I AM .' For example, he used the statement, "I AM the resurrection and the life".

When you have said for centuries, 'I am helpless, I am sick, I am distressed', you have built certain deep grooves of energy into the etheric garment, what the world calls the subconscious. The subconscious has accepted what you have decreed for yourself for millions of years. Through the misuse of life, you have done the same thing with your emotional body and your mental body.

Now is the opportunity for chelas of the Great White Brotherhood to teach this to humanity:

When using the creative words 'I AM ',
they should always be followed
by a positive and constructive statement.

Since there is no limit to the powers of the God-Protection that can be called forth, no limit to the transmuting power of the Cosmic Christ Love, you have everything at hand to draw forth, protect and sustain your God-Endeavors.

When you are really advanced in your spiritual growth and development, you become the master of any situation. Then, in one word...

You can say to the flood, 'Stop.'

You can say to the great earthquakes, 'Cease.'

You can say to volcanic eruptions, 'Be Still'.

It will be done.

OUR RELATIONSHIP TO THE 'I AM PRESENCE'

As we renew our acquaintance with our I AM Presence and the Ascended Host - an association we may not have had for many ages - we should remember it will take many years before this channel of communication is cleansed of the creation of centuries of discord. It is like trying to establish a link with a distant radio station. There is a lot of static and interference.

Be aware the voices of our four lower bodies, whose conglomerate voice is what we call our consciousness, may wish to tell us how great we are.

For example, the moment Guy Ballard explained the I AM Presence to students in the 1930s, some students told others, "Oh, I AM listening to my I AM Presence and my I AM Presence told me you should do this and you should do that".

Remember this, dear students, typically, the I AM Presence and the Ascended Host talk only to you. Whatever the message, whatever the prompting, it is meant for YOU and YOU alone. Only in the rarest of circumstances does the Ascended Host employ another person to address something you should do.

We have to tell all voices influencing our consciousness, that from now on, the I AM Presence, and nobody else, is the master control.

Through daily invocation with our I AM Presence we re-cultivate our association. We are renewing the type of association we may not have had for over one million years. Let us determine to be the outpost of our glorious I AM Presence now.

Suggested daily decrees to establish the "I AM" Presence as the governing Power in our world and activities:

Saint Germain I AM Discourse VII – Vol. 3 - "Every student should constantly use, many times a day, for it only requires a minute, and silently declare:

" 'I AM' the Invincible Guard, established, sustained and maintained over my mind, my body, my home, my world and my affairs, and 'I AM' the full Liberation of Divine Love acting."

" 'I AM' the governing Love, Wisdom and Power with its attendant Intelligent Activity which is acting today in every single thing that I think or do. I command this Infinite Activity to take place every moment and be the sustaining Guard about me, that I move, speak and act only in Divine Order." So be it Beloved "I AM"!

THE ART OF GIVING DECREES THAT WORK

<https://iamfree.co.za/decreeing>

We bring forth the Light through our decrees, and the Light is what will set us Free. The proof of this is written across the face of this planet, and if we did not need to call the Light into action, we would not be here, we would have already Ascended. It is Cosmic Law, that when a decree is issued in the Name of God "I AM" it must manifest.

That is a difference between prayers and decrees. Prayers are from the human standpoint, and the Cosmic Law does not ensure their answer. Prayers ARE answered, if they are given with deep feeling and faith, as they do reach the Ascended Realms, through the Silent Watchers, but it is not a direct command, which a decree is. Since the 1930's the world has advanced exponentially, due to the decrees and the Transmission Flame Service. (<https://iamfree.co.za/starting-a-group>)

The efficacy of a decree is determined both by the amount of feeling and conviction released by the chela 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. Without positive feeling and conviction, the decree cannot manifest. There can be no doubt in the feelings about the results of a decree.

Typically, a decree given mentally (silently) is not as effective as a spoken decree. However, a decree, given silently, charged with positive confidence and feeling of the GOD Power-Almighty, is more powerful than a loud shout where there is no confirmation in the feelings. The volume of sound released is not as important as the quality. Decrees may be given silently or aloud, however, they should never be whispered.

Some people can, by nature, be extremely positive using a low, masterful tone. Others cannot convey feeling except by the exertion of a measure of physical force, giving assurance to the lifestream of accomplishment. Here, freedom is the order of the day.

What brings power to the decree? It is the ability of the students to visualize the decree. This forms more than 80% of the power in the decree. This means decrees cannot be given so fast they cannot be visualized. If they are to have results of a positive nature, the interest of the students must be behind the decree, and their energies must be positive and controlled. So to materialize a decree we need visualization, feeling and conviction.

We repeat some decrees or parts of decrees three times because over the centuries, we have built up solidified negative etheric patterns, through negative statements. One affirmation alone from your lips is not going to shatter and transmute these patterns. You must use repetitive decrees with a positive radiation,

which act like a battering ram, opening the gate for the perfect patterns of the future.

When repeating decree three times, it reaches first the physical consciousness, next the Christ Self, and finally, the I AM Presence. Then, they are all in one accord - agreed upon bringing forth the same manifestation. Repeating a decree three times by the students also builds up their confidence and conviction for the manifestation of the decree.

Decreeing should preferably be done three times a day and at a very minimum, two times daily: early in the morning and at night. This is more important than decreeing once a week for a longer period. Then the Law of Rhythmic Application comes into effect, doing things again and again at the same time interval.

It is the nature of *high* vibrations to rise;
in order to use them in the lower realms in which we abide,
these vibrations need to be drawn down as often as possible.
Hence, we need to decree several times within a 24-hour cycle.

It is best to continue with the decrees given in a decree book. By doing this we tie in with hundreds of others giving the same decrees. This builds a tremendous momentum for the success of the decree.

Once starting certain decrees, it is most efficacious to repeat the same decrees on a daily basis for the same reason. Repeating the same decrees each day strengthens the resulting thought-form.

On rare occasions, however, we may find it necessary to make up a new decrees to meet a world or a personal situation. Do not be afraid to do this, regardless of what others may say. You have the power and authority to use all of your God-Given creative abilities at any time; simply be ready to identify the source from which you received the decrees.

Short, clear, rhythmic decrees are a must, rather than long statements. We must be able to clearly visualize what we say. It is not possible to visualize if the statements are too long or the decrees are given too rapidly. Some decrees end with a short, snappy ending, such as 'Do it today Do it to stay' sealing the decree in the feelings of the students, as well as in the conditions which need to be transmuted.

Give good, short phrased, rhythmic decrees, add your feeling, conviction and visualization, and let the momentum build.

Structuring Decree Patterns

Each decree consists of several essential elements, which should be given in a certain order. Following are the structure and sequence of the major components of a decree. This will be followed by a suggested outline for giving the daily decrees.

[Step 1] Become Still and Contemplate Your I AM Presence

Pour love and gratitude toward your I AM Presence. It is your individualized God-Self, which has sustained you throughout the ages, and it is sustaining you now. The connection with your I AM Presence is through the silver cord anchored in your heart. Remember, one day you will ascend to this glorious I AM Presence and you will become one with it. Ask your I AM Presence to become the active presence during this day, guiding your steps. Then, feel yourself filled with light. Realize all of GOD's perfection is waiting for you to draw it forth.

[Step 2] Give The Masters the Authority to Enter Your World.

Unascended humanity has reign over this plane of existence. The Ascended Host is allowed to enter this realm only upon the invitation by humanity. We give the authority to the Ascended Master Saint Germain, the director of the current 2,000year cycle, the Maha Chohan and to Ascended Master El Morya, who gained the Bridge to Freedom Dispensation.

[STEP 3] GIVE A PREAMBLE (OPENING) TO YOUR SPOKEN DECREES.

- Call on your I AM Presence and the Ascended Host.
- Call On those Ascended Masters who are specialists in one particular field.
For example, when calling forth the Violet Flame, call on Ascended Master Saint Germain, Archangel Zadkiel and Amethyst, his twin flame.
- Call For Protection
For yourself, your loved ones and all sincere, committed seekers of truth.
Around your I AM Presence, see a protective pillar of light.
See this white pillar 9 feet in diameter around you.
It protects you from the imperfect thought-forms floating Earth's atmosphere.
The living, pulsating discordantly qualified vibrations (entities) around us.

The Masters pointed out we are only aware of a small fraction of the conditions and things surrounding and influencing us. This discordantly qualified energy moves like a whirlpool of energy, emanating destructively qualified radiation. These are the 'causes and cores' of centuries of misqualified energy by humanity.

To be protected from such negative influences, we can call on Archangel Michael's Sword of Blue Flame .We can also call on the mighty Elohim Astrea to lock her Cosmic Circle and Sword of Blue Flame around such a cause and core and to eliminate it. Through Astrea's great assistance, the motion of the whirling center within that cause is stopped and the radiation of the destructively qualified energy ceases to be.

Therefore, never, under any circumstances, start your day without calling the Protective Pillar of Light into action.

[Step 4] Call on The Law of Forgiveness

<https://iamfree.co.za/divine-beings-1>

During the hundreds of embodiments we have had in the past, we have misqualified a lot of energy. The fact we are here on earth today shows we have misqualified over 50% of the energy ever allotted to us. Through Divine Grace there is a tool available to us that we can call on to lessen the karmic debt caused by our wrongdoings. This tool is called The Law of Forgiveness and it should always be stated before issuing Violet Flame Decrees.

Saying, 'I AM The Law of Forgiveness for myself and all people, for all misqualified energy', several times a day, eventually brings a lightness to your being and world you never thought possible. Remember, you may have harmed not only people in the past, but also birds, animals, and other forms of life. You may have misused the beings of the elements of earth, water, air and fire - all of which have intelligence and are endeavoring to evolve into ever greater perfection.

When accompanying the decree with the actual feeling of forgiveness for your own mistakes and those of all of humanity, it results in tremendous assistance, both to humanity and yourself.

Now, knowing about this Law of Divine Grace, should we not, in turn, 'forgive those who trespass against us'?¹

Some once asked Mother Mary:

"How can we progress spiritually by leaps and bounds?"

Her answer: "By forgiving all those who have wronged you."

[Step 5] Use The Violet Flame.

Almighty GOD, in His great mercy and compassion, has given us, for our use, a mighty, powerful eraser of misqualified, imperfect energy. This is the Violet Transmuting Flame.

Previously, the knowledge of the Sacred Fire was known and taught only in the retreats of the Ascended Masters throughout the world. However, due to the short time frame in which certain things must be accomplished, it has been brought into the outer world. Here anyone can know of it, use it, and experience the freedom it brings.

Under the action of the old Occult Law, redemption of misqualified energies was through suffering and disease, whether registered on the physical, mental or emotional body. The Cosmic Being Victory set aside the Occult Law in 1930. This energy can now be redeemed and set free through the use of the Violet Flame. This is GOD's Law of Grace in action.

The Violet Flame is a current of energy qualified to seize imperfect energy and transmute it, so it may be charged with perfection once again. It is an activity of Love, Mercy and Compassion, dissolve the causes set up by people; causes whose effects would be most distressing. If people cannot come into this understanding and consciously use this Violet Fire, they will meet up with these causes, bringing such suffering into the world.

When you call daily to your own God-Presence I AM, and to the Ascended Master Saint Germain to blaze this Violet Transmuting Flame through you, it begins the removal of the miscreations in your emotional, mental, etheric and physical bodies. You experience a lightness and buoyancy in your feelings, a clearness in your mind, and a change in your physical body.

Some students see this Violet Fire as they call it into action in their worlds, others feel it. Nevertheless, it is doing its perfect work once it is called forth. It may seem to be invisible, but all the great powers we use in our daily lives are also invisible. You do not see your life-giving silver cord, or electricity, or love, or hate, but you do see their effects. Regardless of whether or not you see these things or feel them, they are very real to us [the Ascended Masters].

Everyone has had more than one hundred embodiments, and all of us have accumulated a great deal of karma. Since, as students of the Light, we know of the Violet Flame, Cosmic Law expects us to use that flame.

Karma is returning to students at a much faster pace;
some of it is returning at least once a day.

Therefore, use that flame of mercy at least twice, or better, three times a day.

It is best to use the Violet Flame twice or three times a day for a short period of time, than to use it a half-hour one day and then not use it the second day.

The accumulation of distress in each one's world has gone on for millions of years. Without some means of mitigating those destructive causes which have been set up, the reaping can be excruciating indeed. Fortunate are all who find and use the Divine Tool, now provided for them. The Violet Transmuting Flame is the

LESSON 5 : DAILY APPLICATION

merciful, Divine Tool that changes everything in your world when used enough.

It must be called into action. It will not come forth by itself.

The use of the Violet Transmuting Flame, and calling upon The Law of Forgiveness, are the most efficacious ways of preventing discord from acting in your world. When enough people make use of these activities, they can prevent distressing events from happening all over the Earth.

At the end of each year, over the Royal Teton Retreat, a lake of Violet Fire called 'The Violet Fire Cauldron' is established. The 'Violet Fire Cauldron' serves to redeem karma from unintentional action committed during the past year. The lake itself is 1,000 feet in diameter. On the last days of each year, everyone is dipped into the 'Violet Fire Cauldron' once. Students of the Light, who know of and accept this action of Divine Mercy, may apply to be bathed several times for additional benefit.

[See Lesson 16: The Violet Fire Cauldron]

On May 1, 1954, Saint Germain was placed in charge of this 2,000year period, known as the 'Cycle of the 7thRay'. This cycle is to be known as the *Era Of Freedom*. Already we see the effect at this special time in our history. The rule of many dictators has come to an end. People in many parts of the world, especially those previously controlled by communism, are experiencing greater freedom. It is Saint Germain's gigantic mission, during the next 2,000 years, to set free every part of life. This can be accomplished if sufficient individuals and groups desire to assist in the dissolving of human creation, which is trying to smother the Light in so many people.

The doctrine of 'eternal damnation', was brought forth to control people through fear, superstition and blind obedience; it is not truth. Whatever the sins or past mistakes, whatever causes of impurity and imperfection have been set up, there is a conscious way of transmuting those errors to be free of them: the daily use of the Violet Fire of Love, Mercy, Forgiveness and Transmutation.

[Step 6] Ask For Your Ascension.

This keeps us focused on the goal of all life, making the ascension at the close of this embodiment.

<https://www.youtube.com/watch?v=Eh5TinHpnWA>

[Step 7] A Period of Silence

Send love and gratitude to the Ascended Host, the angelic kingdom, the elemental kingdom, each one's ministering angel and the body elemental*.

The picture and the keynote of an Ascended Master are the two most powerful means of attunement.

This period of contemplation completes the service by accepting the energies invoked.

Become still, feel relaxed and let go of any tension.

Figure 5: Major Components of a Decree

Step	Action
1	Become still and contemplate your I AM Presence
2	Give the Masters the Authority to enter your world
3	Give a Preamble to your spoken decrees
4	Call on The Law of Forgiveness
5	Use the Violet Flame
6	Ask for your Ascension
7	A period of silence

* [See Lesson 6 for information on the Ministering Angel and Body Elemental]

THE POWER of the SILENCE& IMPORTANCE OF MEDITATION

<https://iamfree.co.za/ascension-topic-template-3>

The need of the sincere student is to become still often, throughout the course of the day. This allows the energy, directives, radiation and powers of the God-Presence, I AM, to flow into and nourish the four lower vehicles and the outer consciousness.

In the East, the practice of concentrated meditation upon the Supreme Source prefaces all activity. In the West, where the requirements of each hour seem to demand the attention and energies of the student, this period of spiritual communion is often neglected. The neglect then confirmed by the self-righteous feeling that the service is so great, there is literally no time to 'Be Still, and know that I AM GOD'⁴.

People often feel that the demands of the four lower vehicles, their appetites and promptings, are the urging of the Inner Presence. This delays contact with the I AM Presence and the correct recognition of *its* directions. The sincere student needs to purify and discipline these vehicles to their proper position as servants of the I AM Presence. This is best done by stilling the energies of the mental body, quieting the surging sea of the emotional world, refusing to allow the etheric body to bring up past failures and disillusionments, and disciplining the physical body. Of course, this takes time, patience, constancy and strength. When this is accomplished, then and only then, may the 'still small voice'⁵ of the I AM Presence be heard.

The Ascended Masters tell us the invocation of the I AM Presence and the Ascended Host of Light is essential to magnetize a direct current of their energies through us. However, there comes a point where the individual, having made the necessary application, should rest in the silence.

JESUS, SAINT GERMAIN and the MAHA CHOCHAN: IMPORTANCE of the SILENCE

Ascended Master Jesus: "During my ministry, as well as in the world today, people require much assistance. There is a tendency to rush forth to serve, without the necessary period of 'refueling' at the cosmic fount. You will remember I often 'went into the hills to pray'."

The Maha Chohan: "I smile when I see the people of Earth so intent upon travel and vacation, when they may go into this inner realm on a breath and come back more restored than any resort, physical sunshine or water spa could manifest for them.

Dear Children of my Heart, I implore you to enter deep, deep, deep into the

Heart of the Silence and know for yourselves the fullness of life that is there for your health, enjoyment, prosperity, and peace.”

Saint Germain: “The upward reaching of the outer consciousness through prayer, invocation, decree, visualization and song is only one-half of the perfect spiritual exercise which should be consciously employed by the students. The accepting of the energies invoked, through controlled, receptive, alert vehicles completes this service. Take Time To Be Holy.”

Suggested Daily Decrees and Contemplation

<https://iamfree.co.za/https/iamfreecoza/ascension-topic-template-2>

Give your attention to your I AM Presence.

Pour your love and gratitude toward it.

Ask the Presence to guide you this day.

Then give, with deep feeling, the following decrees:

1. In the name of my I AM Presence and in the name of all humanity, I give now full authority for the Earth and all world conditions to the Ascended Masters Saint Germain, El Morya and the Maha Chohan to bring into manifestation the Divine Plan fulfilled.

2. Beloved Mighty I AM Presence and Archangel Michael, intensify your protective pillar of pure light substance through and around me, charged with your invincible protection, All-Powerful and impenetrable.

3. Mighty I AM Presence, Angels of Blue Flame and mighty Elohim Astrea, Lock Your Cosmic Circle And Sword Of Blue Flame in, through and around all of the causes and cores of misqualified energy around me and all humanity. Seize and render this energy ineffective. Illumine, illumine, illumine the source and see this energy may not encroach upon life any longer.

4. I AM The Law of Forgiveness for myself and all humanity for all mistakes, misqualified energy, and for straying from the Light. (3x)

5. Mighty I AM Presence, Ascended Master Saint Germain, Archangel Zadkiel and Amethyst, blaze through and around me the Transmuting Violet Flame, thy Sacred Fire. Purify and transmute all energy ever misqualified by me. Keep this flame sustained and powerfully active.

6. Mighty I AM Presence, you direct my activity, world and affairs. Take full command of me, guide and illumine me every step of the way. See I render the greatest service possible. See in your wisdom I make the ascension at the close of this embodiment. I AM the ascension manifesting. I thank you, beloved I AM .

- Play the keynote of an Ascended Master
- Become still
- Send love and feelings of gratitude to one or more of the Ascended Masters (use a picture of the master)
- Contemplate the consciousness, nature and feelings of the Ascended Master
- Thank Ascended Masters for their assistance now and during the day.
- Send love and gratitude to the angelic and elemental kingdom, including your

- ministering angel and body elemental*
- On the return current, accept the energies radiated to you

DECREES

THE POWER OF DECREERING

BY THE MAHA CHOHAN

"TO CHANGE THE CONSCIOUSNESS OF MANKIND, WE MUST UTILIZE THE SACRED FIRE. This Sacred Fire can be drawn by any one individual, through the entire number belonging to this evolutionary system, without the outer intellect of any lifestream being aware of the service rendered. As this Sacred Fire of purification passes through the consciousness of the people, it removes the inner causes of diseases and maladjustments, and the effects automatically disappear, as when a mirrored room is completely cleared of all debris, you will find in that room no reflection of a grotesque or unpleasant nature."

Excerpt from Bulletin Book 1 - by the Maha Chohan

Blest Violet Fire

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.

Text by a student

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.
I AM the Resurrection and the Life of my limitless strength and energy.
I AM the Resurrection and the Life of my limitless supply of money and every good thing.
I AM the Resurrection and the Life of my Divine Plan fulfilled.

Call for Expansion of the Teachings

I AM the Victory of the Expansion of Saint Germain's Cause of Freedom.

Mighty I AM Presence, see the books of the original teachings of the Great White Brotherhood are translated into foreign languages and distributed all over the world. See that all who are ready to accept this beautiful teaching have the opportunity to do so.

Mighty I AM Presence, Ascended Masters Saint Germain, and El Morya and Goddess of Truth, Pallas Athena, draw all to this teaching who can be benefited, and render the service so necessary in this moment of crisis.

Light Descend Decree

In the name, power and authority of the Mighty I AM Presence, Helios and Vesta, 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 passes the understanding of the human mind. Into every 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 (3x)

substitute Peace, then Love

Helpful 'I AM' Statements

This is the day the Lord has made.³

It is a day when 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 the Ascended Host protects and guides me and fulfills my every need.

I AM the Mighty Victorious Presence helping me to Manifest Perfection in every situation I face 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!

MEDITATION& CONTEMPLATION

<https://iamfree.co.za/meditation-contemplation-1>

"NEVER MEDITATE IN THE DARK"

*(A message given to the Good Hope Sanctuary chelas,
through messenger Norman - from The great divine director)*

Excerpt from "I AM" Discourses Vol. 8 The BELOVED Great Divine Director:

"Think of it, in India, where so Great a Light has been amongst a few; yet the great mass of people in India, are bound far worse than you are. Why? Because the teaching which has come forth in the past, has taught the people of India meditation; in which hundreds and thousands of them sit down in a posture; and release themselves from the body and go out into Samadhi. They do go into That Exquisite Realm or Octave of Light; but what good is it doing?

The need, today, is to bring Our Perfection down into the human octave - where mankind has created the discord; and to produce Perfection here! Unless mankind understands the "I AM Presence," there is no hope of ever bringing That Perfection in Its Fullness into the physical octave, where It is required to set mankind Free."

(Ed. The meditation instruction as given by Saint Germain, in Unveiled Mysteries By Godfre Ray King, gives us the instruction to bring the Light into the physical octave where it is needed)

MEDITATION AND DECREES ARE THE PERFECT BALANCE AND MUST BE BOTH BE PRACTICED

BALANCING THE SCEPTER & THE CROWN

[HTTPS://IAMFREE.CO.ZA/THE-LAWS-OF-LIFE-SELF-MASTERY-D47CL](https://iamfree.co.za/the-laws-of-life-self-mastery-d47cl)

Beloved Saint Germain Speaks: "THE SCEPTER IS A SYMBOL OF THE POWER OF INVOCATION.. IT IS THE SYMBOL OF THE ROD WHICH BELOVED SANAT KUMARA HOLDS. Its Power keeps all Souls in the Seven Spheres around the Earth, so they do not fly into space. It is the Symbol of the Rod of Aaron. It is the Symbol of the Rod of Power. Within yourself, this Scepter is the Power of your invocations. The concentration of your mental, emotional, and physical energies through invocation draws down the subtle energy of the Higher Spheres and they are CHARGED into the Earth.

The Scepter placed within the Crown represents the combining of the two activities which must take place if perfection is to be manifested on the Earth.

During the time of Lemuria, the Priests were forewarned about the coming of the laggards from other systems. Consequently, they concentrated on the Power of Invocation and Decree in order to purify the atmosphere and to create and sustain a

LESSON 5 : DAILY APPLICATION

SHELL OF LIGHT. They became involved in human maya, so then the RECEIVING CONSCIOUSNESS was neglected. (Meditation)

Therefore, there was an unbalance of the Directive Masculine Activity with the Receptive Consciousness of the Feminine Aspect which would hold the balance. And the Light of Their I AM Presence and the Spiritual Hierarchy were shut out.

If the priesthood had kept open the Contemplative Power of the Feminine energy, the Continent would not have sunk. The same for Atlantis.

The same earnest and sincere individuals re-embodied on Atlantis and endeavored to bring forth the Cosmic Activity of Invocation and Contemplation. I was one of those individuals and some of you were also. The Power of Invocation did much to dispel the human creations brought forth from Lemuria, but once again the Priesthood forgot about the balance of the Masculine and Feminine energy.

The Power of the Scepter is worthless unless there is a Receptacle into which the concentrated energy may be released, transubstantiated, and prepared for dissemination to Humankind.

The Crown is symbolic of the Eastern Hemisphere and the enjoyment of Samadhi.

Included in the Power of the Crown is the Power of application, Reverence, and Receptive Listening.

WHEN YOU COMBINE THESE TWO POWERS, THE ERRORS OF PAST CIVILIZATIONS WILL NOT BE REPEATED.

LESSON 6 : ANGELS AND ELEMENTALS

THE ANGELIC KINGDOM

<https://iamfree.co.za/peace-cooperation>

The angelic kingdom consists of archangels, seraphim, cherubim, angel devas and angels.

Angels are wholly pure and perfect beings, growing in size and capacity through service. Their service is to humanity. It extends to people in embodiment as well as out of embodiment dwelling in heavenly realms.

Angels have golden or light colored hair, and are extremely beautiful. They are imbued with a particular God-Virtue by a Divine Being. They radiate that quality to a person or condition needing assistance. There are angels of Faith, Protection, Wisdom, Divine Love, Purity, Consecration, Healing, Peace, Invocation, Violet Flame, Blue Flame, Pink Flame, and the other God-Virtues. They carry the virtue of the being who created them.

May humanity one day know what the angels and the devas have done in their conducting of the radiation of heaven through the lower atmosphere of Earth, making the physical breath, breathed into the nostrils, life-giving rather than filled with the actual poison which would destroy the physical form!

As angels perform and manifest their Divine Plan, they need not labor. They just shine. They are embodied obedience. In silent, willing, and joyful obedience, they respond instantly to a call. Angels guard and radiate energy.

In guarding energy, they wrap their Divine Love around a stream of energy, so it does not dissipate, no destructive force can use it. For example, ceremonial angels collect and guard the energy constructively qualified by the students at a class meeting.

Elementals create forms through thoughts
Angels vitalize the forms through feelings.

Elementals respond and mirror the *thoughts* of humanity; angels respond to *feelings* (emotions). Unlike elementals, members of the angelic kingdom do not take on and express human qualities when serving humanity. However, when the discord is too great, they may be unable to withstand the strain and hold their virtue, thus becoming deficient in their radiation. Then they return to a temple within the seven inner spheres, where they are recharged and imbued with the quality they are destined to radiate.

The Evolution and Training of an Angel

Angels evolve both through association with the elemental kingdom and humanity. They also evolve through the guarding and controlling of energy.

Through such service, angels may become cherubim, seraphim, archangels, and finally, Great Beings who guard and protect planets, galaxies, and large systems of worlds yet unborn.

The Archangel Jophiel [of the 2nd Ray] works with the angelic kingdom in his temple, where the smaller angels are taught how to draw radiation and to radiate a feeling. The deva or teacher in charge radiates a feeling - perhaps of faith. The color and power of this quality passes from his body and is instantly recreated in the feeling worlds of the little angels who disport themselves in it and absorb its quality

and virtue - and they are happy.

As they grow, they go a short distance from the temple. The quality of the virtue they have absorbed passes from their bodies without any restraint or control - making little sparkles of light of the quality and color of the feeling. When they learn to hold the virtue for a longer period, they are then assigned to some deva or member of the angelic kingdom who is about to proceed into the lower atmosphere of Earth. They are asked to hold the quality within themselves until the angel points out some lifestream on Earth in need of that quality, and directs them to pour it forth.

Sometimes they are able to hold the radiation, and sometimes they unable to do so, for they are in training. If they are able to hold the radiation, they may come into the atmosphere of a city where *the Silent Watcher of that city* directs them to a home; a home where, perhaps a mother is watching a sick child. The little angel is instructed to release the quality into the feeling world of the needy one. Thus it renders the service for which it has come forth.

The quality of the little angel is its gift to the human being. The human being feels the angel's presence in a surge of new hope and confidence. The person so touched neither sees nor knows of her little celestial visitor. The little angel rushed back quickly into the protective aura of its director - the whole contingent then speeding back to the sun or temple from which they came forth.

Thus do the little angels grow, until they have enough control of energy to be given the care of a home, a church, a hospital, or some kind of institution. There they remain, drawing down the energy from the Godhead to bless their charges. They weave out of the energies of the people whatever prayers or calls to GOD go forth.

On rare occasions, angels have taken embodiment. Bound by the same laws as embodied humans, the Bands of Forgetfulness are placed around their consciousness. Typically they do not remember they originally belonged to the angelic kingdom. Examples of embodied members of this kingdom are Serapis Bey, now Chohan of the 4th Ray, and Mary, the mother of Jesus, the twin ray of Archangel Raphael, now serving with Jesus as co-hierarch of the Resurrection Temple.

Archangels

Seven great archangels direct the entire angelic host.

After the Earth was created, the angelic host was directed to guard and nourish the spiritual nature of humanity, to radiate the seven God-Qualities into the evolving God-Consciousness of humanity. This helps to develop conscious mastery.

Archangels direct legions of angels. Each of the Seven Archangels embodies, guards and radiates the God-Virtues of one of the Seven Rays. To gain the ascension chelas must master these God-Virtues.

The seven Archangels were the first to hold the offices of the Chohans (Lords) of the Seven Rays of creative power. They embody the feelings of the Father-Mother GOD, as the Elohim embody the mental qualities. At Saint Germain's invitation, for the first time in centuries, the Seven Archangels came forth, giving discourses to students of The Bridge to Freedom in the 1950s.

Figure 6: Names of the Archangels and their Archaii (Divine Complements)

Ray	Archangel	Archaii
1	Michael	Faith
2	Jophiel	Constance
3	Chamuel	Charity
4	Gabriel	Hope
5	Raphael	Mary
6	Uriel	Donna Grace
7	Zadkiel	Amethyst

The specific activities of each of the Archangels will be discussed in the Lessons on the Seven Rays. (Lessons 8 through 14)

Seraphim

Seraphim are the guardians of the energies of Great Beings, and are always active with the Elohim in the building of planets and their spiritual centers. They also serve as the messengers of the suns of a galaxy.

Seraphim move in groups of seven, in a V-formation. When the seraphim move through the heavens or the Earth's sphere, they emit a white light, and many a falling star and shooting comet recorded by science, is the speedy progression of a group of seraphim through the upper atmosphere. Their height varies from six to fourteen feet. Their faces and bodies are exquisitely beautiful, a line in the chin denoting tremendous strength and determination.

Cherubim

Cherubim are larger in size than angels. They have the same qualities and greater responsibilities. Cherubim stand guard and protect great streams of energy drawn by Ascended and Cosmic Beings. They serve mostly at inner levels. Over the last few years, cherubim have been dealing with and serving humanity. This is due to the need of the hour and 'the great cosmic push' under which all cosmic forces are making a last, concentrated effort to wake up humanity. For example, the Cherubim Lovelee came forth, guarding and protecting the energies of The Bridge to Freedom Dispensation.

Cherubim can become angel devas. There are angel devas over hospitals and churches, guarding energies and giving assistance.

The Ministering Angel

Those who have vowed to achieve their ascension in this embodiment, have many beneficial helpers available, which, if accepted and employed in love and gratitude, assist greatly in accomplishing this goal. One of those helpers, provided by GOD in His Infinite Love for His children, is the ministering angel, also sometimes called the guardian angel.

Millions of years ago, when we first took embodiment, an angel volunteered to minister to us, to help us on our journey, in our goal of expressing GOD in a sphere of lower vibration, on a planet. This beautiful being has served our needs, embodiment after embodiment, in spite of our transgressions and misqualification of energy. Now is the time to acknowledge this unselfish service and to give our boundless gratitude for this priceless gift, rendered for aeons of time.

Prior to joining with our individual lifestream, this angel trained at inner levels for

this specific endeavor. Therefore, our ministering angel is well acquainted with the individual's task - to express the God-Virtues of the Seven Rays. These are the same God-Virtues as those of the seven inner spheres, our previous school, through which we passed before embodying on Earth. [See Lesson 3: Journey Through the Seven Spheres] Everyone on Earth, including all of the laggards, has such a guardian angel.

This angelic being has vowed to stay with us until we have reached our ascension.

Acknowledgment, acceptance, gratitude, and conscious cooperation with the ministering angel helps our spiritual development and their evolution as well. We do this by stopping our activities a few times a day, pouring our gratitude to these selfless beings, welcoming their service. In doing this, the angel may assist us 24 hours a day, instead of just during sleep. Jesus, Mary, and Saint Germain communed with their ministering angel, and were greatly blessed by this relationship.

All ministering angels serve under Uriel, Archangel of Ministration. They have assisted each individual for millions of years, and they continue to be trained and revitalized in higher schools to assist us better.

GOD-VIRTUES OF THE SEVEN RAYS

We may express the God-Virtues of the Seven Rays by calling on the ministering angels to help us develop the following faculties:

1st Ray: The Will and Desire to serve GOD and All His Creation.

2nd Ray: Development of the Discriminating Faculties and Wisdom

The Perception of recognizing the highest level of truth.

One example is selecting between different representations of Ascended Master teaching.

3rd Ray: Drawing and holding the feelings of Divine Love, Compassion, Tolerance, Patience and Understanding.

4th Ray: Sustaining the Purity of the Immaculate Concept.

Seeing every creation of GOD the way GOD looks upon it - pure and perfect, without discord; denying the disharmony of the 'appearance world.'

5th Ray: Assisting in Consecration and Concentration to Persevere.

- Ponder much upon the life of Jesus. Think of how he exemplified the spirit of giving himself, at all times. Ponder upon the life of holy Mary and see how such a consecrated one has blessed all life by assisting in the creation of the physical heart of each embodied lifestream.
- Realize there are virtues, talents and powers GOD has loaned to you, for which you must one day render an accounting.
- Decree the way-showers of the race shall not be guilty of the sins of omission in this crucial hour.
- The activities of re-consecration by the Archangel Raphael play an important role in sustaining the constancy of the ministering angels, keeping their feelings enthusiastic.

6th Ray: Bringing forth Peace and Healing.

- These ministering angels are natural conductors of both peace and healing, but it is sometimes difficult to get people quiet enough in their thoughts and feelings to receive these gifts.
- Even when the physical body sleeps at night, the aura about it is still swinging around - the soul is darting here and there in various directions, always in search of some sort of happiness.
- It is part of the service of this ministering angel to quiet the feelings, mind, memory and flesh body and bring them peace.

7th Ray: Ministering angels are powerfully developed along the Ray of Invocation.

Of course, the ministering angels have constant access to all the virtues of the Godhead. Because they constantly have the God-Gift of inner sight, they know exactly what is required by the lifestream whom they have offered to serve.

Calling to our Guardian Angel is a wonderful thing to do daily:

<https://www.youtube.com/watch?v=GIYys-tc6iA>

Archangel Uriel: September 27, 1957

“Therefore, from time to time, as Cosmic Law permits (according to the karmic obligations of the soul concerned), these angels invoke the help of the Ascended Beings and Powers of Light to draw the particular assistance the lifestream requires at the moment.”

The ministering angel assists us at all times, during embodiment and during the time period when we are not in embodiment. Remember, whenever our feeling centers are active - and that occurs in the waking state, in the dream state, or when not in embodiment - we are creating karma.

The ministering angel is obligated to be with us at all times, and offers assistance in direct proportion to the assistance requested and welcomed. This assistance is mostly in the form of projecting light rays clothed with a particular God-Virtue. On occasion, there are also feelings of warning and promptings to the person to not do a certain thing.

Consciously endeavor to make friends with your angel of ministration. When you do, you will find yourselves gradually letting go of certain destructive habits which you have had since birth in this embodiment. Those habits may sometimes go back many, many centuries in your lifestream. Then you begin to come into the new era in your life of more graceful living, where your Holy Christ Self expands itself through you in youth, beauty, honor, and dignity.

Archangel Raphael recently has said the habits and momentums of the ages have become very powerful currents of energy, sometimes really rivers of force. However, nothing is more powerful in this universe than the God-Feelings of Grace and Peace.

The strongest people alive are those who can hold their peace in the face of every aggravation. The weakest are those who cannot hold that peace.

So, never let it be said in your presence that a peaceful person is a weak one. They are not lethargic types. A truly peaceful person, like Mohandas Gandhi for instance, is a power for GOD in this physical appearance world.

Archangel Raphael assists the ministering angels to regain their balance of energy. Thus re-consecrated, the angels return to their service with renewed enthusiasm.

LESSON 6 : ANGELS AND ELEMENTALS

Remember. You have a personal ministering angel who has been with you for many centuries. By your call, let this ministering angel daily anoint all your four lower vehicles with their substance and feelings of Divine Love, Light and Grace - thus helping you to hold sustained peace, regardless of any human appearances or aggravations. Give the angel your undivided attention for just a few moments each day, during that time consciously accepting into your feelings the help that one wishes to give you.

Were it not for these transcendent beings of Light and Love who have given themselves to people here, most lifestreams would have completely destroyed themselves long before now. GOD bless the ministering angels, every blessed one of them, and GOD bless our Archangels Uriel and Donna Grace for their sustaining power of love and grace for all life.

SONG 2 : To the Angels – by a Student

Angels of love, angels of peace,
We send our call to thee.

Angels of beauty, angels of grace,
Come with perfection that sets all free.

Angels of Pink Flame, comfort and ease,
Angels that heal, to thee we sing.

Angels of kindness and happiness,
We accept the gifts you bring.

Angels of wisdom, angels of truth,
We send our call to thee.

Angels of victory, angels of joy,
Come with perfection that sets all free.

Angels of Gold Flame - illumination too,
Angels that bless, to thee we sing.

Angels of balance and mastery,
We accept the gifts you bring.

Angels of faith, angels of power,
We send our call to thee.

Angels of courage, angels of strength
Come with protection that sets all free.

Angels of Blue Flame, goodwill and health,
Angels that guard, to thee we sing.

Angels of service and unity,
We accept the gifts you bring.

Angels of freedom, angels of love,
We send our call to thee.

Angels of mercy, angels of poise,
Come with perfection that sets all free.

Angels of Violet Transmuting Flame,
Angels that forgive, to thee we sing.

Angels of justice and God-Success,
We accept the gifts you bring.

Angels of life, angels of heaven,
We send our call to thee.

Angels of Green Flame, Ruby and Gold,
Come with perfection that sets all free.

Angels of White Fire - purity too,

LESSON 6 : ANGELS AND ELEMENTALS

Angels that raise, to thee we sing.
Angels of GOD's Ascension Flame,
We accept the gifts you bring.

When the Earth was first created it was made beautiful by the nature kingdom. Under the supervision of Virgo [Director of the Earth Element], Amaryllis, [Goddess of Spring], and the Maha Chohan [Great Lord of Rays], beautiful flowers, shrubs and trees were brought forth. Mighty Neptune [Director of the Water Element] created the crystal clear waters; Aries [Director of the Air Element] brought forth the air which the children of the Earth breathe. The angels came as guardians of the God-Virtues.

The Divine Plan was for the three kingdoms - the elemental, angelic, and human kingdoms - to serve together, each one evolving ever upward into greater perfection.

Elementals are the workers of nature. In their natural state, they act only in Divine Love. Their nature is to mimic or out-picture what they see. They are primarily mental beings (el-e-mental meaning 'mind of GOD'). They were created to serve humanity each through their own particular element:

the Salamanders through fire
the Undines through water
the Sylphs and Fairies through the air
the Gnomes through the Earth element

Some are called nature spirits and nature devas. They range in size from less than one-eighth of an inch to eighty feet. There are some large undines of that size in the oceans.

It is through the effects and use of their Life that these little beings supply humans with the garments of flesh they wear, the water they drink, the food so abundantly supplied, the air they breathe, and everything required to sustain them on the Earth. The Divine Plan was for humanity to be served in love and in turn humanity was to pour love and gratitude and blessings back to the elemental kingdom.

If you were to stand an elemental, a human and an angel before the chalice on your altar, this is how it would appear to each consciousness:

The Elementals would see all their little friends in the glass making up the form – their shining faces and tiny bodies sustaining the outline of the cup and stem

The Humans would see the glass, judge its worth, wondering if it were real crystal

The Angels would see the powers of the Sacred Fire, drawn by your invocation and decrees, flowing through the cup.

The activities of all three kingdoms are necessary to have a perfect manifestation in this world of form.

Earth represents the density - the physical body, the form.

Water represents the emotional body. Water is the greater part of the Earth; the emotional body encompasses the greater part of your energy.

Air is your freedom; fire is the power of purification and immortality.

Young children often see and even play with fairies and other beings of the

elements. Yet, if they were to be known, they are usually chastised.

THE ELEMENTAL KINGDOM

<https://iamfree.co.za/the-laws-of-life-self-mastery-a4kij>

THE SEVEN ELOHIM

The Seven Elohim are mighty beings of Love and Light who responded to the invitation of the Sun of this system and offered to help to manifest the system's Divine Idea, created in the minds and hearts of our Helios and Vesta, God and Goddess of our physical Sun. Through ages of time, the Elohim have learned to successfully use the creative powers of thought, feeling, spoken word and action, as GOD intended them to be used from the beginning. In a cooperative endeavor, the Elohim drew forth our entire system [the 'solar system'] in perfect manifestation, of which the Earth is just one small planet.

Great nature devas serve with the Seven Elohim to create and sustain the beauty of nature.

The Seven Elohim represent the mental activities and qualities of the Creator.

A tiny flame from each of their lifestreams is anchored in the forehead of every individual embodying on Earth. Through this sevenfold flame the Elohim extend their faculties and consciousness to every lifestream. This assists in holding a balance and fulfilling the Divine Plan in the outer world.

Figure 7: Names of the 7 Elohim and their Twin Rays (Divine Complements)

Ray	Masculine Aspect	Feminine Aspect
1	Hercules	Amazonia
2	Cassiopeia	Minerva
3	Orion	Angelica
4	Claire	Astrea
5	Vista	Crystal
6	Tranquility	Pacifica
7	Arcturus	Diana

THE EVOLUTION OF AN ELEMENTAL

The elemental kingdom evolves from the tiniest intelligence into builders of form, nature devas, Elohim, Silent Watchers, and Directors of Elemental Life (air, water, earth and fire).

- The Builders of Form may create human bodies. They perform this service together with Mary (mother of Jesus), who forms the heart.
- Nature devas may supervise the creation mountains, valleys, and lakes and even things as small as a garden.
- Elohim create the planets of a galaxy.
- Silent Watchers may guard the original blueprint for an entire planet or a galaxy.
- The Maha Chohan works closely with the elemental kingdom.

The training of elementals starts in nature temples under the supervision of nature devas. They gather together and the deva creates out of its own light body a beautiful blossom or some other design such as a blade of grass or a snowflake.

Then all the little elementals in the class endeavor to embody a form just like it. They try to imitate that figure in shape, color, and design.

The elementals learn to master all the creative qualities of the 7 Rays:

- 1) the Motive and Will to Manifest,
- 2) the Perception of How to Do It
- 3) Love for the Endeavor
- 4) Maintaining the Clarity of the Original Design
- 5) the Consecration and Concentration to Carry it Through
- 6) the Rhythm of Application, (Willingness to Manifest the Design repeatedly
- 7) the Ability to Envelop the Design in Peace and Serenity

At first, the elementals are only able to hold the picture for a second or two, but finally they can embody the form. If it is an apple blossom, the teacher in that temple notifies the nature devas there is a group of elementals ready to become the blossoms on an apple tree in someone's orchard.

It sounds simple, and yet it takes centuries of training and self-control, both on the part of the elementals and the teacher. Finally, you have a lovely pink and white spring. The apple blossoms smell so sweet and people enjoy walking under them. The farmer has hope of a good crop in the autumn. The bees are happy as they make their honey, and the elementals are happy because they have fulfilled their purpose. Then, the short season completed, the blossom falls and the elementals return home for commendation, for rest, and for re-assignment.

When the elementals are ready for a larger responsibility, such as being a nature deva, they may direct several elementals bringing forth, for example, a beautiful garden.

Some elementals graduate into greater service and become devas who watch over an entire nation. A few elementals are chosen to work directly with the Maha Chohan. In this association they learn how to draw and direct those magnificent currents governing all nature. This training enables some elementals to apply for the position of an Elohim. The Elohim, in a joint, cooperative action, create the planets of an entire galaxy.

The Body Elemental: Its Function and Purpose

Before taking a first embodiment on Earth, individuals are called before the Karmic Board. In a solemn ceremony, they are joined with an elemental being, called a 'body elemental'. At this ceremony, the body elemental assumes the obligation to stay with the particular lifestream during each successive embodiment until the individual reaches the ascension.

It is the purpose of the body elemental to:

- cooperate with the Christ Self and other elementals, called 'builders of form', in the creation of the physical body from the moment of conception to full growth
- perform certain involuntary functions of the physical body, such as breathing,
- at all times, keep the physical body as well as the etheric, mental and emotional bodies in a good state of repair, and, in all ways, to make the physical body a habitable temple.

Training

The pure electronic Light Substance and the forces of the elements are given into the keeping of the body elemental who is allowed to look upon the perfection of the Christ Self, which was to be the pattern it would build with the substance of the physical realm.

Between embodiments, the evolving soul, functioning in the etheric body, sojourns in a realm or sphere that it earned the right to inhabit through its use of energy in the Earth life. The elemental is freed from the soul to enjoy a certain freedom in the elemental kingdom; resting for the next service, when the soul is again called for a new embodiment.

Each individual has its strength in a certain sphere. The body elemental is chosen from the same sphere as the individual. For example, if the individual, through their prior training dwelled the longest in, say, the 5th Sphere, the body elemental is also chosen from this sphere.[see Lesson 3: Journey Through the Seven Spheres]

The training of the body elemental occurs at inner levels. Several elementals are trained to draw universal light substance and to follow a pattern, to create a flame flower or some simple manifestation of nature. The length of time the elemental holds the pattern in their consciousness determines the duration of the manifest form. As these potential Builders of Form increase in their capacity to hold the pattern received by them from the great nature devas, they work up the ladder of evolution to a point where they might be entrusted to build the temple (body) housing the Presence of GOD.

The Garden of Eden

At first, the creation of the body was a joyous and happy experience. After the Presence projected the Immortal Flame into the airless cell, the body elemental drew the necessary elements and re-created, almost perfectly, the design and pattern of the Holy Christ Self.

The flesh forms of those early ages were beautiful beyond words to describe. Truly a golden age of beauty prevailed. The etheric body was the pattern used by the elemental. This finer body out pictured the full glory of the Holy Christ Self. It was easy for the elemental to have reference to this pattern from time to time. The elemental took up abode within the temple it had built, and like a housekeeper or a caretaker, maintained the functions which kept the body in workable order (repairing, fueling, etc.). The association between the dweller and the elemental was a happy one.

The 'Fall of Man'

When humanity began to experiment with the use of energy, build into their etheric body certain distortions of form and impurities of essence, the body elemental became confused because the pattern was distorted. According to its basic characteristic, to manifest the form upon which its attention rests, it obediently began to copy and build the distortions into the flesh form.

After centuries of endeavor to reproduce the Holy Christ Self through the substance provided by the lifestream in the etheric body, and the tremendous added strain of working against the appetites and passions the individual developed when it fell from purity and grace, the body elemental soon developed an antipathy for the lifestream with which it was forced to work. Thus, the body elemental was no longer a cooperative, loving helper, but often blocked the individual's projects and designs.

When the Lords of Karma call the incarnating lifestream again, it usually appears in its etheric body, wherein are recorded all of its experiences, both of Earth and the inner realms between embodiments.

If individuals are to render greater service to life, the Lords of Karma often allow the Deva Builders of Form to give additional training to the body elemental by drawing it into a higher sphere of activity at inner levels, before the soul is summoned for incarnation.

Karma determines the pattern for the new body. The new body's appearance, comfort, and effectiveness to the soul is determined by what the soul has earned in past lives. This limits the incoming lifestream's choice of garments. Many etheric records of a destructive nature cause a distortion of the physical form.

The body elemental is also called at this time. This is often quite a scene, because the elemental rightfully objects to using its energy to mold and form a body as distorted as the etheric body of its partner on this long journey.

The Christ Self of the lifestream also attends. The body elemental is soothed by its presence and offer of support. Then, the substance the soul has charged with their energy - pure or otherwise - is given to the body elemental to weave into the new physical form. Here again, it is very reluctant to take such impure substance. Wherever possible, it saves the better (purer) elements for the outside, and puts the impure substance inside the form.

If in the subsequent embodiment, the individual's lifestyle further abuses their four lower bodies through wrong foods (meat, excess sugar and salt), bad habits (smoking, alcoholic drinks, habit-forming drugs), disharmonious thoughts, feelings and actions, the body elemental finds itself continuously opposed in its endeavors to copy and out-picture the perfection of the Christ Self.

The relationship of the individual with the body elemental may deteriorate to the point where the elemental becomes openly antagonistic. This may result in the early disintegration of the functions of the physical body, resulting in diseases such as the onset of cancer.

Needed Cooperation with the Body Elemental

Great love, gratitude to, and understanding of, your own body elemental creates an affinity between it and your physical form.

Remember, the body elemental beats one's own heart, activates one's nervous system and takes care of the proper functions of the organs of the physical form. It is usually condemned when any portion of the physical vehicle ceases to function properly. The truth is, the destructive use of free will by the uncontrolled emotional, mental, etheric and physical vehicles of the soul, creates the chaos in the physical vehicle. The body elemental constantly serves to repair such damage.

The beginning of a new association and friendship between the individual and the body elemental occurs when the individual comes to a point of understanding, and endeavors to abide by the Laws of Purity, abstaining from those activities which break down the structure of the physical form. This understanding is not built up in the matter of an instant. Centuries of abuse and careless use of the temple, created and sustained by this elemental, are not easily forgotten. Then, too, the body elemental must wait for the purification of the etheric envelope, which forms its pattern. When the etheric body has been held in the Sacred Fire of the Violet Flame, and resumes its light pattern of the Christ Self, the body elemental can quickly out-picture this in the flesh.

The substance composing the physical form, woven from the etheric body, has been used repeatedly in successive embodiments. This also requires purification to raise its vibratory action and emit light. You can see the necessity of using the Violet Flame and the action of the Cosmic Flame of Purity. When understood and conscientiously applied, we again have those 'bodies enduring' that are absolutely non-recordant to disease, disintegration, and finally, death.

The Maha Chohan:

"Peace, Unity, Harmony and Understanding among one's own members (body, mind, soul, personality, and God-Self) are essential to equanimity and progress on the path.

To fight the body elemental is useless; to pamper it, is to lose it.

To become acquainted with it in the mature dignity of 'The Master Of The Household', when required to direct the immediate staff, is Wisdom."

Preparation by the Expectant Mother

Most people who are about to become parents do not understand the intricate creation process, leaving it up to the body elemental and the builders of form.

Conscious cooperation with the body elemental and the builder of form go a long way in the creation of the developing physical body into an instrument of perfection. If mothers come to an understanding of the vital role they play in the actual forming of the child's nature, the human race could be redeemed much more rapidly.

Do this by focusing the mind on clean, pure and beautiful thoughts. Wash away memories of the impurities of the past by holding the etheric body in the Sacred Fire of the Violet Flame. Mothers should keep their own physical bodies as temples of the Most High Living GOD.

Mother Mary held the Immaculate Concept for the incoming lifestream of Jesus 2,000 years ago. She has offered to hold this picture of GOD's perfect creation for all mothers who ask her to do so. Visualizing the Luminous Presence of Mary helps.

Suggested Meditation and Decree

1. Rest your attention on your I AM Presence and your body elemental.
Pour your love and gratitude to this blessed friend, who has been with you during all of your former embodiments, and who has taken the vow to be with you until your ascension.
2. Call on The Law of Forgiveness for all the wrong you have done, which has hurt your relationship with the body elemental.
3. Call on the Violet Flame to cleanse your etheric body,
Remove the causes, cores and effects of past wrong thoughts, feelings, and actions. This gives the body elemental a more perfect working pattern.

Decree

Mighty I AM Presence,

Maha Chohan and Ascended Lady Master Mary:

Bless my body elemental for its service to me.

At the close of my Earth span set it ever free.

Without its loving presence I would not even be.

Blessed body elemental Ascend Thou with Me.

Beloved I AM . (3x)

By GOD's own hand. (3x)

LESSON 6 : ANGELS AND ELEMENTALS

I now command. (3x)

Do it today. (3x)

Do it to stay. (3x)

Originally the Earth was created of pure substance, not so dense as it is now, with more translucent and radiating, iridescent colors. As humanity's discord increased, Earth's substance became soiled, more dense and dark; that is why earth or ground is called soil. Nature never produced anything destructive to people.

- It is the duty of elemental life to obey the commands of individuals endowed with the Threefold Flame in their hearts.
- They have been absorbing humanity's discordant thoughts and feelings, causing caused tornadoes, hurricanes, tidal waves, earthquakes, and disasters of nature.
- These are the endeavors by the beings of these elements to throw off the impurity and discord imposed upon them for millions of years.

The waste matter put into the Earth and the waters, and the impure energy going into the air, have caused a 'pressure of human creation', on both the human and the elemental kingdoms. The destructive activities of nature can be controlled by individuals who understand the Law and how to make the call to release the elemental beings from the discord imposed upon them.

Freeing the Elementals from Discord

First, call to the I AM Presence and to the Masters or Beings in charge of the element and who govern such activities, to direct into, and enfold, the conditions in their cosmic flame; transmute all discord, and flood them with cosmic love.

Next, visualize the Violet Flame going forth from your Presence and the Great Beings transmuting the discord into Peace and Harmony.

Then, see the Pink Flame of Love enfold the beings of the elements, making them happy and free again

In case of fire, call on your I AM Presence and Ascended Master Nada, to pour her radiance over the fire. Visualize this radiance as a pink blanket. One can also call on Oromasis, Prince of the Fire Element.

It is wise to earnestly endeavor to purify one's own world and make friends with the little beings of nature. Pour out love, gratitude, and blessings to these beings, who so ceaselessly and selflessly serve humanity, especially if you wish for protection in times of crises.

Within each one of us is the kingdom of the mind, where the elementals - respond to one's thought. They become the form held in the mind. The Mind is the magnetic center for the elemental kingdom;

Within each one of us is the emotional world, the kingdom of the angels, to which they respond, amplifying every virtue, every tiny pulsation of hope, purity, peace, love, or kindness generated within the feelings. The Feeling World is the magnetic center for the angelic kingdom.

One day, humans shall blend both worlds consciously. They will be masters through controlled purified energy in their feelings, coupled with definitely directed

purified thought. They will be a bridge between the elemental and angelic kingdoms. These three kingdoms will again unite in worship, in service, in evolution, and in God-Happiness, for eternity.

The elemental kingdom must learn control of energy through thought, to hold a constructive pattern and design so you, and all people, may enjoy the perfection designed in the nature temples.

The angelic kingdom must learn control of the feelings, to hold within themselves the virtue they have chosen, until directed to release it to one in need of it.

Humans must learn control of both, and thus become masters.

It is time humans recognize this service and send to both the elemental and the angelic kingdom the recognition and love which they deserve for their constant service.

Without the elemental kingdom, there would be no form.

Without the angelic kingdom, we could not draw the blessings of GOD.

THE ELECTRONIC PATTERN OF ASCENDED MASTER SAINT GERMAIN

<https://www.youtube.com/watch?v=IIs98Gb5M1o&t=15s>

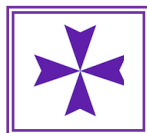
BELOVED SAINT GERMAIN

Saint Germain's lifestream is symbolized by the Maltese Cross of Freedom.

The perpendicular bar reaches upward into the spiritual spheres drawing the power of the Sacred Fire through his body into the Earth; anchoring it there for the redemption of the planet and its people.

The cross bar represents his outstretched arms, joining the angelic and elemental kingdoms to the human evolution, to serve in beautiful, harmonious cooperation.

In the coming golden age, under the leadership of Saint Germain, a Divine Brotherhood, combining the energies of the angelic, human and elemental kingdoms, is preordained. This is the natural expression of unity, harmony and loving cooperation among the evolutions, each finding hospitality and opportunity in the Earth's atmosphere.



LESSON 7 : HUMANITY'S HISTORY

<https://www.youtube.com/watch?v=fdksLJ1O6kY&t=663s>

THE STORY OF CREATION

This lesson presents a brief summary of humanity's history during the Lemurian and Atlantean Ages. The main purposes of this lesson are to illustrate the effects of qualification on God-Energy.

When God-Energy was qualified in a constructive way, the civilization reached a high state of accomplishment.

When God-Energy was qualified in a destructive way, it resulted in the downfall of the civilization.

When humanity at large did not listen to the still, small voice within, and the priesthood became spiritually arrogant, it resulted in the downfall of the civilization, often accompanied by cataclysmic action.

According to the Masters, we are literally sitting on a powder keg today. Hopefully the lessons learned from the history of the Lemurian and Atlantean civilizations will be taken seriously. While it may be impossible to prevent all natural disasters, there is still hope the extent of the catastrophes can be lessened and much suffering mitigated. Fortunately, not many students are needed to accomplish it. Quality of consciousness and the humble, sincere desire and commitment to the cause of the Great White Brotherhood is most important.

THE FIRST TWO GOLDEN AGES

Humanity's Advent On Earth

Millions years ago, on March 21st, at the beginning of the spring solstice, Helios and Vesta chose to bring down for embodiment on Earth, the first sub-race of the first root-race. In addition to the members of the first root-race, those present were Helios and Vesta, members of the angelic kingdom, including Archangel Michael, the directors of the elements - earth, water, and air [Virgo, Neptune and Aries], the Maha Chohan, the Manu of the first root-race, and guardian spirits. Among the guardian spirits were Sanat Kumara, an ascended being from Venus, and Zarathustra, a being from the Central Sun, representing the fire element.

A gigantic light ray was projected from the sun, and the majestic descent to the Earth began. Archangel Michael was the first to touch the surface of the Earth. He vowed he would give assistance to all humanity, until the last lifestream gained their ascension. The Maha Chohan established the Comfort Flame.

The descent occurred in the vicinity of the Teton Mountains (Wyoming). This Rocky Mountain Retreat is the most ancient focus of the Ascended Masters on the Earth. It is also called *The Temple of Precipitation*. Precipitation means 'going forth', and this refers to man's advent on Earth. From here, the newborn beings went north, east, south and west to carry the Light of GOD to the four corners of the Earth.

The Garden of Eden

Divinity on the Earth

"And God Saw Everything That He Had Made And Behold, It Was Very Good." (*Genesis 1:31*). This account refers to the first two golden ages and the first three

root-races. During that time there was no imperfection. Humanity lived in the Garden of Eden, e-don meaning obedience to divine wisdom, the all-knowing activity of consciousness. One of the continents in existence at that time was Lemuria, also called Mu.

During this time-period, no lifestream used energy to create a discordant vibration. The Earth was as harmonious as heaven. Each person was part of a great symphony, and in complete obedience to their Christ Self and I AM Presence. Each one's inner bodies vibrated in perfect harmony. Humanity's attention rested upon the things above, rather than things of the Earth.

Since the vibrations of their garments were much higher than the garments of today, the physical body at this time was of lesser density, and could be compared to our present etheric body, which is of vapor-like substance.

During this Golden Age, bodies were luminous. As far as the outstretched arms could reach was a self-luminous radiance, visible to the outer sight of everyone. Deception was impossible because the color of the radiance showed thought and feeling. Humans looked as our Christ Self looks today.

There was no artificial lighting since the luminosity of the electrons shone through the outer garment. Day and night, as we experience them today, were unknown.

The blazing sphere of pure white light formed a natural armor of protection, keeping out rates of vibration that did not belong to the perfection of the Presence.

This was a time when everyone saw their own I AM Presence. Humans walked and talked with the angels and Ascended Beings with no veil between them.

Through the power of thought and feeling, people designed and precipitated the requirement of the moment, be it food, clothing, shelter, or lovely temples. Through the power of feeling, thought-forms were energized using universal light substance. All that was drawn forth was used for the good of the whole.

Every man, woman and child was about 'the Father's business'.¹All were interested only in widening the borders of the Kingdom by coalescing into form the Divine Ideas which daily passed from the I AM Presence of each person into their outer consciousness through the silver cord. Lifestreams were like a fountain, drawing new ideas from the Presence, coalescing around elemental substance around themselves, which responded instantly to their call since they were a co-creators with GOD.

So many magnificent ideas poured forth in one day, the outer self could not fulfill them all. The outer self then chose those ideas of the greatest blessing to the universe.

Whatever was done in those early ages was done well and in great detail. Many spent hours, months or even a lifetime, carving out one figure or weaving one rug.

Those were days of great happiness and beauty. There existed only perfection in every avenue of life, disintegration, and death were unknown.

Religious Life

There was only one subject, namely, GOD and His ideas. The glory of the One was manifested in all walks of life. Education, science, and religion were not separate subjects.

Certain lifestreams, utilizing their individuality, became specialists, and entered the priesthood. They trained in temples becoming experts in precipitation, education and healing. Whenever people felt depleted in one quality or another, they visited

these temples and were revitalized.

The Temple of Illumined Faith was located near Banff, British Columbia. It was originally carved out of a mountain. Lord Michael served here, and his wise counsel was lovingly obeyed. People came individually and in groups to absorb the consciousness of absolute faith in GOD's goodness.

The Freedom Flame was kept at *The Freedom Temple*, serving to accelerate the externalization of the individual's Divine Plan, thereby hastening their development. The Freedom Flame (purple in color), is an activity of the 7thRay.

Pallas Athena, Goddess of Truth, was High Priestess at *The Temple of Truth*. Pilgrims visited her to gain from the magnetizing effect of the green Flame of Truth.

Other guardian spirits walked and talked with the members of the first three root-races on a daily basis, among them the Great Divine Director, Lanto, Surya, and Kwan Yin, together with the angelic host.

The Seven Archangels held the offices of the Seven Chohans. Chohan means 'Lord of the Ray'. Each Chohan was, and continues to be, responsible for one ray. The Maha Chohan (Great Lord of Rays) was, and is, in charge of the Seven Chohans. Archangel Jophiel was the first World Teacher.

Individual Embodiment

During the first two Golden Ages, parents created physical bodies for new Earth inhabitants using light rays. Through the projection of two rays (one of a masculine and one of a feminine being), a new body was created at the point where the rays crossed. The body was formed to full maturity; infancy was unknown. The incoming lifestream took possession of the newly created form. Each individual life span lasted for hundreds of years, since the vibration of each electron, atom, and cell was held in harmony with the Presence.

Toward the end of an embodiment, people informed relatives and friends of their coming transition. They searched for new parents. With the new parents' consent, they left some earthly possessions, such as books and research papers with them.

People then stepped into the Transmuting Violet Flame, anchored and maintained by the priesthood in a temple. The flame instantly etherealized the physical form. The elements returned to be universal life-substance. The lifestreams' memory records, also called the soul, entered inner realms for a time and were drawn back later at a self-chosen time by the person. In this way, they retained the full memory of previous embodiments. They were then ready for another embodiment, for renewed opportunity for growth and fulfillment of the Divine Plan.

A minimum of seven embodiments, one for each ray, was necessary to gain the ascension. This process occurred without interruption during the first two Golden Ages, whereby the first three root-races flourished, and all members of these root-races gained their ascension.

Climate and Surroundings

During the first two Golden Ages, humans enjoyed a semitropical, even climate. There were no storms or adverse weather conditions to combat. There was perfect harmony and rhythm in the change of the seasons. The four seasons served to give variation in color and design, as well as variations in types of harvest.

Lush foliage covered the ground; there were no weeds, insects, vermin, or diseases. No volcanoes were present; all volcanic action is due to the antipathy between elementals and humanity, whom they had come in such love to serve.

Animals, as we know them today, were not yet in existence. They only began to appear after humanity had generated the discord following the first two Golden Ages. Birds fall under a separate category. Ascended Beings created birds as messengers to humanity. Some did later take on some human qualities which accounts for their destructive activities.

In the first two Golden Ages, landed surfaces were connected all around the Earth. There were oceans, as well. No icecaps were present; they were caused by people's coldness and bitterness. They will disappear when people radiate more love.

The surface of the Earth was white, like alabaster or white quartz, radiating iridescent colors of the rainbow. There were rivers, waterfalls, lakes, oceans, trees and other vegetation, and mountains.

The Fall of Man

<https://iamfree.co.za/the-i-am-presence-ascension-1>

The Laggards

A cosmic council convened during the incoming of the 4th root-race. A decision made at that council drastically changed the course for all evolutions of Earth's humanity, guardian spirits, angels, and elementals.

This council, attended by the Spiritual Hierarchy of the Earth, was called to decide what to do with billions of lifestreams who were of insufficient spiritual development to earn continued habitation upon their own planet. The Masters referred to those individuals as 'laggards'.

They refused to cooperate with their home planet's Divine Plan.

They were complacent in their thoughts and feelings.

They lagged behind in their natural process of evolution.

Hence, they were not qualified to move forward with their planet.

The Hierarchy of Earth, as an act of mercy, offered the Earth as a planetary home to help the laggards complete their evolution. Conditions on this planet were still perfect and harmonious. Yet compared to other planets, its vibratory rate was slightly slower. The hope was the laggards would be guided by the purity and perfection of the thoughts and feelings of the people of the Earth, and by holding to their example, they would gradually transmute their karma. The high priests and guardian spirits were informed of the coming of the laggards; the remainder of humanity was unaware of the event. For one hundred years the high priests attempted, through decreeing, to establish a shield around the Earth's lifestreams to prevent their contamination by the laggards.

Tied now to the same laws which applied to the humanity on Earth, the laggards were provided with similar bodies, and were therefore indistinguishable.

The chief faults of the laggards were
arrogance, rebellion, resistance to progress,
stubbornness, and resentment toward change.

Naturally, they brought these qualities with them. The impure thought-forms of the laggards spread into Earth's atmosphere like smog. It was the beginning of the 'mist' the Bible mentions. [Genesis, 2:6 'and a mist arose and covered the whole ground'].

In time, the people of Earth succumbed to the subtle temptation of curiosity. They tuned into the impure thought-forms of the laggards and started to play with

them. This experimentation with the misuse of free will caused what is known as the Fall of Man. People started listening to the 'wrong crowd.'

Independent of God-Direction, people deliberately chose to experiment with impurity. This way people's attention no longer rested exclusively on the Inner Presence, the director of their life activity. People became sense conscious, instead of God-Conscious. In accordance with Cosmic Law they manifested that upon which they directed their attention and thought about most. They deliberately and consciously turned their backs upon the perfection and dominion with which the Father endowed them from the beginning.

When the mist first appeared, it was like a local wisp of smoke. Later, as the ages passed, it became an increasingly dense fog, gradually shutting away the visible presence of the Ascended Host.

Thus ended the glory of perfection of the first two Golden Ages. Later, when the Atlantean culture flourished, there were other Golden Ages, during which the veil between the Ascended Host and humanity was partially rent. However, the perfection of the first two Golden Ages (the time of the first three roots races) was unique and never quite matched. The Masters assured students it is possible for us to rend the veil again, and people may once more be able to walk and talk with the Ascended Host and the angels.

Consequences of the Fall

The Masters stated that the Fall of Man occurred in the current areas of Australia and New Zealand. At that time, these countries were part of the gigantic continent of Mu, covering a large part of the Pacific and Indian Oceans. Slander and gossip first began the weave of the veil here.

[The veil is also known as the Veil of Maya – see Glossary]

Under perfect conditions, a cycle of 14,000 years is needed for one root-race to make the ascension. The first three root-races made their ascension at the appointed time. It was during the evolution of the 4th root-race that disharmony first appeared; so we may say the Fall of Man first occurred about 50,000 years after humanity first embodied on Earth.

After the laggards arrived, the priesthood split into two factions. Rather than listening to the plan devised by the Hierarchy, one section of the priesthood attempted to remove the laggards from the Earth through repeated invocations.

One Ascended Master explained the senselessness of this operation. Even if the attempt would have succeeded, the laggards, bound to the Laws for the Earth just as the original races were, would have had to come before the Karmic Board and would have necessarily had to re-enter the Earth. Therefore, no permanent removal was possible. The dictations seem to suggest the other faction of the priesthood accepted the laggards, refusing to rebel against the plan of the Hierarchy.

The fall into a lower vibratory level caused great changes in humanity's bodily structure. The form grew more dense; creation by light rays ended. The I AM Presence, the focus of light and life in the heart center, began to decrease in size and influence. Fear, for the first time, registered in the etheric body. The growing density of the physical body changed the physical form. The present form of birth was experienced for the first time.

The soul was born. The soul may be called the accumulated records from the experimental use of life. This soul, dwelling in the etheric body, later influenced each personality in each succeeding embodiment. The soul must be redeemed through

constructively qualified energy until there is only GOD Consciousness alone, and not two, the soul and Divine Consciousness. Re-acquiring God-Consciousness is the need of the hour. It is 'the Second Coming of the Christ'.

The veil, once it was in total effect, shut off the visible presence of the Divine Beings; the music of the spheres could no longer be heard. The outer consciousness, left in confusion, groped in darkness. Commencing with the fall, very few people gained their ascension. Nearly everyone, through the misuse of energy, acquired karma thus becoming tied to the wheel of birth and rebirth.

Effect on the Surface of the Earth

Before the fall, the pigment of the Earth's surface was an alabaster color. Afterwards, the pigment started changing, the grays and browns appeared. It took a long time before black and red appeared (fire engine red). These colors manifested about 80,000 years ago.

In some instances, the discord of people created so much disharmony, the nature kingdom refused to continue doing its part in adorning the Earth with foliage. As a result, the first barren wastelands and deserts appeared.

Humanity's misqualified energy brought about gas belts, subterranean pressure chambers, which, under certain conditions, result in earthquakes and volcanic action.

THE LEMURIAN AGE

(4,500,000 BCE TO 200,000 BCE)

The Size and Location of Lemuria

From the very beginning, there were always several continents in existence upon the Earth's surface. So, when we talk about a Lemurian Age, this does not mean the continent of Lemuria (sometimes called Mu), existed by itself. The reason to connect a particular age to a specific continent is, during that particular time, its inhabitants were leaders in terms of knowledge and application of Cosmic Law and scientific achievements; hence the names 'Lemurian Age' and 'Atlantean Age.'

Lands belonging to the gigantic continent of Lemuria included lands now under the Pacific Ocean, as well as Hawaii, the Easter Islands, the Fiji Islands, Australia and New Zealand. One dictation includes lands in the Indian Ocean and Madagascar. The eastern coast of Mu extended to the area of San Diego, California.

The Sinking of Lemuria

The Elohim Orion stated in 1954 that temples, cities, and entire civilizations have fallen into decay, and continents have sunk, all because peace and harmony were not sustained. Ascended Master Mary stated that spiritual arrogance destroyed the temples of Lemuria and Atlantis. She admonished the students: keep humble in your knowledge

In another dictation, it was stated, "Cataclysms come only through the destructive influence of the human, and when that is removed, there will no longer be a cause for them."

About 200,000 years ago, the giant continent of Lemuria sank below the waves of what is now the Pacific Ocean. The catastrophe happened overnight. There were no unusual weather conditions, the sky was blue; 60 million people were thrown out of embodiment. Lemuria sank so quietly and quickly, nearly everyone was totally unaware of what was happening.

Just before the cataclysm, some of the temple guards transferred documents, the various flames of the temples, and other valuables to places that would withstand

the force of the inferno. Those places were India, China, Tibet, the Rocky Mountains, and Atlantis. Djwal Kul, who later became one of the Three Wise Men of biblical times, participated in the safekeeping effort by transporting certain items to Central Asia. Lord Lanto, who was then a head priest at one of the temples on Lemuria, where precipitation was successfully practiced, transported the Temple Flame to the Royal Teton Retreat, where it remains. In this way, the memories and the heritage of Lemuria were kept alive by a faithful few.

THE ATLANTEAN AGE

(500,000 BCE TO 10,000 BCE)

The Size and Location of Atlantis

We can consider ourselves fortunate indeed the masters left us some tangible details concerning the rise and fall of several civilizations during the Atlantean Age. We no longer have to rely only on mythology, legends, psychic testimony, allegories, and veiled or even incorrect information presented by the masters who were severely limited by the occult law as it applied to the Earth. The masters said the type of information released after 1930 had not been permitted to be given for 12,000 years.

The Atlantean Continent originally consisted of a solid land mass, reaching from parts of the North and South American continents to Europe and northern Africa. According to one dictation, "Europe then was part of Atlantis". Cuba, the Madeira Islands, and the Azores were also part of it. There is some indication a section of the United States was considered part of Atlantis, because the Masters labeled temples located on its east coast as 'Atlantean Temples'. There were also other continents on the Earth's surface during the Atlantean Age.

The Masters first mentioned an Atlantean civilization as having existed 500,000 years ago. The last remnant of Atlantis, called Poseidonis, sank in 10,000 BCE

Atlantean Age Civilizations

The Atlantean culture reached one of its heights 500,000 years ago. In that age, the people achieved oneness with the God-Presence. They had great illumination and understanding. They knew the power of radiation, and the importance of vibratory action passing through the bodies of individuals.

At that time, Long Island, an island near New York City, was considered holy ground. It was entirely dedicated to the priesthood who were the only ones allowed on the island. Through the purity and constructive activity of the priests, Long Island became the most highly magnetized center of spiritual currents on the Earth's surface at that time. It was not advisable for anyone to step on the island; it was like touching a highly charged electrical wire.

After the sinking of Mu, 200,000 years ago, its priesthood soon embodied on Atlantis. Endowed with the gift of consecutive consciousness (the memory of previous embodiments), they drew those lifestreams around them who assisted them during former Golden Ages on Mu. Therefore, soon after the Lemurian age, the Atlantean culture flourished.

In several respects, the technology of the various Atlantean civilizations was superior to that of today. Unlimited energy for lighting, heat and power for propulsion was generated and transmitted by special power boxes. When used for propulsion, they were attached to the vehicle. Seven different types of these energy transmitting boxes were in use. In size, the boxes were about two feet by two feet by three feet. They had the capability of gathering the energy currents existing in

the atmosphere. These currents of electricity were of a higher, finer type than that used today. They could be affected through both thought-force and mechanical means. By means of its airships, Atlantis stayed in touch with all parts of the globe.

The Atomic Accelerator, a device accelerating the vibratory action of the four lower bodies, was used as a healing, purifying agent.

Saint Germain reported another achievement in the field of technology. Certain metals were combined with glass, through a fusing process, to make a product strong as steel and imperishable.

The superior technology, coupled with a good understanding of Cosmic Law, enabled the Atlantean civilization to maintain a leadership position enduring for thousands of years, up to the time of the sinking of its last remnant, the Isle of Poseidonis. During its heights, Atlantis was considered a global empire.

THE SAHARA CIVILIZATION

(68,000 BC)

The Sahara Civilization extended from the present Sahara Desert (its westerly boundary), across the entire width of Africa, continuing east across Asia, all the way to the Himalaya Mountains. This civilization was called the 'Sahara Empire', and it reached such a high level of attainment the term Golden Age has been attributed to this period.

The Sahara Desert was fertile land at that time. There were many streams of water, and the entire area enjoyed abundant moisture and a semi-tropical climate. The Nile, as it is today, resembles the streams of that period.

The name of the capital was known as The City of the Sun. The domes of many buildings were covered with sheets of pure gold, and the interiors decorated with jewels. The gold and the jewels were precipitated directly from the One Eternal Substance.

The king-emperor, then unascended, was the Master known to us as Saint Germain. His empire was a living example of perfection. There has never been anything on Earth since that time ever approaching such heights. For hundreds of years this perfection was sustained. There was no need for an army or navy of any kind.

Saint Germain was assisted by a council of 14 Ascended Masters. The 7 government departments controlled the activities of science, industry and art. Each department head worked directly with the council, and therefore was attuned at all times to the Divine Plan. Everybody served for the good of all.

THE POSEIDONIS CIVILIZATIONS

(12,000 BCE TO 10,000 BCE)

During the height of the Poseidonis civilization, there was a province where an attempt was made to bring forth a nation of Ascended Masters. The people living in this area were able to precipitate many things they needed from universal substance, including food and clothing. They sat at their table and the food they required appeared in front of them. The consuming activity of the Threefold Flame was visible to all. [the flame referred to may be the Violet Flame]. After having completed its service, the physical body was placed in this flame and it disappeared instantly.

Technology was very advanced. The Poseidonis civilization had global contact through airships. Among the places to which they traveled were Yellowstone Park (Wyoming, U.S.A.), and Meru. By comparison, the air transportation of today is

crude and primitive.

The Breakup of the Atlantean Continent

When the forces of darkness had sufficiently influenced the consciousness of a large majority of the people on Atlantis in disobeying GOD and following the rebellious way of the destructive use of free will, and when there was insufficient constructive use of energy by the priesthood, Cosmic Law decreed Atlantis no longer justified its right to exist.

The first cataclysm during the time-period under consideration (500,000 BCE to 10,000 BCE) occurred 200,000 years ago, as reported under the section, 'The Lemurian Age.' [The Sinking of Lemuria] Since cataclysm tore apart a large portion of the Earth's surface, it is possible portions of Atlantis also sank.

The second major cataclysm of this time-period took place 80,000 years ago. It must have been a global catastrophe of devastating impact, because the Masters stated that cataclysm changed the colors of the Earth. The colors red and black became known for the first time. The Masters explained in another dictation these colors have a tendency to lower the individual's vibrations by appealing to the lower senses.

The area now known as the State of Texas rose up during this cataclysm. It was below the surface of the water prior to this event.

During several cataclysms the tearing apart of the Earth's surface was re-experienced. Piece by piece, various portions of the giant continent of Atlantis submerged beneath the ocean. This process took place over a period of thousands of years. Finally, only the Island of Poseidonis remained, a central and small remnant of the original continent. As part of cataclysmic actions, lands west and east of Poseidonis had sunk beneath the ocean. The submerged lands included areas located near the current island of Cuba.

Poseidonis, when still part of the larger continent, had been the heart center of the then known civilized world.

The final Atlantean cataclysm took place about 10,000 BCE Then, Poseidonis, the last remaining fragment of Atlantis, was submerged.

The Exodus

Those priests and chelas who remained true to the Light were made aware of the date when Poseidonis was to sink. At night, at a certain pre-arranged hour, the followers of the White Order loaded their boats with those temple treasures they were able to wrest from the hands of the greedy priesthood. They were the crew on 100 sailing boats, which were also equipped with oars. The boats carried forty volunteers each, including one priest per boat. Upon leaving the shore, the leader of each boat opened their sealed orders. These documents identified the destination of each boat.

- The Flame of Truth, under the care of the priest, Hilarion, was to be carried across the Atlantic Ocean, through the Mediterranean, into Greece.
- The Ascension Flame, under the care of the priest Serapis Bey and his group was to be carried to Luxor, Egypt.
- The Flame of Liberty was to be carried to southern France under the care of its guardians

LESSON 7 : HUMANITY'S HISTORY

The boats had to arrive at a place of safety before the ocean would be churned into a boiling sea by the cataclysmic action – an action no boat could survive. Of the 100 boats leaving Poseidonis, only 10 arrived. Time and karmic conditions were such the Cosmic Moment could not wait for the arrival of the vessels at their locations, if they were delayed beyond a certain date, for any reason. Other than the 10 boats arriving safely, all the remaining population of Poseidonis lost their lives.

Serapis Bey and his men reached their destination seconds before the Nile overflowed (caused by the sinking of Poseidonis).

The action of The Ascension Flame, together with the right use of knowledge and power, later brought Egypt to her greatest height.

Hilarion and his group arrived safely at Crete, which at that time was connected to the mainland of Greece. Hilarion established The Flame of Truth there. This focus was later used to bring forth the Temple of Truth at Crete, the Oracles of Delphi and the Golden Age of Greece.

The treasures of Poseidonis were taken to different parts of the globe. Records were taken to Egypt, Tibet, China, and other parts of the Far East. Some of the Atlantean records later found their way to the library in Alexandria, where ultimately most of them were destroyed by fire. The records not carried to Alexandria have remained intact. These will come forth in the near future, when the viciousness, bigotry, and intolerance of orthodox minds dissolves to a point where they will not meet with destruction.

Thus, the last remaining fragment of a once global empire sank, to rest for purification, beneath the present Atlantic Ocean. Some of today's myths and legends point to earlier times of glory.

The Masters said, in time, indisputable proofs both as to Atlantis' existence and its height of attainment, will be revealed by oceanography, geology and other scientific data.

LESSON 8 : FIRST RAY – GOD’S WILL IN ACTION

<https://iamfree.co.za/radio-podcasts>

DAILY MEDITATIONS WITH THE SEVEN RAYS

ACOLYTE SERVICE

Play appropriate music, such as *Bells of the Meadows*.

After greeting the students, the group leader gives the following invocation:

All hail to Thee, Thou All-Pervading Light of the Universe, the Supreme Source of Life, I AM. We kneel within our hearts in recognition of the Light of the Cosmos, as we draw forth these flames, representing the three-fold activity of life, as exemplified by the Holy Trinity:

the Father,	(lighting blue candle)
the Son,	(lighting yellow candle) and
the Holy Spirit	(lighting pink candle)

Beloved Cosmic I AM Presence, come now and assert Thy rightful authority in the four lower vehicles of all of Thy children and show us how to reverently and humbly express the perfectly-balanced activity of Love, Wisdom and Power which Thou art.

Oh Light Supreme, we acknowledge Thee in all life. We give gratitude to the glorious Cosmic and Ascended Beings, as we invoke them and the great angelic host to amplify the energy we release in this class. May that light expand, expand and expand, as it travels throughout the universe, ever widening the borders of Thy kingdom in fulfillment of Thy Will. I AM!

INVOCATION – 1ST RAY

After greeting the students, the group leader gives the following invocation:

Anchored within each of our hearts, we love and adore you. We acknowledge you to be the owner and giver of all life, our intelligence, our substance, our all!

We call on Archangel Michael and on all Ascended Beings who serve on the 1stRay and especially on Elohim Hercules and Ascended Master El Morya.

As we pour out our deepest love and gratitude to the Ascended Host of Light for bringing forth this teaching, *blaze, blaze, blaze* your Blue Flame of GOD’S Will through and around us, eternally sustained.

Seal us in your Light and Love and Power of victorious accomplishment. Guard and protect us. Guide and direct us. Give us the illumination of truth that shall set us free!

LESSON OVERVIEW

A lesson on the God-Virtues of the 1stRay: GOD’S Will In Action

- Other God-qualities expressed: power, protection, faith and hope.
- Color: royal blue
- Chohan: Ascended Master El Morya
- Primary representatives: Archangel Michael, Elohim Hercules

Before starting the lesson, contemplate the pictures of Archangel Michael and El Morya, asking for their radiation, feelings, nature and consciousness.

DESCRIPTION OF THE 1ST RAY : THE BLUE FLAME OF GOD’S WILL IN ACTION

There are about 10 billion who use the Earth as a school. There are approximately 3.5 billion people in embodiment on the planet Earth, at this time.* Each one of these billions belongs to one of the Seven Rays, or departments of life. That means they have an affinity for the particular qualities, talents, and attributes represented by one of these 7 major departments, and having built a momentum along that line, feel happy and comfortable when they are around people and vibrations similar to their own.

* [in 2019 the world’s population is estimated at 7.7 billion – we believe this is due to all lifestreams getting a last chance to embody. See Lesson 18: The Last Opportunity - A Division of Humanity]

Individuals belonging to the 1stRay are usually easier to recognize than are those of other rays, typically, they have limitless energy and strength, and are the ones who ‘get things done.’ They like action, are born rulers and executives, and are capable managers of the various activities. In the more undeveloped individual on the 1stRay, their push and drive of energy can sometimes become unpleasant.

Those people who are in need of energy and strength, and Faith in GOD and Good, should call to the great beings on the 1stRay - especially the Ascended Master El Morya, the Archangel Michael, and the Elohim Hercules - draw into themselves the energizing Blue Ray, frequently using the statements:

I AM the strength of Hercules!

I AM Hercules’ limitless strength and tireless energy!

ASCENDED MASTER EL MORYA: CHOHAN OF THE 1ST RAY

Introduction

El Morya came to Earth as a guardian from the planet Mercury. As Chohan of the 1stRay, he represents the Will of GOD, assists those in governmental positions and stands by anyone desirous to Do GOD’s Will.

El Morya embodied several times as a king. He was Melchior, one of the three wise men who found their way to Jesus. Later he became King Arthur of the Knights of the Round Table. As Thomas Moore, the Irish poet, he wrote the words to the song, *Believe Me If All Those Endearing Young Charms*. He chose that embodiment to balance the many embodiments he had as a ruler. Together with Kuthumi and Djwal Kul, he endeavored, through the Theosophical Movement, to bring an understanding of Cosmic Law. El Morya ascended around 1888.

In 1951, El Morya was granted The Bridge to Freedom Dispensation. Saint Germain assisted in this request. Functioning as editor of *The Bridge to Freedom*, a monthly magazine, El Morya used the pen name ‘Thomas Printz’ (Thomas *Prints* - is printing). The Ascended Masters gave the dictations through Geraldine, the twin-ray of El Morya. This connection, and Geraldine’s previous service to the Brotherhood, made it easier to give the dictations through her.

In an article entitled ‘The Spiritual Caravan’, printed in the book *The Initiations of the First Ray*, El Morya invited serious students to join him in a spiritual mission. Through teamwork, he laid the foundation for a new permanent Golden Age. He is in charge of the Temple of GOD’s Will at Darjeeling, India. The keynote of the temple is *Pomp and Circumstance* by Elgar. His personal keynote and that of his Twin Ray is Panis Angelicus.

THE WILL OF GOD MADE MANIFEST

"I speak to all people everywhere! It is the fiat from the Heart of Creation that the Will of GOD shall now manifest through your life, your energies, your senses.

I speak these words into the mental and feeling worlds of this planet, into every appearance enfolding an earnest son or daughter of the kingdom who has forgotten the Divine Destiny of God-Mastery.

The WILL OF GOD is Good.

The WILL OF GOD is for a free people!

The WILL OF GOD is that
the axis of the Earth shall be straightened, and
the extremes of climate shall be mercifully blended.

The WILL OF GOD is that
everyone, from within themselves, shall draw forth the substance
and supply which is the need and requirement of their everyday existence.

The WILL OF GOD is that
there shall be no veil between humanity and GOD.
Angels, devas, and all God-Free Beings shall walk and talk as freely with the
evolutions of the Earth as humans now talk with each other.

The WILL OF GOD is that
the sick rise, the dis-eased become filled with ease and balance,
each one entering into the deep recesses of their heart, facing their own
Supreme Divinity.
On seeing It face to face, they become enamored of the magnificent
perfection preordained and destined for each lifestream.

It is time that the Will of GOD be impressed with such strength and power into the consciousness of humanity, there can no longer be any dallying in the shadows nor acceptance of limitation as part of this great Universal First Cause.

Those in unascended bodies, interested in sending forth this decree, using the following strong, powerful thought or spoken word, will be myself in action.

The Will of GOD is Good!
The Will of GOD is Light!
The Will of GOD is Happiness!
The Will of GOD is Peace!
The Will of GOD is Purity!
The Will of GOD is Balance!
The Will of GOD is Kindness!

3 times per day, 5 minutes each time

I have stood for many centuries while humanity and its teachers have talked on and on about the Will of GOD and the submission to circumstance. That shall cease. Within Life is the power of mastery, and within my fully gathered cosmic momentum is the pressure and assurance of faith in the fulfillment of that Will.

SONG 3 : Pledge To Serve

Melody: *Pomp and Circumstance*, March No. 4, by Elgar

To Morya we bow!
We, your chelas, humbly vow
To now consecrate and rededicate
Our life in your service now.
We march in GOD's Name.
Protected by your flame.
'Til this Earth is free,
Blessed One, use me.
Help me be The Christ in action,
In GOD's I AM name.

In me you can trust.
I AM equal to the task.
I will give my all,
Ready at your call,
All you have to do is ask.
El Morya, my friend,
I AM with you 'til the end .
Not my will but thine.
Place your hand in mine.
On Your Bridge to Freedom chelas
You can now depend.

Oh, how we love you.
We will help you see it through.
Arm us with your sword,
And with One Accord,
We'll win, even though we're few.
We do now attest.
We will strive to do our best.
For vows that were sworn,
Before we were born,
We will serve until
The Golden Age is manifest.

MICHAEL, ARCHANGEL ON THE 1ST RAY

Introduction

Archangels sustain the feeling nature of the Creator for humanity's utilization and nourishment. Each embodies a particular God-Quality. Through them flow the energies of the Seven Rays to the three kingdoms- angelic, human and elemental.

Of the Seven Mighty Archangels, who are the messengers of GOD, the best known is the Lord of the Archangels, Prince Michael, who is the Archangel of Faith, Protection, and Deliverance from evil. Countless prayers to him, with their immediate response, have drawn him close to the people of Earth.

With golden hair, magnificent blue eyes, and an appearance of splendor, confidence, and faith in GOD, Lord Michael has responded often to the requirements of the people on the Earth, who are in distress of soul, mind, and body. Of his free

will, he chose to become guardian of the faith of humanity in GOD, at the very beginning of its embodiment upon the Earth. His presence, or that of one of his celestial helpers, sweeps earthward, giving assistance to anyone in distress who desires his help.

Lord Michael’s temple is located in the Canadian Rocky Mountains, in the vicinity of Banff, Alberta. It is now an etheric temple. Long ages ago, it was physically manifest on Earth. It is circular in shape, of tremendous proportions and has four entrances, one at each of the cardinal points. The temple is made of a beautiful golden substance, encrusted with magnificent blue sapphires, and on its dome stands a representation of Lord Michael.

When the first group of lifestreams came forth to inhabit the Earth, Lord Michael accompanied them as their guardian. The holy innocents first embodied in the vicinity of the great Teton Mountains in Wyoming, U.S.A.. Many centuries later, after the advent of the laggards from other stars, who brought with them their shadows of discord, Archangel Michael and his angelic host withdrew more and more to this Temple of Faith.

From this focus, he and his legions have continued to guard, protect and serve humanity. Before human creation emanated from the people, it was humanity’s natural estate to walk and talk, serve and accept counsel from the angelic host and their directors. From all parts of the Earth, people came to receive the powerful radiance of this great Archangel, finding new strength to continue in their respective services, filling their souls with his faith in the ultimate expression of GOD’s Kingdom of Heaven on Earth.

From this etheric temple, Archangel Michael’s helpers constantly go forth on missions of protection, mercy, redemption and salvation. From the temple, the ray of absolute unswerving Faith in GOD continues to radiate forth through the emotional, mental, etheric, and physical substance of the planet and its attendant evolutions.

During sleep, many in their finer bodies, come to this temple. Those seeking to be liberators of the race from disease, soul weariness, and all manner of human limitation, find new courage and strength to continue with their chosen service to the Earth.

When a person makes the call to Archangel Michael and his legions of angels, they answer and relieve humanity from the mass pressures which have fastened upon them and live on their life. Some of these mass pressures (called mass entities) are accumulated energy of tremendous size.

People becoming caught in the pressure of such an entity, connect with it through a similar thought and feeling. They do not have enough spiritual vitality, wisdom, strength, or courage to extricate themselves from such viciousness. If such people call to Archangel Michael for his help to be cut free from such energy, he and his legions come and give the assistance. The conscious call for such assistance is imperative, and when sincerely given, always brings results.

Archangel Michael offered to give protection to all taking embodiment on this planet as well as the other planets of this system, until all are ascended and have returned home. He is known as the Angel of Deliverance, because he frees lifestreams from human creation with his Sword of Blue Flame. It was when the laggards came to Earth, with their destructive thoughts and feelings, that he devised his Sword of Blue Flame as a means of service.

Archangel Michael has worked in the atmosphere of Earth since the beginning of the ‘fall’; cleansing the atmosphere from humanity’s destructive creation, also called

psychic substance. He has been serving in this capacity 20 hours of every 24 since 1939. In the 1950s he increased the time to 24 hours of every 24. When he enters the psychic realm, he puts on full armor to work with those destructive forces. He will remain until the Earth is free from them.

Archangel Michael came forth November 15, 1938, for the first time since his ministering in France through Joan of Arc. He started his service for America that night. He also released into students’ hands the dominion of the use of the Sword of Blue Flame and his Shield of Protection.

Archangel Michael uses the Canadian Mounted Police as a focus in the outer world. He also has a similar focus in southern Germany.

People who pass through the change called death still carry with them all their imperfect tendencies and habits of thought and feeling. Make calls to Lord Michael to help them, cut them free on the other side, and enable them to go into a higher school for instruction.

Before entering sleep, it gives tremendous assistance to each one to turn their attention toward The Temple of Faith and Protection. Here, ask Lord Michael to cut you free from the causes and cores of your various distresses and limitations, and all that binds you. This enables the Power of Light to more quickly enter your world and bring you the perfection your heart desires.

Archangel Michael is usually dressed in blue and gold. His electronic pattern is a winged cherubic head. His banner is a golden sun on a blue background with the figures of the Seven Archangels. September 29th is known as Michael’s Day.

The keynote of Archangel Michael’s retreat is contained in the melody *Soldier’s Chorus* (Faust). In the book, *The Angelic Kingdom*, prior to the address of each Archangel, students were apprised of a particular melody. In several instances, this melody was later identified, in *The Bridge to Freedom*, as the keynote of that Archangel. Based on this, it appears the melody *Holy, Holy, Holy* contains the personal keynote of Archangel Michael.

SONG 4 : To The Seven Archangels

Melody: Hymn - Holy, Holy, Holy

1. Michael! Michael! Michael!
Prince of the Archangels,
From the grateful hearts of all,
Do songs of praise arise.
For Thy Heavenly Presence,
All on Earth adore Thee,
GOD from the Sun,
In all the name implies.

3. Jophiel and Chamuel!
Gabriel and Raphael!
Uriel and Zadkiel!
And Mighty Hosts of Light.
Cherubim and Seraphim
From the Realms of Glory,
Rend now the veil
That dims our human sight.

2. Michael! Michael! Michael!
May the guardian angels
From thy heavenly legions,
Stand forth for all to see!
Purify! Illumine!
Manifest the glory
Of Light’s perfection
That each one may be

4. Blessed Seven Archangels,
For Illumination,
We invoke thy presence,
In hymns of praise to thee.
Keep us consecrated
To GOD’s Plan fulfilling.
In purity,
Thy ministers to be!

Archangel Michael: Bridging The Abyss

"May humanity someday know what the angels, the Silent Watchers and the devas have done in conducting the radiation of heaven through the lower atmosphere of Earth, making the physical air breathed into the nostrils life-giving, rather than filled with the actual poison which would destroy the physical form.

Oh, shining devas of the cathedrals, blessed watchers of the churches, glorious angels standing over the missions of the cities of the world, I love you. I bring you the love of home. Oh, ministering angels over the great institutions and you who are cognizant that the Seven Archangels are in the atmosphere of each city tonight, I bring you courage.

Children of Earth, you live in the midst of a kingdom inhabited by beings of perfection, voluntary exiles from the glory of the celestial court. Remember them as you walk your streets, visit your sick, pass through your churches. Acknowledge those Silent Ones above, those mighty devas, whose ministrations have saved the humanity of Earth from mass insanity. I challenge you to do it! They have names, feelings and purpose. They have love and hope, just as you have. They have stood many centuries, perhaps not so long in this country, but in Europe for thousands of years, in Asia for hundreds of thousands. They bring their Gifts of Qualified Life!

You are by no means the entire hope of the world, but, you are a great integral part. You are illumined from our side to what we are doing, how we are doing it and as to how you individually, may cooperate with us to help those who may have greater momentums than you, but have no contact.

They do not have the faith within themselves to bridge the abyss of reason and enter into the realm where we abide. We are using you, the student body, and those who have accepted the Ascended Masters as real, to bridge that great abyss. In your occult and spiritual teachings that chasm is referred to constantly. There are many, who cannot pass it. There are many highly evolved and developed lifestreams in orthodox channels who for superstitious reasons, fear of ridicule, bigotry, and other weaknesses within the soul, are unable to grasp the unseen hand of the Master or accept the reality of the radiation and the power that you, individually and collectively, have been able to obtain. There is your tremendous service, and opportunity.

How can a hierarchy fulfill the Divine Plan of GOD through unascended beings, unless they can talk to them, unless they can tell them what they are doing and give them an opportunity to volunteer to assist them? How can a sainted hierarchy on marble pedestals, denied the use of intelligence and voice for centuries, do much even by radiation? You are those to whom we have confided our plans, our hopes.

Those of us who have walked the way of Earth, have confided our homely little personal experiences, the way we attained our victory. We have endeavored, by sharing with you the fact we are men and women like yourselves, to draw you close in the realization of our reality and our accessibility.

You would not be here if you did not accept the possibility *we exist*. While not all of you accept it fully, a goodly number do. I AM grateful for that fact. I AM grateful for every opportunity you afford any member of our eager Brotherhood to reach through the veil. GOD bless you for it!"

HERCULES, ELOHIM OF THE 1ST RAY

Introduction

The Elohim Hercules and his Divine Complement, Amazon, were the first to accept the opportunity of assisting the God-Parents of this system, Helios and Vesta, to create the planet Earth out of primal-life essence. When they answered the call of Helios and Vesta, these two great Beings, looking upon the God-Design, said: “We WILL to help in the creation of the Earth as a planetary home for generations yet unborn from the heart of GOD.”

Preceding all constructive creation, must come the Will To Do, accompanied by the strength to accomplish that which is designed, to widen the borders of the Father’s kingdom. Hercules and Amazon represent the Mighty Blue Flame of Strength, Power, and the Will To Do.

Calling to them to enfold you in their protection, strength and power draws their mighty assistance into your world and your affairs. No force ever opposes the mighty Hercules and Amazon!

Elohim Hercules: The Will To Do

“I AM the Elohim who embodies the WILL TO DO! I AM the Elohim of Decision. Everything that has ever been accomplished on the plane of Earth, has been accomplished by men and women of decision, by angels, elementals, and devas of decision, by beings who have voluntarily chosen to combine the energies of their lives with the Will To Do. Without that Will To Do, there is no accomplishment. Preceding all action, preceding all manifestation, there must be the Will To Do within the consciousness.

In this universal scheme, it is my privilege and honor to embody the fire of enthusiasm and the Will To Do that which GOD intends.

It is my joy, my privilege, and my honor to bring to you the pressure of my love and the flame of my heart to expand upon your foreheads my presence, consciousness, and the Will To Do that which GOD intends.

Are you content with what you are, with what you manifest, today? Are you content with half a loaf when you could have a full one? Are you content to live in limitation and in bodies of decay? What you Will You Manifest!”

THE SEVEN STEPS TO PRECIPITATION :

<https://www.youtube.com/watch?v=cdpX-fJYJ4M&t=5s>

<https://iamfree.co.za/supplyandprecipitation>

ELOHIM HERCULES

[Step 1] “Preceding all manifestation comes the desire, the **DECISION** and **WILL TO DO**. Preceding all activities, you first desire and then make a decision to use your life in endeavoring to externalize some pattern or plan.

[Step 2] Next, the Mighty Elohim Cassiopeia gives the gift of **PERCEPTION** and **ILLUMINATION**, the capacity to cognize the idea, to grasp it, to meditate upon it and to draw forth the ways and means by which you will be able to bring it most quickly and satisfactorily into Form.

[Step 3] After you have perceived, we come to the service of the Mighty Elohim Orion and **DIVINE LOVE** - the Power of Cohesion. Drawing the

unformed into Form. This power draws primal-life into the pattern or idea held in mind, and sustains it there as long as desired.

[Step 4] Then comes the activity of Claire, the mighty Elohim of **PURITY**. His action is to hold steady the clarified picture - not distorting it by any opinion or desire of the outer self - being a pure, clean pane of glass, as it were, through which that perfect idea is drawn down as a matrix and filled in with Light Substance and perfected.

[Step 5] Next comes the activity of the Elohim Vista (Cyclopea), holding the **CONCENTRATION and CONSECRATION** of the energies, until the design is completed.

[Step 6] For the purpose of precipitation, the activities of the 6th and 7th Rays are reversed; so, the Mighty Elohim Arcturus comes in with the use of the Violet Fire, the **RHYTHM of INVOCATION and PRECISION**, the planning, filing, smoothing, and perfecting the symmetry of the Form.

[Step 7] When it is nearing completion, the activity of Tranquility, the Elohim of Peace takes the form, increasing it in beauty, harmony and service, sealing it within his flame of Cosmic Christ **PEACE**. This enables the creation to be permanently sustained.

Follow our procedure for the precipitation into Form of constructive ideas or things you desire to manifest.

First, of course, ask the Holy Christ Self within you to give you the picture of the perfect pattern of that which you desire to manifest.

That which people Will, they shall have, for the Will is the magnetic power of the Godhead in the heart which invokes and brings to each one that which is desired.

I fire you today with the realization :

What you Will to Be, you will be

What you Will to Manifest, must come, for it is the Law

Remembering Hercules as you go forward. Do not accept such great limitation in your individual selves, when you know it only requires the exercise of the Will within you to draw forth all you require! Say often,

I Will to be God-Free in the name, and by the power of Hercules!

I Will to be God-Master!

I Will to be GOD incarnate and you will be myself in action!"

GROUP DECREERING AND VISUALIZATION

(group standing)

Decreeing

Mighty I AM Presence, Archangel Michael, Elohim Hercules, Ascended Master El Morya, Cut Us Free (3x) from all human creation, in and around us, or driven against Saint Germain's Cause of Freedom and Saint Germain's students.

We ask for your assistance, to Cut Free every part of life in this location, state, country and throughout the whole planet from negative forces. We ask you to charge into All Life your faith in the goodness of GOD, and help them to make a conscientious effort to fulfill their Divine Plan!

I Vow to be an instrument of GOD's Will in Action.(3x)

Visualization

While softly playing music appropriate to the occasion,

- Rest your attention on the Angels of Ceremonial and Angels of Protection, that have assisted you in this class and on Archangel Michael, Elohim Hercules, and Ascended Master El Morya.
- Send your love and gratitude for their service.
- Feel yourself surrounded by a pillar of the Blue Flame of GOD’S Will.
- Expand that flame to cover your city, state, nation and the entire globe.

Benediction

(By Group Leader)

Sealed in a mighty pillar of the Blue Flame of GOD’S Will, from the hearts of Archangel Michael, Elohim Hercules and Ascended Master El Morya, we thank the Ascended Host of Light for the continuous outpouring of Love, Wisdom and Power.

We thank Archangels Michael and the Angels of Protection, Ministration and Ceremony, who have assisted us in this class.

Take up our humble efforts and amplify them with your mighty love.

Take them North, South, East and West and cover the Earth with the outpouring of the Blue Flame of GOD’S Will.

Help us achieve and maintain perfect harmony, health and supply.

Let the Divine Plan manifest through every lifestream belonging to this planet.

(short pause)

May the benediction and blessings of the Most High Living GOD and the peace surpassing all understanding, be with you, each one.

May the GOD of Mercy protect and guide you on your spiritual path toward enlightenment and freedom.

Group Leader extinguishes candles in reverse order of lighting

LESSON 9 : SECOND RAY –GOLDEN RAY OF WISDOM

ACOLYTE SERVICE

Play appropriate music, such as *Bells of the Meadows*.

After greeting the students, the group leader gives the following invocation:

All hail to Thee, Thou All-Pervading Light of the Universe, the Supreme Source of Life, I AM. We kneel within our hearts in recognition of the Light of the Cosmos, as we draw forth these flames, representing the three-fold activity of life, as exemplified by the Holy Trinity:

the Father, (lighting blue candle)
the Son, (lighting yellow candle) and
the Holy Spirit (lighting pink candle)

Beloved Cosmic I AM Presence, come now and assert Thy rightful authority in the four lower vehicles of all of Thy children and show us how to reverently and humbly express the perfectly balanced activity of Love, Wisdom and Power which Thou art.

Oh Light Supreme, we acknowledge Thee in all life. We give gratitude to the glorious Cosmic and Ascended Beings, as we invoke them and the great angelic host to amplify the energy we release in this class. May that light expand, expand and expand, as it travels throughout the universe, ever widening the borders of Thy kingdom in fulfillment of Thy Will. I AM!

INVOCATION – 2ND RAY

After greeting the students, the group leader gives the following invocation:

Beloved mighty, victorious Presence of GOD I AM, the source anchored within each one of our hearts, we love and adore you. We acknowledge you to be the owner and giver of all life, our intelligence, our substance, our all!

We call on Archangel Michael and on all Ascended Beings who serve on the 2ndRay and especially Archangel Jophiel, Elohim Cassiopeia and Ascended Masters Lanto, Kuthumi and Dwal Kul.

As we pour out our deepest love and gratitude to the Ascended Host of Light for bringing forth this teaching, *blaze, blaze, blaze* your Golden-Yellow Flame of Wisdom, God-Illumination and Discrimination through and around us, eternally sustained.

Seal us in Your Light, Love and Power of victorious accomplishment. Guard and protect us. Guide and direct us. Give us the illumination of truth that shall set us free!

LESSON OVERVIEW

A lesson on the God-Virtues of the 2nd Ray: perception, illumination
God-Ideas of the 1stRay are put into workable form by the 2nd Ray, requiring wisdom, illumination and discrimination.

- Other God-qualities expressed: Perception of recognizing the highest level of truth, teaching, educating
- Color: Golden Yellow
- Chohan: Ascended Master Dwal Kul (formerly Beloved Lord Lanto)
- Primary representatives: Archangel Jophiel, Elohim Cassiopeia, the Ascended Masters Kuthumi and Jesus (World Teachers), Ascended Master Djwal Kul

Before starting the lesson, contemplate the picture of Djwal Kul, asking for his radiation, feelings, nature and consciousness.

DESCRIPTION OF THE 2ND RAY: GOLDEN FLAME OF WISDOM, PERCEPTION

The 2ndRay serves humanity by developing the consciousness of those gifted to impart Wisdom and True Knowledge through all avenues and channels serving the human race. This is the ray of the teachers and educators.

The Ascended Master Kuthumi was the Chohan of the 2ndRay until 1958. Lord Lanto then assumed this office when Kuthumi was elevated to the position of World Teacher, along with the Master Jesus. The current Chohan is Djwal Kul.

Those associated with the 2ndRay endeavor to give the people of every nation and every race a better and greater understanding of one another. True world brotherhood will never manifest until through expansion of consciousness, an understanding heart is developed within all humanity.

The Ray of Wisdom does not deal with the intellectual accretion of facts and mental genius as the world sees it. True Wisdom comes from understanding the Laws of Life and applying them. This necessitates listening to the Voice of the Silence in humble and silent reverence. The wiser one becomes, the more silent is the tongue, the more peaceful the emotional world; less thinking is done with the brain.

This ray also represents the second person of the Christian Trinity, referred to as the Son, the path of wisdom, of listening and waiting. This is one of the most difficult steps on the path. Until you hear the Voice of the Silence, you are running on the periphery of life, shouting with the multitude the hollow hosannas resounding nowhere but in your own ears.

KUTHUMI: WORLD TEACHER

Introduction

Among the many embodiments of the Ascended Master Kuthumi, prior to his ascension, was Caspar, one of the three wise men of biblical times who followed the star to Bethlehem. He was also the Greek scholar, Pythagoras, and later, Saint Francis of Assisi. These are just a few of his embodiments. Kuthumi, together with the great El Morya and Djwal Kul, were instrumental in bringing forth the Theosophical Society. Those who desire to learn the spiritual Laws of Life and thereby become more efficacious as teachers of their fellow human beings, receive much assistance by sending their love and heart-call to the Ascended Master Kuthumi to help them in their chosen line of service.

In the beautiful rolling hillsides of the Kashmir countryside, Lord Maitreya and his pupil, Kuthumi, maintain a focus dedicated and consecrated to the establishment of the tenets of Divine Love, as expressed through the great teachers, educators and leaders of world religions of the human race. Here, in the spiritual sanctuary of peace and tranquility, the Brothers and Sisters of the Golden Robe gather, and sit at the feet of Lord Maitreya, Kuthumi and others of the Ascended Host. They learn the way to carry True Knowledge and the most effective way to teach such knowledge.

Master Kuthumi: Learning, Illumination, Conscious Understanding

“The transference of consciousness from one mind to another is known as education. The fully revealed truth remains ever-present in the Universal Mind of GOD; the individualized intelligence of GOD’s children must reach into this Great

Mind and incorporate into their own consciousness as much of the Great All-Truth as they have the capacity to absorb and realize.

Every person dips into the well of knowledge with their own cup of receptivity and benefits by their capacity to receive. It is a spiritual communion. The teacher is one whose cup has grown through many trips to the well, and he gives of its brimming essence to those not yet able to reach the cosmic brim.

Even in elementary courses of education, the teacher first fills their own consciousness and then gently holds that cup of knowledge, so the pupil may sip of its sweetness, become enamored of its essence, and return again to the teacher's fount until, perhaps, they are among the very few who join the teacher at the cosmic well. Those who will not drink never increase in worth. Blessed be those who stir the spiritual hunger, and blessed be those who feed the hungry.

The illumination of the outer consciousness, the awareness that brings to mind the purpose behind all rituals, all decrees, and all activity that takes place, enables the person, as well as the collective group, to happily join in the ceremonial required to magnetize the gifts of the Godhead. Without illumination, there is reluctant energy. It becomes duty service - service coming through fear and superstition. This shall no longer be. In the new age and era, under the direction of the Ascended Master Saint Germain, the fiat of Cosmic Law is humanity shall know why it must purify the physical, mental, emotional and etheric bodies, and to what purpose they must remain harmonious. Then there will be loving cooperation on the part of the aspiring student. It is through the activity of El Morya in *The Bridge to Freedom* that we are endeavoring to give the why of this endeavor to the outer consciousness of humanity."

Musical Interlude

The student (or group) should send love and focus attention on the Ascended Master Kuthumi. Use his picture, and asking for his radiation, feeling, nature and consciousness, play the song, *Kashmiri Song (Pale Hands I Loved)* as music for contemplation. This song includes the keynote of Kuthumi.

LANTO: CHOHAN OF THE 2ND RAY

Introduction

Lanto made the ascension during the time of Confucius (500 BCE). He stressed honesty and integrity among all people. At one time he was the Chinese Emperor Chan. Lanto was able to expand the Light in his heart to a point where his physical body became self-luminous. At the time of the sinking of the Lemurian Continent, he was entrusted with guarding the Precipitation Flame and the treasures held within the Teton Mountains, now called the Rocky Mountain Retreat.

Lanto brings to the 2ndRay the great wisdom and illumination, which are its special qualities, and his long momentum in the use of the Precipitation Flame and his great reverence for life, a quality humanity needs very much at this time. He greatly assists each student who calls to Him to precipitate more Good - more of the God-Qualities into their world. The understanding of reverence for all life is true illumination and enables each student to serve all life better. He was in charge of the Teton Retreat until 1956. He relinquished that position to become the Chohan of the 2ndRay. Confucius is now the Hierarch of the Teton Retreat.

Lanto's particular quality is reverence for life. He is on the 2ndRay. His keynote is *Oh! Thou Sublime Evening Star*, from Tannhäuser.

Master Lanto: Reverence for Life

“There is a great deal to be said about reverence for life, and a great deal to be thought about. Life comes from GOD, and no matter the form in which life temporarily functions, it is preordained to return to GOD’s estate. Therefore, for ages I have taught a reverence for life. When that reverence becomes great enough, the science of precipitation is easy, because your reverence is impersonal and you love all life equally, in an impersonal and harmonious manner. There are no cores of selfishness to stop the release of the Good from your Causal Body for the blessing of all imprisoned life everywhere.

It is easy to reverence one person, or a few with whom you are in association in the course of an embodiment, but that great impersonal reverence for all life comes, as you take advantage of our teaching and our radiation.

In China ages ago, the True Law was taught with regard to reverence for life - both to humanity and to plant life. None that followed the True Law even broke a flower from its stem. At that time of China’s great beauty and perfection, we all knew the life came of GOD, from GOD. Even a flower, has a divine destiny to fulfill in giving beauty to the passerby and perfuming the air. In its season, its own divine archetype withdraws it. So we moved in magnificent reverence for life and for each other, and for those who came to ‘convert’ us to various religious beliefs wherein that reverence was neither known nor felt.

Once again you are coming to an understanding that reverence for life is impersonal and covers the entire human race and all that lives. In learning that, you shall then be the precipitating powers of Good.

What a small rose can do, surely a human being can do! The rose follows its Divine Pattern and it blooms in its season. Humanity must come to a point where they reverence the life within and, in time, expand it in love until they too become the Christ manifest, wherever they may be.

This is the greatest teaching in this whole world, the greatest understanding, the greatest spiritual law there is in this universe!

Learn to reverence life, and when you do that, you will not hurry, you will not be bitter or distressed, you will come into the graceful way of living - that of the Ascended Master Saint Germain.”

SONG 5 : Lanto, Dear Lanto

(Melody: Juanita)

Lanto, dear Lanto,
Friend of old and friend of light,
Parent and teacher,
We look to thy height.

Let all now adore thee,
For thy patient love and care,
Let all bow before thee,
Let thy love all share.

Friend of the ages,
To thy gracious heart we call,
Let cosmic mercy flood,
O’er Earth to all.

For beloved China,
Land of Mercy's Healing Flame,
Free her blessed people,
In the I AM name.

Guardian belov'd,
Of America so dear,
Help her to Freedom,
Make her way all clear.

Purify, illumine,
All within our land today,
Let thy peace and victory,
Ever with her stay.

Hail Royal Teton!
First God-Home of man on Earth,
Flood forth GOD's goodness,
Healing, peace and mirth.

Raise our Earth to heaven,
Fulfill now GOD's perfect plan,
Reveal GOD in action,
Brotherhood in man.

Chorus:

Lanto, dear Lanto,
Never, never from us part.
Heal us, raise us and seal us,
Ever in thy heart.

JOPHIEL, ARCHANGEL OF ILLUMINATION

Introduction

The great Archangel Jophiel is the divine teacher of angels, humans and elementals who are desirous of expanding their understanding of life and its beneficent God-Laws governing the great universe. This understanding enables them to serve in greater capacity and efficacy. He stirs the feelings, through radiation of illumination, into aspiration for spiritual ideas. This Archangel applied to the GOD of All Life, at the heart of the universe, for the opportunity to serve as a Divine Teacher, having earned the right to do so by applying himself during countless ages of study and preparation.

Jophiel's Temples of Light at inner levels are of an exquisite golden color, symbolic of the activities of the 2ndRay. In these temples, lovely beings who serve with Lord Jophiel, teach the angelic host how to expand their love and powers of light, making them a greater blessing to all life. They also teach those of humanity who are desirous of developing educational culture. Such lifestreams are taught in the Temples of Illumination while their physical bodies sleep. Eager elementals are also taught in Jophiel's Temples of Illumination. The entire service of Lord Jophiel is to expand the understanding of every self-conscious intelligence who desires such help, no matter to which kingdom it may belong.

Serving with Lord Jophiel is his magnificent Divine Complement, Constance. Her

service is to help anchoring the desire to serve more firmly within the consciousness of the aspiring student. By the radiation of her own God-Quality of constancy, she stimulates the activities of the Christ Flame within each human heart to follow through to accomplishment.

For each consciousness coming to them for assistance, Lord Jophiel and Constance, and the teachers in the Golden Temples of Illumination, expand the capacity to express higher and more lofty ideals of Deity. The temples of Lord Jophiel direct into all educational temples and schools of learning here on Earth great beams of golden light. Angels of education and illumination direct currents of instruction, encouragement and inspiration over these beams, through radiation, to the teachers in such temples and schools. Great scholars, interested in the various aspects of the Law, both spiritual and physical, are the recipients of directed currents of energy from these temples. Occasionally such people on Earth are assigned an invisible teacher to assist them; thus, they receive such instruction through intuition, inspiration and dreams. Jophiel's keynote is in the melody, *The Sweetest Story Ever Told*.

Archangel Jophiel: The Power of the Few

"From the Sun behind the Sun, from the Parents of our system, and from the Parents of every Galaxy, I bring into your souls, into your spirits, and into your consciousness, Light, Light, Light, that you may understand the God-Qualities of the Illumination Flame.

Many people say, 'When I have attained, I shall serve my Lord!' The measure of a person is in what they do in the Eternal Now! The few have done *all* the great things through the ages, on all planets.

- Two Beings in the heart of a sun create a planetary system
- Seven Elohim create the planets
- Seven Archangels, through whose consciousness, bodies and worlds, flow all of the energy for the Seven Mighty Rays to nourish the spiritual natures of the elemental, human and angelic kingdoms.
- Seven Directors (Chohans) govern, control, guide, counsel and evolve 10 billion lifestreams, who use the planet Earth.

We cannot count on the consciousness that measures success in numbers. It is never the general population, but the few, who form the hope for the fulfillment of a vision or design of merit.

While one man, one woman, desires the sustenance of a planet, while two strong feet are planted upon this Earth with a heart anchored into GOD's heart, the planet must survive because One in the authority of the I AM is the Presence of Almighty GOD, at whatever point or place that focused flame abides!

My endeavor, my service to life, is in the teaching of the consciousness, enabling it to discover, within itself, that which is the power of Light. In the great 2nd Realm and Sphere, all the beings representing the three evolutions receive the education required for them to become masters of energy and, in turn, capable of carrying the instruction to those who desire it and wish to evolve upon the ladder of evolution to its ultimate perfection.

In the 2nd Sphere, ideas become crystallized. In other words, they take form. In your own world, it is much the same - you receive an abstract idea. For instance, you might say, 'I would love to take a journey'. Then your mind, which would

represent the 2ndSphere, would say, 'Very well, we shall take the abstract and fashion it. We shall design a trip to Bermuda, to England, or to some other specific place'. You might receive an idea for a new home, then your mind would take the idea and say, 'I would like home with eight rooms and an acre of ground'. It is in this 2ndSphere that the abstract ideas crystallize into workable form.

The desire then takes on form. When you look upon your plan for your gift, for your home, or whatever it may be, you draw it down into the 2ndSphere. If it pleases you, your feelings rush into it, you energize the form, and the pressure of your feelings gives it life and brings it into manifestation.

LESSON 9 : SECOND RAY –GOLDEN RAY OF WISDOM

SONG 6 : Holy Christ Flame

Thou Holy Christ Flame within my heart, Help me to manifest all thou art. Teach me to see Thyself in all; Help me to show men how to call All of Thy glory from the Sun 'Til Earth's great victory is won!	I AM, we love Thee, thou art our all, I AM, we love Thee - hear our CALL! I hear thy call, my children dear. I AM thy heart, so never fear! I AM your mind, your body too; I AM in every cell of you.	I AM thy earth, and sea, and sky, And not one soul shall I pass by! I AM in Thee, thou art in ME! I AM! I AM! Earth's Victory!
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Note: Lord Maitreya told students this song helped greatly in achieving the ascension.

SONG 7 : Constancy – dedicated to Archaii Constance

Oh, make and keep us constant, Beloved I AM to Thee; And grateful for thy presence, Whose light now sets all free. We feel thy cosmic power Thy love to all impart; Expand now GOD's forgiveness In every constant heart.	May we be ever constant, When pressures seem so strong; 'Til through love's power triumphant, We sing again its song. Oh, make and keep us willing To ever constant be, In giving our great service, Of loving all life free.	May our desire be constant, To see the Master's face; In faith, our hearts expectant, Are poised in listening grace To find that realm eternal From whence we ne'er shall roam, When once our tasks are finished And GOD then calls us home.	Beloved Archaii, Constance, Our guiding star now be; And ever blaze within us Thy Flame of Constancy. To make and keep us constant In blazing forth GOD's light, That raises all humanity in Ascension's glory bright.
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CASSIOPEIA AND MINERVA: ELOHIM OF WISDOM

Introduction

The Seven Mighty Elohim built the planet Earth from Primordial Light Substance, as a beautiful and shining habitation for all the children of GOD who desired to learn to control the use of energy and vibration upon it. The wisdom of GOD, directed through the consciousness of Cassiopeia and Minerva, helped hold the Divine Pattern for the contour of the Earth. They determined the number of individuals who could inhabit it at any one time, the length of time each one so chosen should remain embodied on the Earth, the requirement for soul rest, and finally, when such individuals re-embody, to endeavor to fulfill their Divine Plan.

True wisdom has always enfolded GOD's children, serving often without knowledge of their benefactors. It comes in the form of a concentrated golden ray from the hearts of mighty Cassiopeia and Minerva, as well as of the Archangels Jophiel and Constance and those elder brothers and sisters known as the Teachers of the Golden Robe. Patriots, teachers, humanitarians, artists, individuals of research and science, religious practitioners, and metaphysical teachers – all those whose motives are sincere and do not desire wisdom for personal gain - are always inspired by these divine beings of the 2ndRay.

Discrimination is a gift of the 2ndRay, helping those Children of GOD to impartially recognize, study and ponder the knowledge received, and to accept or reject as truth the presentations given to them.

Elohim Cassiopeia: The Power of Attention

"I AM Cassiopeia, Elohim of Perception and Wisdom, Elohim of the Concentrated Power of Attention, without which the mind could not conceive or know anything here or hereafter. The power of your attention is the open door to your mind and your entire consciousness. Our 2nd Ray brings illumined understanding of GOD's Divine Plan and Design - His Pattern - to the people of earth, who open the door, through their attention, to that pattern and design.

The planet Earth is in a state of cosmic incubation, and the beams of intelligent energy you call cosmic radiation, are really light substance consciously directed to the Earth by the attention of Cosmic Beings. One of these beams, the Golden Flame of Divine Illumination from the hearts of certain of the hierarchy, has been directed to this Earth for aeons of time. As Illumination's Ray continues to play upon the Earth, and as the attention of the advanced members of the race begin to reach out again toward GOD, the return current of the attention of people toward heaven has made the circuit complete.

My activity is that of Perceiving what the God-Parents have Designed and want to have made manifest. The purpose of the 2ndRay is the Perception and Active Illumined Contemplation of the God-Plan and Design. After you have made the decision and surrender to the Will of GOD, you must next receive the Divine Idea and directions as to how to manifest it. Therefore, the first activity of the mental body after making the decision To Do, is to Become Still.

Your mental body receives, through your attention and through all activities of the senses, everything to which your attention connects, good or otherwise. It draws back the picture and form into your mind.

The mental bodies of people are like an old warehouse, storing the furniture and accumulations of the ages. They are full of cobwebs and discordant human concepts, as well as much that is petrified and some of in the process of

disintegration.

When you first received your mental bodies from the heart of creation, they were like crystal balls of light into which you received the clear, concise and beautiful ideas and patterns from your own Holy Christ Self. Even as you read and hear this, I AM passing my flame through your brain consciousness. Let go of your human concepts of the ages!’

THE SEVEN STEPS TO PRECIPITATION: ELOHIM CASSIOPEIA

“When we were first called by Helios and Vesta and asked if we were willing to create this planet Earth, we said:

[Step 1] We **WILL** to help you!

[Step 2] We had the humility to ask what THEY wanted us to do .We were given that **PERCEPTION** when we looked upon their Divine Design.

[Step 3] We had the **DIVINE LOVE** to magnetize electronic Light Substance to form the planet.

[Step 4] We had the **PURITY and HUMILITY** to not desire to change their Divine Design.

[Step 5] We had the **CONCENTRATION** of energy to persevere. It requires millions of years to create a habitable planet.

[Step 6] We kept the **RHYTHM OF INVOCATION**. Many a ‘day’ we left other particular cosmic work to join with the other Elohim, pouring love and light into this planet taking form at that moment. Never was one of us missing at that rhythmic hour, lest the Flame of Cassiopeia, or perhaps the Flame of Orion, should be in smaller proportion to that of the others. If that had happened, the perfect harmony and balance of the Seven Elohim, which came in rhythm century after century, would have been broken.

[Step 7] Then we released to and through our creation the **PEACE and HARMONY**, which would sustain this planet until its evolutions began to evolve, as well as after the coming of the humanity who were invited here to enjoy it. ”

Your Holy Christ Self now awaits your recognition and acceptance of it - and not in the abstract. The Holy Christ Self is a very real being. It awaits the opportunity of showing you your Divine Pattern. It can be revealed to you through your mental consciousness, when it is held like a grail to the Holy Christ Self. This must be done in humility and sincerity. It must done with the realization that the being who made you and has sustained you for millions of years - giving even yet the breath of life - should at least have some say in your affairs.

Within your heart is the golden Flame of Illumination revealing truth to you. Now, in answer to my call, this flame rises into your brain structure and outer consciousness, clearing away, forever, the human concepts of the ages, clearing away the half-truths, and expanding the golden flame of the sevenfold activity of the Elohim anchored within your forehead. If you accept it, each of you is made a grail through which some Perfected Being may channel and direct blessings for the race.”

GROUP DECREES AND VISUALIZATION

Visualization

(Class seated) Director says:

Visualize yourself sitting within a pillar of blazing golden light and the Golden Flame of illumination, Wisdom and Love pouring downward from the I AM Presence, in a steady stream of Light. See and feel it anchor itself within your heart as a cup. See this cup overflow, until the golden fire penetrates every cell, organ, function and part of your physical body. Feel it go through your etheric body, feel it fill your brain and mental world and radiate out into your emotional world, for a few feet in every direction. Feel you are the Christ sending forth the Golden Flame of Wisdom with the feeling of love, to bless all touching the 'hem of your garment'.

Decrees

(Class Standing)

Beloved Presence of GOD I AM in me, and Ascended Master Kuthumi, while my body sleeps, send a messenger to escort me, in my inner body, to you. Instruct me fully and bathe me in the Golden Flame of Illumination. Charge my consciousness with all I need to know at this time to fulfill my Divine Plan. See I return to my physical body with the full conscious memory of that instruction, so it becomes a real and practical knowledge enabling me to have greater mastery in my own world and to be of greater service to the Ascended Masters and my fellow human beings. I accept this manifest in my world right now and forever sustained!

Beloved Presence of GOD I AM in me and Ascended Master Lanto, Charge me with your great quality of reverence for life, and instruct me as to how I may precipitate All Good into my world. I AM the precipitation and visible Presence of GOD's limitless perfection into my world and affairs Right Now and Forever Sustained!

Benediction

By Group Leader

Sealed in a mighty pillar of the Golden-Yellow Flame of Wisdom, God-Illumination and Discrimination, from the hearts of Archangel Jophiel, Elohim Cassiopeia and Ascended Master Lanto, we thank the Ascended Host of Light for the continuous outpouring of Love, Wisdom and Power.

We thank Archangels Michael and Uriel and the Angels of Protection, Ministration and Ceremony who have assisted us at this class.

Take up our humble efforts and amplify them with your mighty love.

Take them North, South, East and West and cover the Earth with the outpouring of the Golden-Yellow Flame of Wisdom, Illumination and Discrimination.

Help us achieve and maintain perfect harmony, health and supply.

Let the Divine Plan manifest through every lifestream belonging to this planet.

May the benediction and blessings of the most High Living GOD and the peace surpassing all understanding be with each one of you.

May the GOD of Mercy protect and guide you on your spiritual path toward enlightenment and freedom.

Group Leader extinguishes candles in reverse order of lighting

LESSON 10: THIRD RAY – MAGNETIC PINK RAY

ACOLYTE SERVICE

Play appropriate music, such as *Bells of the Meadows*.

After greeting the students, the group leader gives the following invocation:

All hail to Thee, Thou All-Pervading Light of the Universe, the Supreme Source of Life, I AM. We kneel within our hearts in recognition of the Light of the Cosmos, as we draw forth these flames, representing the three-fold activity of life, as exemplified by the Holy Trinity:

the Father,	(lighting blue candle)
the Son,	(lighting yellow candle) and
the Holy Spirit	(lighting pink candle)

Beloved Cosmic I AM Presence, come now and assert Thy rightful authority in the four lower vehicles of all of Thy children and show us how to reverently and humbly express the perfectly balanced activity of Love, Wisdom and Power which Thou art.

Oh Light Supreme, we acknowledge Thee in all life. We give gratitude to the glorious Cosmic and Ascended Beings, as we invoke them and the great angelic host to amplify the energy we release in this class. May that light expand, expand and expand, as it travels throughout the universe, ever widening the borders of Thy kingdom in fulfillment of Thy Will. I AM!

Musical Interlude

Play the melody, *Ah, Sweet Mystery of Life*, keynote of Lord Maitreya, Lord of Love

INVOCATION – 3RD RAY

Beloved mighty, victorious Presence of GOD I AM, the source anchored within each one of our hearts, we love and adore You. We acknowledge You to be the owner and giver of all life, our intelligence, our substance, our all!

We call on Archangel Michael, Archangel Uriel and on all Ascended Beings who serve on the 3rdRay and especially Archangel Chamuel, Elohim Orion and Ascended Master Paul the Venetian.

As we pour out our deepest love and gratitude to the Ascended Host of Light for bringing forth this teaching, *blaze, blaze, blaze* Your Pink Flame of Cosmic Love, Harmony and Tolerance through and around us, eternally sustained.

Seal us in Your Light, Love and Power of victorious accomplishment. Guard and protect us. Guide and direct us. Give us the illumination of truth that shall set us free!

LESSON OVERVIEW

A lesson on the God-Virtues of the 3rd Ray: Love, Cohesion

God-Ideas born on the 1stRay, put into workable form on the 2nd Ray, are vitalized with the life-giving essence of love on the 3rd Ray.

Without love, the cohesive power of the universe, there is no manifestation.

- Other God-Qualities expressed: tolerance, harmony, gratitude.
- Color: Pink
- Chohan: Ascended Master Lady Rowena
- Primary representatives: Archangel Chamuel and Charity, Elohim Orion and Angelica, Paul the Venetian, The Maha Chohan, Lady Rowena and Lady Nada the Goddess of Love

Before starting the lesson, contemplate the picture of Paul the Venetian and ask for his radiation, feelings, nature and consciousness.

DESCRIPTION OF THE 3RD RAY: THE PINK FLAME OF LOVE, COHESION

The 3rdRay represents the magnetic power of GOD's Pink Flame of Love, the activity coalescing the Divine Ideas and bringing them into physical form. It is the substance of Divine Love actually holding all form together, for without this love, the atoms making up the physical form would fly apart.

The 1stRay represents the Will of GOD, the 2ndRay represents the Wisdom of GOD, and the 3rdRay represents the Magnetizing Love of GOD, thus completing the trinity of the activity of the Immortal Threefold Flame abiding within each human heart. The Threefold Flame makes a human being a Divine Being, with the power to create, even as GOD creates. It is also known as The Liberty Flame.

Tolerance and Harmony are part of the activities of the 3rdRay. When changing the outer world's appearances into the Divine Plan, whether a person, locality, or nation, it is better for all concerned to accomplish it through respect for the feelings of others, rather than a bombastic shattering of the existing form. For the Divine Plan to be of use, it must be drawn into the physical expression and molded into the substance of the Earth plane. This great ray is the process by which such creative action takes place.

The Divine Plan is contained in the Threefold Flame within the heart of each one, and signifies to all Life that GOD, the I AM Presence, has some special activity to perform through that one - there is some fragrance, some virtue, some momentum of GOOD which each lifestream wishes to express in this physical world. Thus, it is the beings of the 3rdRay assist every man, woman and child to fulfill their Divine Plan.

The Use Of The Pink Flame

The use of the Pink Flame of Love is truly one of the most practical ways to bring results into your world, especially when there seems to be obstruction of some kind between people. *All* respond to the Love and Peace of the Pink Flame.

Experiment with the Pink Flame and blaze it through every cell and organ of your physical body. Visualize this activity as you blaze it through your brain and mind structure, saturate your feelings with it. See how it becomes a magnet drawing people and things into your world for its blessing.

Use it to bless everything you contact, and anything not seeming to yield the harmony and perfection you desire. It acts like 'oil on the troubled waters'¹ by harmonizing and bringing perfection where imperfection seems to be manifesting.

Call to the Great Beings who serve on that ray to give you the added pressure of their love and watch the perfection you draw into your world. The Pink Flame of Adoration is without parallel.

Gratitude

One of the quickest ways to release the God-Powers locked within each heart is, by a deep, sincere and profound feeling of Gratitude for Life and the many, many blessings you now enjoy. You will be surprised to find how very rich you are if you take the time to enumerate all the Good now in your world. Gratitude causes the thing you are grateful for to expand and double its blessings to you; where there was only one blessing, your gratitude makes two!

Gratitude is really a stream of energy going forth from you with a blessing. Since all life desires to be loved, your gratitude causes more and more of the intelligences in all life to rush to you to be blessed by your gratitude and to be temporarily relieved from the pressure of discord they have been under. Lack of gratitude for the good now experienced has prevented many doors from opening for earnest students and increasing the abundance of good they desired and expected.

There is no substitute for Gratitude and Love.

LORD MAITREYA: LOVE AND CREATION

“Beloved and blessed Spirits of GOD, do you know how much you are loved? Have you thought, in your long and tedious journey through the world of form, of the amount and intensity of Love invested in your individual lifestream? From the moment you were called forth, a sweet and innocent spirit spark from the heart of the Universal Father-Mother GOD, from that moment of individualization, Love has sustained you.

- Love furnished for you, out of the beautiful Electronic Light Body of GOD, Himself, the electronic form of your own I AM Presence.
- Love has drawn the substance of the elemental kingdom, which has formed for you an emotional body by which to feel the glorious nature of GOD, to feel Love and Harmony and Beauty, and every other feeling of that nature.
- Love fashioned for you from the elemental substance a mental form by which to receive the ideas of the universal and fashion for yourself an individual world.
- Love created for you an etheric envelope by which to record the experiences in the use of energy and vibration - building into this etheric body the Mastery of Light.
- Love has drawn from the physical atoms of this world the physical body you wear.

All that electronic light substance is intelligent and beautiful free life, that chose to forego its happiness in spheres and realms of perfection, for the opportunity of making garments for your souls.

- Love, from the heart of the kingdom of nature, fashioned for you this planet - a platform where your feet might stand, fresh water to refresh your bodies, the beautiful, pristine air you so freely breathe, the glorious firmament with the blue sky of day and the star-studded mantle of GOD at night, to give you rest and peace and the opportunity to refresh yourselves through your journey through the world of form.
- Love, through the Maha Chohan, drew from the kingdom of nature the tiny elemental forms and trained them to embody themselves in flowers, trees, shrubs, in grass and the substance that, through nature, nourishes and sustains your physical bodies.
- Love drew the heart of Sanat Kumara from his own beloved on Venus and helped him to make this sacrifice so this planet, Earth, may be sustained and humanity would not be found orphans without a planetary home.
- Love from the heart of Sanat Kumara drew the response from the great Gautama Buddha and myself in its great desire to train a Hierarchy to teach humanity,

once again, the power and mastery of life within the Sacred Fire.

Love has done all of this for you.

Do you know what it means to the hearts of the Ascended Masters to see a group of unascended beings stand together and call them by name and in song, mingling the worded expression with the love of their hearts - when for countless centuries of time, the people of Earth did not even know the Ascended Masters existed? Little do you yet comprehend the power within that magnetic heartbeat.

The love from your heart draws the Ascended Master. The Masters come because of your love, for Love is a power that cannot be denied by Solar Lords, angels, devas or Cosmic Beings.”

ARCHANGEL MICHAEL: POWER AND POSITIVE ENERGY IN DIVINE LOVE

“I come to bring to you the conviction of the power and positive energy that is within true, Divine Love. It takes a tremendous capacity of love for an evolution, to stay within the psychic and astral realms 24hours of every 24, as I and my legions do. **On all Seven Rays, the Love aspect is behind every expression.**

The Love aspect is active in the radiation of the Golden Flame, stressing the teaching, understanding and magnetizing of the interest of individuals by love, until they come to a point where they want to know and apply the Spiritual Law.

Love is evident primarily, and most extensively, under the 3rdRay where one finds tolerance and understanding toward all of life.

It is evident on the 4thRay, where purity of emotions, mind, etheric substance and flesh are essential to a good connection with the Godhead and the externalization of the God-Design.

In the 5thRay, Love is expressed in concentration. What you want to do in Love you accomplish. You know that, even in your outer world association. If you love enough a thing, that will you do, no matter the personal discomfort.

Love is active on the 6thRay in the desire to minister to humanity, imprisoned elementals and individuals not in embodiment.

Love is certainly an aspect of the 7thRay. What greater love can there be than to invoke help for an evolution in distress from cosmic heights, the Ascended Masters’ Realm and the angelic kingdom.

Love is always a positive aspect - never consider love as negative.

Its expression may be in

- dynamic confidence, faith and protection
- illumination and understanding
- wonderful tolerance
- the spirit of the ascetic
- concentrating your energies on something benefiting the whole universe
- ministering in your hospitals or asylums to men and women in distress
- using the power of invocation like the chemist in the laboratory, putting activities together, until you have the divine alchemy of the Violet Fire.

There is no greater love in the universe than that expressed by a man or woman who understands that perfect alchemy and the science behind it, and transmuting through example - at least to the student body - the science of the Violet Fire of Purification.”

PAUL THE VENETIAN (NOW THE MAHA CHOCHAN) : WHEN CHOCHAN OF THE 3RD RAY

Introduction

Paul the Venetian last embodied as the Italian artist, Paolo Veronese (1528-1588), one of the major painters of the 16th century Venetian school. His most famous works are huge compositions depicting allegorical, biblical or historical subjects.

Paul's retreat is The Temple of Liberty near Marseilles. For his keynote, the song, *I Love You Truly*, by Carrie Jacobs Bond may be used. The keynote of the retreat is contained in the French national anthem, *The Marseillaise*.

In the beautiful, spacious hall of the retreat, there is a beautiful painting representing the Holy Trinity. Paul Veronese began this painting while embodied and completed it after the ascension. Therefore, it has the unique distinction of carrying the vibratory action of both realms of activity. The retreat contains The Flame of Liberty, brought here in a boat by survivors of the Atlantean cataclysm, so the love of liberty would be sustained in the hearts of people, for generations yet unborn.

The Chohan of the 3rdRay is vitally interested in the encouragement of the latent and developed talents for each and every lifestream. Each individual is sent forth in the beginning with a specific blessing to give to the Earth. The Brotherhood, under the direction of this Chohan, stand by, encourage, sustain and protect, both the genius at the top of the ladder of the ladder of attainment, and the humble aspirants, who have just placed their feet upon the first rung.

SONG 8 : LOVELY VENETIAN

Melody: *I Love You Truly* by Carrie Jacobs Bond, Key of B flat

Lovely Venetian! Brother of light,
Bring us love's beauty from heaven's height!

Gentle and patient, understanding too,
Beautiful Venetian, WE LOVE YOU!

Chateau de Liberté, home of our Paul -
Guardian of Liberty's Flame that frees all;

In every heart, that flame - pink, blue and gold -
Gratefully adores you, friend of old.

Life's blessed purpose, let all now see!
'Our Brother's Keeper', help all to be;

Where shadows darken, love is needed most -
Help us there to give it, heavenly host!

Lovely Venetian, make us firm and strong,
Wielding love's power, righting all that's wrong.

For your love's service, freely given all,
GOD's great gifts of glory, NOW WE CALL.

Goddess of Liberty, bless your dear son,
Our friend and brother - GOD's holy one!

Expand His power, every blessed day,
We love our Venetian, GOD's 3rdRay!

SONG 9 : Beloved Liberty Flame

Melody: *The Marseillaise*

O Sons of Light, awake to glory;
GOD's Legions bright now come again
To bring to Earth perfection's story -
The plan divine and goal of all men.

As they aspire, so the Christ takes command,
And GOD's great light banishes the shadows
That now enfold this planet 'round;
As man then bursts his bonds asunder,
The bells of freedom resound.

Arise! To GOD now call
For peace and liberty!
This truth we know –
Light is supreme and master over all!

Maha Chohan Paul the Venetian: Love for God

"The beings of the 3rdRay are particularly concerned with the development of Love and represent the activity of Divine Love in the triple aspect of the Holy Trinity. Through the Elohim, Archangels and Chohans, they endeavor to lower into the consciousness and feelings - first of students and then of all people - a Love for GOD containing within itself a mighty sense of faith in His power to restore emotions, minds, bodies and memories to their perfect estate.

Examine yourselves closely. Find out how much reliance you have in the All-Power of the Threefold-Flame of GOD in your world. Find out how much you have allowed to build on passing appearances. You must come to an acceptance, in your feelings, of the Ever-Presence of GOD within the Threefold Flame of Truth that beats your heart. Mental acceptance is not enough. When the feeling world joyously accepts the active Christ Presence and joyously gives the Presence full power to act through your various vehicles, you find yourself master. Manifesting first in your aura, you then can give joyous assistance to your fellow human beings.

My service has always been to develop a love of one person for another, one race for another, one religion for another. In my opinion, it is the most difficult of all the tasks given to me or any of the Chohans of the Rays. Each person, according to birth, race, background, and training, is so anchored in the self-righteous acceptance of certain tenets (some partly true and others not at all), it is an almost impossible task to pry that one loose from them.

To have world brotherhood requires a sincere interest in, and an intense devotion to, humanity, the animal kingdom and the elemental kingdom. Love in the abstract is easy of accomplishment. Love of the Cosmic Beings, love of the Masters and the angels, and love of the Supreme Being all seem easy because there is no pressure of another's personal aura disturbing to the unmastered energies of your own world.

You, beloved students, must cultivate the capacity to love and understand your fellow humans. You have not touched the fringe of humanity at large. Few have yet been drawn to your attention who possess certain talents and gifts and who do not conform to your set pattern.

As you develop and broaden your outlook, many will come. You will encounter

Muslims, Hindus, Buddhists, Jews, Christians - all of them possessing their own ideas of Deity, all firmly clinging to what has been, not letting go until they have come to have faith in you, your works and your example, and they see through these that you have a better way of life.

To you, my friends, I commend the task of drawing tolerance into your feelings, minds, etheric garments, flesh, gestures, spoken words and actions. Draw in such tolerance until all people can say that in the students of Saint Germain they have found a warmth, a welcome, and an understanding encouraging them to come into the radiation of his activity, where they, too, may set their souls free from bondage and fulfill their Divine Plan in peace and harmony.

Whenever a heartfelt prayer is uttered, either silently or audibly, an answer to the call is always forthcoming from the higher octaves - its efficacy depending upon the feelings of the petitioner - whether it is a worried mother calling for the protection of her loved ones, or the cry of a small child in distress. There are Great Beings called Silent Watchers, whose service it is to watch for this prayer-force. Wherever they see it rising from the Earth, they gather it up and send it heavenward - on their own strength if it is weak.

In the case of your powerful decrees, those calls can pierce right through into the living presence of the Beings to whom they are directed. Wherever people are engaged in prayer, singly or in groups, there the angels gather. If your ears were attuned to the inner vibrations, you could actually hear them gathering as they come from North, South, East and West to add their strength to your calls by their presence, spreading the essence of the benediction coming in answer to your petitions for the Earth."

CHAMUEL, ARCHANGEL OF ADORATION

Introduction

The Archangel Chamuel is the Archangel of Love, Adoration and Devotion to GOD and His Goodness, as expressed to humanity. He and his Divine Complement, Charity, are dedicated and consecrated to developing, in the outer consciousness of humanity, a true sense of gratitude and adoration to their source - GOD - and to encouraging humanity to unfold the Divine Flame lying buried within each heart.

On the 3rdRay, the Archangel Chamuel renders the specific service of stirring within the individual's feelings a joyous acceptance of the Ever-Presence of GOD. He is a being of transcendent light, who has served for aeons of time at inner levels. He teaches the angelic host how they may, through prayer and devotion, accelerate their own blessed flames in praise to the Godhead. He has served in the elemental temples, teaching elemental life how to raise their consciousness in praise and adoration to GOD, who created them.

At inner levels, Lord Chamuel and Charity have a glorious temple built on a circular design, with a golden dome encrusted with pink rubies. In this temple, The Flame of Adoration to GOD and His messengers burns brightly. Lord Chamuel directs this flame to all unascended beings, to encourage the development of their own Divine Plan. It is carried to humanity by Lord Chamuel's legions.

All virtues have color and sound. True gratitude emanating from the heart of anyone is pink. When sending this gratitude to members of the human race, it is a soft, delicate shell pink. When gratitude is poured out in conscious adoration and praise to GOD and those Divine Beings who serve Him, it is a deeper pink; the doors to heaven literally open. Returning on the ray of gratitude and praise to Deity comes

more and more of the beautiful pink essence into the world of the one sending forth such blessing.

The Divine Love expressed by the Archangel Chamuel is love stirring the power of gratitude within the hearts of humans, angels and elementals. This love stirs a feeling of reverence for life and understanding of the beneficence of the Great Universal First Cause and of the messengers who serve that Cause. This love awakens the dormant, divine nature of the student to a conscious feeling of gratitude for blessings received.

For many centuries, conscious knowledge of the Archangel Chamuel was withdrawn from the outer minds of the general population. They did not have access to his presence; now, students of The Bridge to Freedom teaching can consciously tie into the world of this mighty Archangel and feel, through him, the great love GOD holds for His creation. The feeling flows from Archangel Chamuel's heart the moment you allow your thoughts to dwell upon him. Even if you are in a place or condition where your lips cannot form the words, the moment you invoke his name and ask for his help, your world and Chamuel's become one.

We commend you who need assistance, to a comradeship with Chamuel. Your own faith, your own feelings will prove what vital assistance the invocation of his presence can bring into your world.

Archangel Chamuel: True Adoration to God

"I AM the Angel of Adoration - he who embodies that mighty fiat,

Thou shalt Love the Lord GOD
with all thy heart,
with all thy soul,
with all thy spirit! ²

I bring to the remembrance of the flame you hold within the chalice of your heart. Its nature is Adoration to Its Source! The way back home to unity with GOD is through the externalization of its Divine Nature.

The Adoration Flame is practical. It is an actual treatment of the feelings, as well as of the mind and an actual therapy to the flesh. True adoration to GOD has no self-seeking within it. It is absolute relaxation, basking in the goodness of GOD and loving Him for Himself. Within it is none of the tension sometimes attending prayer and invocation due of the use of human will.

I challenge anyone in depression, any anyone in pain, any anyone in chains of any kind, to use The Flame of Adoration. It is the true nature of their being. If they do not see and feel freedom, then the Sun and the planets will no longer move on their appointed courses!

That to which you give your life grows, multiplies, develops and matures, whether it is a garden plot, a farm crop, or a friendship - human or divine. The pouring forth of the gratitude of your love and life multiplies and makes things grow.

Oh, the happiness your bodies feel, and the Lightness you experience, as you drop the appearances of age, distress and discomfort! As you learn to relax within the Pink Flame of Gratitude and Thanksgiving to Life, the softness erases the lines from your face and love replaces the hard look in the eyes. All these blessings come from the use of the Flame of Thanksgiving, of Gratitude and Adoration, of which my complement, Charity, is the spiritual being and heart.

I challenge you. Sweep my Flame of Adoration through every condition in your life - to double your supply, double your enthusiasm, double your ability and desire to

serve, to triple all your activities. It can be done. Works, not words, are the order of the day.

Everything increases through attention.
Remember, magnify and amplify the Good.

Take the money in your purse and pass the Adoration Flame through it. Bless it - and increase it - and see what the use of that flame will do for you. Children of my heart, I challenge you to try this.

We are in the day of opportunity, to make things right and spread the cause of freedom and its glorious effects across the face of the planet into the consciousness of humanity. Thus will this Earth be freed from limitation of every description.

May there never again go forth from the heart of any student who has been blessed by the presence of Saint Germain, a vibratory action less than the joy, the gladness, the praise, the thanksgiving, and the adoration to the GOD of Life for His Goodness.

Such sustained adoration is the consciousness of the Kingdom of Heaven, which never knows anything less than praise, thanksgiving, and gratitude to life. Such consciousness never knows depression, condemnation or discouragement.

The person who learns to adore the Flame of Life, to acknowledge that presence everywhere, may move in the world and find all life their friend, because the intelligent presence within the heart of all humanity responds instantly to the salutation when it comes from the feelings and not just from the lips.

Beloved Ones, the Flame of Adoration directed toward that which is good is a practical magnet within your hands, to draw to you every good and perfect thing if you will use it.

We come over and over again, bringing to you the Key to Freedom. Your precious hearts respond, yet too soon you slip back into the habits of the centuries and forget to use these gifts. They are ours to give and remind you of and yours to externalize. I leave you now in Adoration's Flame."

ORION, ELOHIM OF DIVINE LOVE

Introduction

The power of the great and mighty Elohim, Orion, and his Divine Complement, Angelica, is the aspect of Divine Love setting the Cosmos into action. Study groups have been calling that power forth in decrees, and these fiats, consciously issued, remove the mass accumulations of distress in the psychic realm in which we abide. The Cosmic Love thus set into motion, impersonally locks the flame of GOD around the cause and core of imperfection, removing it before it can manifest as distress in the mind, body and affairs. This is the service of the Elohim. It is on such a subtle plane most people are unaware of it.

Both Orion and Angelica are interested in bringing peace to the Earth through Divine Love. Lasting peace manifests when pure Divine Love emanates from the heart. Love, in itself, is a positive quality and not negative sentimentality. Its radiation brings forth the warmth of the feeling of good will toward all unhappy and imprisoned life. It is the Divine Edict of the heavenly Father that the people of Earth learn how to love one another now. Love is the cohesive power of the universe, whether we refer to personal possession or planetary peace.

Elohim Orion: Divine Love

"I AM Orion, Elohim of Love - the Divine Love causing to come into being every sun and galaxy in this universe, every star and every planet, every form from the great solar galaxy to the tiniest elemental and atom belonging to this planet. Divine Love is a positive quality and not a negative one.

I come into the atmosphere of Earth on wings of Divine Love, bringing with me the concentrated flame of that love. This flame is the magnetic, cohesive power drawing into being the Earth upon which your feet stand, the physical bodies in which you function, and every other manifestation. Every form you enjoy is a part of my being, held together by the Flame of Love. If Divine Love, the power of cohesion, were to cease to be, all in the universe would return to the unformed and become again part of primal-life.

Now, please consciously give me your attention. If you know of any lifestream in this Earth life with whom you are not in complete accord, consciously draw the image of the person before your mind's eye now and let me give you the pressure of my feeling of unconditional loving forgiveness toward that one.

In accepting this, it cuts you free from the recoil of the energies of past mistakes, which made the enmity in the beginning. Experiences of physical embodiment, good or bad, weave ties that must be balanced. If they are not worked out here on the Earth, they will be worked out in another realm through your inner vehicles (etheric, mental and emotional bodies)."

THE SEVEN STEPS TO PRECIPITATION: ELOHIM ORION

[Step 1] "First, the fiat of mighty Hercules went forth to those of us who work as one body. He said, "A new system is to be born, a new set of God-Parents has chosen to create a system of planets. I AM called upon to give the decision as to whether or not the Seven Elohim will choose to cooperate in the manifesting of this plan. Do you, my beloved associates, choose to be a part of this creation?" In answer, each one of us rushed forth in Love - grateful for opportunity to serve. Each of us said, "**I WILL!**" As spokesman for us all, Hercules then preceded us to the throne of Helios and Vesta, and announcing our decision, said, "Beloved God-Parents, **WE WILL** to create your universe for you. What now is your design?"

[Step 2] It was Love which enabled us to have the courtesy to **ACCEPT the DESIGN** of those Beings rather than to project our own. Then, in their great wisdom and light, Helios and Vesta asked the great Elohim Cassiopeia to pass his Golden Flame through the body of the Cosmic Silent Watcher, revealing the magnificent Divine Pattern for this solar system. We all stood looking upon it with love, interest and admiration, seeing the size of each planet and the number of lifestreams which were to come upon them. In Love, we looked upon the hope of the God-Parents of this system.

[Step 3] In the activity of my Ray of Divine Love, our service of creation began. **LOVE**, the universal magnet all life must obey, drew primal-life from its quiescent state at my command. That primal-life obediently took form according to the pattern we perceived in the bosom of the

Silent Watcher. Thus we proceeded with the creation of each planet.

[Step 4] Then came the activity of Claire, the Elohim of Purity. Holding true to the original Divine Design, so even unconsciously, there might not be imposed upon this pattern some change of form coming from some other galaxy we were completing about this same time. This Elohim held to the **PURITY and SYMMETRY** of the Divine Design, in courtesy to the Great Beings who had chosen to bring it forth.

[Step 5] Next came the **CONCENTRATION** of energy of mighty Vista (Cyclopea) So all the elementals, angels and Builders of Form could coalesce their energies and talents around one planet at a time, when that one was being drawn forth into form.

[Step 6] We then drew forth the activity of Arcturus, the **RHYTHM** of the outpouring of each one of us. This is one of the most important factors in creation; rhythm provides nourishment for the form. In your physical bodies, the rhythm of your heartbeat and your breath determines the efficiency of the physical form. In your own precipitation, the rhythm you establish will determine the symmetry, beauty, accuracy and perfection of your manifest design.

[Step 7] The 6th Ray, which is ministration and radiation of peace, solidifies the perfect design. When the Earth was completed and it first began its own revolutions upon its axis, the music of the spheres began to pour forth from the planet. Finally, came the radiation of the Elohim of Peace, Tranquility, which held the form of the Earth from disintegration. Where **HARMONY, PEACE and TRANQUILITY** abide, what you have drawn forth cannot either be taken away from you or disintegrate. Just as you shellac certain things to preserve them against rust and decay, so does the activity of the Elohim of Peace enfold and seal all creations in the entire planetary scheme brought forth by the Elohim, for the period of existence designed for that creation.

You, and every individual desiring to become master of the creation of form, must also learn to use these same seven steps. Whenever you wish to use and expand the activities of the 3rdRay of DIVINE LOVE, whose qualities are adoration, magnetization, and gratitude to life, I AM Your Servant!"

GROUP DECREERING AND VISUALIZATION

Visualization

While playing softly the melody, *Let Me Call You Sweetheart*, (containing the keynote of Archangel Chamuel), rest your attention on the ceremonial angels that have assisted you in this class and on Archangel Chamuel, Lord Maitreya, Paul the Venetian, and Elohim Orion.

Send your love and gratitude for their service.

Feel yourself surrounded by a pillar of Pink Flame of the Ray of Love.

Expand that flame to cover your city, state, nation and the entire globe.

Decrees

Paul the Venetian, Archangel Chamuel and Charity, the Elohim Orion and Angelica, Maha Chohan, Goddess of Liberty, Lady Master Nada and all who are concerned with the Pink Flame of GOD's Divine Love:

Angels Of Pink Flame, come, come, come and blaze, blaze, blaze the Pink Flame Of Love and Adoration in, through and around every part of my being and world, and every person, place, condition and thing, including the elemental and animal kingdom and every living thing in this country and the whole world.

Hold this sustained until All Life on our Earth thinks, feels and manifests GOD's love, peace and perfection.

Beloved I AM ! (3x)
By Christ Command! (3x)
Do it today! (3x)
Do it to stay! (3x)

Beloved Presence of GOD I AM in me, and Archangel Chamuel, *blaze, blaze, blaze* your Pink Adoration Flame in, through and around me, my money and supply, and expand it continually into my financial freedom *now!*

Beloved I AM ! (3x)
By Christ Command! (3x)
Do it today! (3x)
Do it to stay! (3x)

Benediction

(By Group Leader)

Sealed in a mighty pillar of the Pink Flame of Cosmic Love, Harmony and Tolerance, from the hearts of Archangel Chamuel, Elohim Orion and Ascended Master Paul the Venetian, we thank the Ascended Host of Light for the continuous outpouring of Love, Wisdom and Power.

We thank Archangels Michael and Uriel and the Angels of Protection, Ministration and Ceremony, who have assisted us at this class. Take our humble efforts and amplify them with your mighty love. Take them North, South, East and West and cover the Earth with the outpouring of the Pink Flame of Cosmic Love, Harmony and Tolerance.

Help us achieve and maintain perfect harmony, health and supply. Let the Divine Plan manifest through every lifestream belonging to this planet.

May the benediction and blessings of Almighty GOD and the peace surpassing all understanding be with each one of you. May the GOD of Mercy protect and guide you on your spiritual path toward enlightenment and freedom.

Group Leader extinguishes candles in the reverse order of lighting them

LESSON 11: FOURTH RAY – THE WHITE RAY OF PURITY

ACOLYTE SERVICE

Play appropriate music, such as *Bells of the Meadows*.

After greeting the students, the group leader gives the following invocation:

All hail to Thee, Thou All-Pervading Light of the Universe, the Supreme Source of Life, I AM. We kneel within our hearts in recognition of the Light of the Cosmos, as we draw forth these flames, representing the three-fold activity of life, as exemplified by the Holy Trinity:

the Father, (lighting blue candle)
the Son, (lighting yellow candle) and
the Holy Spirit (lighting pink candle)

Beloved Cosmic I AM Presence, come now and assert Thy rightful authority in the four lower vehicles of all of Thy children and show us how to reverently and humbly express the perfectly balanced activity of Love, Wisdom and Power which Thou art.

Oh Light Supreme, we acknowledge Thee in all life. We give gratitude to the glorious Cosmic and Ascended Beings, as we invoke them and the great angelic host to amplify the energy we release in this class. May that light expand, expand and expand, as it travels throughout the universe, ever widening the borders of Thy kingdom in fulfillment of Thy Will. I AM!

INVOCATION – 4TH RAY

Beloved mighty, victorious Presence of GOD I AM, the source anchored within each of our hearts, we love and adore you. We acknowledge you to be the owner and giver of all life, our intelligence, our substance, our all!

We call on Archangels Michael and Uriel and on all Ascended Beings who serve on the 4th Ray and especially Archangel Gabriel, the Elohim of Purity and Ascended Master Serapis Bey.

As we pour out our deepest love and gratitude to the Ascended Host of Light for bringing forth this teaching, *blaze, blaze, blaze* your White Flame of Purity through and around us, eternally sustained.

Seal us in your Light and Love and Power of victorious accomplishment. Guard and protect us. Guide and direct us. Give us the illumination of truth that shall set us free!

LESSON OVERVIEW

A lesson on the God-Virtues of the 4thRay: maintaining, in humility, the purity of the original God-Idea, not clouding it with one's own personal ego.

- Other God-Qualities expressed: the Immaculate Concept, the Resurrection, the Resurrection Flame, the Ascension Flame, and artistic development.
- Color: white
- Chohan: Ascended Master Serapis Bey
- Primary representatives: Archangel Gabriel, the Elohim of Purity

Before starting the lesson, contemplate the picture of Serapis Bey, asking for his radiation, feelings, nature and consciousness.

DESCRIPTION OF THE 4TH RAY: THE WHITE FLAME OF PURITY

The 4thRay represents the White Flame of Purity, the Resurrection Flame, the Immaculate Concept, and the Ascension Flame. Ascended Master Serapis Bey, Chohan of the 4thRay, focuses its purity. His special service is guarding the actual Ascension Flame at Luxor, Egypt. He and others carried it to its present location at the time of the sinking of the last remnants of the Atlantean Continent.

Purity, and the holding of the Immaculate Concept, becomes necessary for students as they move along the path, and the resurrecting of all the good in their lifestream. It is also a requirement before the individual is able to graduate in the victory of the ascension. All training by the Ascended Masters is for one purpose only - to help aspiring students to so purify and harmonize themselves so they may quickly gain the ascension and become the I AM Presence, thus fulfilling their reason for being. Master Serapis Bey holds to a strict discipline for those who aspire to the ascension. Unless they perfect themselves, it is impossible for the fullness of GOD to be attained by those who have misused GOD's energy through many ages of living.

The 4thSphere is where the Holy Christ Selves of humanity abide; until such time as they are able to take over the outer self in the out-picturing of the Christ in the outer world of humanity. The 4thRay becomes the bridge between the inner realms of perfection and the outer manifestation of the Divine Plan in the world of form. The Elohim of Purity expresses particularly through this ray and holds the Immaculate Concept for the Earth and each one of humanity. The great Archangel Gabriel draws the Resurrection Flame through this ray. In the outer world of form, those who belong to this ray are usually very artistic and have talent directed toward music, dancing, drama, painting, sculpture and architecture.

The Immaculate Concept

The Immaculate Concept, so little understood in the outer world, is that activity of holding in the thoughts and feelings the Divine Pattern, the Divine Blueprint for yourself, each other, and every part of life you contact. There is a glorious and beautiful Divine Pattern for every expression of life. When *that* is held in the consciousness, instead of the outer appearance temporarily clothing the particular form, it assists in bringing into outer manifestation the expression of the blessing with which GOD endowed it in the beginning.

This is what Mother Mary did for the Master Jesus - holding fast to the divine image of a GOD-Man for him from before his birth until after the victory of his ascension. This Ascended Lady Master holds this Divine Concept for every child of GOD on the planet Earth to this day.

The Immaculate Concept is Magnifying the Good everywhere your attention rests. It minimizes the appearances of imperfection, and helps bring more light to the Earth rather than increase the shadows. Let us learn to see something of good everywhere and try to see ourselves and everyone we contact as the GOD Being each one really is.

SERAPIS BEY, CHOHAN OF THE 4TH RAY

Introduction

Serapis Bey is an embodied seraphim. He came to Earth as a guardian spirit from Venus. He was the priest in the Ascension Temple on Atlantis before its sinking and was delegated the task of taking a portion of The Ascension Flame to safety. He, with forty of the Brotherhood, sailed in a boat to Egypt, according to the directions

they had been given. Just after their landing on the Nile River, in the locality of Luxor, the rumble and shaking of the Earth made them aware of the sinking of Atlantis.

Serapis Bey established a temple there for The Ascension Flame and has been the guardian of that flame ever since. A trusted brother in physical embodiment, stands guard when he is at inner levels between embodiments. Since the sinking of Atlantis, around 12,000 years ago, he has had nearly all embodiments in Egypt. While in embodiment in Egypt as Akhenaton IV and Amenhotep III, he built the temples at Thebes and Karnak.

Serapis Bey was Phidias in one embodiment, an Athenian architect and sculptor. He brought forth the design of the Parthenon and supervised its construction. It was dedicated in 438 BCE

Serapis Bey made the ascension around 400 BCE Later he became Chohan of the 4th Ray, under which comes the action of the Ascension Flame. He is the master in charge of the brotherhood at Luxor, Egypt. He works with the seraphim. Serapis Bey has golden hair and amber color eyes. The song *Celeste Aida* is his keynote. His electronic pattern is a heart.

Musical Interlude

While the attention rests upon Serapis Bey, the melody, *Celeste Aida*, containing his keynote, may be played.

Serapis Bey: Transfer of The Ascension Flame

From Poseidonis, Atlantis To Luxor, Egypt - About 12,000 Years Ago

"Some of you will remember that earlier journey, when we brought The Ascension Flame in the brazier from Atlantis to Egypt. You will recall how we spelled each other at the oars, rowing against time, knowing a cosmic moment waits for no weariness of flesh. There was no doubt of mind, no fear in the feelings, nor any externalization of destructive karma of anyone who might be a part of that boatload of people entrusted with the mission of carrying the Ascension Flame to Luxor.

We had to reach our goal within a given time despite any personal and collective obstacles. How we rejoiced when we reached the mouth of the Nile and knew we were, at last, within 500 miles of our goal! The tears fell upon our cheeks as for a moment we stretched our arms and flexed the muscles in our arms and hands to relieve them from the pressure of service at the oars. Those oars we had manned to drive our galley forward when the winds did not fill our sails. We thanked the GOD that made us, as we gazed at the still glowing embers of The Ascension Flame. We knew that within its presence was the way back home, for ourselves and all who would lose their bodies in the sinking of Atlantis, and who would again wait at the gates of birth for new embodiment on the remaining landed surface of the Earth.

Rising with renewed strength by acknowledgment of our Source, we rowed up the river to Luxor. I remember the commendable restraint of the members of our company, who, rather than rushing over the side of the boat as it rode at anchor, awaited my disembarking, carrying the brazier, within which the spark of The Ascension Flame still burned. Then, forming a dignified procession, all followed me ashore. We knelt about that flame, which we had kept alive by our breath, our prayers and application during the rainy nights at sea, during the foggy days, as the heavy winds beset our slight boat. As we knelt thus, pouring our love into The Ascension Flame, from the embers new light grew. At the same time as the great Nile River swelled and the Earth shook, we remembered Atlantis."

There are many God-Beings who offer to direct their assistance when people *call* for such help. The mighty Archangel Gabriel is one of those who bring to humanity those 'tidings of great joy'¹. The Archangel Gabriel has also been called the Angel of Annunciation, since it was he who announced to Mary the time had come for her to bring forth a son, who was to be called Jesus.

We have been told humanity was created in the image and likeness of the Father-GOD. It is quite apparent humanity has fallen far short of the original Divine Blueprint. In this connection, the Archangel Gabriel holds the original concept of perfection - the Immaculate Concept - for all humanity. He gives assistance to all who call upon him.

Hope is the Divine Complement of the Archangel Gabriel. Her service is to perform exactly what her name implies. She brings hope to the human heart for better things to come. Her radiation is buoyant, uplifting, joyous, and inspirational. As the radiation from your heating devices makes your living quarters comfortable, so does the radiation of any intelligence - divine or human - affect your atmosphere through their thoughts, feelings, words and deeds. This is a scientific, not a mystic fact. Proximity to the heat source makes one warm - proximity to the presence of any of GOD's messengers raises the entire consciousness and world of the one who invites such a presence with its radiant blessings, gifts, and virtues.

While the attention of the group is on Archangel Gabriel and the activities of the 4th Ray, his keynote, *Intermezzo, Cavallero Rusticana* may be played.

ARCHANGEL GABRIEL: REMEMBRANCE OF OUR DIVINE IDENTITY

"Hail, sons and daughters of the living GOD incarnated! I come from the 'throne of the King of Kings' to bring you remembrance of your Divine Identity, to bring to you remembrance of the heritage awaiting your claim. Thus you may externalize it to the glory of your Father, and bring the redemption of the Earth, which has been your patient protector and hostess. I come from the realms of the 'Light of GOD that never fails' into the shadows of the Earth and say to you:

Gods and Goddesses, why sit you in the shadows, when within your heart beats the fire of immortality? It contains, within itself, the power to redeem, to transmute, to harmonize, to purify, to heal, to supply, and to regulate every condition, even with the speed of thought!

I AM known as the Archangel of the Resurrection. Working with the Hierarchy, it is my privilege and honor of again bringing to life the consciousness of mastery. Mastery is the preordained destiny of every man, woman and child belonging to this evolution, as well as those who are the avowed guardians of it.

I dwell within the 4th Realm and Sphere. I work with the great Serapis Bey and the Holy Christ Selves of almost the entire human race. I am well acquainted with the divine perfection for every lifestream belonging to this evolution.

I worship in the same temples; I stand side by side with your Christ Selves, day by day. I am well equipped to convey to you the feeling it is time you opened the doors and windows of your soul to the reality of that exquisite and majestic Divine Presence - made in the image of the Father and Mother of this system; that Divine Presence which it is your duty and responsibility to externalize.

Religion is not a matter of ceremony alone. It is a matter of daily, hourly living. It is a matter of plain, ordinary common sense. It is a matter of discipline, self-control and contemplation; the development of love and gratitude to life itself, and for the

GOD who has given that life and sustained you for millions of years.

Today, with all the power of my own heart,

I charge into your mental body

I charge into your feeling world

I charge into your etheric body

I charge into your physical body

the glorious power of The Resurrection Flame to reverse the currents tying the energies of your bodies into the lower octaves and forming the magnetic pull binding you to the Earth. *You shall be free.*

I AM Gabriel speaking into your hearts. Remember Me.

Call forth that Flame of the Resurrection.

Let that which seems 'dead' within you, live!

The Light of GOD

The Youth of GOD

The Sight of GOD

The Hearing of GOD

The Beauty of GOD

The Love of GOD

The all encompassing Nature of GOD is alive within you!

There is an ember within your hearts, else you would not have physical forms. There is a spark in which is the All-Power of the Almighty, and I breathe upon it with the flame of my spirit.

Come forth now, you that sleep! Stand revealed in mastery and be GOD Free!"

CLAIRE, ELOHIM OF PURITY: THE IMMACULATE CONCEPT

"I AM the Elohim of Purity! I AM the guardian of the Immaculate Concept for this Earth, as well as for this entire universe. I am the guardian of the Immaculate Concept of your own individualized divinity, fashioned from white fire substance and living in the God-Free realms. This is your pattern of perfection, originally created by the Godhead. That being, in all its perfection, you must one day become. I am more than this - I AM the Flame of Cosmic Purity, the natural activity of your own life. Cosmic Purity is not something that must be wooed and drawn in from without.

I AM the living, breathing Purity of the electrons living in the center of the atoms composing your physical bodies. I AM alive in every cell of your bodies, moving around the central core of every atom of your flesh. Truly can I say that I AM with you always, for I AM your life.

I AM the living, breathing, electronic light of purity within your mental bodies. I AM the living, breathing flame of pure light invoked by each of you into the great sea of your emotional world. I AM the pure electronic light within every cell of your etheric garment. All waiting to be released from the shadows imposed upon them.

I AM now expanding my Purity from within every cell and atom of all your four lower bodies, expanding, expanding, expanding my true nature, the purification of this Earth - all that is in the Earth, on the Earth, and in its atmosphere.

If you could stop one electron as it passes from the heart of your GOD Presence into your physical heart, you would see the electron contains within itself all of the nature of the Godhead, all of its powers, its majesty, and all of the divinity within the God-Parents. The electron itself can never be contaminated; my Flame of Cosmic

Christ Purity lives within every one of them. From whence, then, come the shadows, limitations, illnesses, and appearances of age and depression? These discordant appearances are but the clothing of the electrons by shadows created from the habit of placing the attention, thoughts and feelings of the outer self upon imperfect appearances in the environment and atmosphere of Earth.

With your conscious acceptance of my service now, I shall endeavor to remove as much as possible of this shadowed substance around your electrons by the mercy of GOD, and by expanding the power of my Flame of PURITY, already within you.

I now speak directly to the electrons which have come from the Universal First Cause, having answered the call and obeyed the magnetic pull of the Immortal Threefold Flame within your heart:

In the name and by the power of Almighty GOD,
I now decree for continuous and permanent expansion
of the Flame of Purity in every cell of your bodies.

I command this to remove the effluvia,
transmuting into light every rate of vibration which is an
impurity and causes human limitation.

I command this done *now*, by the most powerful Cosmic Action
of the Blue Lightning of Cosmic Christ Purity from My Heart.

I decree the Purity within the heart of every one of your
electrons shall now expand, expand, expand, until the
appearances of limitation can no longer imprison your life in discord,
and thus shall the shadows cease to be!

The only discomfort in the world comes from the lack of the Substance of Purity in one or more of the four lower bodies. Misqualified energy changes the rate of the speed of the electrons forming the atom, causing pain, limitation, and distress. The vibration of the Substance of Purity quickens the vibratory action of the electrons, helping them to expand their light, throw off the discordant substance imposed upon them, and restores them to the rhythm and harmony of the I AM Presence, in whose image each individual was originally created. Purity is very essential for the use of the Sacred Fire of Precipitation and Etherealization.

Precipitation is the drawing together of electrons into manifest form.

By using the Fire of Etherealization, as part of the disintegration of a form, the electrons return to their source.

In Precipitation...

If the Mental Body is not purified, it cannot receive the perfect design from the Godhead or the Ascended Masters, nor can it manifest the strength to hold to that design against the disintegrating forces of doubt, fear, ridicule, and the many other negative qualities in the atmosphere of Earth, which always endeavor to destroy a constructive pattern.

If the Emotional Body is not purified, the idea and pattern will be so tinged with selfishness and personal ambition, that the beautiful design loses much of its perfection and efficacy.

If the Etheric Body (the seat of memory also called soul) is not purified, the failures of the past, which are recorded there, will often neutralize, and sometimes completely destroy, the form before it can be externalized for the blessing of life.

In Etherealization...

Purity is essential to enable one to consciously etherealize substance which has fulfilled its purpose, releasing the magnetic pull that has held the form together, and allowing the electrons making up that form, to return to the Sun for repolarization.

If the Mental Body is not purified, it will devise all kinds of schemes to hold on to substance and form temporarily loaned to the personal self.

If the Emotional Body is not purified, it will cling tenaciously to possessions, as well as to people, cluttering up the world with many forms which have completed their efficacy. These bind lifestreams to individuals, causing much unnecessary suffering to all concerned.

If the Etheric Body is not purified, it will remember previous losses and be filled with suspicions and fears, and the process of etherealization will be hindered.

[These activities are called 'attachment' in the mystical traditions.]

Every Ascended Being uses life only as GOD intended it to be used - to give some blessing. Then, when the forms they have created have given their service, they release the life from that form, so it may serve with greater purpose in the future. The opportunity for greater service having been earned by obedience to these Celestial Ones. If humanity would only learn this lesson of losing and letting go! Often we have witnessed the ensuing suffering when people refusing to learn this lesson, are finally forced, by the bitterness of their own experience, to make this renunciation.

I ask you to call upon The Law of Forgiveness for your own misuse of life all through the ages, accepting my gift of purity in its place. Thus you may see, know and become the perfect expression of your own individualized I AM Presence - a Holy Grail. You will receive into your outer mind the Divine Ideas from the Presence, which through your purified centers of thought, feeling and spoken word, you can externalize for your own blessing and for the benefit of your fellow human beings.

Within every electron released from the heart of GOD, is the power to create and sustain the kingdom of heaven for yourself, your family, your world and students entrusted to your loving care, right here on Earth. Within it is my Flame of Purity! Right within the brazier of your heart you carry the most powerful concentrate of the 'atomic accelerator'. You have full and free access to all that we are and all that we have.

Through the concentration of my Flame of Purity, released from my presence, I have washed from your inner and physical bodies literally tons of the accumulated atomic consciousness of impurity and imperfection. Please accept this as having been done for you, in the name of GOD, and go forward God-Pure and God-Free!"

THE SEVEN STEPS TO PRECIPITATION: ELOHIM OF PURITY

"In the beginning, when the great Helios and Vesta invited the Elohim to create the planets of this system, Hercules conveyed the invitation to us, and we, individually as well as in a collective body, said:

[Step 1] "We **WILL** to render this service!"

[Step 2] In connection with the creation of the planet Earth, well do I remember the time when all of us were drawn around the beautiful being, Immaculata, the Silent Watcher of this planet, and well do I remember the Flame of Cassiopeia by which was **ILLUMINED** to us The Light Pattern of This Planet, held within the heart of the Silent

Watcher, placed there by Helios and Vesta.

- [Step 3] As we looked upon it, we all felt the **LOVE** of Orion, and an intensified desire, within ourselves, to cooperate with the God-Parents in bringing the planet forth into perfect form.
- [Step 4] Then came my service to life - to hold the pattern and plan through the Cosmic Flame of **PURITY**, so that not one blade of grass, not one flame-flower should be externalized that was not a portion of the Divine Ideas, the pattern of perfection, as held within the heart of the Silent Watcher. All through the ages, while the creation of the Earth was taking place, I held the Flame and pattern of Purity. This, coupled with the illumined obedience, the sincere humility and love of the Elohim - not desiring to externalize their own pattern and form, but desiring only to bring forth the Divine Plan for the Earth - brought happiness, indeed, to my heart.
- [Step 5] Following my holding of the Immaculate Concept for the Earth, through the use of my Flame of Purity, my brother, Vista (Cyclopea), brought into action his Flame of **CONCENTRATION**.
- [Step 6] Then came our Arcturus with his activities of the 7th Ray, the **RHYTHM of INVOCATION** and the **TRANSMUTING POWER of the Violet Fire.**'
- [Step 7] The Seven Steps were then fully completed by the sealing of the entire creation within the flame of **TRANQUILITY**, the Elohim of Peace."

ELOHIM ASTREA: CIRCLE AND SWORD OF BLUE FLAME

Introduction

The great being known to us as the Elohim Astrea is the Divine Complement of the great Elohim of Purity, Claire. Her service is working in the astral realm, where the cores of impurity and evil exist, and in the dissolving and transmuting of all psychic substance on the Earth, in its atmosphere, and around its people. She accomplishes this by encircling the human creation, the psychic substance, around people, places, conditions and things within her *Circle and Sword of Blue Flame*, holding the impurity leashed, until it can be dissolved and transmuted into perfection.

After Astrea and the Ascended Host have removed the causes and cores of all impurity from the Earth, the great Elohim of Purity will be welcomed, and the people will joyously call for the Flame of Purity to replace all sordidness and imperfections on the Earth.

People many times feel they are losing something when they call for purity; however, they are actually gaining peace, comfort, healing, supply, happiness, and all the good and perfect things they desire. Perfection is unable to manifest when impurity exists, any more than the Sun can shine through a mud-spattered window pane.[Even an unkind word is impurity.]

Only by experimentation can you understand the tremendous service the mighty Elohim Astrea can give to you by daily calling into action her *Circle and Sword of Blue Flame* to encircle you and your world, holding in check all the human creation

in and around you, until it can be dissolved and transmuted into purity and perfection. The psychic realm extends for several thousand feet above the Earth. It is only by holding the attention on the Light, the Presence of GOD I AM, and the Ascended Host of Light, that you can live in the world and keep your own world comparatively untouched by the human creation.

Elohim Astrea: The Cosmic Flame of Purity

“Every electron of my being pulsates with all the momentums of purity, which it has been my privilege to accumulate through the ages. I am accompanied in this outpouring of the Cosmic Flame of Purity by all the beings presently serving on the 4th Ray, including the Archangels, seraphim, cherubim, and the angelic host.

Now, we all know humans in general have shied away from purity through the centuries. You, at one time or another having belonged to that group; the reason for this reluctance of acceptance is obvious.

We of the 4th Ray, who focus much of our energies through the Retreat at Luxor, remind you that, through the activities of the retreat, chelas have added assistance in bringing about the purification of their own vehicles, as well as of the planet. Remember always, the inner vehicles house the causes and cores of imperfection, and the physical body, upon which chelas often put so much attention, expresses the imperfection held there - it being the depository or reflection of the inner.

You will remember I have offered to remove the causes and cores of all known and unknown impurities in the lifestreams belonging to this earth, and those who have voluntarily come here, back from the beginning of time. Demand the fulfillment of that vow from me! You are sufficiently acquainted with the Spiritual Law to know we are only permitted by law to render a certain amount of service of our own volition, except if you call for our assistance.

I always stand ready to use the Circle and Sword of Blue Flame to cut away the imperfection upon this planet. The Legions of Purity, at the command of the beings on the 4th Ray, are limitless and can go into action on the instant, but the demand for this service must be made from unascended humanity.

Let me forcibly remind you: you are responsible to Cosmic Law for the use of your God-Given energy. When we present an existing condition to you which must be remedied through the use of the Sacred Fire, in the name of all that is good and holy, go into action and make your demand upon us for the release of the purifying fires which can, on the instant, remove the causes and cores of imperfection.”

GROUP DECREES AND VISUALIZATION

Decrees

Mighty I AM Presence, Angels of Blue Flame and mighty Elohim Astrea, Lock Your Cosmic Circle and Sword of Blue Flame in, through and around all of the causes and cores of misqualified energy around me and all humanity. Seize and render this energy ineffective. Illumine! Illumine! Illumine! the source and see this energy may not encroach upon life any longer!

I AM! I AM! I AM! The Resurrection and the Life of the Ascended Jesus Christ feeling of Cosmic Christ Peace - that peace surpassing the understanding of the mind and which I had with GOD in the beginning, before even this world was.

I AM! I AM! I AM! The Resurrection and the Life of the perfect health and action of every cell and organ of my body, Now Made Manifest and Eternally Sustained.

I AM! I AM! I AM! The Resurrection and the Life of my perfect sight and hearing,
Now Made Manifest and Eternally Sustained.

I AM! I AM! I AM! The Resurrection and the Life of my limitless strength, energy and
courage, Now Made Manifest and Eternally Sustained.

I AM! I AM! I AM! The Resurrection and the Life of my limitless supply of money and
every good thing I require for use in the service and expansion of the Light, Now
Made Manifest and Eternally Sustained.

Visualization

While playing softly the melody, *Liebesträum*, (keynote of the Ascension Temple),
rest your attention on the Ceremonial Angels that have assisted you in this class and
on the Ascended Master Serapis Bey, Archangel Gabriel, and the mighty Astrea,
Elohim of Purity.

Send your love and gratitude for their service.
Feel yourself surrounded by a pillar of the White Flame of Purity.
Expand that flame to cover your city, state, nation, and the entire globe.

Benediction

(By Group Leader)

Sealed in a mighty pillar of the White Flame of Purity from the hearts of Archangel
Gabriel, the Elohim of Purity and Ascended Master Serapis Bey, we thank the
Ascended Host of Light for the continuous outpouring of Love, Wisdom and Power.

We thank Archangels Michael and Uriel and the Angels of Protection, Ministration
and Ceremony who have assisted us in this class.

Take up our humble efforts and amplify them with your mighty love.
Take them North, South, East and West and cover the Earth with the outpouring of
the White Flame of Purity.

Help us achieve and maintain perfect harmony, health and supply.

Let the Divine Plan manifest through every lifestream belonging to this planet.

May the benediction and blessings of the Most High Living GOD and the peace
surpassing all understanding, be with you, each one.

May the GOD of Mercy protect and guide you on your spiritual path toward
enlightenment and freedom.

Group Leader extinguishes candles in reverse order of lighting

LESSON 12: FIFTH RAY – TRUTH

ACOLYTE SERVICE

Play appropriate music, such as *Bells of the Meadows*.

After greeting the students, the group leader gives the following invocation:

All hail to Thee, Thou All-Pervading Light of the Universe, the Supreme Source of Life, I AM. We kneel within our hearts in recognition of the Light of the Cosmos, as we draw forth these flames, representing the three-fold activity of life, as exemplified by the Holy Trinity:

the Father, (lighting blue candle)
the Son, (lighting yellow candle) and
the Holy Spirit (lighting pink candle)

Beloved Cosmic I AM Presence, come now and assert Thy rightful authority in the four lower vehicles of all of Thy children and show us how to reverently and humbly express the perfectly balanced activity of Love, Wisdom and Power which Thou art.

Oh Light Supreme, we acknowledge Thee in all life. We give gratitude to the glorious Cosmic and Ascended Beings, as we invoke them and the great angelic host to amplify the energy we release in this class. May that light expand, expand and expand, as it travels throughout the universe, ever widening the borders of Thy kingdom in fulfillment of Thy Will. I AM!

INVOCATION - 5TH RAY

Beloved mighty, victorious Presence of GOD I AM, the source anchored within each of our hearts, we love and adore you. We acknowledge you to be the owner and giver of all life, our intelligence, our substance, our all!

We call on Archangels Michael and Uriel and on all Ascended Beings who serve on the 5th Ray and especially Archangel Raphael, Ascended Lady Master Mary, Elohim Vista and Ascended Master Hilarion.

As we pour out our deepest love and gratitude to the Ascended Host of Light for bringing forth this teaching, *blaze, blaze, blaze* your Green Flame of Truth through and around us, eternally sustained.

Seal us in your Light and Love and Power of victorious accomplishment. Guard and protect us. Guide and direct us. Give us the illumination of truth that shall set us free!

LESSON OVERVIEW

A lesson on the God-Virtues of the 5thRay:Truth

- Other God-Qualities expressed: concentration and committing (consecrating) one's Life-Energy to a worthy cause. Scientific development and healing. Color: emerald green
- Chohan: Ascended Master Hilarion
- Primary representatives: Archangel Raphael, Mother Mary, Elohim Vista, Pallas Athena, Goddess of Truth

Before starting the lesson, contemplate the pictures of Mother Mary and Hilarion, asking for their radiation, feelings, nature and consciousness.

PALLAS ATHENA, GODDESS OF TRUTH

The Goddess of Truth, Pallas Athena, is the Divine Complement, or Twin Flame, of the Maha Chohan, who is the Cosmic Holy Spirit to this system of planets. She is the Patroness of the Temple of Truth. Ages ago, when the gods walked and talked with humanity, Pallas Athena supervised the disciplines and preparations necessary for the development of the receptive consciousness of those who were to be the mouthpieces of the gods as the Roman Vestal Virgins or the Greek Oracles at Delphi. The great God-Mother, Vesta, was the original Goddess of Truth. She conferred this honor and service on Pallas Athena.

The Oracles of Delphi were originally correct and gave forth truth. Later, certain nefarious forces created similar temples of 'truth' and drew to them men and women who were not strong enough to withstand the pressures of personal adulation and gain. It was through these unfortunate forces pretending to present truth to the people, that the Delphic Oracles came into disrepute.

The Goddess of Truth, like the Goddess of Purity and the Goddess of Justice, is not among those particularly wooed by humanity, for people as a rule do not enjoy the sharp edge of truth! For this reason, the Goddess of Truth has, to a great extent, remained in the Heart of the Silence. Truth has been veiled in expression through the various spiritual, educational and inspirational teachings that have come forth.

The Goddess of Truth is always ready to lend her assistance and but awaits your invitation so to do. In your daily calls, ask the Goddess of Truth, Pallas Athena, to help you. You will receive from that mighty Being a blessing beyond anything you can presently conceive.

To discern truth among the teachings of messengers of the Great White Brotherhood - authorized or otherwise - is one of the most difficult tasks of the student. It requires great patience and setting aside a great deal of time to compare the messages given.

Moving The Flame of Truth from Atlantis to Crete

Once, long ago, when the last remnant of Atlantis sank beneath the waves of the ocean, certain priests and priestesses of the White Order were entrusted with carrying their specifically magnetized God-Virtues to other landed surfaces of the Earth which would remain above the water. One such God-Virtue carried to safety was The Flame of Truth, and the Ascended Master Hilarion, who was not ascended then, was among the group of consecrated lifestreams who were entrusted to carry the flame.

This group sailed eastward to what is now the Grecian peninsula and its adjacent islands. There, in a ceremony of reverence and devotion, they anchored The Flame of Truth on the island of Crete. At that time the island was part of the mainland; earth changes have since disconnected it. Through ages of time, this focus of truth has radiated that quality into the emotional, mental, etheric and physical planes of Earth. Hilarion, Chohan of the 5th Ray, is the present guardian of this sacred flame. In a former embodiment, he was Paul, an Apostle at the time of the ministry of Jesus.

The Temple of Truth at Crete

On this new location at Crete, the devotees of truth built a wonderful temple, similar in design to the temple on Atlantis. This temple was later destroyed by those who rebelled against truth and the disciplines of purity and harmony. Today only the

beautiful etheric Temple of Truth remains over the island of Crete. Here, Hilarion and the Brotherhood of Truth continue to teach and expand this virtue through the consciousness of those who visit in their finer bodies while the physical body sleeps.

In appearance, this beautiful Temple of Truth is like the great Parthenon, designed by Phidias, who is now Serapis Bey. The Parthenon was dedicated in the year 450 BCE to Pallas Athena, now the Goddess of Truth.

The etheric temple stands on a high eminence, reached by a magnificent marble stairway of over four hundred steps. On either side of the stairway, stand exquisite angelic beings clothed in iridescent colors. In their upraised hands they hold garlands of bright colored flowers woven into wreath-like patterns. From the wide door, one can see the great altar of the temple rising over one hundred feet. At either side stands a great carved pillar. Atop these pillars rest golden braziers from which rise the Flame of Truth.

LANTO: DISTINGUISHING PRESENTATIONS OF TRUTH

“To perceive truth, you must have peace of mind, through understanding. The first thing chelas must learn is to distinguish between different presentations of the truth, to determine which constitutes a more complete expression of the truth. The chelas must, of course, have as one of their guides the words of Ascended Master Jesus, ‘Not all who come in my name represent me’.¹

Students have to be particularly alert before accepting statements issued by dissenting activities, which as a rule, do not have their origin in important doctrinal differences, of which they do not speak. Rather it is the personal ambition of their self-called leaders. In many cases, they appropriate the instruction of the parent body and present it as new and better, without any substantial proof of their claims.”[See Lesson 15 Part 2: Discrimination]

The robes of the Brotherhood at Crete are pure white. Embroidered over the heart is a lighted lamp similar to the old-fashioned oil cruet. This symbol was incorporated into the activities of the brotherhood by Diogenes (412 BCE) when Hilarion was a member of that order. This symbol signifies the relentless search for truth, the vow and pledge taken by all members of the brotherhood.

Every great avatar, messiah and teacher of every religion on Earth gives to this temple some of their time and radiation, just as doctors give of their time, skill and energy to a free clinic in their vicinity. Thus, the powers of The Temple of Truth embody the combined radiation of God-Free beings, who have brought the Law to the people of Earth through the ages.

Every intelligence endeavoring to conceive the truth about any subject which would bring illumination to humanity, is the beneficiary of this Flame of Truth. Every branch of life’s expression - governmental, educational, humanitarian, artistic, scientific, religious and ceremonial - has had devotees in the world of form, men and women consecrated to developing the highest type of service through these channels.

This brotherhood is the guardian presence of the children of Earth who are interested in the cause of scientifically treating and healing disease - doctors, nurses, and those involved in research to determine the physical causes of afflictions.

Hilarion, having experienced the self-righteous indignation arising within a consciousness persuaded that persecution is in order to right a wrong, upon his ascension vowed to help all people with similar erroneous complexes. It was he who,

as Saul of Tarsus², persecuted the Christians. He later became the Christian Apostle Paul. He asks you to recommend to his protection all those you know, as well as the many unknown lifestreams, who have no faith in spiritual survival, as well as the materialists, agnostics and skeptics, so he may assist them to a correct understanding of truth.

HILARION: QUALIFICATION OF ENERGY

The fact must be strongly emphasized:

Energy is intelligent, from the smallest nuclear center to the greatest sun.
Energy is obedient to the creative centers of thought and feeling in humanity.

Qualification of energy creates a *cause*. That cause is directed into the universe and creates an effect. The effect is directed back toward its creator. The creator's reaction to that effect (emotional, mental, etheric, or physical) creates another cause. Thus, there are circles within circles – chains of cause and effect.

Accepting the return current of energy as having emanated from one's self, the creator learns quickly it is wise to send forth only constructive causes from their world, and they should not start a chain reaction whereby a new series of both causes and effects are set into motion. [See Lesson 4: The Law of Cause and Effect]

Some earnest souls have misinterpreted this Law. Some accept the distressing return of their own misqualified energies and piously say, 'It is GOD's Will!' Others rebel and say there is no GOD. Neither of these statements is true, of course. These are two extremes of human reactions which must be illumined and corrected by the Brotherhood of Truth through patient teaching, counsel and example.

Ascended Master Consciousness

There is a stratum of the Ascended Masters' qualities and virtues.

Love is one expression of the many divine aspects of this Divine Consciousness.

When people are loving, they instantly tune into the love stratum and become one in consciousness with all who love throughout the universe.

Wisdom is another expression. When people seek wisdom, they are instantly tuned into the vibratory waves of wisdom which are being fed by the Divine Mind of GOD and tapped by all the scholars of the world.

Strata of Mass Consciousness: Gossip, Criticism, Condemnation

Every thought and feeling, every virtue and vice, contribute to a mass consciousness of that particular quality. The qualified energies of all the intelligences belonging to the evolution are constantly pouring into this stratum. Each person tunes into and draws from that mass consciousness the particular thought and feeling he chooses by having similar thoughts and feelings.

One cannot entertain thoughts or feelings of jealousy, suspicion, hatred, or anger without instantly becoming one with the mass stratum of those qualities, and all the people vibrating with similar destructive thoughts and feelings throughout the planet. The individual, through free will, is constantly rising and falling through these various strata as the emotions and thoughts fluctuate.

For example, possessiveness is a tremendous feeling-form drawing the God-Energy and smothering the object of its affection.

Gossip is among the most insidious because, through poison sent out, it starts whirls of emotion in the lifestreams of many, and soon you have an inner conflagration. What you plant in the mind of another, what grows there as a result,

is your karma.

Every word passing from your lips that pollutes another's consciousness is sin. This is so even if based on so-called fact. This is so whether spoken in innuendo or outright accusation. This is so because you added to the shadows of the world. You are not speaking Truth.

The truth about every man, woman and child on this planet is only Good. Whatever imperfection you see in another with your eyes, or hear with your ears, and then pass on to someone else, will make you responsible to the great Cosmic Law. You will have to pay for that in some way at some time.

Criticism, condemnation and judgement are also closely related. The silent criticism of seeing discrepancies and faults in others disturbs the feelings of one's own emotional body and sets up causes of discord reacting in physical disturbances. Spoken criticism sets others' emotional bodies into the same vibratory action and its unhappy effects are without limit.

The effects of the truly vicious emotions of jealousy, hate, anger, and malice are self-evident. The aspiring student should avoid these at all times. He should either be silent or speak only words of truth.

Musical Interlude

Play appropriate music while the attention is focused on the Ascended Master Hilarion and the Brotherhood of Truth at Crete. This music should include the hymn tune, *Onward, Christian Soldiers*, which includes the keynote of the retreat where this Brotherhood serves.

RAPHAEL, ARCHANGEL OF HEALING AND CONSECRATION

Introduction

The magnificent being known as the Archangel Raphael has dedicated part of his life and service to the directing of healing rays from the glorious Temple of Light where he abides, in the higher realms of GOD's perfection. These healing rays flow to those in distress in the physical appearance world and to all life in distress in the astral and psychic planes surrounding the Earth.

Lord Raphael draws this healing essence from the Sun of our system and the God-Parents, Helios and Vesta, who designed our planet and all the planets of this system. The word 'healing' comes from the name of Helios.

Just as an automobile battery attached to a charger absorbs current giving power to a means of conveyance, so do the archangels, the angelic host, the seraphim and the cherubim, by their rhythmic attention and adoration to their God-Source, absorb into themselves the specific qualities of GOD they wish to radiate to some other part of life to raise it into perfection.

Lord Raphael provides schools for his angelic hosts. There, the angels prepare for service by learning how to draw more healing power from GOD. They learn how to hold it within themselves until they reach the world of the supplicant requiring it. When they have learned to hold this healing essence, they are sent earthward carrying it to people in distress.

The Divine Plan for the Earth and its people is for the angelic host, the human kingdom, and the elemental kingdom to serve together in harmony - creating the perfection of the kingdom of GOD on Earth. As Jesus said, 'Thy kingdom come, Thy Will be done on Earth, as it is in heaven'.³

Lord Raphael consecrates the lifestreams who desire to serve GOD and humanity in the physical appearance world. Using projected light rays, to connect with the

energies of those who have a true vocation in life, he and his angels pour feelings of faith, love, constancy, wisdom, and any other feelings required, to assist such an individual to remain true to his chosen vocation.

The Mary, the mother of Jesus, is the Divine Complement of Archangel Raphael. Among her many services to life and to humanity, she serves as the head of the healing activity to our Earth.

Archangel Raphael: Consecration Of Your Lifestream To God

"I AM called the Archangel of Consecration and Dedication. My specific service to the universe is to stand at the head of a glorious legion of beings who direct the ray of Almighty GOD into those lifestreams who consecrate their life energies to specific humanitarian services to bless humanity. My flame and ray in this action is one with Hilarion's. Its color is a lovely green. Every doctor, nurse, priest, nun, minister and rabbi, and every chela and initiate who voluntarily dedicate their energies to serving life, come under my particular blessing, radiation and care.

The consecration and dedication of the lifestreams of the angels, devas, masters, and those representing the worshipping group, carry my outpouring to them through the green ray.

For a moment, feel the individual consecration of your lifestream to GOD. Visualize the light flowing from the heart of the universe, animating every one of your inner bodies.

Now Consciously Consecrate...

Your minds and bodies to receive the Divine Ideas of the Father

Your feelings to radiate the helpful, the constructive and the good

Your etheric body to record only perfection

Your garment of flesh to manifest health and harmony

Your eyes to see perfection and to bless all life

Your ears to hear the harmonies of the inner light, the voice of the Master
and the call for assistance from your fellow human beings

Your lips to form words carrying hope, faith and the confidence of heaven
into the consciousness of those that are bound

Your hands to heal

Your feet to walk upon the path as directed by the GOD who made you

Your heart to be the chalice of the Sacred Fire

Your whole being consecrated and dedicated to GOD's service.

This is My Activity to Life."

Contemplation Period

While the class attention rests upon Archangel Raphael and Mother Mary, play the song, *Whispering Hope*, which includes their keynote.

VISTA, ELOHIM OF THE 5TH RAY

Introduction

The great Elohim known as Vista is the All-Seeing Eye of GOD to this Earth, as well as the Elohim of Concentration, Consecration, Healing, and Music. With his Divine Complement, Crystal, they endeavor to raise the physical, mental, emotional and etheric consciousness of all humanity through the power of music harmoniously qualified, to hold uninterrupted harmony so their energies may contribute to the music of the spheres. The power of concentration is necessary to bring into manifestation any worthy objective, and the mighty Vista will assist all who will call unto him.

Crystal pours forth a crystalline substance washing the brain, soul, inner bodies, and even the physical form free from the wrong concepts and untruths that have accumulated through the centuries.

Elohim Vista: Concentration

"I am Vista, known to you for many years as the Elohim Cyclopea, the All-Seeing Eye of the Eternal GOD. I AM the Elohim of Music, among many other diversified activities, and I AM the Elohim of Concentration and Consecration.

Nothing can be accomplished on Earth, even in mundane activities of your daily living, without concentration. Everything requires concentration: the smallest task of learning a recipe for your kitchen fare, the greatest dexterity of technique producing lovely music, the greatest developments of science, the magnificent perfections of the educator, preacher and statesman. Without concentration there is only mediocrity, and only the bare surface is scratched. Those who determine to rise above the general population take one facet of living and masterfully develop it - deciding within themselves to excel along at least one line of expression. According to their concentration is their mastery and efficiency.

After we, the Elohim, had looked into the beauty and perfection of the Divine Design for this planet through the ray of the Elohim of Purity, what could come next but concentration? The drawing of the energy and concentrating it around those convex rays which had been established as the form of the Earth. We had to *concentrate light substance* to make the planet solid enough to be able to hold the sea, land, and general form. If we had proceeded through those first four steps and then refused to concentrate on the task until the planet finally began to revolve on its axis there would not have been a planet Earth.

It is the Law - actual scientific Law - what you begin can be accomplished when it is in agreement with GOD's plan to bring perfection forth. Whether it is healing, precipitation, financial freedom, eternal youth, the restoration of a limb - it can be done. To produce these requires 'stick-to-it-iveness,' [perseverance] an important part of my ray, and the qualification of the energy with my life.

The greatest obstacles encountered to successful precipitation are discouragement and doubt. I have seen men and women on the verge of great financial mastery stop working on their project within an hour of receiving their financial freedom. This is also true in healing.

I Implore You –

Decide on some pattern and plan of manifestation and

Follow It Through! Follow It Through! Follow It Through!

Concentrate upon your design until you have brought it into fulfillment

Concentration and Consecration are nearly the same. Whatever you are going to

do that amounts to anything requires the consecration of your life. It is the consecration of all your energies to the manifestation of something which gives you mastery over this world of form. Do not feel that the desire for mastery over financial lack or mastery over appearances of physical distress is selfish. The fully gathered momentum of your mastery becomes your gift to the consciousness of the race at large.

As the Elohim of Music, the great musician, it is my obligation and joy to see the cosmic tone and symphony of the entire planetary system is pleasing to the ears of Almighty GOD, and is in harmony with the cosmic symphony of every other planetary system belonging to this galaxy.

It has been my obligation to enfold the Earth, and her evolutions, in a substance through which the dissonance of the Dark Star (the Earth) could not penetrate and adversely affect the music of the spheres.

Will you, who desire to be part of the establishment upon this Earth of the permanent Golden Age, endeavor to contribute some music - some music from your heart?

It is not always the audible sound from the vocal chords that contribute to the music of the spheres. It is what you are thinking, feeling and saying that creates around you an aura rising as harmony, peace and healing. On behalf of music, I want your souls to sing as you move about in the most mundane activities of daily living.

In the Light, there is no high or low position, there is only the eternal Now. The song of the soul filling the aura and atmosphere where a truly devoted chela lives, is the greatest gift that can be given. The song of harmonious feeling pouring forth as the Sun pours forth its rays is one of the activities of my humble self.

My service also concerns healing. Understand how the activities of harmony and music are wound into the activities of permanent healing of every distress - moral, mental, emotional, etheric and physical. Healing comes instantly when the fully gathered cosmic momentum of myself, Crystal, Raphael, Mary, and Hilarion are invoked, giving you the full pressure and power of the momentum of healing that is ours to give. It is as practical and usable to you as your acceptance and use make it.

ELOHIM CRYSTAL'S PURIFYING ESSENCE FOR KARMIC RELEASE

In cooperation with my endeavors to give assistance in healing...

My Crystal offers the full purifying essence of her Crystal Ray which, surging through the emotional, mental, etheric and physical consciousness, washes away, on the instant, the karma of millions of years, instead of bit by bit.

Call unto my Beloved and allow that crystalline substance to wash your lifestream, until it is as pure as it was when first you were created of GOD - Divine Beings.

Each of you is destined to be a Christos, an externalized manifestation of your own I AM Presence.

As the beautiful essence of Crystal pours through you, Accept It!

As the beautiful essence of the Consecration Flame of Lord Raphael re-consecrates your senses, Accept It!

As the personage of Mary pours to you her healing grace, Accept It!

As the strength of truth of the great Hilarion charges and charges and charges these words of truth into your feelings worlds, Accept Them!

Let me help you to fulfill your divine plan in music, harmony, and in peace.”

THE SEVEN STEPS TO PRECIPITATION: ELOHIM VISTA

As I stood in the atmosphere of Earth and looked upon the lovely Silent Watcher, I thought back upon the day when the first call came from the God-Parents of our system, Helios and Vesta.

[Step 1] when we **WILLED** to be part of creation. I thought upon the time when, with mighty Hercules, we said: Yes, we will to serve,

[Step 2] when the great **WISDOM**, as well as **PERCEPTION** and **ILLUMINATION** of Cassiopeia showed us clearly what was to be done,

[Step 3] when the **LOVE** of Orion stirred within our hearts an intensified willingness to leave our activities in the cosmic realm and rhythmically give whatever service was required to bring that small but beautiful ‘jewel’ - your - Earth out of the unformed into the formed,

[Step 4] when we looked through the Crystal Ray of **PURITY** and saw the Divine Design and Immaculate Concept of Helios and Vesta for the Earth and its evolutions. We found that Divine Plan to be good and beautiful, and that it would make the Earth a literal ‘jewel’ in the planetary system - its gift of light, perfume and music would add to the beauty of the galaxy.

[Step 5] Then my activity. I AM he who is known as the ray of **CONCENTRATION**.

[Step 6] After my service, comes that of mighty Arcturus of the 7th Ray - representing **RHYTHM OF INVOCATION** and Transmutation By The Violet Fire

[Step 7] then the Elohim of PEACE of the 6th Ray, whose service is to seal the finished creation in the protection and perfection of **Cosmic Christ Peace!**

GROUP DECREES AND VISUALIZATION

(class standing)

Decrees

In the name of my Mighty I AM Presence I call on Cosmic Being Crystal to pour her purifying, healing essence into my emotional, mental, etheric and physical body and that of all humanity.

Crystal, pour your crystalline substance through me and wash my four lower bodies clean from the discord of millions of years. Hold this action sustained until the karma of the ages has been washed away, restoring the four lower bodies into their original purity and perfection. *I accept this done right now with full power! (3x)*

Mighty I AM Presence, I call on Pallas Athena, Goddess of Truth and Hilarion to *blaze, blaze, blaze* the Green Flame of Truth through me and all of humanity and keep this action forever sustained. Reveal all that is not in keeping with the Divine Plan for the Earth!

EXPAND Hilarion’s Flame of Truth!
EXPAND its full release!

EXPAND Hilarion's Flame of Truth!
EXPAND its cosmic peace!

EXPAND Hilarion's Flame of Truth!
EXPAND its cosmic power!

EXPAND Hilarion's Flame of Truth!
And he doubles that truth through me each hour!

Mighty I AM Presence I call on Elohim Vista and Archangel Raphael to keep me consecrated and committed to Saint Germain's Cause of Freedom and show me how to be of service.(3x)

VISUALIZATION

- Rest your attention on the Ceremonial Angels that have assisted you in this class, and on Hilarion, Archangel Raphael, Mother Mary, and the Elohim Vista.
- Send your love and gratitude for their service.
- Feel yourself surrounded by a pillar of the green Flame of Truth.
- Expand that flame to cover your city, state, nation, and the entire globe.

BENEDICTION

(by group leader)

Sealed in a mighty pillar of the Green Flame of Truth, from the hearts of Archangel Raphael, Ascended Lady Master Mary, Elohim Vista and Ascended Master Hilarion, we thank the Ascended Host of Light for the continuous outpouring of Love, Wisdom and Power.

We thank Archangels Michael and Uriel and the Angels of Protection, Ministration and Ceremony who have assisted us in this class.

Take up our humble efforts and amplify them with your mighty love.

Take them North, South, East and West and cover the Earth with the outpouring of the Green Flame of Truth.

Help us achieve and maintain perfect harmony, health and supply.

Let the Divine Plan manifest through every lifestream belonging to this planet.

Keep us consecrated to the Flame of Truth.

May the benediction and blessings of the most High Living GOD and the peace surpassing all understanding, be with you, each one.

May the GOD of Mercy protect and guide you on your spiritual path toward enlightenment and freedom.

Group Leader extinguishes candles in reverse order of lighting

LESSON 13: SIXTH – DEVOTION, MINISTRATION, PEACE

ACOLYTE SERVICE

Play appropriate music, such as *Bells of the Meadows*.

After greeting the students, the group leader gives the following invocation:

All hail to Thee, Thou All-Pervading Light of the Universe, the Supreme Source of Life, I AM. We kneel within our hearts in recognition of the Light of the Cosmos, as we draw forth these flames, representing the three-fold activity of life, as exemplified by the Holy Trinity:

the Father,	(lighting blue candle)
the Son,	(lighting yellow candle) and
the Holy Spirit	(lighting pink candle)

Beloved Cosmic I AM Presence, come now and assert Thy rightful authority in the four lower vehicles of all of Thy children and show us how to reverently and humbly express the perfectly balanced activity of Love, Wisdom and Power which Thou art.

Oh Light Supreme, we acknowledge Thee in all life. We give gratitude to the glorious Cosmic and Ascended Beings, as we invoke them and the great angelic host to amplify the energy we release in this class. May that light expand, expand and expand, as it travels throughout the universe, ever widening the borders of Thy kingdom in fulfillment of Thy Will. I AM!

INVOCATION – 6TH RAY

Beloved mighty, victorious Presence of GOD I AM, the source anchored within each of our hearts, we love and adore you. We acknowledge you to be the owner and giver of all life, our intelligence, our substance, our all!

We call on Archangels Michael and Uriel and on all Ascended Beings who serve on the 6th Ray and especially on Elohim Tranquility, Ascended Lady Master Nada and Jesus.

As we pour out our deepest love and gratitude to the Ascended Host of Light for bringing forth this teaching, *blaze, blaze, blaze* your Ruby Flame of Peace through and around us, eternally sustained.

Seal us in your Light and Love and Power of victorious accomplishment.

Guard and protect us. Guide and direct us.

Give us the illumination of truth that shall set us free!

LESSON OVERVIEW

A lesson on the God-Virtues of the 6thRay: peace, ministration, devotion

- Other God-qualities expressed: voluntary impersonal service
- Color: ruby, edged with a golden radiance.
- Chohan: John the Beloved
- Primary representatives: Archangels Uriel and Donna Grace, Elohim Tranquility and Pacifica, Ascended Lady Master Nada and Ascended Master Jesus [until 1954 he was Chohan of this Ray]

Before starting the lesson, contemplate the pictures of Nada and Jesus, asking for their radiation, feelings, nature and consciousness.

LADY MASTER NADA, GODDESS OF LOVE AND FORMER CHOHAN OF THE 6TH RAY

Introduction

The 6th Ray represents the activities of *Devotion, Ministration* and *Peace*. The Ascended Master Jesus was the Chohan of this ray until his elevation to the office of World Teacher, along with the Ascended Master Kuthumi, in January, 1956. The Ascended Lady Master Nada now holds the office of Chohan of the 6th Ray.

The Lady Master Nada made her ascension seven hundred years before the Master Jesus, and has built a tremendous momentum in the use of the Pink Flame of Divine Love. She is a messenger for the God and Goddess Meru and their Temple of Illumination located over Lake Titicaca in Peru, South America.

The Lady Master Nada has given great assistance to the Christian Dispensation over the past 2,000 years. She stood by Saint Germain in supporting him in his initial petition for the 'I AM Dispensation.'

One of Nada's actions is giving assistance in healing. We can call on her to give help in correcting bad habits, and problems such as drugs, alcohol, nicotine, meat, and other wrong substances. This call can be made on behalf of others (We can always call for the perfection of other people). Nada will give assistance in legal matters.

Her great momentum of service and love now pours forth through the 6th Ray. Nada's keynote is contained in the song, *My Hero*, from *Chocolate Soldier*, by Oscar Straus.

Lady Master Nada: The Radiance Of Pure Divine Love

"I come to bring to you the radiance of pure Divine Love - love enveloping the feeling nature, entering the mind, melting away etheric bitterness, and even giving solace to the flesh structure.

For many, many ages, I have trained along the line of developing the potential good within life. I have worked, long before my ascension, under the Archangel Charity (twin flame of the Archangel Chamuel) endeavoring to overcome those personal feelings of the outer self that desire to be perfect in themselves but, are not always eager to see and encourage that same perfection in others.

I was one of a group of daughters in the land of Mesopotamia - all of whom were so very talented and could perform so magnificently, receiving much applause and recognition. I felt very inadequate within myself until Charity helped me to learn I could increase my power of love by increasing their talents.

You may think, looking back over those long ages, it was not so difficult for a small child to spend all of the prayer hour in the silence, pouring out impersonally, love to my talented sisters, increasing far beyond their own potential worth, those gifts of voice, art, and dance. They, developing in grace, never knew that through my own endeavor to be selfless and honest, earnest and sincere in the giving of my light to their virtues and talents, their gifts increased beyond a level which otherwise would not have known. It was then I really learned the name 'Nada' meant 'nothing' (in Spanish). Some use it in this connection today.

I learned to overcome jealousy, spawned out of fear and insecurity. Seeing my sisters grow in beauty and grace, I, of course, grew in the selfless capacity to serve. A capacity wherein Cosmic Law would utilize me to help lifestreams working in communities.

For many ages I have been assigned to the spiritual communities existing all over

the Earth. During the Christian Dispensation, since the great manifestation of Jesus' victory and ascension, I had the joy of working through the Superiors of all the orders that developed around the Christian doctrines. Whenever and wherever possible, I would establish the focus of love that sustains a community against the imprint of personal imperfection and distress. Thus, it was easy for me to accept the opportunity, and the obligation, of becoming Chohan of the 6th Ray."

Musical Interlude

While the attention rests on the picture of Nada, play her keynote, *My Hero*, (*Chocolate Soldier*) by Oscar Straus.

JESUS: CONSCIOUSNESS OF VICTORIOUS ACCOMPLISHMENT

"Beloved children of GOD, I come to bring to you my consciousness of Victorious Accomplishment. What I did and manifested through a flesh form, similar to the one you presently wear, was not miraculous. It is something ordained for every lifestream upon this planet. My endeavor to bring that manifestation of Christ fulfillment before the eyes of humanity, was merely to provide an example, to stir every man, woman and child to make effort toward a like development.

One of the greatest mistakes, bogging down the activity of the Christian Dispensation, is placing Godhood upon myself alone, and denying it to my fellow human beings. Christhood is possible for others, besides my humble self. Before I was born into my final embodiment, there were many lifestreams who had achieved the state of Christhood, full mastery and God-Control, having sublimated the flesh form, knowing the victory of the ascension. However, for the Christian Dispensation, it was my great opportunity to manifest the resurrection, done so easily every Spring by the nature kingdom. I was to come and bring the Divine Presence into the substance of Earth, developing it into a God-Being, made in the image and likeness of the Father; Father who created me, and in like manner, created you.

Every divine creation, whether it is an angel, deva, seraphim, or human being, has a Divine Pattern of Perfection. In the case of the human being, it is called the 'Individualized I AM Presence'. This Divine Pattern of perfection is fashioned out of living light, and within its heart is placed the Immortal Threefold Flame of Life. Within *that* Flame is intelligence and consciousness.

The 'Second Coming of the Christ' means the awakening of many men and women, who will externalize the glory of their Divine Pattern and Plan through their outer selves. This was my message - it was my mission. It was the reason for my coming into being, the reason for every experience of the Earth life, even to allowing men to mutilate my flesh form. I allowed this, to prove that the immortality and divinity of the Godhead could be manifest through one of the sons and daughters of humanity.

Are you less than a flowering bulb or a seed producing after its kind? Are you less than a blade of grass, less than even the embryo chicken, bursting from the egg, following the pattern of its parents? You are far greater. You have one thing which is not the gift of the nature kingdom - Free Will. Through use of the gift of free will, you have chosen to *not* let the GOD who created you, and lives in your heart, to expand into its full perfection."

THE LUMINOUS PRESENCE OF JESUS

The phrase 'In the Name of the Ascended Jesus Christ', when spoken, contains a

vibratory action repelling people and vibrations that are not of the Light. When anything seeks to disturb, call first to your own GOD Presence I AM, and then, call in the name of the Ascended Jesus Christ, and *command* the disturbance to leave. It will be done. That which is not of the Light vanishes at the mention of this sacred name. The Master himself has said: 'ask what you will in my name and it will be done'.¹

Healing, protection and perfection manifest when you *call forth* and *visualize* the Luminous Presence Of Jesus, or any Ascended Master. See in your mind (which is visualizing) the Ascended Jesus Christ in blazing white light standing at the back of you and enfolding you in that blazing light, and feel its blazing white essence penetrate every part of your body, your mind, and your feelings. Practicing this will prove the power within it. You can enfold everyone you wish to assist, in this 'Luminous Presence of Jesus the Christ', and see the healing and perfection take place as the Light replaces all the shadows.

URIEL, ARCHANGEL OF THE 6TH RAY

Introduction

The Archangel Uriel serves on the 6th Ray. His service is to minister to all the evolutions belonging to the Earth. There some ten billion souls in these evolutions, although only about 3.5 billion are embodied at any given time.

[The 2019 estimate of the embodied population is over 7 billion. Ed.]

Archangel Uriel wears the beautiful ruby robes of the 6th Ray. He is surrounded by myriad bands of angels. His Divine Complement is the Archaii known as Donna Grace. Great legions of his court are always present in and around institutions of incarceration, hospitals, prisons, and homes for seniors; some of his angels are always present where a soul is in distress.

The nature of Uriel's service - ministration - brings peace. Peace precedes all permanent healing of soul, mind, body and affairs. Peace is a conductor of healing rays. When a person is in a state of turmoil, that one's aura repels the desired healing, but when at peace, the aura accepts the healing ray.

Archangel Uriel: Invocation, Ministration and the Peace Of God

"I AM the Spirit Of Ministration!

I AM the Spirit Of Grace!

I AM the Servant of the One GOD,

I stand before you, each one, as your servant, too!

Wherever the name of GOD is invoked, either silently or audibly, I AM there on the instant, with the fullness of Love, Blessings, Benediction, Healing, Faith and Power of the Almighty. The blessing is given according to the capacity to receive.

I say to your consciousness, your minds, and your bodies:

In the name of the One Mighty God...

Peace Be Unto You!

Peace Be Unto Your Striving Consciousness,

Peace Be Unto Your Restless Minds,

Peace Be Unto Your Weary Bodies!

The Peace of God surpassing the understanding of the outer mind.

Let that Peace enter *now* into every cell and atom of your being.

Relax knowing you are *immersed* in the Presence of the Almighty.

You live, move, and truly have your being within the living, breathing intelligent body of the Universal GOD. No matter how far you may stray in thought, it is impossible to leave the safety of Divine Love's embrace. You need only awaken to your I AM Presence within that safe, secure and loving heart!

Of all the angels populating the Earth's inner atmosphere, the greatest legions are those of Lord Michael and myself. We are the Servants of GOD, and it is our great opportunity and joy in the universal scheme, to minister to the sons and daughters of GOD; they who have woven out of thought and feeling certain painful experiences, and, in their extremity, invoke the Superior Power for assistance to extricate themselves.

We are those legions who answer the calls and prayers from the least of people. In graded order, *the Angels of Ministration stretch from the heart of the Central Sun, itself, down through the astral and psychic realms.* The Silent Watchers, alert us the moment the flame in the heart stirs and the silent 'GOD, help us!' arises from within the consciousness. At that time, according to the requirement, one or more of our legions brings grace and assistance to the lifestream requiring succor.

The *Angels Of Ministration* are the messengers of the Most High. They embody the mystic quality of Grace. The complement of my lifestream is known at inner levels as Donna Grace. She is the 'Lady Full Of Grace' in the angelic kingdom, as Mary is representative of grace to the human kingdom at the present time. Cosmic law has an inexorable and unchanging requirement:

The call must come from the octave where the need is felt.

If this were not a self-evident truth, those of us who live in love and mercy would have lifted humanity into the Light long ago.

The great Silent Watchers take up their abode over large cities, constantly watching for those beams and flickers of light passing out of the soul and signifying an S.O.S. to the heavenly hosts for assistance. These beings make the call to a director of the angelic hosts in our sphere. The director gives the mission to an angel. The angel must be sufficiently developed to hold within their feeling world, the quality of radiation in answer to the prayer. The quality stimulates the flame in the heart and soul of the supplicants, and as the two meet, *the supplicants magnetize the answer which comes according to their acceptance.*

The angelic host who work with us, start with the tiny little angels embodying the qualities of faith, happiness, hope, and all the virtues. They retain the specific radiation of a quality required on Earth, although it may only be for an hour or so at first. So, their first endeavors to give assistance are brief ones. They hasten back into the safety of the director from whose arms and aura they have been sent forth to empty their little vial of faith, or confidence, or whatever it may be, into the silver cord and lifestream of some despondent or despairing one. Recording the victory of such a mission, the small angel becomes more confident and eager to learn, and more desirous of maintaining the necessary self-control to sustain more of the virtue on the next mission. It is thus, by actual experience, the angelic host grow and develop and learn the joy within service.

You are in training to become masters.

Freedom comes when you consciously master circumstances;

when you can regulate any set of circumstances by the flame within your heart.

There is no other permanent freedom.

In the school of life, it would be easier to have an individual who has passed successfully through your course, to work your problems for you. But the wise learn

the principles personally, lest the one on whom one relies to solve problems, is not there when the great opportunities come. Let me see what you will do with your aura in the days just ahead. Make it something we can use.

Remember, Remember, Remember - Uriel is no farther from you than a call!

Just the Thought of GOD will bring me on the instant.

I AM your friend!

I AM your servant!

I AM your companion in the Light!

I AM Uriel, Messenger of the Most High."

Musical Interlude

While the attention is focused upon Archangel Uriel and his activities, play *Lullaby*, by Brahms, which contains the keynote of Uriel.

TRANQUILITY, ELOHIM OF PEACE

The Elohim of Peace, Tranquility, together with his Divine Complement, Pacifica, helped build the planet Earth. They serve on the 6th Ray; having developed and sustained the quality of peace for aeons of time. They desire to assist each individual and the planet itself, to have Peace. These great beings answer every call and enfold each one in the actual substance, radiation, and power of their God-Gift of Peace, blessing the family, the community, the nations and the world.

Peace is an essential quality each one must draw into their own world and hold, so nothing within or without can ever disturb it. That is mastery!

Tranquility, Elohim Of Peace: Evolution Of An Elohim

"The evolution of the Elohim is through the elemental kingdom (el-e-mental meaning 'mind of GOD'). Each of us started as small elemental beings belonging to different systems, different galaxies, at different times. I was one among those elementals who followed the exact order of creation. You have seen universal elemental light filling the atmosphere - those tiny electrons seem to be going nowhere, just flitting hither and yon in the sunshine. When one is first God-Created, there is complete freedom to just enjoy one's self. This how some folks get the idea heaven is a place of eternal enjoyment, rest, and a general do-as-you-please attitude. They remember *backward*; this is not looking *forward*. I warn you ahead of time, the *future* is not going to be like that! Those were your 'pre-Eden days'.

Long, long ago, I was one of those tiny elementals flitting hither and yon in my universe. Whenever I felt like it, I attached myself to some light ray projected by some being of whom I was scarcely cognizant. At times, I rode upon a great beam of that light, destined to become part of some star or some lovely God-Creation. I had no responsibilities, and no obligations.

All of GOD's creations have this same freedom. Your I AM Presence, when first created, was permitted to go through each of the Seven Spheres of activity around its Godhead, finding the most interesting sphere, staying in any temple as long as desired, and at the feet of any Master, for any length of time desired. The angels have similar freedom. When first created, they disport themselves in the Glory and Light of the Body of GOD. They eventually become a part of the virtues of Faith, Hope, Love, or any God-Virtue they please. These angels live in the temples of their choice. They absorb - and *just are!*

Then suddenly, one day, there arose a feeling within me that I wanted to be a

conscious part of creation. When this occurs within anyone, it means the *activity of the 1st Ray* is born in them - the *Will To Do*. So it was with me.

I sought out someone who I knew could tell me just what to do. When I had found such a one, I was told if I cared to go to a certain nature temple, I could learn how to build form - perhaps a flower. To do this, together with others of like intent, I had to learn to hold the thought-form shown to us on the altar by the presiding deva, our instructor.

After enrolling myself as a student in this nature temple, my first assignment was to build a five petal yellow flower. I shall never forget it! There must have been a couple of hundred of us in the class, all quite as irresponsible as myself. We could hear beautiful music outside the temple, the air was so lovely and fresh. Beautiful beings of light were passing through the atmosphere outside the windows. Holding the pattern of that flower became *so* monotonous.

The deva just stood there on the altar, and, from himself, he externalized the pattern of this flower we were to learn to create. He tried to catch our thoughts and focus them upon that flower. But I soon found out that just the WILL TO DO was not enough - there must follow the other six steps of creation to perfect the activity.

Then suddenly, PERCEPTION came into my mind, and I thought, 'Yes, THIS is a part of creation'. I *perceived*, at least, what the deva wanted me to try to do. Until time I just enjoyed the fragrance, the color, and the symmetry of form of that flower. I did not feel I wanted to do anything more than that about it. As that feeling of PERCEPTION took possession within me, I consciously tried. Oh, my! That first form I attempted to create was certainly a distorted one.

It was sort of square. It did not have enough petals, nor did it have the right fragrance. As soon as I took my attention away from it, the form was gone. Others in the class were still not very concentrated in their attention. They were still flitting around. However, those of us who were really serious, moved up to the front of the room, nearer the altar.

We continued to absorb the instruction and tried repeatedly. Finally, one day, a little yellow flower appeared in my hands and I was happy! This time I had the right number of petals, the right color, and the right fragrance for my flower. Just as I was about to present it to the deva, one of the Archangels went by the window and my attention, drawn by its magnificent light, left the flower for an instant. When I looked back at my hand, the flower was gone - a lack of CONCENTRATION, you see.

Those teachers do not speak at all. They give all their instruction through radiation. Our deva teacher suggested if we wanted to create those flowers consciously, we could add beauty and perfection to a Springtime on some lovely planet, which the Elohim in charge of that planet wanted to beautify for the blessing of an evolution of living souls. As I thought of this, LOVE for my endeavor was born within me. I felt I wanted to make that little flower perfect enough, fragrant enough, beautiful enough, and make it last long enough, to really bless some part of life. Thus, the third aspect of divinity - LOVE! Then I forgot myself and the distractions of those passing by outside. I really wanted to create that flower. So I stayed with it!

In time, I received an assignment! The devas do not assign one to the task of even becoming an apple blossom, until they know you will stay with that task long enough to complete it. For my assignment, I was directed, along with about seven hundred others, to adorn one big tree. Incidentally, the yellow flower I was to create does not grow upon your Earth, nor does such a tree. Perhaps one day they shall...

Here came another lesson, one I did not learn at once. Our teacher reminded us when we went to that planet with the great deva of the tree to be formed, we would

see all different kinds of trees. He warned us to watch and see that our individual created flower did not become just like the ones we saw on some other shrub or tree. I forgot the admonition and mine did just that! I saw pink flowers, blue ones and white ones. By the time I was through looking at them all, I had nothing definite in my own mind - and therefore no manifestation!

Then I learned the fourth lesson - the PURITY of holding to the Divine Pattern given to me in the beginning. When we finally went back to our nature temple school those of us who had 'lost out' were not at all proud of our accomplishments.

Those in charge always prepare more elementals than they know will be needed for a certain creation. Therefore, those who were able to do the work completed the creation. I did not volunteer so quickly for the next experiment, I can tell you! However, within myself, I determined I would hold the pattern of that yellow flower until I brought it forth in perfection.

Finally, I did not even have to volunteer. My deva teacher, in mercy, said to me one day, 'All right, you may go and try again'. This time, I closed my eyes, my mind and my attention to everything but to the becoming of that yellow flower. Yet, there remained even more for me to remember - CONSTANCY - for I allowed my petals to fall before the Springtime was over. I had to learn the fifth activity of CONSTANCY and CONCENTRATION, until the deva called me home. Because of my lack of CONSTANCY, after the premature falling of my petals, I was home a whole month before the others.

I must tell you, I did not go into the temple for quite a while. I walked up and down outside, but I did not go inside! At last, I had to go in - you know that! Wherever you are, and whatever you volunteer to do, *you must finish it one day!* It is the same with humanity - they may play around as long as they wish and waste their time and energy, but one day they must finish their course (fulfill their Divine Plan). *Sooner or later, perhaps with feathers trailing, you will go back to the fulfilling of your original Divine Plan.*

When we gathered again before the deva in the nature temple, I sat in the last row. I of small stature and I thought I would not be too easily seen there. Thinking to myself, I said, 'I shall never go out again. I'll just stay right here!' However, next we were taught the lesson of RHYTHM.

Here I learned I had to hold the PURITY of form, and I had to stay at my post until I was released by the being who had sent me forth - that was CONSTANCY.

Then, amazingly, I learned I had to go *every* Spring! My goodness, I thought, going once was a major achievement. But I learned the lesson of RHYTHM: yellow flower - yellow flower - yellow flower - over and over again, each and every Spring. I shall not attempt to tell you how many Springs I became a yellow flower. Doing it once was a novelty, even a dozen times was fun, but *every* Spring seemed to me like a long, steady, relentless grind. Obedience! Obedience! Obedience to the end!

The last step I learned in this process of creation was to HOLD THE PEACE! The last time that deva told me I was going to be a yellow flower again, I *nearly lost the whole course!* You see, in the meantime, others of my friends had become beautiful trees, shrubs, and other lovely creations, but I *was still a little yellow flower!* So you see, I had to learn to HOLD THE PEACE. Peace which I became myself, mind you, on a far distant future scheme. So, if you are one of those 'little yellow flowers,' learn to HOLD THE PEACE! Perhaps, one day, you will be a sun to a system. Who knows what anyone's use of free will may do?

At last, on this final trip, I just Let Go! I really did! I thought, 'If GOD Wills It, I shall be this blossom for eternity!' That was my last trip. That absolute surrender

gave me my release, and *that* time, when I returned to my deva in the nature temple, he crowned my service of the ages - *ages*, I said - with victory. Then I graduated into the Devic kingdom.

For a long, long time, I served and worked with increasing efficiency, until I finally took the initiation of the Elohim. Later, when given opportunity, by the call from Helios and Vesta for those who would volunteer to build this dear planet Earth for them, I voluntarily joined the other six Elohim to render that service. We served together in association, for both the joy of comradeship and creation.

Proceeding through these Seven Steps of activity is the way the Elohim expand their consciousness from an elemental being to a great builder of form. It is the way the tiny cherubim become great devas of light. Passing through those steps the spiritually unawakened soul eventually awakens, becoming a great Ascended Being of Love, Light and Perfection.

There is no escape from following these Seven Steps anywhere. Some natures are such that they accept and follow those steps quickly, and some take a longer time to accomplish. Believe me - I *know!* I think I was the slowest pupil of all the grouping of elementals with whom I started out. But one thing I learned, if nothing else, was to *hold my peace and abide in the wisdom of the law!*

For the kindness and courtesy of your attention, and your love, I thank you! Will you remember always, please, that Peace is a Positive Power. I, who have passed the way of evolution before you, am yours to command! I leave with you my blessings. May all your precipitations be perfect, your 'flowers' be beautiful, and all your God-Endeavors successful in His name!

THE SEVEN STEPS TO PRECIPITATION: ELOHIM TRANQUILITY

[Step 1] Nothing is ever created in this world, along any line, until you **WILL** within yourself to do it. This is the activity of Hercules and the 1stRay.

Whether you WILL to walk down the street, attend a class, give some service to another, precipitate a small ring or a large building, you must first within yourself, WILL to take the vital energies of your life to accomplish some constructive purpose with them.

[Step 2] This step comes under the radiation of Cassiopeia. After willing to create a definite form, ask for the **DIVINE PERCEPTION (ILLUMINATION)** about the best way of producing that form. The PERCEPTION of the Golden-Yellow Ray is necessary to enable you, through the use of discrimination and just plain common sense, to know just what momentums of already developed God-Qualities you have to offer, and how they will best allow you to serve.

[Step 3] The next step involves releasing the feeling of **DIVINE LOVE** from your heart. This is under the direction of Orion. What you do in service for the Master, or in the use of the power of precipitation, requires the loving cooperation of *all* your vehicles, including the physical form. You have heard it said that what is done in a sense of 'duty' must be done over again in a feeling of Love. You must develop the loving constancy of staying with your endeavor until it is completed, working in gratitude, happiness and devotion. Have no thought of time, recompense, or personal recognition of any kind - serve for the joy of it. That is the activity of the 3rdRay, and one of the most important of the seven steps.

[Step 4] The activities of Claire (Elohim of Purity) takes fourth place in precipitating. This means staying with the **PURITY** of the original design. The design was given into your mind by your own Holy Christ Self. Holding the Purity of your design means you do not elaborate upon it personally. You are willing to sustain the perfect pattern and design which an Intelligence greater than your own has created so that, through you, the entire race may be benefited.

[Step 5] From Vista comes the next activity is **CONCENTRATION and CONSECRATION**, the quality and ability to stay with one project until it is completed. Here again, we come to a great test to the lifestream.

The vital fires of joyous enthusiasm and zeal, which are kindled within the earnest student when first touching the truth of this light, usually turn to ash within about six months. Concentration upon the same plan, pattern, or design, until it is physically manifest, is essential to producing Instantaneous Precipitation.

If you are designing a car, a home, a garment, or whatever you choose to precipitate, *stay with one design* until you have followed through the necessary Seven Steps to Precipitation. These steps are scientifically required to manifest what you desire, visibly and tangibly into your outer use. It is not so important *what* you choose to precipitate; but it is important that you clearly understand these steps. When you do, use that science consciously and at will, the things of this world will seem as rubbish to you. We want you to feel the joy, within you to produce a manifestation. When you have done it once, the use of that power is yours for eternity.

[Step 6] In the science of conscious precipitation, the 7th Ray of **RHYTHM** precedes sealing your manifestation in the substance and radiation of GOD Peace, normally the activity of the 6th Ray. After finishing with the 5th Ray of CONCENTRATION, and you have stayed with one pattern long enough, you come into the activity of Arcturus –**RHYTHM OF INVOCATION**. Here, if you are serving the Master, it is of little effect if you serve in a great rush of energy one day and then do not show up again for a month.

All the activities of nature are in perfect Rhythm. Watch the seasons, the sunrises and the sunsets, the ebb and flow of the tides, and the regular beat of your own heart. You can see the necessity for Rhythm. No matter what you are creating, the Rhythm of feeding that pattern with your life, by your thought, feeling, and spoken decrees at the same time each day is absolutely essential to your success in such an endeavor. The particular time doesn't matter - morning, noon and night, or whatever time you decide to do it.

If you do not give your pattern of precipitation *Rhythm*, you will bring forth a form without symmetry, if you bring forth anything at all. Some of the imperfections of your flesh forms are due to the unpleasant effects of broken rhythm. Conscious students shy away from broken rhythm in music. Yet, in their own worlds, broken rhythm of thought, feeling, spoken word and deed, result so often in ill health, lack of finances, lack of

peace, and many other limitations. You could not long remain either angry or resentful, if you were to govern the *rhythm* of the life flowing through your bodies, by maintaining the rhythmic breath at all times.

The smaller the thing you choose to bring forth as your first precipitation, the less of your vital energies it will take. Do not start with a large project, such as a building.

[Step 7] Then, oh beloved ones, my heart pleads with you to prayerfully consider this final step, probably because it is my own activity. After you have drawn forth your magnificent precipitation, **SEAL IT IN MY FLAME OF PEACE!** Do not allow any disharmony from yourself or others to destroy it. Just as you would place a cover over something precious which you wished to preserve, seal your precipitated form in the Golden Flame of the Elohim of Peace, to *hold it inviolate against the disintegrating forces of human thought and feeling.*

Perhaps the greatest disintegrating force of such human thought and feeling is the jealousy and doubt of others.

It is most important to remain absolutely silent concerning what you are doing!

Seal your lips against giving any intimation through the spoken word as to what you are doing. You have no idea of the violence of feeling which will be driven at you from those who are covetous of your light's greater development.

It was a beautiful sight when the original creation of this planet was finally manifest! The activities of the *rhythm* of Arcturus had drawn the final invocation of energy necessary for its completion.

The Seven-fold flame of the Elohim had done its perfect work.

The planet Earth began to revolve upon its axis and release its melodious keynote.

At that time, the peace surpassing the understanding of the human mind, abode in the atmosphere of the Earth. It was only when the 'laggard' souls came from other systems and brought disintegration through the feelings of rebellion, pride, hate, doubt and fear that the great perfection which had been established, began to recede.

GROUP DECREES AND VISUALIZATION

Class stands

Decrees

Mighty I AM Presence, Archangel Uriel, Elohim of Peace, and Jesus, let me be a comforting presence, bringing the qualities of peace and ministration to all life I contact!

I AM manifesting the PEACE of Elohim Tranquility!
I AM its full release!

I AM manifesting the PEACE of Elohim Tranquility!
I AM his Cosmic Peace!

LESSON 13: SIXTH – DEVOTION, MINISTRATION, PEACE

I AM manifesting the PEACE of Elohim Tranquility!
I AM his Cosmic Power!

I AM manifesting the PEACE of Elohim Tranquility!
And he doubles that Peace through me each hour!

This decree may also be given for:

I AM the PEACE of Archangel Uriel
I AM the VICTORY of the Ascended Jesus Christ

Visualization

- Softly playing music appropriate to the occasion, rest your attention on the Angels of Ceremonial and Angels of Protection that have assisted you in this class and on Archangel Uriel, the Elohim Tranquility, Ascended Lady Master Nada and Jesus.
- Send your love and gratitude for their service.
- Feel yourself surrounded by a pillar of the Ruby Flame of Peace.
- Expand that flame to cover your city, state, nation and the entire globe.

Benediction

(By Group Leader)

Sealed in a mighty pillar of the Ruby Flame of Peace, from the hearts of Archangel Uriel, Elohim Tranquility and Ascended Lady Master Nada, we thank the Ascended Host of Light for the continuous outpouring of Love, Wisdom and Power.

We thank Archangels Michael and Uriel and the Angels of Protection, Ministration and Ceremony who have assisted us in this class.

Take up our humble efforts and amplify them with your mighty love.
Take them North, South, East and West and cover the Earth with the outpouring of the Ruby Flame of Peace.

Help us achieve and maintain perfect harmony, health and supply.

Let the Divine Plan manifest through every lifestream belonging to this planet.

May the benediction and blessings of the Most High Living GOD and the peace surpassing all understanding, be with you, each one.

May the GOD of Mercy protect and guide you on your spiritual path toward enlightenment and freedom.

Group Leader extinguishes candles in reverse order of lighting

LESSON 14: SEVENTH – INVOKING THE VIOLET FLAME

ACOLYTE SERVICE

Play appropriate music, such as *Bells of the Meadows*.

After greeting the students, the group leader gives the following invocation:

All hail to Thee, Thou All-Pervading Light of the Universe, the Supreme Source of Life, I AM. We kneel within our hearts in recognition of the Light of the Cosmos, as we draw forth these flames, representing the three-fold activity of life, as exemplified by the Holy Trinity:

the Father,	(lighting blue candle)
the Son,	(lighting yellow candle) and
the Holy Spirit	(lighting pink candle)

Beloved Cosmic I AM Presence, come now and assert Thy rightful authority in the four lower vehicles of all of Thy children and show us how to reverently and humbly express the perfectly balanced activity of Love, Wisdom and Power which Thou art.

Oh Light Supreme, we acknowledge Thee in all life. We give gratitude to the glorious Cosmic and Ascended Beings, as we invoke them and the great angelic host to amplify the energy we release in this class. May that light expand, expand and expand, as it travels throughout the universe, ever widening the borders of Thy kingdom in fulfillment of Thy Will. I AM!

INVOCATION

Beloved mighty, victorious Presence of GOD I AM, the source anchored within each of our hearts, we love and adore you. We acknowledge you to be the owner and giver of all life, our intelligence, our substance, our all!

We call on Archangels Michael and Uriel and on all Ascended Beings who serve on the 7th Ray and especially Archangel Zadkiel, Elohim Arcturus and Ascended Master Saint Germain.

As we pour out our deepest love and gratitude to the Ascended Host of Light for bringing forth this teaching, *blaze, blaze, blaze* the Transmuting Violet Flame of Freedom's Love through and around us, eternally sustained.

Seal us in your Light and Love and Power of victorious accomplishment. Guard and protect us. Guide and direct us. Give us the illumination of truth that shall set us free!

LESSON OVERVIEW

A lesson on the God-Virtues of the 7th Ray, the Transmuting Violet Flame, so necessary to make our ascension.

- Other God-qualities expressed: Invocation, ceremony and ritual
- Color: violet
- Chohan: Ascended Master Saint Germain
- Primary representatives: Archangel Zadkiel and Archaii Amethyst, Elohim Arcturus and Holy Diana

Before starting the lesson, contemplate the picture of Saint Germain, asking for his radiation, feelings, nature and consciousness.

DESCRIPTION OF THE 7TH RAY: VIOLET FLAME OF RHYTHMIC ACTIVITY

The 7th Ray serves to educate humanity in the *Rhythmic Activity of Invoking and Sustaining the power of the Transmuting Violet Flame*. Through this application, students learn to redeem the mistakes of the past and they become inspired to manifest the purity, cleansing ability and buoyancy of this Violet Fire.

The 7th Ray is the Ray of Transmutation and of Magnetization, for within the beating flame in your heart is the power to magnetize Life-Energy, also called Primal Life. The energy you magnetize becomes yours to qualify and direct into the universe for good or ill.

You qualify the Primal Life-energy by your thoughts, feelings, spoken words and actions. The qualified energy, moving in an irrevocable circle, ripples outward and returns to its creative center - *you* - for redemption. Each one of you took Primal Life and stamped something of yourself upon it. That life, returning to you, is the karma (out-picturing) of your various limitations and distresses.

All such imperfections can be transmuted by the use of the Violet Fire of Freedom's Love. GOD is the Cause of Freedom! The God-Part of every individual (your I AM Presence) has within it the realization that Freedom and Godliness are one.

The Divine Fiat of life is expansion, unfoldment, perfection; these qualities all require Freedom to manifest. There is no such thing as progress or evolution without freedom. Freedom is GOD in Action. It is the Divine Plan that there shall be freedom to all life - humanity, elementals, and angels. The Violet Fire Of Mercy And Compassion is the 'divine tool' to bring this about. Saint Germain urges each one to use this Violet Fire dynamically and setting oneself free; then persevere with the use of this Sacred Fire for the sake of all that lives.

The instruction published by "*I AM*" *Activity and The Bridge to Freedom* gives forth the Ascended Masters' teachings and understanding of how to use the Sacred Fire to bring freedom to the mind, freedom to the feelings, freedom to the memories, and freedom to the physical body.

When the four lower vehicles are purified and harmonized so they are truly free, and chelas have performed sufficient impersonal service, they are then in a position to become an Ascended Master at the close of the embodiment.

SAINT GERMAIN, CHOHAN OF THE 7TH RAY

<https://www.youtube.com/watch?v=IIs98Gb5M1o>

Introduction

The great being whom we know and honor as Saint Germain made his ascension on 1st May 1684. For many centuries, he had worked to bring freedom to humanity, taking embodiment again and again, endeavoring to stimulate the desire for freedom in the people of the various countries of the world.

A long time ago, Saint Germain served as a priest in the Temple of Purification by Violet Fire (now in the etheric realm, near Cuba). Later, he embodied as king of a great civilization, located in the current location of the Sahara Desert. Saint Germain was also embodied as the prophet Samuel, Joseph (father of Jesus), Saint Alban, the Greek philosopher Proclus, Merlin the Magician, Roger Bacon, Christian Rosenkretz (founder of the Order of the 'Rosy Cross', now known as Rosicrucians), Christopher Columbus, Paracelsus, and, finally, as Francis Bacon.

The Master Saint Germain appeared again in Europe, primarily during the time from 1710 to 1822. He appeared in his visible, tangible body, in various countries, using various names. He kept close connection with influential people in these countries. He was known as the Comte de Saint Germain in France, as the Wonderman of Europe in Germany, as Comte Bellamarre in Venice, as Prince Rakoczy at Dresden and by other names at different places. He was considered very wealthy; yet no one could determine the source of his wealth.

At that time, it was not generally known Saint Germain was an Ascended Being. This explains how he could so easily perform those super-human feats, and why he did not partake of food. Since he is ascended, he is complete master over physical matter. He could appear in multiple places at the same time; he did not rely on outer world transportation. He precipitated whatever jewels, ornamentation and such as he wished. Saint Germain did this to gain influence with people of importance. By exhibiting material wealth, he could impress people as nothing else would.

Beginning in 1930, Saint Germain started using a new approach. His instruction is now based on simplicity of language, logic and common sense. Additionally, the Masters use their radiation to convince students of the truth of the message.

Saint Germain: Freedom and Victory

“Think of those of us who gained the freedom and victory alone, century after century; finding secret caves, places where we might hide, endeavoring with a few brave souls, like ourselves, to contact the Ascended Host of Light. We desired to receive their instruction and to experiment with magnetization, invocation, and the direction of the Light Rays. There was nobody to tell us whether we were on the right path. There was nothing but our heart-flame to direct us. Yet, if we had allowed negative qualities to make us fearful, we would have remained within the orthodoxy.

I tell you frankly, *if you are going to succeed, you must be positive, determined and confident within yourself.* In the privacy of your own room, you must take yourselves in hand and decide first and foremost whether you wish to work with the ascended host or not. If you feel you do not, then you must wait for another opportunity at a later day. You must measure everything we have given according to the code of truth, according to the code of balance, of purity, of wisdom, and of love. Then, when you have made up your mind, stay constant to that decision, and move forward into the Light of Freedom. The greatest opportunity in the world is to use this Flame of Freedom, standing unmoved, centered and poised within your own GOD flame.

The divine alchemy of the Violet Fire is a real science, just as much as is any science of electronics in the outer world today. It doesn't work in a haphazard manner. You are in an age of experimentation. You now stand much as I did in those embodiments previous to my ascension, when I, too, experimented with various combinations of thought, feeling and spoken word in decrees.

You are in a period of transition - transition in your personal lives, world transition, and in a very few short years, you will be in a period of planetary transition as well. These periods of world change arouse feelings of unrest in the emotional and mental bodies of the general population, and stir up a great sense of fear in their flesh bodies.

In the coming world changes, we will come into strange days, when great numbers of people may be in distress. They will need *your* calls to set into action the

transmuting powers of the Violet Fire.

Do not limit the powers of your I AM Presence, beloved ones. Become acquainted with that glorious Presence and its omnipotent power and willingness to act to you and through you, at all times.

Individually, you could not possibly attempt to rehabilitate the entire human race. There are billions in embodiment and billions more awaiting physical embodiment. You, as an individual, cannot, but your I AM Presence can.

Your Presence and mine are not limited in any way. Your Presence is all-knowing. It is capable of instantly directing a billion rays of transcendent from Itself, blazing light into whatever condition, place or person requires assistance.

We are at the beginning of a New Age. Through the courtesy and kindness of life, I am the Chohan. I will assist you in the religious service which will manifest in the worship of the next 2,000 year period. This is the activity of the Violet Ray, the activity of Ordered Service and Ritual. This is the activity where humans, angels and elementals will be drawn together again in conscious cooperation, walking hand-in-hand along the path of evolution. Together, they will serve and build the Kingdom of Heaven on Earth. Together, they will worship in ceremonials as you cannot yet conceive.

One day, before my ascension, while in deep contemplation of the Presence and its Violet Fire of Mercy, Forgiveness and Transmutation, my inner sight was opened. I glimpsed a farmer walking through a field, sowing seed. This man was heavy of heart with head bowed. Suddenly, I saw a light ray from my Presence go forth within which was the Violet Fire. It blazed around that person. It instantly transmuted the cause of his distress, a cause for which I had been responsible at some time. Thus, the particular debt I owed that lifestream was paid. That lifestream then raised his head, freed of that burden. He actually ran laughing toward the farmhouse. He never knew from whence his release came. I did not even know his name. I knew his burden was lightened, and at least some of my karmic debt had been paid.

I would like to thank you for giving yourselves so freely and so completely in the cause of freedom, for investing your energies in that freedom through the centuries and not only in this embodiment. You have rallied around that banner of freedom in almost every era and every age in which you have lived. Now, as we enter the door of a New Day, I shall remember those of you who have stood by me. You shall be a part of the spiritual court that lives forever."

Saint Germain has retreats in Transylvania and in America (The Cave of Symbols¹). He also maintains foci in the etheric city over the Sahara Desert and at Mount Shasta. His twin ray is Portia, the Goddess of Justice. The electronic pattern of his lifestream is the Maltese Cross . His keynote is contained in the Strauss waltzes.

Musical Interlude

While the attention rests on Saint Germain, play the Emperors Waltz. (Strauss waltzes contain the keynote of Saint Germain).

ZADKIEL, ARCHANGEL OF THE VIOLET FIRE OF INVOCATION

Introduction

Zadkiel is the Archangel in charge of the Violet Fire of Invocation and Transmutation. This knowledge enables you to invoke this Sacred Fire into your being and world, so the imperfect energy which is the cause of distress both now

and at some future time, may be transmuted, in a painless way, through the love contained within the Violet Flame, instead of having to experience unnecessary pain and suffering.

Do not fear this Violet fire, for it only dissolves and transmutes energy wrongly qualified by thought, feeling, word, or action. When earnestly used, it produces a buoyancy and lightness, for your human accumulation is an actual weight and pressure around you. At some time, this human creation must be dissolved and transmuted back into perfection.

The divine complement of the Archangel Zadkiel is known as Holy Amethyst. When you call to them for the Violet Fire to surge through every part of your being and world their angels of the Violet Fire go forth instantly to answer the call.

Neither you nor any of humanity can experience the fullness of God-Perfection in your worlds, either here on Earth nor after so-called death, until all your human creation (meaning all the misuse of life in your thoughts, in your feelings, by your actions, and by your memory) has been completely removed. You are indeed fortunate to know of this Violet Fire, the Divine Tool that most quickly renders this service. *It will not act of itself.* Your earnest and sincere call to the Ascended Master Saint Germain, the Archangel Zadkiel, Amethyst, and the Angels of the Violet Fire is required. The more you can be conscious of this Violet Fire surging through you, the quicker will you be free.

The beautiful etheric temple of Lord Zadkiel and holy Amethyst abides over the Island of Cuba. It was once a mighty focus on the landed surface, itself, and it shall abide there again one day. A place where humanity may go, and by bathing in the radiation of the Violet Fire, instantly be free.

Archangel Zadkiel: The Power of Rhythmic Activity

“My service to life is in guarding the powers of invocation. I work on the 7th Ray.

Each 2,000 years, a mighty Archangel and a Chohan worked to render the assistance to those souls who were ready to develop into this perfect state (the ascension). My service was at the end of each cycle, when the 7th Ray played upon the Earth, to teach the developed souls how to draw and qualify the Sacred Fire and become priests and priestesses of the Order Of Zadkiel.

Cycle after cycle has passed, revolution after revolution of the wheel has taken place, and yet the bloom which humanity should have shown, has not been accomplished. Again, we come to the close of one of these cycles –both minor and major. The 7th Ray again plays upon the Earth for approximately 2,000 years.

The law has said this is the final cycle. In the hearts of humanity it must bring life from the dormant seed. To this end, *we* are all pouring forth the pressure of *our* Light and Flames, desiring to get from those of you who are stirring in your soul sleep, the assistance of *your* lifestreams, also.

It is better to call forth the Violet Flame for shorter periods at a time in a Rhythmic Activity each day. Set aside some uninterrupted time each day - morning, noon and night - to invoke this flame, calling for it to blaze up, through and around you and expand out into your world.

Let the Violet Fire blaze up, through and around your physical body, your etheric, mental and emotional bodies, especially through your brain structure and feeling world. Command it to transmute the hardened and unforgiving feelings. These hard feelings are the causes and cores of most of your distresses. Let them be replaced by grateful, joyous, receptive feelings, opening your world to the goodness of GOD making you a mighty magnet to draw to you all the good GOD wants you to have.”

Musical Interlude

While the attention of the group rests upon Archangel Zadkiel, play the melody, The Blue Danube, containing the keynote of the retreat of Zadkiel.

HOLY AMETHYST, ARCHANGEL OF LOVE AND THE VIOLET FLAME

“Beloved Ones, loving life free is the greatest service there is in this universe. It is my reason for being: embodying the Mercy of your Father-Mother GOD, that has not allowed anything evil to be permanent. Think of the mercy of that.

No word, no thought, no feeling, and no action you have ever sent forth that was less than GOD’s beauty and perfection, shall ever remain as a permanent record in your own worlds or that of this planet.

Think of the mercy of life allows me - and allows you - to use the merciful flame of Violet Fire to change the quality of imprisoned life into a vibratory action that is harmonious and happy.

Wherever you see an appearance of imperfection, don’t register a distaste for it. Feel, with me, the joy of impersonally calling already God-Qualified energy into the person, place, condition or thing. Ask the intelligent Violet Fire to change the quality of energy into harmony, beauty, and happiness.

I ask that the Ascended Master feeling of buoyancy within this Violet Fire remain with you, and your Holy Christ Self charge it through you to dissolve all depression or anything less than the Ascended Master harmony and happiness.”

ARCTURUS, ELOHIM OF THE VIOLET FIRE OF MERCY AND COMPASSION **Introduction**

The mighty Arcturus is the Elohim of the Violet Fire of Mercy and Compassion, of Invocation, Rhythm and Freedom and he works on the 7thRay. This is the flame that actually raises the vibratory action of the electrons making up the substance and form of every created thing. He is one of the Elohim who helped to build the planet Earth. His Divine Complement is known as Diana.

Elohim Arcturus: Drawing Forth from the Godhead

“I AM the Elohim of Invocation and Rhythm. When you desire it enough, I bring Infinite Freedom to you, and all life, through the use of the Violet Fire. From interstellar space, I constantly look through all the planets belonging to this system. I look for those hearts desiring freedom - freedom from illness, limitation and distress. You find that freedom from within your own life.

In the beginning of your individualization, GOD created your divine, self-conscious intelligence, your own individualized I AM. Your I AM Presence is a White Fire Being, from the Universal First Cause. It has the capacity to manifest perfection, drawing forth from life every God-Gift you require. Within the flame in your heart is anything and everything you require.

I urge you to develop your life and the qualities within it. From that same Primal Life and Light, we (the Elohim) created this planet where you presently abide, as well as all the planets of this system.

Call forth what you wish from the heart of life flowing from the Universal. Call to me - Arcturus - to release into outer manifestation from within your own life the powers, qualities, gifts and activities required to perfect your own world and of your

fellow humans. Wherever there is a lifestream who sincerely desires freedom, and in constant rhythm, invokes and commands it, I shall be there to give that one assistance, until freedom is physically manifest.

In your individual application, by observing a rhythm, and giving your calls at the same hour each day, you draw a much more concentrated power.”

THE SEVEN STEPS TO PRECIPITATION: ELOHIM ARCTURUS

[Step 1]The mighty Hercules’ **WILL TO DO (DECISION)** is the first step.

Nothing can ever be accomplished here or anywhere else until the life stream wills, within itself, to do, to act, to cooperate with some portion of the God-Intelligence.

[Step 2]Next the quality of Cassiopeia, with his powers of **PERCEPTION**

And **ILLUMINATION**, showing one the perfect thing to do, getting the clear picture of the pattern and design to be precipitated.

[Step 3] Next, the **LOVE** of the mighty Orion, holding constantly to the original pattern and vision of perfection, feeding the feelings of Divine Love and light into it, until the complete manifestation appears.

[Step 4]Next, the **PURITY** of Claire (Elohim of Purity), holding the perfect pattern steady and unchanged, holding to the purity of the original design, not allowing the mind to flit from one design to another.

[Step 5]Next, the quality of Vista, **CONCENTRATION** and **CONSECRATION**, the power (endurance) to **STAY** with that one pattern and one idea, until it is lowered into form.

[Step 6]Our brother, the Elohim of Peace, serves upon the 6th Ray.

Ordinarily his activities would come next. However, in the activities of precipitation, although I, Arcturus, work upon the 7thRay, my quality of **INVOCATION IN RHYTHM** takes sixth place.

[Step 7]Here is the sealing of the entire manifestation, the feeling of **GOD-PEACE**, from the Elohim of Peace, himself. Insofar as the power of precipitation is concerned, the activities of our two rays are inverted.

“My specific contribution to the building of form is the activity of *Invocation in Rhythm*, constantly feeding Life-Energy into the desired form to be out-pictured, until it is a manifest thing, symmetrically perfect. The constancy of rhythm gives symmetry to the form to be manifest. Rhythm and constancy of application are absolutely essential to bring about the manifestation of your desired design.

If you will observe nature, you will easily recognize the absolute rhythm by which all creation takes place - the rising and setting of the sun, the incoming and outgoing of the tides, the recurrent seasons, all in an absolute and perfect rhythm.

Humanity regularly pays attention to the rhythm of doing affecting the physical comfort. In their spiritual activities - the most important of all - rhythm is thoroughly forgotten. The science of constancy of prayer and application is seldom seen. Before a visible flame can be drawn forth from the inner realms, it requires a sanctified, consciously dedicated and consecrated group of lifestreams rhythmically drawing forth that mighty concentrate from whence the flame bursts forth into visibility.(using decree and invocation)

If you were to observe a certain rhythm in your individual application at the same hour every day, you would draw a much greater concentrate of power and quicker accomplishment than when you make your application fit into the free hours each day may choose to give.

Observe the same rhythm in your working hours, time for sleep, and time for relaxation. Hold to the symmetry nature has given you: eight hours for service, eight hours for sleep, eight hours for relaxation. Using this rhythm you will have greater harmony in your feelings, better health in your bodies, *and* you will be able to draw forth greater perfection.

The only thing preventing your eventual precipitation is abandoning your project before it is completed. Once the rhythm is established, stay with your pattern until the energy required flows into it - in rhythmic release.

If we had ceased our activities for even one hour before the Earth was completed, all of our work of such a long time would have been in vain. If we had discontinued our rhythm, the planet would have begun to disintegrate and return to the unformed. We continued rhythm after rhythm, until it was completed and the Earth began to revolve on her axis and we heard the words, 'It is finished!'

Let us again consider those *Seven Steps*

- [Step 1] Your must have **WILL** (Decision) to accomplish a certain item
- [Step 2] Have a detailed **PERCEPTION** of what you wish to precipitate.
- [Step 3] Pour **LOVE** into your ideas.
- [Step 4] Have **PURITY** of consciousness to hold your pattern untouched by any imperfection or changing its design.
- [Step 5] Have **CONCENTRATION** upon your original design.
- [Step 6] Have **RHYTHM** of application in decree and silent mental thought force. (7thray)
- [Step 7] Your feeling of **GOD-PEACE** must surround your completed form to hold its perfection protected and sustained. Call to the Elohim of Peace to so seal your manifestation in his Flame of Cosmic Christ Peace, that disintegration never touches it until such time as it has completed the service for which it was created.'

It is in following through with the mathematical science of precipitation, that you gain mastery and results."

GROUP DECREES AND VISUALIZATION

DECREES

Beloved Presence of GOD I AM in me, Ascended Master Saint Germain and all who serve in the activities of the 7thRay to our Earth:

Blaze! Blaze! Blaze! up, through and around me your mighty Violet Transmuting Flame, the purifying power of Divine Love, in its most powerful, dynamic activity. Transmute cause, effect, record and memory of all human concepts, desires and feelings in my being and world, and every mistake for which I AM responsible. Replace it with the Ascended Masters' substance of Divine Love, purity and perfection, and hold your dominion within me and my world, forever sustained!

Blaze! Blaze! Blaze! the Violet Flame through my brain structure and mental body, through my emotional body and through every organ, cell and function of my

physical body. Hold it there until every appearance of imperfection is dissolved and the victory of my Divine Plan is assured.

VISUALIZATION

- While playing the music of a Strauss Waltz, rest your attention on the Angels of Ceremonial and Angels of Protection that have assisted you in this class and on Archangel Zadkiel, Elohim Arcturus and Ascended Master Saint Germain.
- Send your love and gratitude for their service.
- Feel yourself surrounded by a pillar of the Transmuting Violet Flame.
- Expand that flame to cover your city, state, nation and the entire globe.

BENEDICTION

(By Group Leader)

Sealed in a mighty pillar of the Violet Flame of Freedom's Love from the hearts of Archangel Zadkiel, Elohim Arcturus and Ascended Master Saint Germain, we thank the Ascended Host of Light for the continuous outpouring of Love, Wisdom and Power.

We thank Archangels Michael and Uriel and the Angels of Protection, Ministration and Ceremony who have assisted us in this class.

Take up our humble efforts and amplify them with your mighty love. Take them North, South, East and West and cover the Earth with the outpouring of the Transmuting Violet Flame.

Help us achieve and maintain perfect harmony, health and supply.

Let the Divine Plan manifest through every lifestream belonging to this planet.

May the benediction and blessings of the Most High Living GOD and the peace surpassing all understanding, be with each one of you .

May the GOD of Mercy protect and guide you on your spiritual path toward enlightenment and freedom.

Group Leader extinguishes candles in reverse order of lighting

LESSON 15: PART 1 - THE SPIRITUAL HIERARCHY

<https://iamfree.co.za/the-i-am-presence-ascension>

INTRODUCTION

The structure of the Hierarchy of the Earth is similar to the structure of a large corporate business. The corporation has various departments, each performing tasks contributing to the overall corporate purpose. Each department has levels of leaders and individual contributors.

The great Godhead has many different departments of Life. Each department is managed by assistants of varying grades. They report to their superiors and, in turn, may have assistants and individuals reporting to them.

The Ascended Masters and Cosmic Beings are the directing intelligence of the Godhead. They are GOD's helpers. A great God-Being is in charge of every department of life. Some work with individual humanity, others with groups, nations, the elemental kingdom and nature. Others work with the angelic host, but each is a specialist in their particular field of service. [See Lesson 1: GOD Has Many Helpers]

The purpose of creation, as well as the sustenance of any system of worlds, is to allow each lifestream 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 their own creative faculties of thought and feeling. To become such a Master Presence, students need to develop within themselves the qualities of the God-Parents. All lifestreams have sufficient embodiment opportunities to redeem a majority of their misqualified energy, learning the lessons each embodiment offers.

Each one must become a God-Director of their life plan (the Father), an externalized son of right-use-ness, righteousness (the Son), and a dispenser of the Holy Comfort and Spirit of Life to the world (the Holy Spirit).

To assist in this development, Seven Cosmic Rays have been created. They are sent earthward in rhythmic pulsations, to give the same nourishment to every individual's spiritual nature, as the seasons of the year provide for the elemental kingdom of nature. These cosmic currents are as orderly in their outpouring upon the Earth as is the beneficent radiation of the seasons.

Embodiment is the voluntary commitment of people to grow spiritually, to emulate GOD, and become co-creators with GOD, although on a smaller scale. Embodiment on Earth gives one the opportunity of becoming a co-creator with GOD, at some future time, with the ability to create planets, suns, and entire systems.

Ascension is the goal of all life. When people have constructively qualified more than 51% of the energy allotted to them throughout all of their embodiments, they are eligible to gain their ascension and become Ascended Masters.

The Ascended Masters are real and tangible beings, ready to assist humanity, provided they are asked to do so. The Masters ask to be recognized as a potential force for the common good of humanity.

Ascended Masters do not demand obedience nor ask to be worshipped.

In simple terms, Ascended Masters are individuals who once embodied here on Earth and gained mastery of this plane. They learned their lessons, became more God-Like, and therefore did not have to come back into embodiment. Then, after having ascended into their individual spiritual body, called the 'I AM Presence', the Masters made the voluntary choice to remain and help humanity.

A Cosmic Being, such as Victory, is an Ascended Master who embodies a particular virtue and who has chosen to assist on one or more planets.

ASCENDED MASTER RETREATS

<https://iamfree.co.za/ascendedmasterretreats>

An Ascended Master Retreat is a location where Light Substance has been magnetized and radiated over long periods of time by Ascended Beings. The retreats are located either in the etheric realm or in the physical world, often within mountains and other places unapproachable by the curious. The Brotherhood of a retreat maintains the Focus of Light, assisting in its activities.

The retreats, through their radiation and other activity, have saved humanity from complete degradation. Each Focus specializes in one or more God-Qualities, which are radiated to humanity on a periodic basis. The knowledge of the timing of the outpouring of the God-Virtue radiated by the retreat enables students to participate in this transcendent service, thereby becoming conductors and step-down transformers of the radiated God-Quality. This service is called the *Transmission Flame Service*, the subject of a future lesson. [Lesson 20: Transmission Flame Service]

Formerly, under the old Occult Law, it was required of a chela on the path, to enter a retreat to obtain instruction on Cosmic Law, to attain mastery and to reach the final goal of the ascension. The initiations of a retreat were quite severe.

Since 1938 that has all been set aside. The Masters give out the teaching through accredited messengers and chelas pass through the initiations in everyday living in the outer world.

THE GREAT WHITE BROTHERHOOD

<https://iamfree.co.za/ascension-topic-template-mwcsn>

After the arrival of Sanat Kumara from Venus, ways and means were devised whereby the inhabitants of the Earth would be awakened to their own responsibility in creating an aura of Light around the Earth. An aura sufficient to meet the demands of Cosmic Law and allow Sanat Kumara to return to his home star, Venus. Sanat Kumara prepared for this event by founding the Great White Brotherhood.

The Great White Brotherhood is comprised of Ascended Beings, who are all specialists along some particular line of spiritual service and endeavor. Members of the Brotherhood live only to serve GOD. They have forsworn serving in the spheres of beauty and perfection to assist the struggling humanity of Earth.

The service of this spiritual order is teaching interested students Cosmic Law, whereby, with sufficient self-application, they may gain mastery and finally, the ascension. As part of this goal, the Great White Brotherhood endeavors to train master teachers for the development of the human race and showing each one the road back to the Heavenly Father. In doing so, the Great White Brotherhood is limited by several factors:

1. Help to humanity must be warranted and consciously invited.
2. Help is subject to Cosmic Laws applying to this planet.
These laws must be obeyed. Any deviations must be approved by the Karmic Board. There must be a very good reason to obtain a variance.
3. To accomplish its purpose, the Great White Brotherhood is given a cosmic stockpile of energy, on average, once in every 100 years. This stockpile is used to contact an individual who will act as a messenger and thus provide a bridge from the human realm to the Divine. The messenger conveys to humanity the

ongoing activities of the Brotherhood and gives out new explanations and additional details of Cosmic Law.

One Master said:

"We are allowed only a certain amount of energy in a given cycle of time, to invest in the evolution of the race. Had it been possible for us to direct and expand our energies to an unlimited degree through the atmosphere of Earth, without the cooperation and assistance of the humanity to be benefited, we would have long since transferred the Ascended Master Octave to and through the Earth and our task would have been completed.

The great, impersonal Cosmic Law demands a balance for the investment of spiritual energies. This balance is the soul growth of the people we are endeavoring to reach through a specific endeavor. If we show such a balance, almost without question, the law gives to us additional energies to further our cause."

Given these severe restrictions, the members of the Great White Brotherhood are overjoyed when they see a good response; their efforts have fallen on fruitful ground. One Master said, if one dozen committed chelas could be found in one century, the Brotherhood would consider itself fortunate, indeed.

The Great White Brotherhood is not an outer organization. Only by living and expressing the perfection of the heavenly realms on the physical plane, through self-correction of human weaknesses, full adoration of the Divine Self within and performing a certain amount of impersonal service, can people draw into association with the Brotherhood. The Ascended Host directs the attention of chelas. It is up to students to make the right choices. No one has ever made the ascension without the assistance of an Ascended Master.

GOD

GOD, the Great I AM, is the Creator, Owner and Giver of all Life in the universe. 'His' powers, abilities and consciousness are beyond human comprehension. It is the nature of GOD to allow His children the opportunity of becoming co-creators with Him.

The word 'GOD' originates from the word 'GOOD'. The true Name of God is "I AM"

A galaxy is composed of a *Central Sun* and *Planetary Systems*. Each planetary system consists of a sun and several planets.

The foci of the Godhead of our galaxy and planetary system are:

Galactic: the Central Sun governed by Alpha and Omega

Planetary: our sun governed by Helios and Vesta.

The beings Alpha and Omega are the supreme authority governing this galaxy. They administer Cosmic Law applicable to this galaxy. They direct the activities of the Central Sun. They furnished the spirit sparks to Helios and Vesta, who are the authority for the planetary system of which our Earth is part. Helios and Vesta, in turn, provided the Electronic Body of the I AM Presence for each individual in embodiment. There are also Cosmic Beings governing multiple galaxies.

THE COSMIC SILENT WATCHER

The *Cosmic Silent Watcher* is the first being drawn into action after a sun decides to create a planetary system. The Father-Mother GOD of the system project into the

consciousness, the mind and body of the Silent Watcher, the entire pattern for every planet in the system. This includes its topography - rivers, mountains, lakes, oceans, trees and plains. Each is designed according to the requirements of the evolution that is to inhabit it.

From this Cosmic Silent Watcher, seven lesser Silent Watchers are sent forth, who, in turn, embody the design of one planet. The Silent Watcher is something like an architect, holding the pattern of the blueprinted page. The final victorious manifestation of a planet depends upon the ability of the Silent Watcher to hold that pattern, plan and blueprint until its completion.

The Earth has exceeded the time originally scheduled time for its perfection by millions of years. Humanity has no concept of the fidelity, consecration and sacrifice required for a being to continue holding the Divine Pattern and Plan under these conditions.

The Cosmic Silent Watcher holds the pattern for every lifestream destined to manifest God-Perfection - the unwavering attention to the God-Design all must one day externalize.

THE PLANETARY SILENT WATCHER

The *Planetary Silent Watcher* holds the immaculate concept for one planet and all individual life thereon, until the Divine Design is fulfilled. At the end of each year, the Planetary Silent Watcher communicates the thought-form of the year, for the development of the planet, to the Lord of the World. The pattern of the retreats open for the coming year is selected according to that thought-form. The Planetary Silent Watcher for Earth is Beloved Immaculata, without this Great Being holding the Divine Blueprint for the planet, we would not be able to restore Beloved Earth to its original Perfection.

THE KARMIC BOARD

<https://iamfree.co.za/thekarmicboard>

The Karmic Board is a merciful body of Great Ascended Beings.

It has the following responsibilities:

1. To administer the laws of the galaxy as they apply to the planet Earth.

The decisions of the Karmic Board are final.

It meets twice a year to consider petitions from the Brotherhood and from unascended beings. Generally, those petitions with the greatest amount of support from both the human kingdom and ascended realm are chosen.

Cosmic Law may not be superseded, except under exceptional circumstances, there must be good reason.

2. To open the Book of Life

This is the summary of the experiences of each individual's last embodiment for those who passed through the experience called death.

They show individuals how they used the energy of the last embodiment, well or otherwise.

3. Determining who may re-embody.

Individuals wishing to re-embody are examined and may or may not be granted the opportunity to re-embody at a certain place and time.

In any embodiment, no lifestreams receive more karma than their development allows them to completely expiate within that lifetime.

Kuan Yin has said:

"There is no disease, no distress or condition which, through the Law of Justice and Mercy, is to be experienced by any lifestream in an embodiment, that is greater than the developed consciousness and power of the individual to whom he karma rightfully belongs. This is the Law. You may tell it from the housetops."

The Karmic Board does not have the prerogative to allow only chelas of Ascended Masters to embody. Humanity at large must also embody for spiritual development and mastery. Their one service to GOD is to find ways and means each soul can be given the greatest opportunity for spiritual progress, to balance its debt to life, and to complete the goal of all life, the ascension.

The board members are not beings waiting to mete out punishment. The tremendous fear and dread, the orthodox world has induced in humanity concerning the 'Day of Judgement', is unfounded and unfortunate, indeed. It is primarily built upon the fact that very few people live up to their promises to the Light, and, therefore, reap the fruits of their harvest. The Karmic Board is a merciful body of helpful intelligences, not a scourge to punish the bewildered lifestream. The first Karmic Board was founded after the 'fall of man'.

THE LORD OF THE WORLD

The Lord of the World heads the Spiritual Hierarchy of the Earth under the supervision of Helios and Vesta. The Lord of the World supervises the Great White Brotherhood. This individual serves primarily with the Karmic Board and the World Teacher/s. The first Lord of the World was Sanat Kumara.

Millions of years ago, a cosmic council convened; chaired by Alpha and Omega, the intelligences governing our galaxy. The council decided to dissolve the Earth by swinging it off its axis. It was then Sanat Kumara offered to save this planet by taking up residence on the Earth, thus adding his stockpile of positively created energy to that of the Earth. Disaster was avoided. All inhabitants of the Earth owe their lives to Sanat Kumara (See the book: *Man, His Origin, History and Destiny*).

Sanat Kumara returned to his home planet of Venus in January 1956. The foundation for this action was primarily accomplished by approximately 150 students of The Bridge to Freedom. Through the Transmission Flame Service, they raised the required Light Quota of the Earth to the amount required by Cosmic Law, making his return possible.

Sanat Kumara remains as Regent for this planet. Lord Gautama took his place as Lord of the World. Lord Gautama's particular quality is balance. He gives assistance in balancing the four lower bodies of students.

THE BUDDHA

The activity and service of a Buddha is to step down high spiritual vibrations and to radiate them to the Earth. This helps to nourish, expand and sustain the Light in all beings during their development on the planet. This is done through radiation. Lord Gautama [the 'historical' Buddha] held this office until 1956. Lord Maitreya now holds it. <https://iamfree.co.za/s/Beloved-Lord-Maitreya.docx>

The office of Buddha is next in line to the Lord of the World.

THE MANU

The evolution of humanity is accomplished through 7 root-races, sometimes called evolutions. Each root-race has 7 sub-races – a total of 49 races. A Manu is a

perfected being, who directs the development and ascension of a particular root-race.

The original design was for each root-race to accomplish its ascension in 14,000 years. The first three root-races ascended with their Manus following this design.*

The Manu of the 4th Root-race is Lord Himalaya who is responsible for the development and ascension of that race. Many members of this root-race have not completed their ascension. They primarily comprise the races in eastern Asia.

The Manu of the 5th Root-race, the Aryan race, is Lord Vaivasvata. The remaining Manus for the 6th and 7th root-races are Lord Meru and the Great Divine Director.

*[See Lesson 7: Humanity's History]

THE MAHA CHOCHAN

Maha Chohan means Great Lord. He supervises the Seven Chohans of the Rays. The Maha Chohan is in charge of the elemental kingdom and, as such, is the authority over the manifestations of nature.

He is the magnet who draws energy from the sun, and supplies that energy to nature and humanity. He is the one who gives the first breath to every newborn child and receives the last breath of every person as they pass from Earth. He assists in the development of the Divine Feelings in humanity. He gives comfort to life. His symbol is the white dove.

As the representative of the Holy Spirit to the Earth, the Maha Chohan incorporates and vitalizes all of the Divine Qualities of the Godhead.

THE WORLD TEACHER

The primary service of the World Teacher is to further the spiritual development of the human race. This individual serves under the Lord of the World and designs the type of spiritual teaching to best bring forth during a particular time period and at a particular location. The plan for the representation of a teaching is made with the cooperation of the Chohan of that particular 2,000-year cycle. Until 1956 this office was held by Lord Maitreya. It is now held jointly by Jesus and Kuthumi.

CHOCHAN

The word Chohan means Lord. A *Chohan* is an Ascended Master who has responsibility for the radiation to Earth of one of the Seven Rays. Each of the Seven Rays radiates a certain God-Virtue to the Earth, for example, the Love of GOD. Once every 2,000 years, a new ray is predominant on the Earth. As the cosmic wheel turns (14,000 years per revolution), the Chohan who is the representative of the new ray becomes the cosmic authority for the evolution of the planet and for all life thereon, during this time.

The 6th Ray, under the supervision of the Ascended Master Jesus, completed its outpouring in April 1954. The 7th Ray, under the supervision of Saint Germain, began its activity on May 1, 1954.

FIGURE 8 : Names of the Chohans and their Retreats

Ray	Masculine Aspect	Feminine Aspect	Retreat Name & Focus	Location*
1 st	El Morya	Lady Miriam	Temple of GOD's Will	Darjeeling, India
2 nd	Djwal Kul	Lady Luk	The Teton Retreat	Wyoming, USA
3 rd		Lady Rowena	The Liberty Retreat	Marseilles
4 th	Serapis Bey		The Temple at Luxor	Egypt
5 th	Hilarion		The Temple of Truth	Crete
6 th	John the Beloved		Mt. Meru	South America
7 th	St. Germain	Portia, Goddess of Justice	Retreat at Transylvania	Romania

* The location is in the etheric, focused over or near the physical location

ARCHANGELS AND THE ANGELIC HOST

After the Earth's creation, the angelic host was directed to guard and nourish the spiritual nature of humanity, radiating the Seven God-Qualities into the evolving God-Consciousness of humanity. This assists development of conscious mastery.

The angelic host is under the direction of the *Seven Great Archangels*. Like all angels, each of the Seven Archangels embodies, guards and radiates one of the Seven God-Virtues, or rays. To gain the ascension, chelas must master the God-Virtues of all of the Seven Rays.

The Seven Archangels were the first to hold the offices of the Chohans (Lords) of the Seven Rays of creative power. They embody the feelings of the Father-Mother GOD, as the Elohim embody the mental qualities. For the first time in centuries, at Saint Germain's invitation in the 1950s, the Seven Archangels came forth, giving discourses to students of The Bridge to Freedom.

[See Lessons 8-14 for specific rays, qualities and activities of each Archangel]

ELOHIM

The Seven *Elohim* are the great Builders of Form. They represent the *mental activities* of the Creator. The Elohim form planets. They use elemental substance while constantly referring to each planet's design, as held within the mind of the Silent Watcher.

Elohim were originally elementals. They may become Planetary Silent Watchers. The Great Nature Devas also build forms, but have lesser responsibility. They assist the Elohim by creating mountains, rivers and other details of a planet.

THE ELEMENTAL KINGDOM

Earth Element

- *Virgo*, The Goddess Of Earth, And *Pelleur*, Her Twin Flame, Govern The Activity Of The Earth Element.
- The elemental beings of the Earth element are called gnomes
- The gnomes work under their direction.
- Pelleur directs the activities in the center of the Earth. Here there is a pressure of even, soft Light and perfect climate. There is no darkness in the center of the Earth.
- With the cooperation of chelas, they are attempting to raise the vibrations of Earth.

Water Element

- *Neptune* and *Lunara* are the directors of the water element.
- The elemental beings of the water element are called undines.
- They govern the tides.

Air Element

- *Aries* and *Thor* are the directors of the air element.
- The elemental beings of the air element are called sylphs
- They govern the air
- This includes the activity of purifying the atmosphere of the Earth.
- Thor governs the action of the wind.

Fire Element

- *Helios* (the *Sun GOD*), *Prince Oromasis* and *Diana*, Goddess of Fire, direct the activities of the fire element.
- The elemental beings of the fire element are call salamanders
- Oromasis, Lady Master Nada and the Cosmic Being Victory can be called upon to take away the desire for alcohol and nicotine
- Nada and Victory can also be called upon to take away the desire for habit forming drugs.
- Diana, Goddess of Fire and Diana, twin ray of Elohim Arcturus are different lifestreams

- *Amaryllis* is the Goddess of Spring. The devas of nature work with her.

FIGURE 9: The Elements and Their Directors

Element	Director Female Aspect	Director Male Aspect	Beings
Earth	Virgo	Pelleur	gnomes
Water	Lunara	Neptune	undines
Air	Aries	Thor	sylphs
Fire	Diana	Prince Oromasis	salamanders

LESSON 15: PART 2 - DISCRIMINATION

WHICH TEACHER TO FOLLOW?

When a person is prepared to make whatever effort is needed to gain in spiritual understanding, the first decision is choosing the right teacher. It is treated here in great detail since the subject of channeling is so thoroughly misunderstood by most students. Ignorance of Cosmic Law, as it pertains to this subject, presents one of the greatest obstacles to the Great White Brotherhood in bringing in the New Golden Age for this planet.

Distinguishing among different presentations of the Ascended Master Teaching is a most difficult task, usually taken much too lightly by students, beginners and more experienced alike. Numerous so-called channels, mediums, star commanders, messengers, and spirit guides appear like mushrooms.¹ Each of them clamor for the attention of students, all offering 'the very latest'; challenging students with, '*Do you wish to be left behind?*' There are now well over 10,000 people alleging to be channels of Ascended Masters.

One has to learn to distinguish truth from among many sources. The sources include, but are not limited to, books, channels, mediums, the voices of disembodied people, and the voices of our seven bodies, all of which have intelligence.

The Ascended Master Kuthumi calls this the most difficult point on the spiritual path. Commenting on the problem of selecting the proper teacher, Kuthumi said he realizes it is very difficult to discriminate, requiring a great amount of research and effort. "But, that is one of the reasons you came to embody on Earth, to learn discrimination."

CHANNELING PARTIAL AND ABSOLUTE TRUTH

<https://iamfree.co.za/psychicandastral dangers>

- those communicating genuine messages from the Great White Brotherhood
- those who do not

To receive dictations directly from the Great White Brotherhood requires a special dispensation from the Karmic Board. These types of dispensations, authorized by Cosmic Law, are given very sparingly, on average, once in every 100 years in a 2,000 year cycle.

Absolute truth is contained in dictations directly from the Great White Brotherhood. In these cases, the person is an authorized, appointed or accredited messenger of the Great White Brotherhood.

Partial truth is channeled by other sources.

In these cases, the degree of accuracy depends upon the spiritual development of both the channel and the sender of the message.

Channels, being unascended, can report only from their own, limited vision. Only an Ascended Master can interpret etheric records correctly and give a true account. Even an Ascended Master cannot give new information to students without a special dispensation. These dispensations are given on average, once in every 100 years. Stockpiles of cosmic energy are released, and the Masters use these stockpiles for dispensations.

Jesus warned of false prophets; so did Saint Germain. However, students must

not only be aware of those who knowingly give false information, partially to satisfy their own ego, but also be aware of sincere mediums, who unknowingly channel from a level lower than the Ascended Master Realm.

In the book *The Initiations of the First Ray*, there is an article entitled 'Truth Colored by Human Concepts'. El Morya tells students about the great difficulty an unascended being has when desiring to channel from the highest realm. He explains there are many realms between the physical realm, where students live, and those realms where an Ascended Being resides.

Figure 10: Realms from the Physical to the Presence

From lower to higher these realms are:

1. the brain consciousness subject to the senses, (seeing hearing etc.)
2. the astral realm, also called the psychic plane
3. the lower mental realm
4. the etheric realm
5. the higher mental realm where the Christ Self abides

Only after piercing through all of those realms does one arrive at the level of the I AM Presence.

After reaching the realm of the I AM Presence, aspirants face the difficulty of remembering their vision. They must re-enter the elevator, as it were, going downward, returning through all those realms of consciousness. Many forget part or all of their vision during the return.

Using this description, we learn that only those able to obtain the assistance of an Ascended Master can channel absolute Truth from the Ascended Master Realm. All others, despite their claims, are able to channel only partial truth. El Morya has categorized these types of messages as 'wishful thinking' and 'idealized imagery.'

Brother Bill (William Cassiere), an appointed messenger of Saint Germain and a member of the AMTF told us: "On the other side, there are countless people who are absolutely insisting they are Kuthumi and Saint Germain, and they are not! These entities attempt to talk to anyone who is willing to listen to them."

THE DIFFICULTY OF DISCRIMINATION

People often make this comment:

"I know there are many false prophets, but I can tell by my feelings and the still, small voice in my heart, whether or not a certain channel is a true channel."

The problem is the Fall of Man brought about The Veil of Maya. This veil has shut off the visible Presence and the Voice of our teachers (Ascended Masters and Archangels). The shaft of Light from our I AM Presence decreased in diameter from several feet to 1/16 of an inch! By misqualifying our energy through hundreds of embodiments, we have fallen from our high God-Estate.

All of us have added to the karma of the race. Fear, for the first time, registered in our four lower bodies. The root of all evils, the personal ego, was born. The voices of our four lower bodies, plus our senses, contributed to what we call our consciousness. This consciousness found itself groping in darkness. Humanity lost their original, pure contact with the I AM Presence.

The fact we are here on Earth today shows we have misqualified over 50% of the energy ever allotted to us. Therefore, we need to listen to the voice in our heart, and of our most developed faculties, logic and reason.

Ascended Master El Morya: Test Your Sources

“Test, Test, Test Every Activity In Which You Place Your Faith. Test, test, test every activity to which you give the power of your attention, before you are led into the unhappy experiences which can result from blindly accepting as truth what is presented to you from both the seen and the unseen.”

This includes paying attention to the characteristics of a true channel as given by the Ascended Masters and comparing those with other channels.

To research for oneself what messenger one should follow, students must be prepared to allocate a large amount of time and energy, as well as some funds. Additionally, becoming reacquainted with the voice of one's own Presence cannot be achieved overnight. It requires persistent, daily application, years of study, and cleansing and of harmonizing our four lower bodies, to recognize the voice of the Presence. It is like going to school again. We must graduate from elementary school and high school before attending college.

Many Ascended Master students flock to the channels of today, gullibly accepting their statements, without attempting to investigate their claims. They do not understand that, by not paying attention to the voice of the I AM Presence for perhaps hundreds of embodiments, it is very difficult for anybody, despite their claims, to receive a continued, clear message from the Presence.

To receive continuing clear messages requires a major dispensation, enabling the Masters of Wisdom to give special assistance to the messenger. For example, Saint Germain appeared to Guy Ballard on Mt. Shasta in his tangible, Ascended Master Body. A special cherubim was appointed during The Bridge dispensation to keep clear the means of communication to Geraldine Innocente.

Ascended Master Kuthumi: Caution about the Responses You Receive

“Through the countless centuries since humanity has fallen from grace, an atomic consciousness has coated the brain. This coating makes it more difficult for the finer vibrations of the Presence to reach the outer mind and to be interpreted without mistake.

I warn you, when you come to a point of entering into the Heart of the Silence, where you commune with your own God-Self, you must be extremely careful of the response you receive - first of all, from your own bodies, and your outer consciousness. You are a complex mechanism, a sevenfold individual in your own right, and the glory of your Electronic Body, your Causal Body and your Holy Christ Self can never lead you astray.

The four lower bodies, in which your soul functions, have voices, consciousness, and desires, appetites, and wills of their own. These voices, this consciousness, these wills, and this intelligence, often endeavor to serve their own ends by deceiving the outer mind as to the source of the directions.

Beloved Ones, in all the lives you have lived, you have sat before many teachers, who have given forth both truth and fallacy. Those concepts have been built into your mental bodies, some of them solidified, petrified and lying dormant for centuries. As the flame begins to surge through you, that which is dormant within your world is again revived and the remembrance of those teachings come forth. You must be able to recognize them for what they are - not necessarily the voice of truth, but echoes from the past.”

Ascended Master El Morya: Misrepresenting Truth

“To misrepresent the truth is not the Will of GOD - to gullibly accept statements

without intelligently discerning the true from the false, is not the Will of GOD.”

Ascended Master Hilarion: Recognize The Cosmic Moment

“At the time of Jesus, I was embodied as Saul of Tarsus, afterward known as Paul. I was schooled in every department of biblical lore. I was able to recite the scriptures by heart. I was a member of a very proud and arrogant sect.

Great is the discrimination, great is the discretion required to recognize a cosmic moment (in this case the messiah) at the hour of its expression.”

The Dalai Lama: Take the Time to Understand

“People are very hungry for spiritual teaching. However, there are many unqualified people, charlatans, motivated by financial and power over others, that are not very spiritual.

First, I always tell seekers of religion not to be too hasty. Examine the teacher well. You can get the teaching without taking the person as a guru. Learn as much as you can and make sure the person is authentic and reliable.

There have been cases where people, not really known in Nepal or India, came to the West, and suddenly they have become great teachers.”

KUTHUMI: CALLING TO A MASTER FOR HELP

“You may call to the great Lord Buddha, Lord Maitreya, or myself, if you wish, for the discrimination wherein you may recognize the Voice of the Silence.

Always know, anything building up the personality, or aggrandizing the human ego, is not the still, small voice of the Presence. It is but the ramblings of your own etheric body, the desires of your feeling world, revived mental concepts and precepts from other lives, or the voice of the body consciousness, desiring to fulfill its appetites.”

By experimenting on our own and listening to our heart, we may be gaining our ascension at some point in the future. The problem is, we do not have the luxury of a great amount of time. According to the Masters, we are literally sitting on a powder keg.

When we want to know about the conditions in the city of Rome, should we not ask a Roman? Similarly, if we want to know the quickest way to gain our ascension, should we not ask an Ascended Master, a being who has gone through many trials to gain this victory? Should we not also endeavor to find a channel who gives the teachings of the Ascended Masters in their purest form?

AVOIDING THE PSYCHIC / ASTRAL REALM

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Master El Morya: Avoid Contacting Beings on the Psychic Plane

“Beloved friends, the inhabitants of the psychic plane are no further advanced in spiritual knowledge than when they walked the way of Earth.” *March 18, 1956 Bulletin*

Paul The Venetian: Cutting Free from Entities

“We know many disembodied people, still determined to have their own way in the world of form. They utilize an embodied person who has an affinity of vibration to them.

All psychic and astral creations, as well as their creators, are usually vampire activities, living on the faith and power of foolish people who desire for personal

reasons, to build their egos. Pride, especially of a spiritual nature, goes always before a fall. In this cosmic hour, the fall will come more quickly and be more evident to the spiritually discerning than in the ages past.

We on the 3rd Ray of Divine Love implore earnest chelas to call to Lord Michael, the Archangel to cut themselves free now, from all known and unknown sources of negative influences. Call to Lord Michael to be cut free from sources that could at any time use you as channels for the expression of their destructive activities. Call to Lord Michael for help in always recognizing and expressing the good, the true and the lasting goodness of GOD here on Earth, as it is always expressed in heaven.

Many well-meaning people are unknowingly caught in the astral realm, or suffer the many hexes (curses) placed upon them by those well trained in the use of psychic magnetism. Even in Atlantis such people, called the black priesthood, were able to enamor thousands of people, thus using their God-Given energies to sustain the forces which eventually caused the sinking of that continent."

Archangel Zadkiel: Forswearing Incantations

"Beloved ones, your life has one purpose: fulfilling your Divine Plan here on Earth. Through the ages some of you dabbled with black magic. Some of you enjoyed the results and the harvest for the time being.

But at inner levels, you forswore the use of such practices when you came again before the Karmic Board. You were shown the results to yourself and your own soul growth and the results the effluvia such incantations caused upon the planet Earth.

Thanks be to Almighty GOD! It is to you who have foresworn lower order incantations that we look for re-establishment of the White Order on Earth, again."

Archangel Zadkiel: Misuse of Invocation

"Some people, who have, in the past, used the powers of invocation for unseen forces that are not constructive, particularly on Atlantis, are in embodiment now. A great many of them have again learned the power of invocation. Let me tell you, beloved ones, they are using it to channel energy into the White Order, just as they did when we had our beautiful temple in the vicinity of the island of Cuba.

More and more of the people, who at first adhered to the White Order, began to enjoy the phenomena created by those who wanted to increase a sense of power and personal glorification or financial gain. The bulk of humanity, interested in the phenomena of a temporary nature, did not adhere to the principles of purity, selflessness and Godliness, which are the absolute requirement of the true priesthood of the Order of Zadkiel."

Master Lanto: Misusing Faith

"Chelas are reminded that the words of Jesus are as true today as when he first spoke them: 'Many will come in my name, but I shall not be with them'.

Those who consciously practice and use the power of faith to forward their own destructive ends will be held accountable before the Karmic Board at the close of this embodiment.

Those who received spiritual instruction, and yet choose to give their energy to sustain such unfortunate people, are also held accountable to Cosmic Law, thereby greatly hindering their own progress."

The Maha Chohan: Responsibility in Using Spiritual Knowledge

"Those who have received spiritual knowledge and do not use it for the impersonal benefaction of the race, are held responsible and accountable to Cosmic

Law for neglecting to use the gifts of truth, illumination and understanding, which they have received.”

ASCENDED MASTER LANTO: PERCEIVING TRUTH

“To perceive truth you must have peace of mind through understanding. To bring about this peace of mind is one of the services of those serving with me on the 2nd Ray of Perception and Illumination.

The first thing chelas have to learn is distinguishing among different presentations of the truth, determining which constitutes a more complete expression of the truth. Chelas must have as one of their guides, the words of Ascended Master Jesus, ‘Not all who come in my name represent me’.”

Students have to be particularly alert before accepting statements issued by dissenting activities. These, as a rule, do not have their origin in important doctrinal differences, of which they do not speak. Rather, they originate in the personal ambition of their self-called leaders. In many cases, they appropriate the instruction of the parent body and present it as new and better, without any substantial proofs of their claims.

Many channels employ a fancy, sophisticated language, without internal consistency, making it difficult to pinpoint their claims. They operate very cleverly. Some of them cooperate by acknowledging each other as channels and refusing to investigate or critique each other's claims.

What they are more or less saying is, ‘If you support me, I will support you.’ In one book it states, ‘We encourage everyone to channel. This allows you to get your own multi-dimensional information, keeps you in contact with a wider perspective, and breaks down reliance on outside authority. Besides, it's ecstatic and fun.’

Another book states, ‘We currently serve over 20 authors. Most of our authors channel Sananda, Ashtar, Archangel Michael, Archangel Ariel, Hilarion, Mary, and Kwan Yin. They need your support to get their channeled messages to all nations. It is commendable not to criticize, but is it not also correct to tell the truth?’

Many groups and individuals give out partial truth benefitting many students. The energy radiated by these students and directed to the Ascended Masters helps them to increase their assistance to the Earth. These groups and individuals may reach people, by virtue of their location and state of awareness, that the organization blessed by the dispensation and the authorized messenger may be unable to reach. Therefore, no one can claim to have a ‘lock’ on Cosmic Truth.

Different channels have different levels of spiritual development and awareness; not all of them can pierce through the different strata to reach the realm of the Ascended Masters.

The seeker on the path to the ascension must be ready to set aside a great deal of time and some funds to do his own research to develop the God-Quality of discrimination. Reading a few books, or attending a few lectures, is not enough. Students must embark upon a path of determined, intense study, to find the highest source of truth. They must use their most developed faculties, logic and common sense, together with listening to the voice of the Higher Self. Perfect communication between unascended and Ascended Beings is extremely rare and very, very special.

The cause of the Great Ones gains much greater momentum when students recognize the true teachings of the Ascended Masters and follow them.

TODAY'S FALSE CHANNELINGS

Some followers of the Ascended Master Teaching while claiming to perpetuate these teachings, insist on stamping their personal imprint upon it, rather than keeping to the purity of the original teaching. It is relatively easy to give the impression that one is a channel by copying from the early Bridge to Freedom Publications and adopting that style of dictations and its terminology. Therefore, students must use considerable effort in separating the wheat from the chaff.

There are several organizations whose leaders had their roots in the original teachings of The Bridge to Freedom. When they started, they more or less conformed to the teaching of the parent body. They copied, word for word, The Bridge to Freedom Journals without crediting the source. Under pressure from their students, to proclaim 'the latest' these self-proclaimed leaders then started to give out dictations which often diluted and changed the original message.

CRITERIA FOR RECOGNIZING TRUE MESSENGERS

The Masters have provided some guidelines for recognizing the characteristics of true messengers of the Great White Brotherhood.

1. *The key personality trait of a true channel is true humility.*

The Ascended Masters have said, "One of the key factors in causing the destruction of Mu and Atlantis was the spiritual arrogance of those in charge of the temples. Any type of personal ambition or ego shuts the door at once."

If the gift of channeling is used to promote the channel's personal self (the outer personality), assistance of the Ascended Masters is withdrawn.

Ascended Master Kuthumi: "Anything that even subtly stimulates the lower bodies and the soul to personal aggrandizement and inflation of the separate ego, is not of GOD."

2. *The motive of a channel is most important: to serve the Light*

Is the motive to serve the Light, or to make money from the instructions? The only motive of the messengers of the Great White Brotherhood is to serve the Great Ones.

William Cassiere said, "I have no ax to grind, seek no financial reward, but rejoice in the opportunity to represent the Great Ones, who administer to me." One chela, who worked with Geraldine, said of her, "She had absolutely No personal ambitions."

The true messenger does not charge for the dictations. 'Freely have you received – freely shall you give'.² If there are expenses, such as renting a room and travel expenses, a reasonable admission fee may be charged. Charging large amounts for speaking engagements, publications and conferences is a strong indication the organization is not aligned with the Great White Brotherhood.

Any dictations appearing in print are, and will remain, the property of the Great White Brotherhood. They must be sold to the public at a reasonable price.

3. *The messenger should not assume any titles.*

Titles include, but are not limited to: Guru, Vicar of Christ, and Master

4. *Authorized messengers of the brotherhood have the benefit of a special dispensation granted by the Karmic Board.*

These dispensations are extremely difficult to obtain. A major stockpile of energy is available to the Brotherhood, on the average of only once every 100 years, and that stockpile is used by the Great Ones to obtain a major

dispensation, such as the ones given to the I AM Activity and the Bridge to Freedom.

The Masters compared reaching individuals functioning in the unascended realm to tunneling through granite. It requires a large amount of effort. To be granted a special dispensation, there needs to be assurance the additional energy and instruction given, will be balanced by the energy of chelas.

The Master who sponsors the petition must pledge their own energy to ensure a balance is given for the energy spent as part of the dispensation. If students do not return that energy, the master must do this personally. Thus, the Ascended Master becomes responsible for what the messenger does with the information and the Ascended Master depends on the return of the energy from the unascended realm.

The Cosmic Law of Conservation of Energy has a profound effect on the way the Great White Brotherhood conducts its operations. Simply put, it acts like someone who is on a limited budget. When on a limited budget you spend money only for necessities. Therefore, only in very rare cases do the Masters invest their energies to obtain a new dispensation.

5. *The messenger must have a high state of spiritual development and prior training by a Master.*

The messenger must be prepared to give impersonal service to humanity, rather than to an individual or group. To maintain in a high state of listening grace and to be receptive to high vibrations. The messenger needs to observe the dietary guidelines, especially refraining from eating meat.

6. *There can never be any forcing. The Great Ones act as advisors or consultants They never threaten.*

It is up to students to accept or reject any dictation according to the dictates of their hearts. The Ascended Masters admonish students to test, repeatedly, the testimony of a channel and not accept any statement on faith, alone. They said to gullibly accept statements without intelligently discerning their truth or falsity, is not the Will of GOD. True messengers do not make students dependent on them. They explain the Law and guide students to look to their I AM Presence for answers.

A real master never orders nor compels a course of action a chela should follow by using superstition or fear. All cooperation with the Great White Brotherhood is voluntary.

Ascended Master Kuthumi: True and False Mediators

“Many false mediators have come. Always test their reality in this manner:

If their teaching turns the outer self to the individualized I AM Presence, that mediator comes from GOD.

If such a teacher makes the individual dependent on his or her personal identity and keeps the aspirant looking to him or her for instruction and guidance, rather than his own Divine Source, then such a one is not a true mediator. To misrepresent the truth is not the Will of GOD.’

7. *There is no interference in private affairs.*

Free will is always respected. No master interferes with an individual’s personal life as in advice on whom to marry, whom not to marry, where to live, how to earn a living.

When invited, the Master may suggest a beneficial course of action for the

chela's spiritual development. It is up to the individual to decide whether to act on the suggestion.

8. *A true messenger asks everyone to return the energy of the Masters through decrees, visualizations and songs.*

Students are asked to bring their own house in order: master bad habits, develop their four lower bodies and make the physical body a Temple of the Living GOD.

The knowledge contained in the dictations must be made available to all humanity. It cannot be withheld from anyone. It must be translated into the major languages.

9. *True messengers give credit where credit is due.*

For instance, Geraldine Innocente gave credit to the Ascended Masters David Lloyd and Guy Ballard for being sponsors during the Transmission Flame Service of The Bridge to Freedom. Whenever articles were printed in The Bridge to Freedom Journal, the name of the author was mentioned. There is no deception of any kind.

After the ascension of Geraldine Innocente, some of her dictations were copied word for word by several organizations without crediting the source. They made it appear the original message came through them. One group referred to them as 'previous teachings' without attribution.

10. *All true dictations are primarily intended to instruct students on 2 key points:*

- How to gain the ascension in this embodiment
- How to help the Earth in the required cosmic initiation, bringing it closer to the sun.

This is a valuable guide in comparing the dictations of various channels.

11. *True messengers are always in full control of their faculties at all times.*

They can stop hearing the messages at will. There is no shaking of the physical form or 'possession' that takes place when a channel is under the control of an entity. This action never happened to either Guy Ballard or Geraldine Innocente.

12. *Archangel Zadkiel: "Phenomena naturally come with spiritual development, as you go higher and higher in consciousness.*

Some Ascended Master phenomena, the Light which you see, the magnificent Violet Fire, sometimes the face of one of the great Ascended Ones, are the result of application and a means of a convincing a consciousness that is not merely curiously seeking for something new.

People who produce so-called phenomena need the prayers and application of the remaining members of the White Order on the Earth. They are literally eating into their own etheric bodies and their vital prana. Those are forces which later could be used for something much greater than floating ectoplasm and manifesting at séances in the outer physical world.

Why do these channels attract today's students by the thousands? It is because of the fascination of most of the students for phenomena and the lack of a strong desire for the truth."

13. *Knowing the karmic responsibility for any suffering a dictation causes to anyone, the true messenger does not predict the date of a cataclysm, except in the rarest*

LESSON 15: PART 2 - DISCRIMINATION

of circumstances.

It has been 12,000 years since such a prediction was made just before Poseidonis sank.

14. *Dictations from the Ascended Master realm since 1930 are clear and concise. They contain much substance, detail and hard facts.*

Dictations originating from other realms often deal in generalities, offering little concrete data. There is much talk about love, without mentioning the other six God-Virtues. Students are overly praised for just listening.

For the most part, students are not told: *self-mastery is the only mastery.*

15. *Jesus said, 'By their fruits shall you know them'.³*

After a dispensation is granted by the Karmic Board, the floodgates literally open. There are many so-called miracles and accomplishments.

FIGURE 11: Recognizing True Messengers

1	The key personality trait of a true channel is true humility.
2	The only motive of the messengers of the Great White Brotherhood is to serve the Great Ones
3	The messenger should not assume any titles
4	Authorized messengers of the brotherhood have the benefit of a special dispensation granted by the Karmic Board.
5	The messenger needs to have a high state of spiritual development and prior training by a Master. He must be prepared to give impersonal service to humanity, rather than to an individual or group.
6	There can never be any forcing. The Great Ones act as advisors or consultants. They never threaten.
7	There is no interference in private affairs.
8	A true messenger will ask everyone to return the energy of the Masters through decrees, visualizations and songs.
9	True messengers give credit where credit is due, the sources of the material
10	All true dictations are intended, to primarily instruct students on 2 key points: <ul style="list-style-type: none"> ◦ how to gain the ascension in this embodiment and ◦ how to help the Earth in the required cosmic initiation
11	True messengers are always in full control of their faculties at all times.
12	Archangel Zadkiel: Phenomena naturally come with spiritual development, as you go higher and higher in consciousness.
13	Knowing they are karmically responsible for any suffering their dictation causes to anyone, the true messenger does not predict the date of a cataclysm, except in the rarest of circumstances.
14	Dictations from the Ascended Master realm since 1930 are clear and concise. They contain much substance, detail and hard facts.
15	Jesus said, 'By their fruits shall you know them.'

SUMMARY: ACCOMPLISHMENTS OF DISPENSATIONS – 1930's AND 1950's 1930'S

- Knowledge of the I AM Presence and the Violet Flame was presented for the first time to humanity.
- During Guy Ballard's public lectures at least 20,000 healings occurred.
- William Cassiere, commonly known as 'Brother Bill', was of one of seven

messengers appointed by Saint Germain to work with Guy Ballard.

Brother Bill told us Mr. Ballard sometimes held as many as five classes a week, and there was hardly ever any class in which there was not a major miracle, like a healing. The book *The Law of Precipitation* contains descriptions of those so-called miracles. In Brother Bill's memoirs, which the AMTF has in its possession at headquarters. He talks of many more.

- The worst of the black magicians were removed from the Earth, or rendered ineffective.
- There was a grant to the effect that, at the time of the ascension, the physical body could be left behind. This makes it much easier to obtain the ascension.

1950'S

- Through use of the Transmission Flame Service, Sanat Kumara returned to his home planet of Venus.
- The Archangels addressed students for the first time.
- Violet Flame temples were established in the lower astral realm.
- A grant was given enabling all chelas who were totally committed to serving the Masters, to make the ascension at the close of their embodiment. This merciful grant applies to their family members as well, going back three generations.

BY 1953

Archangel Michael - Speaking of the accomplishments of students of The Bridge to Freedom in 1953:

- "Hundreds of thousands of elementals were permanently freed from distorted forms - those in the bodies of dwarves and gnomes and other disintegrated concepts below their natural, beautiful design.
- The appetites and desires for dope, tobacco, liquor and sexual satisfaction for pleasure, have decreased by about 18%. This means the pressure working through the weaknesses of the outer consciousness will not be so strong, and the desire to fulfill these 'wants' will not be such a compulsion.
- The forces disintegrating family life - entities of tremendous pressure, seeking to destroy unity - have had their powers sheared by half. Greater harmony and unity in family life will begin to be evident.
- Hundreds of thousands of angels, who were never in the lower atmosphere of Earth, are now permanently stationed in this realm.
- Visitors from many galaxies have offered their light to Sanat Kumara and the Hierarchy, for the duration of this cosmic push.

All this - and more - was accomplished in 12 short months, more than was accomplished in the preceding 500,000 years!"

SELECTING THE ASCENDED MASTER TEACHING

According to the Masters, the information given out in the 1930s and 1950s, if applied in our daily lives, is sufficient many times over to make the ascension. If this is so, why is there a need to look elsewhere? Why would we need channels who can only report from their limited vision and give out only partial truth? Or, to put it another way, why travel second or third class if we can travel first class?

The Masters have said we cannot pick and choose between different teachings, flitting about like butterflies. This would be like accepting one side of a dollar bill, and rejecting the other. We can't have it both ways. We cannot mix the teachings

with those of the channels of today. After all, this is your ascension we are talking about. When Jesus was addressing the multitude, he did not first consult the village psychic for advice. He taught what he had been taught in the temples of the Brotherhood.

Once inquirers have found what, to their understanding, is good, they should hold fast to it. If they wish to succeed in their endeavors, they must not mix the teachings of two different schools, even if one of them claims it is similar to the other or even that it is an aid and an expansion of the other. The Ascended Masters have said no one can reach their destination traveling in different directions at the same time, or using guides operating on a different basis.

Adhering to the truth means change; change in attitude and behavior, even change in friends and your way of life. Most students resist change. The Masters said the Goddess of Truth is not very popular with humanity. However, the Goddess of Love and Mercy is very popular. The Maha Chohan added, "Truth is one of the sweetest friends, for if you do not know the truth, how can you be set free?"

Ascended Master Hilarion: Even One Can Maintain the Anchor

"Those virtues, and their activities, and the Ascended Beings who represent them, would long since have retired from the atmosphere of Earth, were it not, sometimes, for a single lifestream, who, during an entire embodiment, kept an anchorage on Earth of their presence, through contemplation and application. In this way, such individuals kept a thin line sustained between a dark star and that realm, eternal, where Ascended Beings abide."

Ascended Master El Morya: Building a Bridge

El Morya leader of the *Spiritual Caravan*, explained the work of the masters in the 1950s as follows:

"Beloved Friends of Light and Love, we are engaged, the other Ascended Masters and myself, in the building of a Bridge - a Bridge which will endure until every man, woman and child who belongs to this evolution has passed over it from the realm of imperfection and limitation into GOD Freedom. Into and under that Bridge we are building a foundation made of strong and valiant hand chosen lifestreams, who can bear the weight and strength of the energies of humanity, when they begin to cross from shadow into sunshine, from darkness into Light, from limitation into freedom, from disease into health and perfection.

We are the engineers, endeavoring to find out the strength of the various lifestreams we have called to the task at hand. Those choosing to remain with us shall have the great privilege and honor of becoming the living foundation of this Bridge of Living Light."

The Teachings Compared

The dictations of *The Bridge to Freedom*, channeled by Geraldine Innocente, are, by far, the most detailed and comprehensive ever given on the two major points of the Ascended Master Teaching. Both the individual ascension and the ascension of the planet are thoroughly covered.

The masters said the effort through *The Bridge to Freedom* was the last effort to save humanity and the dictations were written for generations yet unborn.

The Maha Chohan: Teaching to be in Use for Years To Come

"Lord Maitreya and I spoke recently and he suggested students may have been given too much of the Law for the consciousness to digest at one time. However, we feel that, for the sake of those following after you, an entire evolution of people, those who would perhaps benefit by the instruction you may never even need to

use, we had better take advantage of the temporary contact between the Ascended Master's Realm and the human, and give as much of this Law as possible to you. We are writing an entire bible that will live and be read by millions of people, long after you have come home." (June 17, 1956, The Bulletin)

Archangel Uriel: A New Writing of the Law

"Genesis and all of the succeeding Biblical Law is being re-written. Now it is being written by God-Free Beings, not by unascended beings. It is a bible made up of the energies of the Archangels, the Cosmic Beings and the Ascended Masters. A bible that will stand for the rest of the civilizations being brought forth on this planet, Earth." May 16, 1954

This means we do not need to run from channel to channel to discover the latest truths. These Ascended Master Teachings are all the truth we will ever need.

DECREES

Decree To Remove Pride

(in accordance with Diana's prompting)

Beloved Mighty Victorious Presence of GOD, I AM !

We call on Ascended Lady Master Diana, to take complete command, control and possession of the thoughts and feelings of all who belong to the various evolutions of this planet, and

to remove, remove, remove, this instant and forever, all pride, arrogance, stubbornness and all lack of loving, willing cooperation with the Divine Plan for our Earth, as designed by its God-Parents, Helios and Vesta!

Replace, replace, replace these imperfect qualities and habits of thought and feeling, by the Elohim of Purity's immaculate concept of the Divine Plan and our own God-Desire and ability to hold to the perfection of this design!

Charge, charge, charge into our thought and feeling worlds, and those of all humanity, the cosmic feeling of God-Courtesy of our divine parents - Helios and Vesta!

Saturate the atmosphere of this planet with your feelings of loving cooperation, with the purity and perfection of life, so humanity may breathe in those qualities and out-picture all their God-Presence originally meant them to be!

We consciously accept this done *right now*.

We thank you for your loving assistance to us and for your protection at all times.
SO BE IT!

Decree To Recognize Truth

In the name and authority of my own beloved I AM Presence, I call to the Vesta (Mother of Truth of our physical Sun), Pallas Athena (Goddess of Truth), Raphael (Archangel of Truth), and Hilarion (Chohan of Truth) and to The Brotherhood at Crete...

Charge, Charge, Charge, the beautiful green Flame of Cosmic Christ Truth into the Cause And Core of every shadow of human creation!

Charge, Charge, Charge the green flame of Cosmic Christ Truth into all students under this radiation giving them the power of discrimination so much needed at this time.

LESSON 15: PART 2 - DISCRIMINATION

Beloved I AM (3x)
I now command (3x)
Do it today (3x)
Do it to stay (3x)

Decree For The Great White Brotherhood

Mighty I AM Presence, I call on Helios and Vesta, Alpha and Omega, Sanat Kumara, Lady Venus and all the suns of this galaxy,

Let the Light of a thousand Suns be available to the Great White Brotherhood to carry out the Divine Plan for the Earth as quickly as possible. (3x)

Beloved I AM (3x)
By cosmic command (3x)
Do it today (3x)
Do it to stay (3x)

LESSON 16: THE CHELA ON THE PATH

RELATIONSHIPS WITH THE ASCENDED MASTERS

Understanding the rules governing one's relationship with the Master Teacher is fundamental to reaching the goal of all life, the ascension. No one has ever gained the ascension without the assistance of an Ascended Master. There would be no hope for this planet without the help of the Great White Brotherhood. Therefore, why not reach out our hand in friendship to those to whom we owe our lives?

Criteria For Probationary Chelas

Students on the Path may generally be divided into two groups - those who accept the assistance and superior wisdom of guides, who have trod the path before, and those who do not. The Masters are not concerned with the latter, those preferring to set their own pace, proceeding more slowly around the mountain, without the assistance of the volunteers from above. The bold, grasping the hands of the Master, find attainment more quickly; although, before they stand on the summit, the arduous climb may sometimes tell on their spirits.

The word chela means 'disciple of a Master'. There are probationary chelas and accepted chelas.

The Masters have stated there may be many hundreds of students who show a passing interest in spiritual lore, or who have an intellectual appetite, whetted by anything new and different. However, there are comparatively few whose lives, and not their lips, single them out as possible probationary chelas.

A Master chooses probationary chelas according to the following criteria:

1. The heart-flame of aspirants signify their desire to become a chela.

They are among the group gathered by the Silent Watcher from a particular region of the Earth. From among these, about one-tenth are chosen as probationary chelas.

The others are put in the keeping of guardian angels and special beings. Those beings nourish and develop the spiritual desire in the heart. Bringing them to a point where it is more than the emotion of a moment or the pressure resulting from a crisis in Earth life. Events, which having passed, will no longer motivate the soul to continue the spiritual search.

Of all the applicants to become chelas, of all the hearts crying 'Why?' when facing the appearances of life, few really mean to pursue the search. However, even this momentary cry places them among the potential chelas of the future.

2. The Ascended Master looks at the potential of the person.

The master looks at the causal body, the accumulated good gathered during many embodiments. Any prospective candidate for ascension has developed a certain spiritual momentum, a predominant expression of a certain God-Quality. This virtue shows as the widest band in the causal body. It is an indication of the ray along which a student is most developed. A Master, having an affinity to this ray, then takes the responsibility of guiding and guarding the student.

3. The Master may be attracted through past association while embodied on Earth.

4. Chelas have the momentum of inner talents and qualities that can be utilized at a certain location.

5. The intense desire of students for more knowledge and to serve the Master, may

make them eligible to become chelas.

6. *Sometimes a student is bold enough to 'force' an association with a Master.*

By doing good in the name of the Master, by drawing their blessings through the lifestream by meditating upon him, and touching the his aura. Such a one draws the Master's attention by the law of magnetic attraction. An association is then born stemming from the unascended being's ambitions.

This is a more difficult association, because, like incubated flowers, anything forced requires more attention and care than that which develops through natural merit and momentums.

7. *The student shows a willingness to balance the Master's invested energy*

When a Master accepts an unascended being as a chela, he personally guarantees to Cosmic Law that the invested energy of the Master will be returned by the chela. It is returned through concentrated study, practical application of what is learned, and impersonal service.

If chelas do not balance this investment of energy, they place an additional burden on the Master. Then, it is the Master who must provide that balance through additional application and service to the Law. Hence, it is best not to court an association with the Master, unless one is committed to serve humanity and the evolution of the planet.

Motivated by a sense of pride or a mistaken notion of the Law, students sometimes spend a lifetime on metaphysical contemplations, while the Brotherhood whom they profess to love, is denied the practical assistance of presently developed talents and energies. These students fail on the 1stInitiation, *Practical Works Make Further Knowledge Available.*

Master Kuthumi: When the Student is Ready

"When the student is ready, the Master appears.

Until that hour, beware of the subtle projections from the 'many selves' seeking to glorify the ego. The natural development of your own spiritual nature releases a warm, pleasant, relaxed glow when you are under the radiation of 'your' Master. Be careful personality is not exalted. The Master mutes self and glorifies GOD."

Often students are disappointed they are not recognized when working for the Brotherhood. It may not occur to them that the moment they set foot upon the Path they are immediately placed under the care and protection of a Master of Love and Wisdom. The beautiful association with the Master begins, although outwardly the student is not always aware of this fact.

The first thing a Master does when a student is presented for care and instruction, is to look down the lifestream of the aspirant and make careful note of strengths and weaknesses and potential reactions under the pressure of circumstances. In fact, he comes to know much more about the student than the aspiring ones know about themselves.

If students have the patience to persevere, they realize this is all part of their spiritual education and they are actually abiding under the wings of love, all through this probationary period.

The probationary period of chelas lasts from several weeks to several embodiments. It depends upon the amount of karma the chela has accumulated, and the amount of discipline they are willing to accept. Some drop out under pressure of this testing period. Others endure it slowly, through many embodiments. Yet others, regardless of the pain of mind or feelings, choose to condense it and

complete the task in a short time.

Criteria For Accepted Chelas

1. *Chelas are totally committed to serving the Master, wherever and whenever possible.*

Becoming a chela is a serious commitment, not to be taken lightly. Half-hearted effort benefits neither the Master nor the student. Chelas must adopt the entire teaching; they cannot selectively accept and reject portions of the teaching. As one Master suggested, "In the privacy of your home decide once and for all whether or not you want to work with the Ascended Host."

2. *Students must work on their shortcomings so they may be of greater service.*
3. *Chelas must have the desire to help GOD by helping their fellow human beings.*

In other words, they must be willing to serve as they learn. They must examine their motive for helping, and be willing to serve *now*, in any capacity they can, regardless of the status of their present development.

The question, "How can I help *now*?" opens the gates to heaven. Help must be offered without any thoughts of remuneration or hope for personal glorification. Chelas are not discouraged when there is no opportunity to help. They are continually available for service, whenever an opportunity for service presents itself, to foster the cause of the Great Ones.

4. *Chelas must daily protect themselves from negative influences, seen and unseen.*

They must put into practice what they learn. This includes a certain amount of daily application and a certain amount of impersonal service.

5. *The chelas have applied for above average assistance and instruction. They have been found worthy to apply for the difficult disciplines required to become a Master of energy and vibration.*

The bond between an accepted chela and a Master is a very special one, a mystic parent-child relationship, more dear than an earthly bond could be. From the point of acceptance onward, every activity of the chelas reflect upon the Master, and every desire of the Master becomes the heart desire of the chelas, to employ their talents and capacities to the fulfillment of their lifestreams.

The Master accepts their consciousness into his own sphere of influence, so he may, at will, be aware of their activities, thoughts and feelings. In other words, they live in the House of the Lord, dining at His table and partaking of the hospitality of His household. The Master looks over their inner bodies and repairs them, as needed, like a mother mending her child's clothing. The Master El Morya does this for his chelas once a day.

Until passing through the glorious gates to eternal freedom, every accepted chela is constantly passing through various experiences. Through these experiences, deemed necessary by the Master, they develop and mature the vehicles the lifestream uses, until the chela becomes the master in control of energy. This relationship continues through many initiations, through the level of adept, and finally, full mastery.

When invited, the Master may suggest a beneficial course of action for the chela's spiritual development. A real master never orders nor compels a course of action a chela should follow by using superstition or fear. All cooperation with the

Great White Brotherhood is voluntary.

Attuning To An Ascended Master

How best to commune with Ascended Masters? The most efficient way of attuning with Ascended Masters is concentrating on their pictures. The picture contains the Master's energy pattern.

The second most powerful method for tuning into the consciousness of Ascended Masters is listening to music containing their keynotes. A keynote is a series of notes; these series of notes are contained in known melodies. The masters revealed certain musical compositions containing the keynotes of given masters through Geraldine Innocente, of The Bridge to Freedom.

GOD creates to music and everyone is created along a certain keynote. The Ascended Masters are no exception.

It is not sufficient to use the name of the Master to secure their fully gathered momentum. Stating the name of the Master secures only part of their momentum. To secure their fully gathered momentum, we must tune in to their consciousness. The results are then increased one thousand fold.

Chelas begin to experience true, spiritual communion by ...

- thinking of the master
- using the master's name
- looking at the master's picture
- playing the master's keynote
- sincerely asking for the thoughts and feelings of the master to flow into their own world.

Then, when chelas send forth a decree in the Name and the Nature of the Master, they have the full power of the master's momentum to use, as well as their own.

In this way, chelas can perform works and manifest expressions of GOD, which, by themselves, they cannot possibly express. For results of a permanent and lasting nature, contemplation of the master's consciousness should become the backbone of their application. In doing this, chelas begin to experience (faintly at first) how the master would handle any situation, render any service, and dissipate any appearance of distress.

The Master And The Chela

Chelas have a tendency to lean on the stronger and more experienced Master. However, chelas are expected to proceed on the path using their own power. They must not be carried by the teacher. Students learn wisdom by their mistakes.

Sincere students wisely take stock of their intellectual and spiritual assets. They also take note of their liabilities, including all human tendencies and weaknesses. The latter should be eradicated from their consciousness one by one. If they are not removed, they prove to be the greatest stumbling blocks to progress later on.

When students, in every decision they are called upon to make, listen to the 'still small voice within', they surely hear the Master speaking, advising them as to the wise and proper procedure to take.

As the travelers grow older and wiser, and more experienced on the Path, they sense the nearness of this beloved invisible mentor. Although they may not be able to discern them with fleshly eyes, they unquestionably feel the radiation and comfort of that loving presence, so selflessly interested in their welfare. They find the Master, for whom they have been searching on the outside, is in fact, 'nearer than hands and feet and closer than breathing'.¹

It is possible for chelas to live in situations where they experience the tests and trials of several embodiments while living in the same physical body. If they come under the personal direction of Saint Germain, as an active conductor of the Violet Ray, they have the marvelous privilege of taking on the experiences of several embodiments in a single one, without the necessity of discarding the physical body. During this embodiment, they find themselves in new environments, where friends and locations are constantly changing. Additional opportunity is given to overcome bad habits and to attain self-mastery.

To correct the patterns of disharmony of the past, students must be positive, determined, and proceed with confidence. People having the will and determination to change patterns of disharmony, accompanied by sufficient earnestness and tenacity of feeling, become the masters of circumstance. Do not become discouraged in your attempts to set your world in order. Just try again, knowing you will prevail and that 'One with GOD is a majority'.²

There are differences in the Masters' discipline. The Masters Serapis Bey, El Morya and Hilarion are known to be rather strict. Kuthumi, Jesus, and Mother Mary are of a more gentle nature. El Morya is known for symbolically pulling his chelas up the vertical face of the mountain. During that climb, chelas may tear their clothes and bruise their skin, but they arrive on top of the Mount of Attainment at a relatively fast pace.

Normally, masters work with students on the same ray as themselves. For example, students on the 2ndRay, would work with Kuthumi, Lanto or Lord Maitreya. They could also work with Jesus, since Jesus is a World Teacher, an activity of the 2ndRay.

The Masters share their understanding of the Law; chelas must put forth a persistent co-effort. When chelas balance the efforts of a Master through application and service, then, through this constructive use of energy, the Master grows in grace and the accumulated good increases in his causal body, as well. Therefore, the Masters love to be called. It enables them to do higher tasks in the future. If invited to do so, the Master suggests a beneficial course of action for the chela's spiritual development. The Masters explained that such a program is like a trainer encouraging a horse to jump over higher and higher hurdles, and doing so with ease and dignity.

Even though the Master does his best to teach a chela, the ultimate results are always in doubt. The Master does not know how the chela will react in certain situations due to inherent weaknesses.

When the Master notices his association is bringing tension, strain and unhappiness, the door is mercifully closed, in part or completely, so the chela may find peace in a gentler, more leisurely climb. The Master cannot, and will not, be forceful in his relationship with a chela. The effort must be voluntary.

An oft asked question: 'Why doesn't a Master ever appear before his chela?' The answer cannot be given in one sentence.

We are here in embodiment, on Earth, to gain mastery, mainly through our own effort. The actual presence of the Ascended Master, with his higher vibratory level, would be a great shock to our undeveloped, inner bodies. Moreover, in dealing with humanity, the Masters do not have an unlimited amount of energy. If the energy was unlimited, humanity's problems would have been over long ago. It requires a great deal of energy to tunnel through the psychic realm to reach the consciousness of a person and then appear an Ascended Master body.*

This energy is better utilized in situations where, for example, the master can direct a group, through the consciousness of a group leader; or, better yet, through a trained messenger and a dedicated group of co-workers, who spread the written message all over the globe.

*[See Lesson 15 Part 2: Figure 10: Realms from the Physical to the Presence]

The Maha Chohan: Selecting Chelas

"The Law of the great universe is that we must answer your call with our presence. Courtesy does not allow us to intrude, unless invited. This invitation must come from your hearts, not your lips. Such a heart-prayer rises in a constant, unbroken series of invocations, building momentum at inner levels.

May I introduce myself to you, in my capacity as Holy Comforter to the Earth and its people? I know you well, my children! At the time of your birth, it was I who breathed the first breath of life into your nostrils. I stood at the side of your mother and conferred the gift of life through the breath, ensuring your physical incarnation for a time, and when your life span finishes, I will, myself, receive the last breath into my heart. Do you not see, then, how vitally interested I am in what you do with your life and your breath? It is a gift from my presence to you!

The Seven Great Chohans, who serve under me, counsel often with me, at my retreat in Ceylon, India [now the country of Sri Lanka]. All of you, within this room, belong to one or another of these seven shining heavenly beings.

Humanity has forfeited connection with the Masters' kingdom. A bridge is now required from our octave to yours, that we might convey to you the activities of the Brotherhood.

We are real, living, breathing beings. We are engaged in activities primarily concerned with freeing humanity from the snare of the senses. Each one of us, at the moment of our ascension, renounced nirvana, offering to remain as the guardian brothers to the evolutions of earth, until every man, woman and child, and all life belonging to this evolution, is God-Free.

Our endeavors to help humanity depend on the voluntary energies released by the incarnated spirits. You are the select and favored few who could best serve the Seven Chohans. It is just as you would choose for your fellow workers the people with whom you felt affinity to your cause; people, who through trials, had proven their loyalty, their worth and their fidelity.

Each Master looked over the lifestreams of their chelas through many, many embodiments and studied how they reacted through stress, strain, and trial. Climbing straight up the side the Mount of Attainment requires endurance, balance, and sensitivity to truth. It requires the capacity to stand in the face of ridicule and knowing that Law is Law and is irrefutable. It requires knowing that he who serves the master looks for no reward other than the opportunity for greater and greater service.

The energies used by humanity pass through my body and consciousness. The Light of the Chohans passes through my consciousness. We know from experience, the beauty and love within each of the electrons flowing from your Presence into your hearts. We know, within each electron is the power of GOD Himself. We stand in constant reverence before the gift of life. It is my responsibility to see that the life of the Chohans is invested wisely. There are several reasons.

First, they are my beloved sons, daughters and fellow workers. I am their father, in a spiritual sense of the word. I know if they take their life essence and give it to you, they must stand before the Lords of Karma and prove you have used that life

for some good service; that their investment has been wisely made.

If the Chohans invest in you the energies of their lives and time, and you show no personal benefit or no impersonal service to life in return, they have to make up that energy in some cosmic service. Because of my love for you, I would not care to have the karma of lethargy fall upon your shoulders, should the visitation of love and mercy be used merely as an amusement for your consciousness, rather than a stimulus to render service in our cause.

Therefore, as each one of you stood before me with your sponsor, I examined your possible service to life. Before conferring upon the Chohan the privilege of reaching you, I made certain within myself, you loved life, and if the Chohan did give you their energy, the partnership would be beneficial to both them and yourselves. I prayed to the GOD of all life, that the closer connection between Master and chela would result in a shining pattern of light, which the Chohan would present to the Lords of Karma, in your name."

DAILY APPLICATION

<https://www.youtube.com/watch?v=xGEEemiR0-8&t=3s>

By daily application we mean decreeing, visualizing the Violet Flame, contemplation (becoming still) and studying a portion of the teaching. Since there is no true spiritual progress without daily application, it is suggested to review Lesson 5: Daily Application

Here are a few additional points on this subject.

THE NEED FOR DAILY APPLICATION

Daily application is an absolute must for every chela. We live in the psychic realm, a sea of misqualified energy. To be protected against negative energy, we need to protect ourselves daily. Every day a certain amount of our karma is released. We need to transmute this karma through daily application.

Daily application keeps us focused on the task ahead. At least 20 minutes, and preferably 30 minutes, of every day should be devoted to this subject. Without daily application, you will not progress in this teaching. Doing all the application on a certain day of the week, say on a Sunday, is not an acceptable substitute.

Chelas wanting to help humanity and accelerate their own spiritual development, add to this daily application by saying some decrees blessing all humanity. You will find these decrees in the decree book.

Through daily invocation with our I AM Presence, we re-cultivate our association with it and the Ascended Host. We are renewing an association we may not have had for over one million years.

THE PROTECTIVE PILLAR OF LIGHT

Drawing the Protective Pillar of Light around us, helps shield us from negative influences in our daily contact with others. We have all had the experience after mingling in a crowd, or going to a department store, that we came home feeling very tired. Daily application, especially in the morning, is an absolute must!

Jesus offered his luminous presence as protection and guidance. To maintain this presence in its full effectiveness, at least once in every 24 hours it needs acknowledgement.

THE EFFICACY OF DECREES

The ability of the student to visualize the decree forms much of the power in the decree. This means you cannot give the decrees so fast you cannot visualize them!

The efficacy of a decree is determined by a clearly visualized thought-form and the amount of feeling and conviction released through it. Without feeling and conviction, the decree cannot manifest. The clarity of the picture held in the mental body actually forms the pattern around which the energies of the feeling world and the worded fiat coalesce.

Give good, rhythmic, decrees and let the momentum build. To have results of a positive nature, the interest of the students must be behind the decree, and their energies must be positive and controlled.

So to materialize a decree we need:

Visualization

Feeling

Conviction

Using the words 'I AM .'

[See Lesson 5: Giving Decrees that Work]

The importance of using a decree book is based on the fact that a momentum is built up when the same decree is given by all the students on a daily basis. Think how much more quickly a need can be met, especially for world conditions!

Meditation and Contemplation

Contemplation is becoming still, and acknowledging GOD within you and in the world around you. It consists, also, of doing the daily mediations. As part of this contemplation, we send our love to the Masters, inviting them to work through us.

Kuthumi: Rest in the Silence

"There is a point where the individual, having made the necessary application to the spiritual source of all good, should rest in the silence and accept the radiation and benediction called forth.

The tendency of most sincere students is to continue making petitions, decrees, invocation, etc. throughout the entire period of contemplation. This does not allow the inner bodies to become quiet enough to accept the gifts invoked. Balance between giving one's energy to connect with higher vibrations and becoming still enough to receive the grace invoked. This is essential to spiritual advancement."

STUDYING THE DICTATIONS AND TEACHINGS OF THE MASTERS

Studying the dictations of the Ascended Masters, on a daily basis, is an absolute must. It helps keep us focused on the tasks ahead. It is better to read the constructive, helpful material given to us by the Ascended Masters, rather than to immerse ourselves in the often negative images portrayed by the public media through television, radio, newspapers, magazines, and computer based reporting. This type of media is designed to sell and reach humanity. It is usually based on a foundation of negative sensationalism, which often does not emphasize the good people do on a daily basis.

How much of the material of The Bridge to Freedom Dispensation should one study? Is it necessary to read everything, all of the 6,000 pages? Where should one start? No answer fits every situation. For example, what is your goal in life? How serious are you about your intention for gaining the ascension in this embodiment?

Were you one of those thousands of people who, before taking embodiment, promised to help Sanat Kumara implement the Divine Plan for the Earth? Do you

wish to become a member and co-worker of the Great White Brotherhood?

If you wish to become a master teacher or a person who wants to read everything the Masters have said, then by all means, you should purchase all of the publications of the "I AM" Activity, The Bridge to Freedom and the AFK Luk books.

We do not believe in duplicating information. We only publish the type of information given by the Masters themselves. We believe there is a reason the Masters gave this out in the first place. It is advantageous to the student of the Light to read the direct words of the ascended host through their actual dictations. Their words carry with them the actual radiation of the master for our added blessing.

We all know we learn through repetition. The Masters said they gave explanations of the same law in different ways because what may resonate with one person may not with another. Different approaches are used for different types of people.

What are the most important books of this teaching? Where should one start?

FOR THOSE STARTING TO READ THIS MATERIAL HERE IS A RECOMMENDED READING ORDER:

IT IS IMPORTANT TO READ FROM BOTH SETS OF BOOKS. THESE CAN BE READ CONCURRENTLY—I.E. "I AM" ACTIVITY AND THE BRIDGE TO FREEDOM MATERIAL:

"I AM" ACTIVITY:

1. **Unveiled Mysteries By Godfre Ray King**
2. **The Magic Presence By Godfre Ray King**
3. **The "I AM" Discourses Book 3 - By Saint Germain**
4. **The "I AM" Discourses Book 8 - By The Great Divine Director**

BRIDGE TO FREEDOM (which includes ADK Luk material, & Path of the Middle Way):

1. **Dictations by The Ascended Masters - Bridge to Freedom**
2. **Mother Mary's Assistance today - Bridge to Freedom**
3. **Electrons & The Elemental Kingdom - Bridge to Freedom**
4. **The Angelic Kingdom - Bridge to Freedom**
5. **Law of Life and Teachings by Divine Beings (ADK Luk)**

FOR THOSE THAT LIKE TO LISTEN HERE ARE SOME AUDIO OPTIONS:

AUDIO OPTIONS

These publications contain information not available elsewhere. The green books of the Saint Germain Foundation are excellent. The Masters put as much knowledge as they could give in the 1930s into these books. But, the green books were unavailable to the general public in the 1950s.

The Masters started again from the very beginning. They placed all the information about the Laws of Life, originally presented in the green books, into the Journals and the other Bridge to Freedom Publications. In addition, as part of The Bridge to Freedom Dispensation, the Masters gave much more information. The scope of the teaching expanded, including items such as:

- Times when the Masters' retreats are open
- Activities at the Masters' retreats
- Dictations by the Archangels and Elohim,
- The Masters' keynotes and much detail about their previous embodiments
- The Transmission Flame Service, inaugurated to keep our planet in orbit
- The requirements needed to gain the ascension in this embodiment

Master Kuthumi : Reading The Words Of The Masters

"Still your four lower bodies and raise your consciousness until it touches the aura of the Master giving the discourse. Ask that Master to give you the Ascended Master feeling, comprehension, understanding, and capacity to interpret those words into action, and to master your four lower bodies for the blessing of your fellow human beings. You are about to partake of the qualified life of some God-Being who has, in mercy and love, chosen to give you their instruction to also become free. Feel a sense of deep gratitude, reverence and love in accepting this essence. If you do this, you receive, both the word of the expression of truth and the living essence of truth, a fire to your spirit. A simple prayer, said before reading the words of the Master, could be as follows:

Beloved I AM Presence, grace me with the life and intelligence enabling me to read, see and comprehend what is required of me. I AM so grateful for life. Beloved Master _____, I ask for your feeling and your capacity to use this instruction to master my four lower bodies, for GOD's glory and humanity's comfort.

Do not read too hastily, pause sometimes to reflect. After completing the reading, make a brief invocation to your I AM Presence, and your particular Master, to nourish the seeds planted in your consciousness.

So the idea entrusted with you becomes a manifest flower of perfect expression in your world and that of your fellow human beings, you could say:

Beloved I AM Presence, pour the Light of Thy grace upon my consciousness, nourish the seeds planted by the Master."

REDEMPTION OF KARMA

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=JDYVBRV03YQ&T=4S](https://www.youtube.com/watch?v=JDYVBRV03YQ&T=4S)
SAINT GERMAIN ON THE USE OF THE VIOLET FIRE

Use of the Transmuting Violet Flame

One can readily see that, during the hundreds of previous embodiments, we have misqualified much energy. The fact that we are in embodiment today, shows we still carry with us over 50% of the misqualified energy ever allotted to us.

Almighty GOD, in His great mercy and compassion, has given us, for our use, a mighty, powerful eraser of misqualified, imperfect energy. This is the Violet Transmuting Flame.

The use of this Violet Flame is imperative. Its use is absolutely essential, if one wishes to gain the ascension. It is the only means by which all undesirable accumulation can be dissolved forever and its cause and effect annihilated. Call the Violet Flame through all our four lower bodies like a blowtorch, dissolving and consuming forever, any undesirable thing or condition.

The Violet Fire Cauldron

By Kuthumi, Dec. 25, 1955

"You might like to witness an activity taking place in the atmosphere above the Royal Teton this evening - the annual submergence of the multitude in the Lake of Violet Fire - drawn here for this purpose, as a part of the mercy of Cosmic Law.

There is a time at the end of each 12 month period, when the Violet Fire is allowed to dissolve and transmute from the lifestreams of Earth all the accumulation of discord created, during the course of that year; accumulations incurred through ignorance, without vicious intent or malice.

To accomplish that purpose, at the end of each year, the Builders of Form create what you may describe as a lake. The lake is circular, about one thousand feet in diameter, and filled with deep Violet Fire. Every soul belonging to this planet steps into that Lake of Violet Fire before the end of the year. Each one is literally 'baptized', one might say, in its purifying essence.

Watch with me for moment...

See the white robed figures of the angels of mercy, arranged in groups of seven, wearing deep bands of purple on the sleeves of their garments, standing all around the edge of this circular sea of Violet Fire. Each group is divided by a space in which there is a contrivance like a small dock, running down to the edge of the lake.

In the background, see human souls approaching, most of them in a somnambulant state and completely unconscious of their surroundings. All are drawn here in their etheric bodies by the magnetizing power of Divine Love and Mercy. As these figures step upon the dock, two of the angelic figures approach each soul. They take the soul by each side, lead it into the Violet Fire, and bathe it carefully in the flame, even the head. They very gently perform this submergence of the entire body three times.

When they are led out, each soul is given into the charge of angels of protection, who return it to the body; staying with it until there comes a certain sense of relief and release from the pressures of the past year. This baptism is not a 'one by one' performance. Many souls are submerged at the same time.

For the conscious chelas, there is, of course, the cooperation of the mental and emotional bodies. These souls enter the Sacred Fire realizing what it can do. I am telling you this tonight, so that while this activity of mercy goes on, you may bathe within this purifying fire, not once, but often. The angelic host welcome you back as often as you care to come.

In the Ascended Masters' realm there is no such thing as weariness, exhaustion or depletion in service. Every time you come for a blessing, they are happier than before. Just utilize the opportunity, beloved ones, with all the power at your command, and remember the Violet Fire is there through the Life-Energy of the Kwan Yin, Saint Germain, Archangel Zadkiel and Holy Amethyst.

Have you any idea of the energy it takes to make a mighty cauldron of flame a

thousand feet wide and a thousand feet deep? It requires an almost limitless amount of concentrated power and attention to keep the Violet Fire at such a vibratory rate. No matter what energy passes into it, it never sinks below its purifying, sublimating state. One of these great beings is in constant attendance to render that service and assistance. That, beloved ones, is the activity of submergence and of purification and spiritual baptism taking place at inner levels. The earthly baptismal rite is but a faint reflection of this.”[See same topic in Lesson 18]

ELOHIM VISTA: THE SERVICE OF THE CRYSTALLINE RAY

“The service of the crystalline ray, of Vista’s Divine Complement, Crystal, can be of inestimable value to us. As the name Crystal implies, she pours forth a crystalline substance, washing all of our four lower bodies free of discord.

My service is also concerned with healing. You will understand how the activities of harmony and music entwined into the activities of permanent healing - healing of every distress - moral, mental, emotional, etheric and physical. Such healing can come instantly, when the fully gathered cosmic momentum of myself, Crystal, Archangel Raphael, Mary, and Hilarion are invoked, to give you the full pressure and power of the momentum of healing that is ours to give.

It is as practical and usable to you as your acceptance and use of it make it.

ELOHIM CRYSTAL’S PURIFYING ESSENCE FOR KARMIC RELEASE

In cooperation with my endeavors to give assistance in healing...

My Crystal offers the full purifying essence of her Crystal Ray surging through the emotional, mental, etheric and physical consciousness, washing away, on the instant, the karma of millions of years, instead of bit by bit.

Call unto my Beloved and allow that crystalline substance to wash your lifestream, until it is as pure as it was when first you were created of GOD - Divine Beings.

Each of you is destined to be a Christos, an externalized manifestation of your own I AM Presence.

As the beautiful essence of Crystal pours through you, Accept It!

As the beautiful essence of the Consecration Flame of Lord Raphael re-consecrates your senses, Accept It!

As the personage of Mary pours to you her healing grace, Accept It!

As the strength of truth of the great Hilarion charges and charges and charges these words of truth into your feelings worlds, Accept Them!

Let me help you to fulfill your divine plan in music, harmony, and in peace.”

DIET

It goes without saying a chela may not use habit forming drugs, alcohol, and nicotine. What did the Ascended Masters say about eating meat? Saint Germain explained to students they should not eat meat.

“There is a definite reason human beings should not eat meat.

The atoms composing it are the condensation into the physical realm, of people’s own vicious thoughts and feelings of the past.”

In other words, if we eat meat, we absorb condensed, misqualified energy.

He explained further: animals were not in existence during the first two Golden Ages, they only began to appear after humanity had generated the discord following those first two periods.

People are destroying their own bodies if they insist on killing animals. The love of humanity for domestic animals is raising and purifying some of those past creations. As humanity becomes more harmonious and pure, all animals will disappear from earth.

The animal has an emotional body, and the vibration of fear recorded by it previous to, and at the moment of death, qualifies the flesh. The emotional body of the human being eating absorbs that quality. This process also causes a substance to condense into the brain, dulling the intellect and preventing the finer impulses of the I AM Presence from flowing into it.

Fear is the wide open door through which the dark forces hold control over personalities.

There are several things that leave a substance in the brain which must be cleared away if the full perfection of the I AM Presence is to be released to the individual consciousness. These are, listed in the order of their importance:

- narcotics
- alcohol
- meat
- tobacco
- excess sugar and salt
- strong coffee

It is not necessary to eat meat to obtain strength. The elephant, one of the strongest creatures on our earth, is a non-meat eating animal.

CLEANLINESS AND FOOD - REFERENCE TO GARLIC & ONION (“VOICE OF THE “I AM” MARCH 1938)

Whether it be “I AM” Group Leaders or Students, Saint Germain says: “If you desire Our Radiation and Assistance, do not eat onions, garlic, nor use alcohol nor tobacco! We cannot and will not intensify the energy within and around you when such a thing is in the atmosphere!

“Do you know that those are the things which discarnates love? Those are the things which draw them! They feed upon the essence from that which is sent forth from your body. Now at this time it is imperative that you keep your bodies very clean if you wish the Radiance that We want to give forth to do this Tremendous Work.”

GAINING MASTERY

<https://iamfree.co.za/ascension-topics>

[See Lesson 17, ‘The Seven Initiations’, for further information on how to gain mastery]

Sustaining Harmony

Nothing can be permanently sustained, anywhere in this universe, without the feeling of GOD’S gift of peace! There is a very simple exercise all can use, with efficacy, on themselves and others, an exercise bringing great blessing.

Arcturus, Elohim of Peace: Visualization Exercise

“If you feel irritability coming on, go to a quiet place for a few minutes. Be sure you are undisturbed.

- Visualize the Elohim of Peace standing above you, pouring down over you a stream of soft, golden, healing oil, the color of molten gold
- See it pouring down over the head and flowing over the entire body
- See the body absorbing that substance like a sponge absorbs water
- See it running through the nervous system,
- See it running to the tips of your fingers and toes

- Consciously accept this substance and radiation for a few minutes, until you feel its benefit

- Call your I AM Presence into action to keep it sustained and ever-expanding.

This exercise is good to use at night just before entering sleep. With a little practice, it induces the relaxation that brings sound, refreshing sleep.

One must keep the attention riveted upon this activity for at least two or three minutes at a time. During the day, if you seem tired and in need of more energy, see the stream of golden oil more sparkling, until it becomes quite dazzling. If you persist until you get the feel of it, it gives you great help.

It be well to use this exercise on others, too, when you see they need assistance. Many folks have the appearance of frayed nerves these days. Instead of a feeling of annoyance at those who find it difficult to hold the sustained peace in their worlds, let us all try to be Good Samaritans³, helping those who may not know how to help themselves.”

El Morya: The Purity and Strength of the Light

“Beloved students, greetings. As each one of you calls to me, El Morya, to enfold and charge you with my strength and purity of the Light, you will manifest peace and ease in your feeling world first. Next, it shall out-picture in your everyday affairs.

To be happy and victorious in your service to life each one of you need *both* the *purity* of the Light and the *strength* of the Light in far greater abundance than any of you have yet called forth. These two qualities are mine to bestow upon your lifestreams, without limit, as you express your desire for these qualities through your calls for them. All depression, all lack and limitation, must go when one has enough strength and purity of the Light. Please note well, this means you shall be charged with a wholly balanced activity of these two qualities, which shall act in perfect balance, through each one of your seven bodies.

Some of you may have had my strength in physical effort, but possibly lacked purity. Some may have had both strength and purity, but lacked these qualities in endurance. All lack, to a marked degree, my balanced strength and purity in the emotional and mental bodies.

If you have these Ascended Master qualities in your emotional world, you have perfect peace and harmony in your feelings at all times. If you have these Ascended Master qualities in your mental world, you release only words and thoughts of love from your Presence to another of life’s children, anywhere.

Think well on this, my dear ones, and know I stand ever ready to assist you.”

Need For Humility

When we renew our acquaintance with our I AM Presence and the Ascended Host, we should remember it will take many years before this channel of communication is cleansed of the creation of centuries of discord. This is like trying to establish a link with a distant radio station. There is a lot of static, a lot of interference. The voice of our lower bodies, whose conglomerate voice is what we call our consciousness, wants to tell us how great we are. We have to tell these voices that, from now on, your I AM Presence and nobody else is the master control.

If we do not do this, eventually we stray from our path. For example, the moment Guy Ballard explained the 'I AM Presence' to students in the 1930s, some students told the other ones, "Oh, I am listening to my 'I AM Presence' and it told me, you should do this and you should do that!"

Remember dear students, typically the 'I AM Presence' and the Ascended Host talk only to you. Whatever the message, whatever the prompting, it is meant for you and you alone. Only in the rarest of circumstances do the Ascended Host employ another person to address something you should do.

Decrees and Our I AM Presence

Through daily invocation with our I AM Presence we re-cultivate our association. We are renewing the type of association we may not have had for over one million years. Let us determine to be the outpost of our glorious I AM Presence now! The efficacy of a decree is determined by the following:

1. Your Will to Do a certain project (Determination)
 Ask your God-Presence for assistance
 Attune to your individualized God-Self, the I AM Presence
2. Visualize the desired outcome. Maintain a clear mental picture.
3. Give the decree with great feeling, desire and conviction.
4. Stick to the original plan, maintaining its purity.
5. Develop and maintain strong concentration on the original plan.
6. Give the decree at certain intervals until there is a manifestation.
7. Having achieved your manifestation, envelope it in peace.
 This assures your manifestation long life.

Other References

Lesson 5: Giving Decrees that Work

Lessons 8-14: Seven Steps to Precipitation

Remember 'The Call compels the answer'⁴, especially when that call is made in the name and authority of the I AM. This is GOD's very own most Holy Name. 'I AM' is the creative word of the Universe - used by all God-Beings everywhere for that purpose - not just on Earth!

As there is no limit to the Powers of the God-Protection that can be called forth, and no limit to the creative power as a co-creator with GOD, you have everything at hand by which to draw forth, protect and sustain your GOD Endeavors.

Saint Germain : Use Of The Words 'I AM'

"Decreeing, or invoking the power of GOD, actually clothes the ideas in the physical energies of Earth. The spoken word animates those thought and feeling forms with the actual substance of the third-dimensional plane. This provides a mighty stockpile of constructively qualified energy, used by the God-Beings to dissipate evil forms and destructively qualified energy of every kind.

When people think, feel, write or speak the words 'I AM ', they immediately

receive the attention of life within them, as well as around them. The words 'I AM' are the signal to intelligent life to create.

Jesus learned this lesson. He saw life come to attention when using the words 'I AM' silently or audibly. He saw life immediately obey the fiat or decree that followed the use of that creative statement. Jesus learned the power within the creative words 'I AM' and used that power, enjoying the buoyant, uplifting feeling of the constructive use of any statement preceded by the words 'I AM'.

Many people, all through the ages, learned of the obedience of life to the words 'I AM'. They purposely followed these words with imperfect decrees, which life proceeded to manifest. Then, humanity, accustomed to following some leader, also began to use the words 'I AM' to manifest imperfection, subsequently falling into a loose and uncontrolled use of the creative words 'I AM', not realizing their creative power. It is now the opportunity of the Great White Brotherhood to show humanity how to use the words 'I AM' by always following them with a positive and constructive statement.

When you hold your attention to your Presence and to the Ascended Host through invocation, a decree or a heartfelt desire, it is immediately filled. It is the Law of Life that a blessing asked for can never be denied.

Can you see what a powerhouse we have? Can you see how this powerhouse has distorted the energy given to us by GOD, through many, many, embodiments?

One difficulty lies in the fact that humanity tends to make any statement of power a mere repetition of words, without coupling that statement with positive feeling and conscious thought. Thus, most invocations, prayers, and attempts at resurrection and redemption are not as efficacious as they might be. Let the student truly ponder the truth that the words 'I AM' cause life to obey *instantly*, becoming what the speaker wishes to manifest. Let us now endeavor to use the creative words 'I AM' only in a constructive manner. Then, witness the power of perfection flowing through your Life-Energy, as well as that of all humanity.

Life will obey you! It always has! Every creation that lives in your world, constructive or otherwise, is the result of the obedience of life to your command, somewhere on life's way. Turn to the constructive, positive conscious use of the powers of the creative words 'I AM' and prove to yourself intelligent life obeys you and manifests according to your decree. There is no greater teacher than one's own experiences.

It is possible to give a decree silently or mentally. It is not quite as effective as the spoken word, but it definitely does help. Sometimes, during the day, at work or in the company of others, it is the only thing you can do. However, a decree must never be whispered."

One Master said: "A decree that is not even spoken, but that is charged with a positive confidence and feeling of the GOD Power Almighty, is more powerful than a loud shout where there is no confirmation in the feeling world."

THE GREAT DIVINE DIRECTOR

"I AM" DISCOURSES BOOK 8 - Page 166

"Dear Ones, please use the Terminology which We have given you. The Words, "I AM," as written in English today, have come down from the Beginning of mankind's appearance upon the Earth. In the Royal Teton—on your map, known as the Grand Teton, there are the Records of these civilizations—every one which has ever been on Earth. In every language which was used during those many civilizations— the Words, "I AM" as written in English today are there; showing Those Two Words are the Power of God.....

Words "I AM"

Law of Light Enlightener" pg 363 by Alice Schultz (A.D.K. Luk)

Many places in the Bible it says, " I AM" is God' s name.....

When one says " Ich bin" (German), Yo soy (Spanish) etc. then only the personality of that one speaking responds....

REQUIREMENT FOR DAILY CONTEMPLATION

Kuthumi: Becoming Still to Understand the Will of GOD

"The Wisdom of GOD, as taught to chelas, is to become still enough to perceive, comprehend, absorb and understand the Will of GOD *before* rushing forth into zealous service.

The wise ones, sincerely desiring to further the cause of GOD's design, learn first to humbly apply to the fount of knowledge, commune with their I AM Presence and receive its wisdom, its strength, its directions.

Then, consecrating their energies to externalizing those directions, they become of use to the Spiritual Hierarchy because their energies are one with the Will of GOD and their endeavors supplement the endeavors of every member of the Spiritual Hierarchy.

The invocation of the I AM Presence, the Elohim, the Archangels, the Ascended Masters and all powers of Light is essential to magnetize a direct current of their energies into and through the individual consciousness of the chelas."

Jesus: Daily Anchoring In GOD

"My ministry was one of action. Every day, before leaving my home, great numbers of people would gather to receive relief from all manners of discomfort and disease of mind and body. Very few came to learn the technique enabling me to alleviate their distress.

I never, never went forth to serve until I had first anchored my consciousness in the feeling and Presence of GOD. First I contemplated GOD and had firmly established His unshakable faith, that indestructible fortress of GOD's power and omnipresence. Only then, would I endeavor to convey that consciousness of GOD's goodness, through words and works, to my fellow human beings.'

Maha Chohan: Becoming Still During the Day

"The requirement of the student, is to become still often throughout the course of the day to allow the energy, directives, radiation and power of the I AM Presence, through the Holy Christ Self, to flow into and nourish the lower bodies and the outer consciousness.

The requirements of each hour seem to demand so much of the attention and

energies of the student, this period of spiritual communion and contemplation is often neglected. It is sometimes confirmed by the self-righteous feeling the service is so great there is literally no time to 'Be Still And Know That I AM GOD ⁵."

El Morya: Steps to Purify and Discipline the Lower Bodies

"Humanity's submission to the demands and appetites of the lower bodies and those bodies' almost hypnotic assurance that their demands, promptings and appetites are the urgings of the inner Presence, delays contact with the I AM Presence and the correct and unbiased recognition of its directions.

It is necessary to purify, discipline and relegate these bodies to their proper position as servants of the I AM Presence and the Holy Christ Self.

It takes time, patience, constancy, strength and understanding to:

- Still the energies of the mental body
- Quiet the surging sea of the emotional world
- Discipline the flesh body
- Refuse to allow the etheric body to conjure up failures and disillusionments of the past."

Paul the Venetian: Directing the Energies of the Lower Bodies

"The activity of truly entering contemplation and the Great Silence cannot be overemphasized. The outer consciousness must be positive and alert, not lethargic nor sleepy.

The mental, emotional, etheric and physical bodies must be trained to direct their energies toward the I AM Presence. At this time, they must be employed in the spiritual application and not be allowed to wander or occupied with various thoughts, feelings, memories or the physical lassitude that often accompanies the relaxation.

It is comparatively easy for students on the path to make invocations, decrees and visualizations that actually employ the energies of the lower bodies. However, it is difficult for students in the western world to complete their spiritual exercises by commanding the silence of these lower bodies to receive the blessings given. They either go happily to sleep, or toy with numerous, irrelevant thoughts and feelings. They come from this contemplative period little richer for their endeavors."

Serapis Bey: Need to Discipline the Lower Bodies to Receive Divine Gifts

"All Good, whether it is supply, health, illumination, faith, strength, love or purification, comes from GOD, the I AM Presence, the source of all life. Great Beings who are the messengers of GOD dispense these gifts.

However, no matter how much conscientious students call for the release of these gifts, they cannot receive the fullness of the blessings of their own I AM Presence in their own minds, bodies, worlds and affairs, until they have consciously disciplined the lower bodies and allow the spiritual essence they have invoked, to enter therein.

The outer demands upon the time, energy, attention and service of students engaged in a spiritual endeavor, form a great stumbling block to their individual progress. They must learn how to consciously quiet the energies of their own world, so new strength, faith and power may be supplied by their own I AM Presence and the Divine Beings who are so willing to assist them.

There is a tendency to rush forth to serve without the necessary period of 'refueling' at the cosmic fount. You will remember Jesus often 'went to the hills to pray'. No students can be of lasting service to the spiritual work at hand unless they understand the necessity for taking time to enter the silence and draw the necessary strength and sanctity from the source of All Good. Thus, they can then dispense, in poise, dignity and loving solicitude to their fellow human beings, the grace resulting

from communion with GOD.”

DAILY USE OF THE VIOLET FLAME

Saint Germain: Violet Flame Dissolves Our Human Creation

“The upward reaching of the outer consciousness through prayer, invocation, decree, visualization and song is only one half of the perfect spiritual exercise, which should be consciously employed by students. Accepting the energies invoked through controlled, receptive, alert vehicles completes this service. ‘Take Time To Be Holy!’⁷

The Violet Fire is a current of energy qualified to seize imperfect energy and dissolve it, so it may be charged with perfection once again. It is an activity of Love, Mercy and Compassion, dissolving the causes set up by humanity; causes whose effects would be most distressing. Unless humanity can come into this understanding, and use this Violet Fire, they will have to meet up with the previous causes bringing such suffering into the world.

It is the only means to become free from the wheel of birth and rebirth. No human being on Earth is an exception to this mighty Law. Every one of us in this world, has felt discordant feelings, spoken negative words and thought imperfect and discordant thoughts. That means so much substance and energy qualified with discord, all vibrating within the body and in the individual aura. Anyone who has ever accomplished the ascension, had to use this Violet Flame to dissolve the human creation.”

Kuthumi: Our Misuse of Energy Causes Distress and Limitation

“When people come to the realization that their own misuse of energy has caused all the distress and limitation they experience, they are then ready for the instruction of the use of the Sacred Fire of Transmutation - the Violet Flame.

Until this point is reached, each one is either rebellious against GOD and circumstances, or submissive to conditions, feeling these unhappy experiences are the ‘Will of God’. This, of course, is a fallacy, since the Will of GOD is only Good.

When a person’s consciousness is illumined to the fact they create their own distress, they can receive great assistance to dissolve the cause and core of all limitations. They will then know personal mastery over energy and vibration.”

Paul the Venetian: Personal Responsibility for Distress

“Humanity, for the most part, has been mercifully protected from knowing what it has done with GOD’s beautiful energy and their own, originally beautiful, emotional, mental, etheric and physical bodies. They have not understood that every distress, including so-called death, lies within their own past and present use of this GOD energy. When it is understood the Law of the Circle (cause and effect) is inexorable, each one then begins to desire to make things right.”

Maha Chohan: Sacred Fire Purification

“The alert individual takes full advantage of the Sacred Fire of Purification (the Violet Fire) to transmute cause, effect, record and memory of hatreds, resentments, frustrations and other discordant karmic links lying, for the most part, dormant in the etheric body. These links flare into resuscitated life and action when we once again meet other lifestreams connected with them in the past.

As certain tests are required in the physical world to determine an individual’s fitness for a certain position, so do initiations on the spiritual path determine whether a lifestream has risen above discordant reactions to conditions which might

prove a stumbling block at a later date. These initiations are constantly taking place in daily life, more especially in the experience of those who come under the direct instruction and radiation of the Ascended Masters. As most of the experiences of life are of this karmic nature, calling on The Law of Forgiveness and the use of the Violet Fire removes them from your paths.”

THE LAW OF FORGIVENESS

Through Divine Grace, we can call upon a tool to lessen the karmic debt caused by our wrongdoings. This tool is The Law of Forgiveness. It should always be given before issuing the Violet Flame decree.

Now, knowing about this Law of Divine Grace, it is not asking too much, for us, in turn, to forgive those who now trespass against us, or have trespassed against us in the past.⁸The Masters stated that through forgiving those who committed wrongs against us, we would literally leap forth in our spiritual development.

So, each day, as part of the basic decrees, we should call on The Law of Forgiveness. When accompanying the call with the actual feeling of forgiveness for your own mistakes and those of others, it works like magic. When you call upon The Law of Forgiveness for all the mistakes you have ever made, and for those of all humanity, it gives tremendous assistance to humanity and yourself.

Lord Gautama: Forgive and Balance Your Energies Toward All Life

“The Violet Transmuting Flame of love, mercy, compassion and forgiveness is the tool giving this tremendous assistance in the redemption of your energy.

It is the Violet Flame by which you can purify your own miscreations. Joyously and vigorously use it.

First, set your own world in order. Forgive and Balance your energies toward all life before you use it. Jesus said, ‘forgive us our trespasses as, (in like manner) we forgive those who trespass against us’.⁹

What you wish for others, you must give first, then you shall receive it. If you truly forgive all life, and then use this flame, you can be free in less than an hour.”

Hilarion: Forgiveness of GOD

“The Forgiveness of GOD is more than a phrase. It is a science of divine alchemy. Energy is obedient to the thought, feelings, spoken word and action of humanity. Individual auras are filled with the particularly qualified energy put there through centuries of lives.

When people call on The Law of Forgiveness and use the Violet Fire, they tap the already qualified energy of the Universal I AM Presence and the Divine Beings who have prepared that sublimating power for just such a day. Accept the power of this Violet Fire to actually transmute and raise the energies of the lower bodies (physical, etheric, mental and emotional).By constant endeavor the results prove to the outer consciousness the efficacy of this Violet Fire to transmute, in a painless and harmonious way, energy which would otherwise be most distressing.

Jesus was well acquainted with the grace of forgiveness and the Violet Fire. He often said, ‘Thy sins are forgiven thee’.¹⁰ According to the acceptance of that forgiveness, those who asked for relief from distress experienced it in the outer physical body.”

Saint Germain: Forgiveness Back to the Time of Individualization

“The knowledge of the presence of the Violet Fire, its use, and the feeling of the acceptance of its efficacy, is of the utmost importance to the earnest student.

LESSON 16: THE CHELA ON THE PATH

Mercifully, people do not remember all the various activities in which they engaged through the ages. But energy *does* remember and remains qualified by its original creator until it is consciously transmuted into perfection.

The human kingdom, the bird life, the nature kingdom are all bound by innumerable connections (karmic links) created through aeons of associations. The safest, surest way of freeing the soul from the fetters of unpleasant associations (most of which are not even known to the outer self), is to sincerely and deeply call on The Law of Forgiveness for all misqualified energy, all the way back to the time of one's individualization. Ask the Angels of the Violet Fire to assist all who truly want to forgive and then truly accept forgiveness. Thus, the Law of the Circle can be a happy experience when students create and send forth only constructive causes and subsequently reap only happy effects.

Slowly, but surely, it is dawning in the outer consciousness that the Power of Transmutation, perfecting the quality of one's own returning energy or projected energy from another lifestream, is a possibility. By practice, the outer self becomes more cognizant of the power of transmutation and the binding laws of karmic retribution and no longer restricts the aspiring lifestream.

The Great Beloved I AM Presence hastens this transmutation when called into action, thus saving the outer self even the knowledge of much of that wherein he has erred. Remember 'to err is human; but to forgive is divine!' ¹¹

If students, in their earnest desire to receive forgiveness and to experience the full efficacy of the Violet Fire of divine compassion in wiping out their own mistakes and that of all humanity, would ask to feel the intelligent consciousness of the Violet Fire itself, they would greatly accelerate the power of divine alchemy in their worlds and affairs.

The intelligence within the Violet Fire is known as Holy Amethyst. Her first activity, when called into action, is to express gratitude for the opportunity of serving life to set it free.

Now the Era of Freedom is at hand. Seize opportunity while you may! Make an earnest effort to undo all the mistakes you have ever made in thought, word and deed against every part of life, so that in times of crises you may have protection in your world. Do your best from now on to set up only those causes which bring perfection as their effect."

LESSON 17: INITIATIONS - THE SEVEN TEMPLES AND STEPS

INTRODUCTION

The subject of the ascension is discussed in detail in Lessons 17 and 18. Lesson 17 covers the initiations necessary to accomplish the ascension. Lesson 18 discusses the ascension process, in general, and includes examples of ascensions.

Did you ever say to yourself, as you looked back over your life, 'Am I glad my school days are over! I AM finally free of all those tests!' This sounds wonderful, to be sure, but that is not quite how it goes.

When our Father-Mother GOD, Helios and Vesta, drew us forth as spirit sparks from around the Great Central Sun, they said:

"We are giving you opportunity of becoming beautiful spiritual beings, just as we are. We want you to have all of the God-Attributes we have – Love, Wisdom, Power, Purity, Truth, Peace, Healing, Consecration and Concentration - so you can enlarge the borders of the Kingdom of GOD."

As we know, nothing is achieved without self-effort, and therefore, we are sent to 'school', the school of the Seven Spheres, around our physical sun. We spend as much time in each sphere as we wish, becoming more God-Like as we progress through this school.

Some individual beings decided to stay in one of the Seven Spheres to serve GOD there. Only the strongest decide to pass through all Seven Spheres and continue to a new school, the Earth. Those who continue on to Earth are on the path to becoming Godheads like our own Father-Mother GOD, Helios and Vesta. All of us are on that path. We chose it.

The interesting thing about it: there is no turning back. Ages ago we all consciously made this momentous decision. Some of us chose to go slowly, through many, many embodiments, others progressed more quickly.

WHAT IS THE ASCENSION?

<https://www.youtube.com/watch?v=Eh5TinHpnWA&t=2s>

When we have successfully completed our studies here on Earth, we return to the higher realms, never again to use Earth as a school. This is called making the ascension. Chelas started by going through the school of the Seven Spheres around the sun. After gaining experience in mastering the lower vibrations of Earth, they made the ascension by passing the tests of the God-Virtues of the Seven Rays given to them in the Ascension Temple.

THE ASCENSION TEMPLE AT LUXOR

To understand the seven initiations necessary to make the ascension, let us consider the functions of the temple at Luxor, where candidates for the ascension have trained for centuries.

Until 1938, chelas were brought to the Ascension Temple at Luxor, Egypt after showing sufficient merit, including sufficient impersonal service to life. Chelas were not even considered candidates and admitted to the first temple, unless there was reasonable assurance the knowledge gained would result in deeds of impersonal service to life. It all goes back to why we are here - to serve GOD and humanity.

The Ascension Temple is located in the physical plane in the desert near the city of Luxor, Egypt and the Nile River. It is a large, square stone building surrounded by a high wall. Within this wall is a beautiful garden containing fountains and many species of flowers and birds, brought here to perpetuate them.

The building itself is composed of tall, white columns, twelve on each side. There are seven temples, one within the other, performing the actions of the Seven Rays. In the Ascension Temple all rooms are square. The first room, or square, is colored blue, representing the 1st Ray. The next room is yellow representing the 2nd ray, and is within the first. Then, within the 2nd, is the pink room of the 3rd ray, and so on. One room is within another; one room for each of the Seven Rays. The Flame Room at the center is all white. There are no doors between the rooms, the dividing lines are formed by several columns.

The outer temple is large, and can accommodate a great number of people. Neophytes coming into the retreat know only the outermost room. They cannot see beyond into the next room. They have no idea there even is another room, another portion of the building. Once their consciousness is raised, and they are prepared to enter the vibratory action of the next section, they simply walk into the next room, between the separating columns.

The altar is in the center of the Flame Room. Shaped like a pyramid, atop it stands an Egyptian urn holding the Ascension Flame. The chelas encircle the altar at ceremonies. The 12 virtues of the Godhead are represented around the altar. The 12 zodiacal signs also represent these virtues.

The temple has a collection of valuable fine arts and a great library of rare books accessible to those admitted to the retreat. There is no instruction about the pursuits to engage in.

In the retreat at Luxor, the Brotherhood of the Ascension demand absolute obedience. They give training in controlling vibration and energy, and in the mastery of substance. The presiding master is Serapis Bey, the strictest of all the masters.

Now that we know a little about the Ascension Temple, itself, let us learn of the procedure for the neophyte, as he enters.

THE SEVEN TEMPLES OF INITIATION

The neophytes are first lodged within a small room, similar to the cell monks used at one time. They are pretty much left alone. They are provided with a simple bed, a chair and a table.

Of course, they have access to the wonderful library of books. They are expected to commune with their own I AM Presence, endeavoring to contact the God-Self and develop, within themselves, a humility before it.

In the first temple, chelas learn the reason for being. They make the great surrender. They are willing then to work upon themselves, whatever the difficulties. If they need physical endurance, certain exercises, dances, and breathing exercises are given, building strength and vitality into the body. Disciplines are offered for those needing to develop concentration, emotional tranquility and balance. Each one is their own guru - the most difficult aspect of the Luxor temple.

1st Temple: Dissolving of Rebellion

Within this first great temple, under the direction of the great El Morya and his assistants, comes the *Dissolving of Rebellion*. Rebellion, within the lifestream, is the feeling cutting off every man and woman from a state of grace, and constant communion with the God-Self.

2nd Temple: The Temple of Learning

Those few, who pass from the first temple, are taken to the second temple, known as the *Temple of Learning*.

Here, under the direction of Lanto and the brothers of his order, they are given instruction in the Law. They develop understanding of the Law of Cause and Effect, and other Divine Laws.

It is a pleasant and happy time. The good in the Causal Body is studied, and chelas are made aware of the action of the Law which states, 'When you receive more assistance than what is due you by merit, you must give a balance of service.'

From studying the Causal Body, and listening to the dictates of their hearts, chelas determine how they can give the greatest possible service to the community and humanity. They determine to become a great singer, a great artist, an inventor, a teacher, a healer, a priest, and so on. They are then assigned to a temple, where they can develop greater and greater efficacy in their chosen field.

3rd Temple: Harmonious Community*

In the third temple, you are required to live with six other lifestreams, who have within them, the particular characteristics and general qualities you find annoying. You must live and pray with them. You must live and learn the law Saint Germain gave not so long ago, that "people resist people, places, conditions and things, because they have not mastered themselves".

After you have adjusted yourself to these six individuals, you are moved to another group of six, unless, of course, you are among the few who do not need this. It is at this temple that almost all the chelas leave. This temple is supervised by Paul the Venetian, the 'Gentleman of Heaven.' Yet, to be a gentle woman or gentle man, you must be so strong, and your tolerance so developed, your love so magnificent, that nothing can change the radiation of your aura, except your will, directing it forth for a good cause.

Those who make it through the third temple to mastery, come before Serapis Bey for the first time since entering the retreat. Many, many, have left by the open door before this moment. The Ascended Lady Master Nada had a difficult time passing this initiation. Several times, during brief periods of freedom, she would dash out into the desert or to the river Nile, seeking relief.

* [This temple is not named. The assigned name is in line with the temple's disciplines.]

4th Temple: Unification with the Christ

In the fourth temple comes the wonderful experience known as *Unification with the Christ*. Serapis Bey is the presiding master for this initiation. Those who have learned to live with their fellow human beings have earned the right to live with GOD, and to see the Presence face to face. Here the veil is rent and the Holy Christ Self is revealed.

This is also a time when 'many voices' speak; a time when only discrimination, prayer, selflessness and humility can discern the *Voice of the Silence*. If possible, it is a time when the ego is inflated, and the voices speak of great things the outer self shall do. Within this temple, the outer self is shorn of all egotism, subtle and apparent, and after passing through this initiation, the lifestream is ready for consecration.

5th Temple: Festival of Consecration

In the fifth temple, the everdwindling numbers enter under the leadership of the great Hilarion. We come to the beautiful *Festival of Consecration*. It is a magnificent ceremony. It shall one day be woven into the ceremonies of the future.

The chelas are dedicated here as the priests and priestesses of the flame (the Sacred Fire). Up to this point, they are not permitted to tend the flame or officiate at the altar. They are the congregation, the supplicants, the neophytes with the shaved heads, the linen garments, bare feet, and hopeful hearts. When they enter the fifth temple, having passed through the initiation of joining the Christ Self in humility, selflessness and service. They are ready to have the *Garments of Consecration*, the vestments placed upon them - the golden sandals on their feet, the silken garments upon their bodies.

Then, the great Hilarion, the Archangel Raphael, or one of their court, performs the *Service of Consecration*. The Light is consecrated before it enters the body.

- The emotional body is consecrated and made visible to the entire assembly
- The etheric body and the *mental body* are consecrated
- The inner bodies are so blessed
- All of the senses are consecrated by the presiding priest and by Serapis Bey
- The consecration of the hands, through which flow the Flame of Healing
- The consecration of the feet, becoming the anchorage of the Sacred Fire, wherever that body moves
- The consecration of the lips, to speak the sacred words, invoking and commanding the manifestation of precipitation and healing powers
- The consecration of the energies through the eyes, enabling the lifestream to see only perfection and call it forth

They are magnificent in their robes, each one representing the ray which is the natural activity of the lifestream. The new priests and priestesses are assigned to the temple worship. Here, they serve for shorter or longer periods, some going no further than this initiation.

6th Temple: Ministering Mendicants*

In the sixth temple, chelas become *Ministering Mendicants*, leaving Luxor to test their Light in the world of form. The beautiful vestments are taken from their shoulders and folded away, as are the silken garments, the magnificent headdress, the Jewels of Light, the Scepter of Power - all are removed.

Clothed as a wandering beggar, the ministering beings, under the Devotional Ray, go into the world of form with no credentials and a vow of silence. There is no way to make even the spiritually alert and worthy know of their qualifications, except by the mendicant's own Light which, through the eye, the gesture, the radiation, and the aura, have to render the service of expanding the Light and encouraging the ascension within those they contact.

* [This temple is not named. The assigned name is in line with the temple's disciplines. Ed.]

7th Temple: Externalizing God's Will

Those who do return, and some have through the ages, bringing back the sheaves of their service while in the world of form, are ready to enter into the seventh great temple. Through the use of the Violet Fire, every atom and cell of their being becomes a *Ceremony of Externalizing GOD's Will*. They become, each one, like a window, through which the God-Life flows without impure qualification of any kind, except to expand the borders of the kingdom. Each one is like a fountain, with neither form nor self, and in this cloister they remain, until the close of their Earth span, and the ascension is assured.

Our life, today, in the physical world, is subjecting us to many of the same initiations as those just described. We can measure ourselves, our successes and our failures, without the promptings of a master. We know within the honesty of our own heart, where we need to develop more Light, and where we are already master.

In this way, each one becomes their own teacher, and passing through the Ascension Flame into the perfection of the great priest or priestess of ceremonial. At the close of the Earth life we shall have freedom!

Let us take a closer look at these initiations. All of us are facing them today in the world of form (the physical realm). Let us see exactly what they are and how well we are doing.

THE SEVEN INITIATION STEPS

THE 1ST INITIATION - TO KNOW AND DO THE WILL OF GOD

The 1st Initiation is *To Know and Do the Will of GOD*.

Well, you say, that's all very well and good, but how do we know what is the Will of GOD? The Will of GOD is to bring perfection to the Earth. We are to be walking examples of the qualities of the Seven Rays, expressing truth, peace, harmony, love, and other qualities of perfection in our lives.

The Will of GOD is becoming the best you can be, expressing GOD's attributes to your highest sense of right, letting GOD flow through you in whatever it is your task to do, to be humble in doing GOD's Will.

El Morya: The Will of God Made Manifest

"I speak to all humanity, everywhere! It is the fiat from the Heart of Creation that the *Will of GOD Shall Now Manifest* through your life, your energies, your senses.

- The WILL of GOD is Good!
- The WILL of GOD is for a free people!
- The WILL of GOD is that the axis of the Earth shall be straightened, and the extremes of climate shall be mercifully blended.
- The WILL of GOD is that everyone, shall draw forth from within, the substance and supply which is the need and requirement of everyday existence.
- The WILL of GOD is that disease, death, poverty, limitation, and unbalance of mind and body shall be no more, that impurity, viciousness and unkindness shall die, that the Earth shall take on the hues of iridescent beauty it had, when it came forth from the bodies of the Elohim.

LESSON 17: INITIATIONS - THE SEVEN TEMPLES AND STEPS

- The WILL of GOD is that there shall be no veil between humanity and GOD, and that angels, devas, and all God-Free beings shall walk and talk as freely with the evolutions of the Earth, as peoplenow talk with each other.
- It is time for the WILL of GOD to be impressed with such strength and power into the consciousness of humanity that there can no longer be any dallying in the shadows nor acceptance of limitation."

Another initiation we must pass today, as part of the 1st Initiation, is to melt away all rebellion - rebellion against limitation and rebellion against conditions. As an example, Helen Keller had to melt away rebellion in her early years at being born blind. She achieved great things in her life, in spite of her affliction. She stated, "So much has been given to me, I have no time to ponder over what has been denied."

The Law does not require submission to limitation. It requires us to be alert to use the Law as we know it, to keep ourselves harmonious, peaceful, and constructively employed throughout this process. Another example is a grandmother, raising her grandchildren through necessity, keeping harmonious, loving, kind and happy throughout this experience.

It gives tremendous assistance to each one if, before entering sleep at night, your attention is turned to *The Temple of Faith and Protection* in the Canadian Rockies in Banff, Canada. Here ask Lord Michael to cut you free from the causes and cores of your various distresses and limitations, and all that binds you. This will enable the Power of Light to more quickly enter your world and bring you the perfection your heart desires.

1st Initiation Summarized

1. To know and do the Will of GOD
2. To melt away all rebellion.

Group Decreeing

(class standing)

In the name of the Presence of GOD which I AM, and that of all humanity, we invoke your presence, Archangel Michael and your Legions of Light to ...

Cut Us Free (3x) from All human creation,
in through, and around us, or driven against us.

Cut Us Free (3x) from all imperfect habits and tendencies.
Replacing them with the Ascended Master qualities of
Purity, Harmony, and Perfection.

Give your assistance *now* to cut free *every part of life* in this city, state, country,
and throughout the whole planet from all evil tendencies.

Charge (3x) into all humanity your faith in the Goodness of GOD,
helping them make a conscious effort to fulfill their Divine Plan.

We thank you.

THE 2ND INITIATION – SERVING HUMANITY BY TEACHING THE LAWS OF LIFE

Initiation 1: Studying And Teaching The Laws Of Life

In the first step of the 2nd initiation, we, as chelas, are to serve humanity by teaching the laws of life to those who are receptive, so they, too may become masters of energy.

Those who desire to learn the Spiritual Laws of Life and become effective teachers for their fellow human beings, will receive much assistance by sending their love and heart-call to Ascended Master Kuthumi or Lord Lanto to help in this chosen line of service.

Each individual is on a specific ray. We must first look at our talents and our special gifts, and then determine how we can best serve humanity and GOD with those talents. Do we become a great teacher, artist, singer, doctor, and so on? We must decide what our strongest God-Qualities prepare us for.

Ascended Master Kuthumi: Illumination By Studying The Laws Of Life

“Everyone dips into the well of knowledge with their own cup of receptivity, and benefits by their capacity to receive. It is a spiritual communion. The teacher is one whose cup has grown through many trips to the well, and he gives of its brimming essence to those not yet able to reach the cosmic brim. Those who will not drink are never increased in worth. Blessed be those who stir the spiritual hunger, and blessed be those who feed the hungry.

Illuminating the outer consciousness, by studying the Laws of Life, brings awareness of the purpose behind all rituals, all decrees and all activity that takes place. It enables the individual, as well as the group, to happily join in the ceremonial required to magnetize the gifts of the Godhead.

Where there is no illumination, there is reluctant energy. Tasks become duty service - service performed due to fear and superstition. This shall no longer be.

In the New Age and Era, under the direction of the Ascended Master Saint Germain, the fiat of Cosmic Law is people shall know why they must purify their physical, mental, emotional and etheric bodies, and to what purpose they must remain harmonious. Then there will be loving cooperation on the part of aspiring students. Through the activity of our El Morya, in *The Bridge To Freedom*, we are endeavoring to give the ‘why’ of this endeavor to the outer consciousness of humanity.

Obedience to GOD’s Will requires discrimination upon the part of chelas. This quality is often lacking in the student. We, the Brothers and Sisters of The Golden Robe, are so willing to help anyone develop this God-Quality of spiritual discrimination and discernment within each earnest chela. Discrimination is not to be confused with logic, which is purely an activity of the lower mind. True discrimination is a God-Gift, enabling chelas to recognize truth and act upon it. Well meaning teachers upon the Earth often impose foolish disciplines upon their earnest followers. The hope in the hearts of such chelas, coupled with innumerable fears and doubts, causes them to follow such disciplines in an endeavor to find Godliness.”

Archangel Jophiel: The Power Of The Few

“Many people say: ‘When I have attained, I shall serve my Lord’. The measure of an individual is in what they do *now*. All the great things that have been done, through the ages and on all planets, have been by the *few*. We cannot measure success in numbers, for it is never the general population, but the *few* who form the hope for the fulfillment of a vision or design of merit. These are among the *few* -

- Two Beings in the heart of a sun create a planetary system
- Seven Elohim create the planets
- Seven Archangels, through whose consciousness, bodies and worlds, flow all of the energy for the seven mighty rays to nourish the spiritual natures of the human, elemental and angelic kingdoms.
- Seven Directors (Chohans) govern, control, guide, counsel and evolve ten billion lifestreams who use the planet Earth.

Many times, there were only one or two individuals who carried the Divine Plan forward.

While one man, one woman, desire the sustenance of a planet, while two strong feet are planted upon this Earth with a heart anchored into GOD's heart, the planet must survive, because ONE in the authority of the I AM, is GOD.

In the great 2nd Realm and Sphere, all beings representing the three evolutions (kingdoms) - elemental, angelic and human - are given the education required for them to become masters of energy, and in turn, become capable of carrying the instruction to those who desire it and wish to evolve further."

Initiation 2: Wisdom Of Listening And Waiting

The 2nd step of this initiation is developing the wisdom of listening and waiting, tested in patience. In other words, we learn to listen for the still, small voice.

The wiser one becomes, the more silent is the tongue, the more peaceful is the emotional world, and the less thinking is done with the brain. This is one of the most difficult steps on the path, for until you can hear the still small voice, you are running on the periphery of life. This takes much practice - listening again, and again and again. Why? Because we've lost touch with our I AM Presence, throughout hundreds of past embodiments.

Initiation 3: Reverence For Life

Ascended Master Lanto: Reverence For Life

"The 3rd test, under this ray, is developing a reverence for life. There is a great deal to say about Reverence For Life, and a great deal to think about. Life comes from GOD, and regardless of the form life functions in temporarily, it is preordained to return to GOD's estate. For ages I have taught a reverence for life. When that reverence becomes great enough, there are no cores of selfishness to stop the release of the good from the Causal Body for the blessing of all imprisoned life, everywhere.

It is easy to have reverence for one person, or a few with whom you are in association in the course of an embodiment, but the great, impersonal reverence for all life comes, as you take advantage of our teaching and our radiation.

Ages ago in China, the true law was taught with regard to Reverence for Life for both humans and plant life. None who followed that true Law even broke a flower from its stem. At that time of China's great beauty and perfection, we all knew the life coming of GOD, from GOD, even through a flower, has a divine destiny to fulfill in giving beauty to the passerby, perfume to the air, and in its season, its own divine archetype would withdraw it.

You are now coming again to an understanding that reverence for life is impersonal, covering the entire human race and *all* that lives. Learning that, you shall be the precipitating powers of Good. What a small rose can do, surely a human being can do. The rose follows its Divine Pattern and blooms in its season. Humanity

must come to a point where people revere the life within themselves. Then, in time, expand that life in love, until they too become Christ manifest wherever they may be.

This is the greatest teaching in this whole world, the greatest understanding, the greatest spiritual Law there is in this universe. Learn to reverence life. When you do that, you will not hurry. You will not be bitter or distressed. You will come into the graceful way of living, that of the Ascended Master Saint Germain."

In simply explaining the initiations of the 1st and 2nd Ray

In the 1st Initiation we make the decision to Do the Will of GOD.

In the 2nd initiation we learn to Become Still, to be able to receive the Divine Idea and direction as to how to manifest it.

2nd Initiation Summarized

1. Serving humanity by studying and teaching the Laws of Life
2. Developing the wisdom of listening and waiting, listening for the still small voice
3. Developing reverence for all life.

Decrees For Students

Beloved I AM Presence and Ascended Master Kuthumi, while my body sleeps tonight, send a messenger to escort me to you in my inner body. Instruct me fully and bathe me in the Golden Flame of Illumination. Charge my consciousness with all I need to know at this time to fulfill my Divine Plan.

See I return to my physical body with the full memory of that instruction, so it becomes a real and practical knowledge, enabling me to have greater mastery in my own world and to be of greater service to the Ascended Masters and my fellow human beings.

I accept this, manifest in my world right now and forever sustained.

Beloved I AM Presence and Ascended Master Lanto, charge me with your great quality of reverence for life and instruct me how I may precipitate All Good into my world. I AM the Precipitation and visible Presence of GOD's limitless perfection into my world and affairs right now and forever sustained.

Visualization

Visualize yourself sitting within a pillar of blazing golden light and the Golden Flame of Illumination, Wisdom and Love pouring downward from the I AM Presence, in a steady stream of prismatic Light.

See and *feel* it anchor itself within your heart as a cup.

See this cup overflow until the golden fire penetrates every cell, organ, function and part of your physical body, in through and around every atom of your being.

Feel it go through your etheric body, feel it fill your brain and mental world and radiate out into your emotional world for nine feet in every direction.

Feel: I AM the Christ sending forth the Golden Flame of Wisdom in Love blessing all

THE 3RD INITIATION: THE MAGNETIC POWER OF GOD'S PINK FLAME OF LOVE

Our 3rd Initiation, under the Pink Love Ray, is to Love GOD.

The 3rd Ray represents the magnetic power of GOD's Pink Flame of Love, the activity coalescing the Divine Ideas, and bringing them into physical form. It is the *substance* of Divine Love holding all form together. Without this Love the atoms of the physical form would fly apart.

Initiation 1: Love God, Our Fellow Human Beings And All Creation

Our test in expressing the magnetic pink ray is to Love GOD, our fellow human beings and all creation.

The Maha Chohan: Love For God

"Through the Elohim, the Archangels and the Chohans, the Beings of the 3rd Ray endeavor to lower into the consciousness and feelings a love for GOD – first to the students, then to all people. It contains within itself a mighty sense of faith in GOD's power to restore emotions, minds, bodies and memories to their perfect estate.

My service has always been to develop a love of one person for another, one race for another, one religion for another. I tell you, in my opinion, the religious aspect is the most difficult of all the tasks given to myself or any of the Chohans of the Rays. These people, according to birth, race, background, and training, are so anchored in the self-righteous acceptance of certain tenets (some partly true and others not at all), it is an almost impossible task to pry them loose.

To have a World Brotherhood requires a sincere interest in, and an intense devotion to, the entire mass of the human kingdom, the animal kingdom and the elemental kingdom. Love in the abstract is easy of accomplishment. Love of the Cosmic Beings, love of the Masters, love of the the angels, and love of the Supreme Being all seem easy because there is no pressure of a personal aura disturbing to the unmastered energies of your own world.

As you develop and broaden your outlook, many will come. You will have Muslims, Hindus, Buddhists, Jews, Christians - all of them possessing their own ideas of Deity. They all firmly cling to what has been, not letting go until they have come to have faith in you, your works, and your example. They see, through these, you have a better way of life.

To you, my friends, I commend the task of drawing tolerance into your feelings, into your minds, your etheric garments, your flesh, your gestures, spoken words and actions. Draw in such tolerance until all people can say that in the students of Saint Germain, they have found a warmth, a welcome, and an understanding encouraging them to come into the radiation of his activity. An activity where they, too, may set their souls free from bondage and fulfill their Divine Plan in peace and harmony."

Initiation 2: Tolerance And Harmony

Tolerance and harmony are part of the 3rd Ray and are the 2nd Initiation under this ray. In changing the outer world's appearances into the Divine Plan, whether it is of a person, locality, or a nation, the more that can be accomplished through these qualities of tact and diplomacy, rather than through a bombastic shattering of the existent form, the better for all concerned.

The Great importance of Self-control and Self-correction

Excerpt from "I AM" DISCOURSES Vol. 3 By Beloved Saint Germain
"I AM" DISCOURSE VIII Page 88

“That which everyone seeks is happiness, sometimes called bliss, and yet many who have sought so earnestly have unknowingly continued to pass by the key to this happiness. The simple key to Perfect Happiness and its inherent sustaining power is Self-control and Self-correction. This is so easy to accomplish when one has learned he is the "I AM Presence" and Intelligence controlling and commanding all things.

Surrounding each individual is a thought-world created by him or her. Within this thought-world is the seed, the "Divine Presence," the "I AM," which is the only acting Presence there is in the Universe, and which directs all energy. This energy can be intensified beyond any limit through the conscious activity of the individual. The "Divine Presence" within is likened unto the pit or seed of a peach; the thought-world around it unto the pulp of the peach. The pulp represents not only the thought-world created by the individual, but also the Universal Electronic Substance, ever present, waiting to be acted upon by the conscious determination of the individual—to be precipitated into his visible use as the form of whatsoever he may desire. The sure pathway to the understanding and use of this conscious power comes through Self-control.

What do I mean by Self-control? First, the recognition of the "I AM Intelligence" as the only Acting Presence. Second, that knowing this, we know there is no limit to the power of Its use. Third, that individuals, having been given free will and choice, do create in the world about them whatsoever their thought, through their attention, is held firmly upon. The time has arrived when all must understand that thought and feeling are the only and Mightiest

Creative Power in Life or in the Universe. Thus the only way to the definite use of the full power of one's thought and feeling, which is God in Action, is through Self-control—Self-correction—by which one may quickly reach the attainment, the understanding whereby he may direct and use this Creative Thought-power without any limit whatsoever.

When sufficient Self-control is attained, it enables individuals to hold the thought steady upon a given desire, likened unto the flame of an acetylene torch held immovable. Thus thought and feeling held upon a given desire unwaveringly, with the consciousness that it is the "I AM Presence and Intelligence" thinking—that it is God in Action—then will they understand that they may bring into visibility, precipitate into visibility, whatsoever they desire.”

Experiment With The Pink Flame.

Blaze it through every cell and organ of your physical body.

Visualize this activity as you blaze it through your brain and mind structure, saturate your feelings with it and see how it becomes a magnet drawing people and things into your world for its blessing.

Visualize it bringing comfort and peace to all life, everywhere, especially to the birds and four-footed creatures, as well as to the human evolution, and see how wonderful is the activity of this Pink Flame.

Use it to bless *everything* you contact: machinery and mechanical contrivances, and anything and everything that does not seem to yield the harmony and perfection you desire. It acts like 'oil on the troubled waters',¹ in harmonizing and bringing

perfection where imperfection seems to be manifesting.

Call to the Great Beings serving on that ray, to give you the added pressure of their love. Watch the perfection you draw into your world; for this Pink Flame of Adoration is without parallel.

Initiation 3: Express Gratitude

Our 3rd Initiation under the Pink Love Ray, is learning to express *Gratitude*. One of the quickest ways to release the God-Powers locked within each heart is by a deep, sincere and profound feeling of gratitude for life and the many, many blessings you now enjoy. You will be surprised to find how very rich you are if you take the time to enumerate all the good now in your world. Gratitude causes the thing for which you are grateful to expand and double its blessings to you. Where there was only one blessing, your gratitude makes two!

Gratitude is really a stream of energy going forth from you with a blessing.

Since all life desires to be loved, your gratitude causes more and more of the intelligence in all life to rush to you, to be blessed by your gratitude and be temporarily relieved from the pressure of discord, they have been under.

Lack of gratitude for the good now experienced, has prevented many a door from opening for earnest students. It has prevented the releasing of the abundance of good they desired and expected. *There is no substitute for Gratitude and Love.*

3rd Initiation Summarized

1. To love GOD with all our heart, knowing that through Him, all things are possible
2. To love and understand our fellow human beings, showing tolerance, harmony and respect
3. To express gratitude for life and all its blessings.

Decrees For Students

Beloved Presence of GOD, I AM, Ascended Master Lady Nada, Archangels Chamuel and Charity, Elohim Orion and Angelica, Goddess of Liberty, and All who are connected with the Pink Flame of GOD's Divine Love:

Angels Of Pink Flame come, come, come and blaze, blaze, blaze the Pink Flame of Love and Adoration in, through and around every part of my being and world, and every person, place, condition and thing, including the elemental kingdom, the kingdom of nature, birds and four-footed creatures, and every living thing in this country, and in the whole world. Hold this sustained until All Life on our Earth thinks, feels, and manifests GOD's love, peace and perfection.

Beloved I AM ! (3x)

By Christ Command! (3x)

By the Ascended Masters' Power! (3x)

Hold it sustained and double it each hour (3x)

In GOD's Most Holy Name, I AM !

THE 4TH INITIATION: PURIFYING AND HARMONIZING OURSELVES

All training by the Ascended Masters is for one purpose only - to help aspiring students to so purify and harmonize themselves, that they may quickly gain the ascension and become the I AM Presence, thus fulfilling their reason for being.

Initiation 1: Learning To Purify And Harmonize Ourselves

Hilarion : Gossip, Criticism, Condemnation, Judgement

"Gossip starts whirls of emotion in the lifestreams of many, and soon you have an inner conflagration. What you plant in the mind of another, what grows there as a result, is your karma.

Any word passing from your lips that pollutes the consciousness of another is a sin, even if it is based on so-called fact. This is so regardless of whether spoken in innuendo or outright accusation. This is so because you thus add to the shadows of the world. Whatever imperfection you see in another with your eyes, or hear with your ears, and then pass on to someone else, makes You responsible to the great Cosmic Law. You will have to pay for it in some way.

Criticism, condemnation and judgement are also closely related. The silent criticism of seeing discrepancies and faults in others, disturbs the feelings of your own emotional body and sets up causes of discord, reacting in physical problems. But, the spoken criticism sets the emotional bodies of others into the same vibratory action. Its unhappy effects are without limit.

The effects of the really vicious emotions of jealousy, hate, anger, and malice are self-evident, aspiring students should avoid these at all times.'

Claire, Elohim Of Purity: Impurity In The Lower Bodies

"The only discomfort in the world comes from the lack of the Substance of Purity in one or more of the four lower bodies. Misqualified energy changes the ratio of the speed of the electrons forming the atom, causing pain, limitation, and distress. As soon as we purify the cells of our four lower bodies, they fill with Light and throw off the discordant substances and restore harmony to our bodies."

Archangel Gabriel : Religion And The Resurrection Flame

"Mastery is the preordained destiny of every man, woman and child belonging to this evolution, as well as those who are the avowed guardians of it.

Religion is not a matter of ceremony alone.

Religion is a matter of daily, hourly living.

Religion is a matter of plain, ordinary common sense.

Religion is a matter of discipline, self-control and contemplation,

Religion is the development of love and gratitude to life, itself,

and for GOD who has given that life and sustained you for millions of years.

Today, with all the power of my own heart:

I charge into your mental body,

I charge into your emotional body,

I charge into your etheric body,

I charge into your physical body

the glorious power of the Resurrection Flame, to reverse the currents tying the energies of your bodies into the lower octaves and forming the magnetic pull binding you to the Earth. *You shall be free.*

I AM Gabriel speaking into your hearts. Remember Me.

Call forth that Flame of the Resurrection.

Let that which seems 'dead' within you, live!

The Light of GOD

The Youth of GOD

The Sight of GOD

The Hearing of GOD

The Beauty of GOD

The Love of GOD

The all encompassing Nature of GOD is alive within you!

There is an ember within your hearts, else you would not have physical forms. There is a spark wherein is the All-Power of the Almighty. I breathe upon it with the Flame of my Spirit.

Come forth now, you that sleep! Stand revealed in mastery and be GOD Free!"

Astrea, Elohim Of Purity: Help In Removing The Causes And Cores Of Impurities

"You will remember I have offered to remove the causes and cores of all known and unknown impurities in the lifestreams belonging to this Earth, and those who voluntarily come here, back unto the beginning of time. Demand the fulfillment of that vow from Me.

You are sufficiently acquainted with the Spiritual Law to know we are only permitted by Law to render a certain amount of service of our own volition. The balance must come from requests made upon the law for assistance.

I stand ready, always, to use the circle and Sword of Blue Flame to cut away the imperfection upon this planet. The Legions of Purity at the command of the Beings on the 4th Ray are limitless and can go into action on the instant. The request for this service must be made from unascended humanity."

Throughout the many embodiments, we have set many causes into action of a discordant nature. Much can be done, for ourselves, with the help of the Ascended Host.

Claire, Elohim Of Purity: Call On The Law Of Forgiveness

"I ask you to call upon The Law of Forgiveness for your own misuse of life, all through the ages, and to accept my gift of purity in its place. Thus, you may see, know, and become the perfect expression of your own individualized I AM Presence - a Holy Grail - receiving into your outer mind the Divine Ideas from the Presence. Divine Ideas that through your purified centers of thought, feeling and the spoken word, you can externalize, for your own blessing, and the benefaction of your fellow human beings."

Initiation 2: Holding The Immaculate Concept For Humanity

For students, it is important they see only perfection, regardless of what the senses tell us. The Immaculate Concept, so little understood in the outer world, is the activity of holding the *Divine Pattern* in the thoughts and feelings. The Immaculate Concept is the Divine Blueprint for yourself, each other, and every part of life you contact. There is a glorious and beautiful Divine Pattern for every expression of life. When *that* is held in the consciousness, rather than the temporary outer appearance clothing a particular form, it assists in bringing into outer manifestation the expression of the blessing with which GOD endowed it in the beginning.

This is what Mother Mary did for the Master Jesus. She held fast to the Divine Image of a GOD-Man for him, from before his birth, until after the victory of his

ascension.

The Immaculate Concept is magnifying the good everywhere your attention rests. It minimizes the appearances of imperfection and helps bring more Light to the Earth, rather than increasing the shadows. Let us learn to see something of good everywhere. Try to see ourselves, and everyone we contact, as the God-Being each one really is.

Holding to the Immaculate Concept all day and being the 'caretaker' at the door of thought and feeling is a formidable task. Jesus said, if he for one instant had admitted to the concept of a mortal, sinning, imperfect man, he would not have had been able to heal the sick.

If you wish to become an Ascended Being, act as one now. The kingdom of GOD is not located at some far off place. The kingdom of GOD can manifest on Earth here and now. Use the Immaculate Concept and see the results.

Initiation 3: Ridding Ourselves Of Egotism

We must rid ourselves of the habit of listening to the voices speaking of the great things the self shall do. Any semblance of ego closes the door. Mother Mary admonishes students, 'Be humble in your knowledge.' Representatives of the Ascended Masters are measured by the humility they express.

4th Initiation Summarized

1. Purifying the lower bodies; avoiding gossip, criticism, condemnation, judgement
2. Hold the Immaculate Concept for Humanity
3. Ridding the self of all egotism, apparent and subtle

Decrees For Students

To help us achieve Purity within, let us all share in the blessing of the decree from Claire, Elohim of Purity:

"In the name and by the power of Almighty GOD, I now decree for continuous and permanent expansion of the Flame of PURITY in every cell of your bodies.

I command this to remove the effluvia and transmute into Light every rate of vibration that is an impurity and causes human limitation.

I command this done NOW by the most powerful cosmic action of the Blue Lightning of Cosmic Christ PURITY from my heart.

I decree that the purity within the heart of every one of your electrons shall now *Expand, Expand, Expand*, until the appearances of limitation can no longer imprison your life in discord, and thus shall the shadows cease to be!"

I AM, I AM, I AM The Law of Forgiveness for myself and all humanity for all mistakes, misqualified energy, human consciousness and for straying from the Light.
(7x)

Mighty I AM Presence and mighty Astrea, Elohim of Purity, lock your Cosmic Circle and Sword of Blue Flame in, through and around me. Close in upon all human creation, annihilate, annihilate, annihilate, dissolve and transmute, transmute, transmute it all causes, cores, effects, record and memory. (3x)

THE 5TH INITIATION: CONCENTRATION, CONSECRATION, HEALING AND TRUTH

Vista, Elohim Of Consecration And Concentration

"I AM Vista, known to you for many years as the Elohim Cyclopea, the All-Seeing Eye of the Eternal GOD. I am the Elohim of Concentration and Consecration. I am the Elohim of Music, among many other diversified activities.

Nothing can be accomplished on Earth, even in the mundane activities of your daily living, without concentration. Concentration is required from the smallest task of learning a recipe for your kitchen, to the greatest dexterity of technique producing lovely music, to the greatest developments of science, to the magnificent perfection of the educator, preacher and statesman.

Without concentration, there is only mediocrity and only the bare surface is scratched. Those determined to rise above the general population, take one facet of living and masterfully develop it. They decide within themselves, to excel along at least one line of expression. According to their concentration is their mastery and efficiency.

In building the planet Earth, if we had refused to concentrate upon the task until the planet finally began to revolve upon its axis, what would have been the result? There would not have been a planet Earth.

It is the Law, actual scientific Law, what you begin can be accomplished, when it is in agreement with GOD's Plan to bring forth perfection. Whether it is financial freedom healing, precipitation or the restoration of a limb eternal youth, it can be done. The perseverance, an important part of my ray, and the qualification of the energy with my life, is required to produce these results.

The greatest obstacles encountered to successful precipitation are discouragement and doubt. I have seen men and women on the verge of great financial mastery, stop working on their project within an hour of receiving their financial freedom. This is also true in healing.

I implore you:

Decide on some pattern and plan of manifestation and
Follow It Through. Follow It Through. Follow It Through!
Concentrate on your design until you have brought it into fulfillment.

Concentration and Consecration are almost one and the same. Whatever you do that amounts to anything, requires the consecration of your life. It is the consecration of all your energies to the manifestation of something that gives you mastery over this world of form. Do not feel the desire for mastery over financial lack or mastery over appearances of physical distress is selfish. The fullygathered momentum of your mastery becomes your gift to the consciousness of the race at large.

My service is also concerned with healing. You will understand how the activities of harmony and music are entwined with the activities of permanent healing – healing of every distress – moral, mental, emotional, etheric and physical. Such healing can come, instantly, when the fullygathered cosmic momentum of myself, Elohim Crystal, Archangel Raphael, Ascended Master Mary and Ascended Master Hilarion are invoked, to give you the full pressure and power of the momentum of healing that is ours to give.

It is as practical and usable to you as your acceptance and use make it. In cooperation with my endeavors to give assistance in healing, my Crystal offers the full, purifying essence of her Crystal Ray, surging through the emotional, mental, etheric and physical consciousness, washing away on an instant, the karma of

millions of years. Call unto my beloved and allow that crystalline substance to wash your lifestream, until it is as pure as it was when first you were created of GOD - Divine Beings.

Each of you is destined to become a Christ, an externalized manifestation of your own I AM Presence.

Elohim Crystal's Purifying Essence For Karmic Release

As the beautiful essence of the Crystal pours through you:

Accept It. As the beautiful essence of the Consecration Flame of Lord Raphael re-consecrates your senses

Accept It. As the personage of the Mary pours to you her healing grace

Accept It. As the strength of truth of the great Hilarion charges and charges and charges these words of truth into your feeling worlds

Accept Them. Let me help you to fulfill your Divine Plan in music, harmony, and in peace.'

5th Initiation Summarized

1. Developing the qualities of concentration and dedication in the activities of daily living
2. Calling on the healing Masters - Mother Mary, Raphael, Jesus, Hilarion, the Elohim Vista, and his twin flame, Crystal, to bring healing where it is needed, for ourselves and others
3. Searching in life for the highest truth

Decrees For Students

Beloved I AM Presence and Elohim Vista and Crystal;
Blaze, blaze, blaze your Crystalline Flame of PURITY and the Green Flame of Truth through my feelings, my mind, my memories, and my physical form, and hold them sustained, until my four lower vehicles are washed free of all human creation, now and forever!

I AM Hilarion's Flame of Truth! I AM its full release!
I AM Hilarion's Flame of Truth! I AM its Cosmic Peace!
I AM Hilarion's Flame of Truth! I AM its Cosmic Power!
I AM Hilarion's Flame of Truth!
And he doubles that Truth through me each hour!
(3x)

Use also for:
I AM Raphael's Flame of Consecration!
I AM Vista's Flame of Concentration!

THE 6TH INITIATION - DEVOTIONAL WORSHIP, MINISTRATION AND PEACE

Initiation 1: Radiating An Aura Of Peace And Harmony

The first step on the 6th initiation is developing and sustaining an aura of peace and harmony.

If you do not have peace within yourselves you cannot minister to others and teach them about the Light. If you do not first have peace, you cannot obtain or give a healing.

Peace precedes all permanent healing. It is a conductor of healing rays. When people are in a state of turmoil, their aura repels the healing they desire. When they are at peace, their aura accepts the healing ray. If Jesus did not have such great peace he could not have walked on the water.

There can be no manifestation without peace. Peace is one of the necessary steps to precipitation. As masters in training, we must pass this initiation.

Archangel Uriel: The Peace Of God Be Unto You

"I say to you:

In the name of the One Mighty GOD, peace be unto you.

Peace be unto your striving consciousness, your restless minds, your weary bodies – the peace of GOD that does surpass the understanding of the outer mind. Let peace now enter into every cell and fiber of your being. Relax in the knowledge you are immersed in the Presence of the Almighty.

You truly live, move, and have your being within the living, breathing, intelligent body of the Universal GOD. No matter how far you may stray in thought, you can never leave the safety of His bosom. All that is required of you is awakening to your Presence within that safe, secure and loving heart."

Initiation 2: Impersonal Service To Expand The Light

In the 6th temple, at Luxor, the mendicants test their Light in the world. With no credentials, and a vow of silence, they leave the temple, and go forth on a mission to expand the Light and to encourage the ascension in those they contact.

For us, it is the same. We must go forth to work for the Brotherhood and humanity, teaching the Laws of Life, with no thought of remuneration for ourselves. We learn as we serve, in an unselfish manner. How do we do this? Here is a list of what may be done:

- On a one-to-one basis, Become a teacher of the Light
- As a group member, contribute energy through songs, decrees and visualizations
- Participate in the Transmission Flame Service
- Become a group director or sanctuary director
- Distribute literature containing the teachings of the Ascended Masters to those who are interested*
- Use the Violet Flame to help all people. By blazing the Violet Flame through yourself and all people, you become a purer vessel. You erase some of humanity's karma.

*[When distributing literature, it is most important to visualize the Illumination Flame over the student who receives it. One can call on Archangel Jophiel and Ascended Master Kuthumi to blaze this flame through the student receiving the literature.]

One thing we must remember is that Ascended Master students are scattered all over the globe as points of Light. Do not become discouraged if there are only a few of you in your area. It is the individual and group consciousness that counts; the

number of students is of secondary importance.

The Elohim of Peace, Tranquility, together with his Divine Complement, Pacifica, answer every call and enfold each one in the actual substance, radiation, and power of their God-Gift of Peace, blessing the family, the community, the nations and the world. Peace is an essential quality each one must one day draw into our own world and hold, so nothing within or without can ever disturb it; *that* is mastery.

There must be harmony to establish a permanent Golden Age on Earth. Let us contribute to this need for harmony. What people think, feel and say, create around them an aura of peace and harmony or one of discord.

Let your soul sing, as you move about, even in the most mundane activities of daily living – as you scrub the floor, pull weeds, clean the garage. In the Light, there is no high or low position, only the Eternal Now. Pour forth your song of harmonious feeling, as the Sun pours forth its rays.

6th Initiation Summarized

1. Radiating an aura of peace and harmony at all times
2. Working for the Brotherhood and humanity to expand the Light, with no thought of remuneration.

Decrees For Students

I AM the Peace of Elohim Tranquility! I AM its full release!
I AM the Peace of Elohim Tranquility! I AM his Cosmic Peace!
I AM the Peace of Elohim Tranquility! I AM his Cosmic Power!
I AM the Peace of Elohim Tranquility!
And he Doubles That Peace through me each hour!

Give this decree also for:

I AM the Peace of Archangel Uriel!
I AM the Victory of the Ascended Jesus Christ!

THE 7TH INITIATION: TRANSMUTATION - REMOVING LIMITATIONS AND DISTRESS

The 7th Ray is our key to transmutation - removing limitations and distress by use of the Violet Fire.

The Lord Maha Chohan: The Sacred Fire Of Purification

“The alert individual takes full advantage of the Sacred Fire of Purification (the Violet Fire) to transmute cause, effect, record and memory of hatreds, resentments, frustrations and other discordant karmic links lying, for the most part, dormant in the etheric body. These links flare into resuscitated life and action when we once again meet other lifestreams connected with them in the past.

As certain tests are required in the physical world to determine an individual's fitness for a certain position, so do initiations on the spiritual path determine whether a lifestream has risen above discordant reactions to conditions which might prove a stumbling block at a later date. These initiations are constantly taking place in daily life, more especially in the experience of those who come under the direct instruction and radiation of the Ascended Masters. As most of the experiences of life are of this karmic nature, calling on The Law of Forgiveness and the use of the

Violet Fire removes them from your paths.

You are in training to become Ascended Masters. Freedom comes when you consciously master circumstances and regulate any set of circumstances by the flame within your heart. There is no other permanent freedom.

Dear Students, build your rhythmic momentum daily in the use of this Sacred Fire, so you may see and feel the results in your own world. You will then have the happiness and satisfaction of knowing you are doing your part in the redemption of the Earth and helping to make Freedom's Holy Star manifest now."

Master Saint Germain: Limitless Power Of Your I Am Presence

"We are at the beginning of a New Age. Through the courtesy and kindness of life I am the Chohan. I will assist you in the religious service which will manifest in the worship of the next 2,000 year period. This is the activity of the *Violet Ray*, the Activity of Ordered Service and Ritual.

This is the activity where humans, angels and elementals will again be drawn together in conscious cooperation. Together walking hand-in-hand along the path of evolution. Serving together and building the kingdom of heaven on Earth. Together worshipping in ceremonies such as your mind cannot yet conceive.

There are no limits to the powers of your I AM Presence, beloved ones. Become acquainted with that glorious Presence. Become acquainted with its omnipotent power and willingness to act in and through you at all times.

As an individual you could not possibly attempt to rehabilitate the entire human race. Your I AM Presence can. Your I AM Presence is not limited in any way. Your Presence is all-knowing. It is capable of instantly directing from Itself a billion rays of blazing Light into any condition, place or person requiring assistance.

I thank you for giving yourselves so freely and so completely to the cause of freedom, for investing your energies in that freedom through the centuries and not only in this embodiment. You have rallied around that banner of freedom in almost every era and every age in which you have lived. Now, as we enter the door of a New Day, I shall remember those of you who have stood by me. You shall be part of the spiritual court that lives forever.'

7th Initiation Summarized

1. Purify ourselves through Violet Fire, to become a purer vessel to do GOD's Will
2. Participate in the ritual of worship of the New Age

Decrees For Students

Violet Fire Affirmation

My world is a world of Violet Fire!
My world is the God-World I desire!
My body's a pillar of Violet Fire!
I AM a being of Violet Fire!
I AM the purity GOD desires!
I AM the perfection that GOD desires!
Our Earth is a planet of Violet Fire!
Our Earth is all that GOD desires!
Our Earth is a planet of Violet Fire!
Our Earth is all that GOD desires.

In the Name, Power and Authority of the I AM Presence.

We Move Forward - Into Light!

We Move Forward – Blazing Bright!

We Move Forward - In Morya's Name!

We Move Forward - With the Great Blue Flame!

We Move Forward – Protected and FREE!

We Move Forward - Constantly!

We Move Forward - With Saint Germain!

We Move Forward - With the Violet Flame!

We Move Forward - In Freedom's Holy Light!

We Move Forward - With Chamuel!

We Move Forward - In Harmony!

We Move Forward - In Victory's Name!

We Move Forward - By the Three-fold Flame!

We Move Forward - By the Great COMMAND!

We Move Forward - With our Great 'I AM !'

We So Decree It And Accept It Done!

In GOD's Most Holy Name - 'I AM !'

Conclusion

In conclusion, remembering what Archangel Gabriel has taught us:

“Mastery is the preordained destiny of every man, woman and child belonging to this evolution.”

The task before us is challenging and demanding, at times, it can even become discouraging; that is when earnest chelas push on, even harder. We have come through many embodiments to this point in our development. We are candidates in training. With sufficient commitment and determination, the ascension is ours to claim.

As Elohim Vista said: “It is the Law - actual, scientific Law, what you begin can be accomplished, when it is in agreement with GOD's plan to bring perfection to the Earth.”

THE ASCENSION IS OURS!

LESSON 17: INITIATIONS - THE SEVEN TEMPLES AND STEPS

FIGURE 12: The 7 Temples of Initiation and Qualities in each Initiation

Ray	Temple	Temple Director	Summary of Initiation Qualities
1 st	Dissolving of Rebellion & God's Will	El Morya	<ul style="list-style-type: none"> - Knowing and Doing The Will Of God - Melting away all rebellion against limitation and conditions
2 nd	Learning	Dwal Kul	<ul style="list-style-type: none"> - Serving humanity by studying and teaching the Laws of Life - Developing the wisdom of listening and waiting, listening for the still small - Developing reverence for all life
3 rd	Harmonious Community*	Lady Rowena	<ul style="list-style-type: none"> - Loving GOD with all our heart, knowing that through Him, all things are possible - Loving and understanding our fellow humans beings, showing tolerance, harmony and respect - Expressing gratitude for life and all its blessings.
4 th	Unification with the Christ	Serapis Bey	<ul style="list-style-type: none"> - Purifying the four lower bodies and speech - mind and body - Holding the immaculate concept of man; seeing humans as GOD created them, in His image and likeness - Ridding the self of all egotism, apparent and subtle
5 th	Festival of Consecration	Hilarion	<ul style="list-style-type: none"> - Developing concentration and dedication in the activities of daily living - Calling on the healing Masters Jesus, Hilarion and Mother Mary; Archangel Raphael, Vista and Crystal, Elohim of Purity; to bring healing for ourselves and others - Searching life for the highest truth
6 th	Ministering Mendicants*	John The Beloved, Lord Cusco & Lord Suraya	<ul style="list-style-type: none"> - Radiating an aura of peace and harmony at all times - Working for the Brotherhood and humanity to expand the Light, with no thought of remuneration.
7 th	Transmutation, Forgiveness & Freedom	Saint Germain	<ul style="list-style-type: none"> - Purifying ourselves through Violet Fire, becoming a purer vessel to do GOD's Will - Participating in the ritual of worship of the New Age

* Temple is not named in the teachings. Based on the practices, this seemed an appropriate name [Ed.]

LESSON 18: THE ASCENSION PROCESS

[HTTPS://IAMFREE.CO.ZA/ASCENSION-TOPICS-1](https://iamfree.co.za/ascension-topics-1)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=EH5TINHPNWA&T=323S](https://www.youtube.com/watch?v=EH5TINHPNWA&T=323S)

GAINING THE ASCENSION

For one interested in pursuing the subject of the ascension, the following questions come to mind:

1. What is the ascension?
2. Do I have a choice in the matter?
3. What are the requirements to make the ascension?
4. Can I achieve the ascension in this embodiment?
5. Are there examples of those who have already ascended?

THE ASCENSION PROCESS

Many thousands of years ago, humanity consciously made the choice to embody on this planet. As you recall from previous lessons, the purpose of embodiment is to expand GOD's kingdom on a sphere of lower vibration, thereby becoming the master of energy. We learned this is a necessary part of our spiritual unfoldment. In preparation for this task, we passed through a school called 'The Seven Spheres'.

[See Lesson 3: Journey through the Seven Spheres]

Only one in twelve individual lifestreams embodied on Earth. The remainder either did not choose embodiment, or chose to remain in one of the Seven Spheres to serve GOD there. The Plan of Creation is becoming co-creators with GOD. We create with each thought, each action, each feeling. During this process many of us unknowingly miscreate. This adds to the effluvia of the planet and stands in the way of our ascension.

The experiences gathered while dwelling on a planet enable us to make greater spiritual progress than that made by those who choose not to have this experience. This is the pathway to becoming an Ascended Master, a member of the Great White Brotherhood, a member of the planetary and solar hierarchy, and a creator of galaxies!

In summary, our destiny is becoming masters of energy and vibration and achieving the ascension, becoming an Ascended Master. We were expected to achieve this goal with only seven embodiments on Earth. Due to humanity's misuse of energy, most of us have already had thousands of embodiments. We may postpone our ascension through free will or wrong choices, but ultimately we must achieve this goal, since it is part of our Divine Plan.

THERE IS NO DEATH

There is no death. No one has ever died; no one ever will. All is Life and Its eternal expression and manifestation.

So-called death is a withdrawing of the life-giving silver cord of the I AM Presence, leaving the physical body inactive. Although the organs are still there as before, the eyes do not see, the ears do not hear, and intelligence has withdrawn. The Real Self is released from this habitat and freely enters higher realms of beauty, harmony and peace. The individual passes from this physical realm of expression into greater freedom.

So-called death is but an opportunity for rest and re-attunement of the faculties of the personal consciousness. This frees us from the turmoil and discords of Earth, long enough to receive an inflow of light and strength, enabling the outer activity of the mind to take up the work of physical experience, again.

The Individualized Identity is Eternal.

When the outer form becomes too discordant, Life releases itself. To a great extent, decrepitude and death are caused by misuse and waste of sex energy and uncontrolled emotions.

Only one thing ever causes what the world calls death - the lack of enough liquid light in the nerve channels. Light is the cohesive power holding together the atoms making up the flesh body. This liquid light is owned by, and only comes from, the Mighty I AM Presence. The outer garment is the receptacle into which the I AM Presence pours its light, for a constructive purpose and use only. When one continually interferes with that purpose, the Light is withdrawn and the flesh body disintegrates. The flesh body should be a Temple of the Most High Living GOD.

The experience called death is a constant reminder of disobedience to the original GOD Plan, the Divine Way of Life.

The physical body is a garment. At 'death', individuals change garments, as one changes clothing at the change of seasons. Being in a finer body after transition, individuals are much more alive than before.

The physical body should be cremated, not buried. As the Maha Chohan has stated: "Through the purifying process of cremation, there is a tremendous release and relief to the etheric consciousness." This frees the individual to go to higher realms of Light. Prior to cremation the body should not be embalmed. It should held on ice or in cold storage for 72 hours. [In the United States most funeral homes have this capability, as do the count morgues.]

In ages past, the body was placed in the Sacred Fire, and was instantly transmuted. The substance, having fulfilled its mission, returned back to the universal. It was done in accordance with the great Law of Etherealization.

[See Lesson 4: The Law of Re-embodiment]

WHAT IS KARMA?

To understand karma, we must understand the law of re-embodiment. To explain the law of karma, let us start at the very beginning of creation. Everyone, just prior to embodiment, receives the following comforting words from the Goddess of Liberty:

- You are at liberty, beloved ones, to take pure and primal-life-substance into the Earth plane.
- You are at liberty, beloved ones, to utilize life as you Will, in the physical appearance world.
- You are at liberty, beloved ones, to call on any and all of us, as you may choose, to assist you when the momentums of energies of your own world seem not sufficient to handle conditions and to radiate the Light to fulfill your Divine Plan.

During the time-period called 'The Garden of Eden', there was no discord. Life in all its expressions manifested only in a perfect way. Humanity worked to perfect themselves on the physical plane, bringing the perfection of the heavenly realm into a lower vibratory level. Since there was no disharmony, there was no karma, and

since there was no karma, there was no need for a Karmic Board. After the event called the 'Fall of Man' things changed drastically. People accumulated karma at a rapid pace. When speaking of karma it is always used in a negative sense showing the recoil of using energy in a discordant manner. If we use energy in a constructive way, we use the word 'Accumulated Good.' This is stored in the Causal Body. [See Lesson 4: The Law of Cause and Effect]

The Laws Governing Karma

What did the Great Ones say about the law governing karma?

"In the glorious pure energy of GOD, each electron contains the fullness of the Divine Plan, continuing to flow for individual use under the conscious direction of the I AM Presence. For every electron loaned to people, they shall render an accounting. Energy is humanity's to command. Energy becomes power through use; whether through the wielding of a sledge hammer or using the God-Power Almighty to build a momentum of victory in commanding the electronic light to manifest a decree."

This Law of Balance is also referred to as the Law of Retribution, as set forth in the old axiom, 'As you sow, so shall you reap'. It was not intended as a threat of punishment to evil doers, but as an expression of the mathematical precision of life. One must sow the seed of perfection in concise, mathematical accuracy, so the reaping is in exact proportion to the sowing.

People generally do not understand that as self-conscious expressions of life, they are responsible to Cosmic Law for every particle of this precious energy received from the heart of the Godhead.

Everyone has created a certain amount of, what is loosely called destructive karma, in Earth life, since the Fall of Man. This karma acts on many planes, its action determined by which body is the chief offender. Some examples...

Physical plane acts such as violence, (acts of physical assault) release a tremendous amount of misqualified energy that sooner or later attaches itself to the individual's physical body.

Mental plane acts of discord, such as crimes of mental cruelty, result in the mental element being charged with individual's vibratory action and stamp. At some future time these pressures return to the mental body.

Emotional plane acts such as cruelty charge the substance of the emotional plane with certain vibratory actions which will record in the individual's emotional body.

When an individual emits a discordant vibration, the intensity of delivery determines the distance it covers on both its outward and homeward journey.

The energy obeys the Law of the Circle. While that energy is absent from the aura of the individual responsible for its projection, it attracts to itself vibrations corresponding to its own rate. By the time it completes the circle and returns home, it is accompanied by a good number of vibrations bearing the same quality of thought and feeling vibrations with which it started.

[See Lesson 4: The Law of Cause and Effect]

Karma Of Omission

There is karma of commission and omission.

Karma of commission means the use of energy in a discordant way.

Karma of omission means omitting something we really should be doing.

For example, if a Master has given a certain dictation, recorded in some book, and the lecturer puts this information in their own words, but misinterprets the Master's dictation through insufficient study and preparation, this is an example of the karma of omission.

When The Bridge to Freedom Dispensation was granted to El Morya, the following warning was given to him, saying, "If students do not return the energy of the dictations through study and application, you are creating karma (of omission) for them, and you, yourself, have to make up that karma, through application, or by doing some constructive project." It was only after agreeing to this provision, that the dispensation was granted by the Karmic Board. This is the reason the Laws of Life are given out very sparingly by gurus in the East. [See Lesson 4 – same topic]

Here are other examples of the karma of omission, as given by the Great Ones.

Those of you who do not now have financial freedom, at one time did have much wealth to contribute to GOD's plan, and you withheld it, or used it freely, for personal pleasures.

Others who have limitations of mind and body, had at one time perfect health and opportunity to serve GOD, but used those minds and bodies for baser ends. [See same topic in Lesson 4]

Redemption Of Karma – The Violet Flame

Under the action of the Occult Law, the redemption of these misqualified energies was through suffering and disease, regardless of whether it registered in the physical, mental or emotional body. The Occult Law was set aside in 1930 by the Cosmic Being Victory. This energy can now be redeemed and set free through use of the Violet Flame. This is GOD's Law of Grace in action.

Everyone has had more than 100 embodiments, and all of us have accumulated a great deal of karma. Since we, as students of the Light, know of the Violet Flame, Cosmic Law expects us to use the flame, so karma is returning to students at a much faster pace, at least once a day. Therefore, use the flame of mercy at least twice, or even better, three times a day.

It is better to use the Violet Flame two or three times a day for a minimum of, say, five minutes, than to use it for half an hour one day and then not at all on the next day.

There are other ways of redeeming karma. For instance, karma may be redeemed by decreeing, individually or in groups. We can call on The Law of Forgiveness. We should call on The Law of Forgiveness just prior to the use of the Violet Flame.

At the end of each year, over the Royal Teton Retreat, a lake of Violet Fire called 'The Violet Fire Cauldron' is established. The 'Violet Fire Cauldron' serves to redeem karma from unintentional action committed during the past year. Karma is redeemed to the extent the motive in the heart allows.

The lake itself is 1,000 feet in diameter. On the last days of each year, everyone is placed into the essence of the 'Violet Fire Cauldron'. Students of the Light, who know of and accept this action of Divine Mercy, may apply to be bathed several times for additional benefit. [See Lesson 16 –Violet Fire Cauldron]

'DEATH', JUDGEMENT, RE-EMBODIMENT

The Maha Chohan: The Final Breath

At the moment a soul is about to leave the physical body, the Great Being, the Maha Chohan, representing the Holy Spirit to the Earth, prepares to accept the final breath. It is He, breathing the first breath into the body at birth. As he accepts the final breath, the silver cord is severed and an angel or an Ascended Master awaits the soul, now functioning in the etheric body, and escorts it to a beautiful realm for

'rest', the orthodox belief in heaven. The average person, anticipating reunion with family and friends, receives every opportunity to meet and communicate with loved ones. [See Lesson 4: The Law of Re-embodiment]

Judgement – The Karmic Board

After a period of adjustment, 'the soul' (functioning in the etheric body) stands before the Karmic Board. Here, people see the experiences of their last embodiment. They become aware of missed opportunities and have feelings of remorse for discordant use of energy. In the orthodox religions this experience is sometimes incorrectly called hell, purgatory, or the Last Judgement.

Souls are then sent to specific realms of vibration where they can best prepare for another earth life. They are grouped together with hundreds or thousands of others on the same level of development to receive training. The more individuals are developed in consciousness, the more attention they receive. All receive as much of the Laws of Life as they are able to understand and apply. Through use of the Violet Fire, they are also asked to transmute some past karma

[See Lesson 4: The Law of Re-embodiment]

Preparation for Embodiment

After lifestreams have completed this period of training and redemption, they again come before the Karmic Board. The overall amount of karma is examined. A certain amount is allotted to the following embodiment. A large amount is held in abeyance to be transmuted at a future time. Were it otherwise, the returning currents would be too much to handle. We may say the average person is held in a state of protection where ignorance is bliss.

Those summoned before the Karmic Board, line up in groups of three. From those, one is chosen for embodiment, two are not. This procedure is repeated and additional lifestreams are chosen to achieve a balance so all of the Seven Rays find equal expression. Each selected individual primarily expresses the attributes of one of Seven Rays.

Generally speaking, for chelas close to the ascension the same steps apply. However, there are exceptions. Such chelas are eager to re-embody, so do not stay long with relatives. They also receive greater attention from the Karmic Board.

At inner levels, these chelas immediately start to expiate as much karma as possible. They use the Violet Fire extensively to transmute the karma located in the astral realm (also called psychic realm, consisting of the etheric, emotional and mental realms).

The lesson is: the more we are able to transmute of our karma while in embodiment, the easier we have it on 'the other side'. Let us, therefore, use the opportunity at hand.

When chelas of an Ascended Master apply for embodiment, they sometimes apply to transmute an extra ordinate amount of karma. Later, when in embodiment, they do not remember this request. Facing difficult problems, they sometimes blame the Karmic Board for their troubles. Occasionally, they wish they were one of those denied embodiment.

Therefore, let us not stand in judgement of anyone. We cannot compare a person who has a happy, serene, harmonious life with that of a chela who has a difficult and rocky road, full of peaks and valleys. We do not know how much karma is transmuted during a particular embodiment.

When in embodiment, for the most part, chelas must rely on their own effort to

redeem karma. There is assistance from a Master. However, the Master will not allow himself to be a leaning post. A student may be 'on the path', but this is insufficient reason to take away karma.

In summary, people must learn who they are, must recognize they are creators, and as such, they must become master of all they create. As creators, on a daily, even a momentary basis, they must consciously control their thoughts, feelings, words and actions.

Cosmic Law is a stern teacher. The law does not apply itself. All creation is a self-conscious effort. If people upon whom this great gift of life has been bestowed, refuse to take responsibility, experiences prod them with misery until they do. Self-merit strictly determines each person's spiritual growth.

[See Lesson 4: The Law of Re-embodiment]

COMPLETING ONE'S DIVINE PLAN

Ascended Master Hilarion: Electrons

"As I have so often explained to chelas, the process of the ascension is absolutely scientific. Each tiny electron, moving around its central core of love, forming the atom must be released from the accumulation of self-created discord. Once free, those electrons raise the human body into a sphere in which that individual has become fit to dwell. This only happens through the free will. Such a one, desiring freedom from limitation, calls to us, and to their own Holy Christ Flame and I AM Presence, to raise the vibratory action of these electrons and sustain each one in a state of harmony, peace and love."

Serapis Bey: Limited Dispensation Re-Embodiment Waived

"We are very happy, at present, because so many of the lifestreams in this great scheme of evolution are taking advantage of the magnificent opportunities within their grasp. The incarnating people, coming to Earth within the next twenty years, have unprecedented opportunities offered them. Now, through the great kindness of Lord Michael, we have been told that many, many thousands of souls of varying degrees of advancement are to be prepared, at inner levels, for the ascension, without the necessity of re-embodiment.

With this purpose in view, those souls are being taken to the great Ascension Temples in each of the Seven Spheres. The temples are snow-white in appearance, something like alabaster. In each of these temples, Brothers of the Ascension shall remain permanently. The Ascension Flame is being passed through the souls of the enrolled members, and through all their inner bodies, until they come to a point where their consciousness can absorb a little understanding of the Law.

It is one thing to take a consciousness with an understanding of the Law and develop that one. It is quite another, due to grant of grace, to take an orthodox consciousness and transmute the energies in that one's world. This can only be accomplished through the Sacred Fire and Radiation. At this moment we are asking volunteers to give their time in the temples at night, to pass the Flame through these souls; souls for whom Michael has sworn their freedom. This greatly hastens the preparation of those people. In the coming six months, it would also show the Karmic Board the effect a dispensation of such great scope has for the evolution of the entire world.

How close you are to me! I brought you to the Halls of Karma! I stood before those impassioned judges saying: "Here, O Great Lords of Karma, is one whose life records shine, whose heart beats true, whose soul awaits the triumphant shout of

freedom, to enter into the great realm of immortality.”

Do you remember? I have stood by you from the moment you knelt before the great judge, when every member of that great court, in one voice gave acquiescence to your incarnation in flesh form, through which you are to write the last page in the history of your life expression. I will be one of the first to greet you on your return.

I speak, now, to the memory I stir within you. Sleep no longer in this limitation of the outer senses. You are guardian spirits come to save a planet. You are here to fire a people, and to resurrect those living in the death shroud of their own human creation.

Your names are written in the *Book of Life and Light*. I have served on the same altars with you. I have passed the confirmation of your initiations through the energies of my world. I am not content to see you linger any longer in the shadows during this hour of planetary crisis that is upon us. Contemplation, coupled with action, is my request to each of you.

So long as the teaching of vicarious atonement continues, most people expect someone else to ‘raise them into a state of heavenly bliss’.

It is foolish in the extreme to accept this consciousness. An airplane can only rise by employing the necessary laws of flight to overcome gravity and forward motion. Likewise, a person can only attain the ascension, by compliance with the Spiritual Laws making such an ascension possible. Personal and impersonal service must be employed by the person, to achieve the right to victorious accomplishment.”

Ascended Master El Morya: Vicarious Atonement

“I have seen so very many applicants for the ascension temporarily disappointed when they discovered the necessity of personal application for God-Accomplishment. They have the foolish idea they can rise on the hem of someone else’s garments into the ascension, rather than make individual, personal endeavor to earn this great service.

Think of the long journey of each soul - thousands of embodiments, trials, errors, hopes and disillusionments. Karma is always woven out of every thought, feeling and action. Chains and limitations wait to enshroud the incoming soul. Clouds through which the spirit seeks to fulfill a portion of the Divine Plan and return to the Karmic Board with a harvest with something of merit.

Finally, the opportunity for embodiment comes. The soul is accepted by Serapis Bey and the Brotherhood at Luxor. The soul is sponsored by the Ascension Temple and examined by the Karmic Board. The board looks carefully at the individual’s strength and the amount of unpaid debts remaining. The soul is accepted if the spiritual strength is such that it is even remotely possible the incarnated spirit may redeem, transmute and purify those energies set into motion so carelessly through many ages. *Candidate for the Ascension* is written across the etheric body. An incarnation is arranged with all the opportunities for such balancing of the debts. Opportunities are also arranged to contact the teacher and learn the spiritual law in the outer consciousness.

The soul balances itself precariously between the opportunities to illumine the outer self and the seeming burdens. Burdens are opportunities in disguise, the returning energies seeking redemption. The soul becomes a personal Field of Armageddon¹ in a struggle of extremes: light and shadow, strength and weakness. Meanwhile the sponsor watches, hopes and prays. The Light from above plays upon the momentums of good in the lifestream. The forces of the astral realm play upon the weaknesses.

Then one day, when the service has been enough, the purification sufficient, the constancy, loyalty and perseverance to the Light proven (not in days of happy experience, but in hours and years of adversity) the call comes, 'Well done, thou good and faithful servant! Come home in dignity, wearing freedom's robes and enter the spiritual household of your Lord!'

Each of us now ascended, remembers that summons and the lift of heart, of soul and of spirit, when the chain of life and seeming death was broken and we were invited *Home*.

For even one spirit who comes home, the rocks, the trees and the nature kingdom sing a song of gratitude. The Heavenly Host join in and there thrills through every human heart (although the cause is unknown) a little vibration of happiness and exaltation. An exaltation people often attribute to some personal experience, though that may be far from the true reality. The heart-flame of the densest of sinners sings at the freedom of part of its element at last."

ARCHANGEL MICHAEL: THE BOOK OF LIFE

"The Ascended Masters and Angelic Host all serve under the law, in love, for a definite purpose: To Set All Mankind Free.

When a chela's Book of Life shows a balance of constructively qualified energy sufficient to close, seal and lock the diary of the Earthly pilgrimage, the Maha Chohan places it in the Cosmic Library.

The Maha Chohan's library is snow-white and contains the finished record of every Ascended Being's journey on Earth. From floor to ceiling you will see the books from which the orthodox world got the idea of The Book of Judgement. These books contain the record of the life experience of each one, from which the GOD of Mercy or through one of Kwan Yin's personal court, every record of distress has been removed, leaving only the good records.

Upon achieving the ultimate victory, the being about to receive their ascension signs their inner name at the close of the final chapter. The Maha Chohan then signs his name, as does the Lord of the World. The golden clasp is locked, the key placed in its secret receptacle. Amidst general rejoicing the Book of Life takes its place with the other volumes representative of all those who are Forever Free.

Some of books are like the small communion books children receive when they first come before the altar to meet the Holy Spirit in grace [Christian Holy Communion]. They were the innocents who came out with me (Lord Michael) and returned home unstained. Some books, like your own, as guardian spirits, are as large as the great old style Christian Bibles.

Adjacent to this library of the Ascended Host, is the great library into which the unascended chela's Book of Life is placed at the close of each Earth life. Once again, you affix your signature. However, it does not carry the signature of the Ascended Masters. The key is left in the lock. Any Ascended Being may enter this library, and upon request, look over the record of anyone whose particular services he wishes to enlist in a good cause.

The record of one's time and energy between embodiments is also entered in this book. The Lords of Karma, or one of their messengers, draws out this book and studies it before your petition or summons for re-embodiment occurs. This is how an Ascended Master is able to draw certain particularly competent lifestreams around him for a given cause. Written in these books are the sins of omission and commission, as well as the good each one has done. They determine what you are capable of doing now and in the future.

You rise in the morning and you write, with your thoughts and feelings, words

and actions, a page, a chapter, and if you are energetic and vital, sometimes even a volume. At night, you sign your name, close the book - sometimes you vaguely use the purifying flame - and then you go to sleep. This thoughtless use of life is the reason you should use the transmuting Violet Flame before you sleep.

Dear people, do not return these books to the shelves of the Maha Chohan's library each night with some of the things that are written in them. When he opens them in the presence of your Sponsor, how do you think that Great One feels? If you have used the Sacred Fire, the Violet Flame, you have both purified the record in the book and you have transmuted the Cause and Core of your miscreations at inner levels.

When you are willing to go back to the beginning of time, through use of the Violet Fire you can condense the history of your life. You do not require all the details, just blaze the purifying Violet Flame back through your whole lifestream.

That is our hope, when you rise and avail yourself of the Sacred Fire and abandon your feelings of despair.

What you are today is a pretty good indication of what you have been, century after century. We do not wish you to feel any sense of depression because you have not accomplished what your heart desires according to the standards of your own Light. We have tried to show you how we have used life constructively by relating the simple homely experiences which have been ours, and may be yours. We are hoping we have made it pleasant enough, so you will choose to invite us to visit you, again. In the meantime, we want you to realize you are the Light Bearers who have carried GOD's Illumination through so many ages, it will be impossible for you to not release that momentum of assurance, health, supply and confidence in full mastery when your outer mind surrenders itself to the guidance of your indwelling Christ."

WHEN CAN THE ASCENSION BE ACHIEVED?

Let us examine, in detail, the question: 'Is it possible to gain the ascension in this embodiment?

First, we know it is much easier now to gain the ascension than it was before 1930. As part of the 'I AM Dispensation', in 1930 the Occult Law was set aside by the Cosmic Being Victory. Details of Cosmic Law could now be explained to students on a direct basis. They did not have to be veiled through legends and parables.

On November 8, 1938, Saint Germain made the announcement there would be a new procedure available to all students on the path to the ascension. The most important part of this Gift of Grace is that, at the close of this Earth life, the physical body no longer has to be transmuted by light rays, as was necessary for Jesus and David Lloyd. From this time on, the atomic structure of the physical body could be left behind and later cremated, making it much easier to achieve the ascension.

Change in Ascension Process

Saint Germain: "In all past ages, the ascension could only be made by taking the purified, physical body into the Christ Self. A gift of love is being offered to people through the intercession of the Goddess of Light, the Goddess of Liberty, and Mighty Victory.

Among students, at their time of passing, certain ones not being able to complete the ascension in this embodiment, will be able to have the purified essence of the physical body drawn into the etheric body.

In this way they will be permitted to make the ascension while the outer structure, the human form, remains on Earth. That assistance is the most

magnificent thing ever offered to humanity by Life.

This assistance will make it possible, for thousands and thousands in America and in other parts of the world, who would otherwise require another embodiment, to be set free from the Earth, forever."

Saint Germain to Guy Ballard

June 23, 1939

"I promise you and I shall fulfill it, that everyone who stands sincere to this light and myself, shall receive his or her ascension at the close of this embodiment."

Archangel Michael Reporting to the Karmic Board

December 31, 1953

"Every lifestream within the New Endeavor, if he or she perseveres, shall know the ascension at the close of this embodiment."

[The Ascended Masters repeatedly used the term 'New Endeavor' to identify the newly created *Bridge to Freedom*. Ed.]

The Bridge to Freedom: Purity of the Teaching and Impersonal Service

What does it mean 'to fully accept The Bridge to Freedom Teaching?'

What does it mean 'to persevere' and to 'stand sincere to this Light'?

It means we must adhere to the original teachings of the Ascended Masters. We cannot mix them with any other teachings or channelings that did not come through Guy Ballard or Geraldine Innocente, the authorized messengers of the Great White Brotherhood, and expect to get harmonious results.

Additionally it means:

- knowing and applying the laws governing our planet
- mastering the qualities of the Seven Rays
- gaining mastery over our four lower bodies.
- inviting and cooperating with the Ascended Host.
- knowing and applying the knowledge of the I AM Presence and Violet Flame
- being willing to give a balance to life through some impersonal service

Some examples of impersonal service:

- participating in the Transmission Flame Service
- participating in group activities
- working as an unpaid volunteer
- distributing Ascended Master Teaching literature*

Practical works for the benefit of all humanity, not words alone, enable us to gain the ascension in this embodiment.

*[When distributing literature, it is most important to visualize the Illumination Flame over the student who receives it. One can call on Archangel Jophiel and Ascended Master Kuthumi to blaze this flame through the student receiving the literature.]

We gain the ascension through self-effort. Nobody can do it for us. It requires much self-discipline. There are no shortcuts. Gaining the ascension requires the assistance of an Ascended Master and applying the principles mentioned above.

When 51% of all of the energies used during all of our embodiments has been harmoniously qualified, we gain the victory of our eternal freedom, another gift of grace. In earlier times 100% of the energy allotted to us during all embodiments had

to be transmuted.

SPECIAL GRANT FOR CHELAS AND THEIR FAMILIES

On rare occasions, the Great White Brotherhood obtains a special grant for its most devoted disciples. Such was the case at the meeting at the Teton Retreat in December, 1953. Archangel Michael obtained a special grant from the Karmic Board. This grant was given in consideration of the service of the student body and it pertained to the immediate families of chelas who dedicated their lives in service to the Great White Brotherhood. Here are the direct quotations and the references.

1) Archangel Michael: Report to the Karmic Board, December 31, 1953

"As a gift from my lifestream, every chela and individual who has Accepted Fully our endeavor, will have the release of every member of the family who has passed through the change called death, from the necessity of re-embodiment on Earth. Each one will have the opportunity to finish their studies on one of the pure planets of the system or in the inner sphere corresponding to their natural ray.

For this gift, I have pledged added service to the Law. It is my gratitude for your faith and acceptance of the reality of the Masters and the incorporation of your own energies in spreading the word and the radiation through your voluntary service, your talents and momentums in the Light."

2) Saint Germain: Bulletin Book 1, January 17, 1954

"Before the activities of the evening began, the Lord Michael arranged that the members of your families who have passed through the veil, and all those who were given the grant, will be drawn to the Teton and receive the news at the same time your hearts leaped upon receiving it. It is a wonderful thing, beloved ones - something never before done on this Earth.

Here is the news: Lord Michael has secured a dispensation whereby the members of your immediate families are not required to re-embody, but will be permitted to complete their life's work in the octaves of light."

3) El Morya: Journal Book 4 Dictation: 'Victory of the Bridge', January 1959

"The dispensation that was granted, was all your loved ones passing on, would be cared for and taken into the ascension temples, prepared and finally given their ascension in the Light. Now this is a great gift."

4) Kuthumi: AMTF-Book Dictations, Page 287

"Our Archangel Michael, as you know, offered to free your loved ones from the necessity of re-embodiment. I might say, this goes back three generations."

5) Serapis Bey: Journal Book 4, March 1960

"The great Archangel Michael, you will remember, secured a dispensation in gratitude for the student body's service. For any students who have committed their life to this activity, this dispensation freed every related lifestream from the necessity of re-embodiment. This applies to those relatives who had already passed through the change called death and those will in the future pass through that change. We know the gratitude that rose from your hearts.

Perhaps you have not thought in detail of the endeavor, the thought and feeling that went into the preparation at inner levels for these people to complete their own evolution.

The Brotherhood at Luxor and the Ascension Brotherhood began the task of creating Ascension Temples into which these lifestreams could be drawn. They are magnificent pure white temples of blazing light. The doors are sometimes forty or fifty feet high. The Silent Watchers of the inner spheres gather. The clothe in white every one of those who have come under this dispensation. They are enrolled in active, conscious instruction in the use of the Sacred Fire.”

THE LAST OPPORTUNITY - A DIVISION OF HUMANITY

Until 1959, people had the choice of postponing the ascension, indefinitely. This option is no longer available.

The Masters have said the door to embodiment has been partially closed. The cycle has closed where an individual is reassigned in the Halls of Karma, given new opportunity to serve and, at the proper moment, passes through the gates of birth.

It is no longer possible where, in all cases, an individual is free to postpone their ascension until a future embodiment. *For many, this is the last embodiment.* They will start their next embodiment on a new planetary home, created just for that purpose.

Only those making determined efforts, and having a surplus amount of harmoniously qualified energy at the end of this embodiment, will be allowed to re-enter the Earth.

The Ascended Host explained to students of The Bridge to Freedom the divine edict. It states the Earth can no longer delay the progress of the entire galaxy. It was pointed out that we are now engaged in a planetary change, requiring the four lower bodies, including the physical body of every individual vibrate above a certain level.

This edict has profound consequences upon humanity. At this critical juncture, all of humanity's ten billion lifestreams will be given a last chance to make amends, and give manifest expression to their destiny as a co-creators with GOD.

According to the Masters, a plan has been accepted providing a last opportunity for all of humanity. Under this plan, those presently in embodiment will have their last opportunity to turn to GOD. Those who are not embodied, will be allowed one final embodiment.

The Ascended Masters: The Division Of Humanity

According to the account of the Masters, *there will be a division of humanity, and only those who make a conscious effort to improve their habits, their thoughts, feelings and actions will be allowed to return to Earth for a new embodiment.*

Let us reflect on the criteria that will be used to make this decision:

- It is not sufficient to know the Law and not apply it
- Of utmost importance are pure motives, a positive attitude, and willingness to practice what one knows
- Our conduct in meeting the problems of everyday life, in constructively qualifying energy, and in contributing to the good of all, opens the door. Religious affiliation, race or color are irrelevant, hence not criteria

With knowledge comes responsibility. The knowledge of certain aspects of the Ascended Master Teaching will be an advantage or disadvantage to the student, depending upon how he makes use of that knowledge. If it is not used to cleanse oneself of bad habits, to control one's thoughts and feelings, to expand the teachings of the Ascended Masters to the best of one's ability, then this weighs

gravely against the student in their future competition for re-embodiment.

For those who by their own choice, refuse to make the necessary adjustments.

Throughout the years 1959 to 1961, the Masters announced the creation of two new planets, one was named Excelsior. The purpose of one of the planets is to serve as a future home, for those in this embodiment, who continue to refuse to make the necessary effort to improve themselves and turn to GOD. The other planet is to be used by elementals.

Here are the messages as they were given, at that time, by the Masters, as published in the publications of *Bridge to Freedom*,

El Morya: Journal Book 5, October 1960

"Why should Earth, so long a school for her own evolutions and for the laggards from the other stars, be cluttered up by the same lifestreams given opportunity, through aeons of time, to learn the same exact lesson?"

There has already been created for them a beautiful new planetary school, where they can take their own sweet time in learning this lesson. This new school is as shining and beautiful as Earth herself was when it was designed by Helios and Vesta to serve approximately 3.5 billion beings."

Saint Germain: Journal Book 5, Appendix

"Those who do not choose to accelerate the vibratory action of their energy shall find hospitality on another star. This planet and the few who are willing, shall go forward to freedom! In this, you can help me if you will, through your own endeavor to connect with GOD, to externalize His perfection and to grasp as much of my vision as your mental body will allow you to accept."

El Morya: Journal Book 5, October 1959

"The laggards, the willfully disobedient and defiant, will take further instruction elsewhere in the universe. The fiat of GOD's Will for this Earth and her people is already so issued and so ordered. So Be It!"

Archangel Michael: Bulletin Book 2, July 19, 1959

Ascended Host summer conclave at the Rocky Mountain Retreat. June 15 through July 14, 1959

A Cosmic Fiat issued by Lady Master Portia, speaking for the Karmic Board:

"These visitors from other planets [the laggards], the humanity of Earth and those imprisoned angels who do not desire to profit by our instruction, shall at the close of this embodiment, be allowed to express their free will *only* upon the polarity already created for them. A polarity created in love, wherein they can progress more slowly without having access to the consciousness of the evolving humanity, elemental kingdom and imprisoned angels, desirous of expressing their true divine nature."

El Morya: Journal Book 5, May 1961

"There are a lot of lovely beings on Excelsior. There is also another planet, created for those of you who wish to sleep on or move with the vibratory action of the present Earth people.

But, by GOD! Those remaining on this Earth are going to vibrate like those beings representing the 7th root-race. This Earth shall return to the beauty and perfection it had in the beginning. The laggards can go.

Incidentally, some of the original laggards, taken to Earth a long time ago, are now more spiritually advanced than some of the Earth's original guardian spirits."

Great Divine Director: Journal Book 5, Appendix

"The 7th root-race is due to come forth in South America, for the most part, some will arrive in North America. We have chosen South America because, across Brazil and throughout that country, which is now jungle, the Earth has had a time to rest."

EXAMPLES OF ASCENSIONS BEFORE 1938

Jesus: My Ascension

"The ascension of the sublimated soul is the goal of all human experience. Little do people realize how they weave the ladder of ascending consciousness throughout many Earth lives, nor how much of the energy of other lifestreams is woven into their uplifting radiation.

Long before the hour of my own ascension, upon the hill of Bethany,²my dear Mother walked the grassy pathway, leading from the valley, to the flat rock forming the apex of that hill. Here, in deep contemplation and prayer, her own life-force ascended heavenward and a flowing stream of energy created a natural spiritual pathway upon which my own spirit would in time return *home*.

On that fateful day, obedient to the Father's call, I prepared for my final farewell to the Earth and to those with whom I had served and lived in my all too brief Earth life. Only John and my Mother knew the nature of the experience that lay before me.

Rising early, I poured my love to the sweet Earth, fragrant with the perfume of a new springtime, to the cleansing waters that had baptized my soul and purified my body, to the purifying air I had gratefully breathed into my lungs in that first breath, so long ago in a stable in Bethlehem, to the ascending sun, whose example I was to follow on this day of days.

I sent forth my invocation to the Holy Comforter to enter into the heart and consciousness of my earnest and devout disciples, to sustain them on the true way. Toward the crown of the hill of Bethany, I walked the pathway made by the shining footprints of my mother's constant novena for my victory. Mother and John, knowing of my coming initiation, gathered the disciples and loved ones about them, so I might have a few hours of privacy with my Lord and my GOD.

Shortly before the noon hour, they ascended the hilltop and as the sun reached its zenith, I placed them all lovingly in the hands of the Father, accelerated the vibratory action of my vehicles and bid the world and its experiences a fond farewell. Since then I have returned often in my immortal garments to those I love and who love and serve me, for there is no separation in Love Divine.

Knowing the supreme glory of that hour, I can but urge each dear child of GOD to prepare for that day!

When the hour comes and the summons from the Father of Light reaches the heart, you too will know the full and true purpose for individual being. It is to become a Sun of Light in yourself, free of the wheel of birth and death, and master of energy and vibration, yet, servant of all that lives, until all life also becomes God-Free."

Saint Germain: Recalling His Last Embodiment

"Two of the most exquisite experiences of spiritual ecstasy touching the consciousness of people, are the first moment of realization of individuality as a self-conscious being, at the beginning of the road of life and the first moment of realization of completion at the end of that road.

For me, May Day (May 1st) has always had a special significance. In many embodiments on Earth, I enjoyed the active participation in the festivals of the mystic month of May. I love the remembrance of those whose spiritual achievements were honored at each recurrent celebration of entrance into May. Festivals honoring the spiritual forces of nature and their great directors, whose rhythm of beauty and opulence are written on the face of the Earth, to bring hope and fulfillment to the human heart.

Finally, there is the personal achievement of my own ascension from the wheel of birth and death - all these are in my storehouse of memory. All these remembrances, sweet as the dew upon the early spring flowers, can be called forth, at will, and woven into each successive 'May-Time' adding to the sweetness of the gifts of the Spirit of May. Ah, sweet spirit! Upon your perfumed essence many have risen to the heart of the Father of Light - *home* - to go out no more.

Many have asked for some personal reference to the experiences previous to my own call home. For their pleasure, I shall recount a few of those experiences upon these pages.

Born to the throne of England, but denied its authority, my soul wept in sorrow and frustration.

Stirring within my consciousness was a 'seed idea', born of the Father of Light. It was not yet nourished and developed to the point where it might be efficaciously utilized by people. Yet, such is the confusion of the outer consciousness, that often, by effort of human will, such ideas are aborted or stillborn before their time. This wisdom of abiding in the Will of the Father (who will see that the fruit of their seeds matures at the right time), comes with suffering, with illumination and with grace.

So, I learned that world brotherhood was not to be the outcome of a dynasty of human kings but of a spiritual bond of selflessness, impersonal service and shared vision at a later day. [He was the son of Queen Elizabeth the 1st]

Suffice it to say, after the tempest came tranquility. So it is in the experience of every soul waking from the slumber of the ages, catching the vision of the future and, in its first zeal and immaturity, endeavoring to fashion that vision into form before its appointed time.

A great Master and dear friend, Jesus, long before me, had been tempted to accept a human throne to utilize the position of authority to further his teachings. He wisely rebuked the advocate interceding for temporal power.³ Long before Jesus ministry, Lord Buddha renounced an already secured throne to find the heart of GOD and embody the spirit of that heart for his fellow human beings.

There comes to everyone, in their time, an opportunity to relinquish all power and authority into the hands of the Father of Light. When the great surrender is made then does the Victory come!

I remember, well, when my call came! I remember the dreams, the unfulfilled visions, the hopes and plans resulting from communion with my maker, that remained yet ephemeral phantoms. Some were woven into words which would outlive the garment of flesh I wore. [the Shakespearean classics, Bacon's Utopia, etc.]

To leave all these dreams and plans unfulfilled, was not an easy task. Yet, beings far greater than I, looking upon the future with unbound eyes, recommended that I prepare to come home. Other souls, strong and true, promised to weave their life energies into completing the pattern of my free star.

I remember yet, how after winding up my personal affairs as best I could, I left England and crossed the Channel. The rough and choppy seas and the heavy fogs brought to remembrance another crossing. At that time, only faith sustained us, as

we journeyed to the shores of a land where, one day my vision would become fact.
[St. Germain was embodied as Columbus]

The generous nobleman with the graceful horses, waiting on the shores of France, the long journey across the green fields, the snug villages, the more difficult mountain passes into Transylvania - these are all burned into my heart forever. The kind welcome of my host and friend, the enjoyment of the peaceful woodland, the soft bird song, the early spring flowers - all these tie my heart yet to dear Mother Earth and all who live upon her.

Then came the final preparation of my soul to relinquish its last tabernacle, taking up a new estate - and after that, The Call! This came several months after I passed the final testing before the Karmic Board, before I was enabled to finish up my affairs and retire to the home of this beloved friend in the heart of the Transylvanian Mountains and prepare for this ultimate experience of victory.

Here, I was joined by my spiritual teacher and, at a given instant, at the call of my I AM Presence, I left the arms of my dear friend and with the help of my teacher, entered the realms of perfection. Realms from whence I shall ever strive to assist my brothers and sisters who yet remain on Earth, until they too experience the happiness and peace of this victorious accomplishment.

I remember the breeze, carrying the sweet scent of the flowers through the opened windows, as I gave the answer, and my soul, released from the flesh, flew like the homing pigeon, back into the bosom of the Eternal! Oh, the gratitude for freedom and for the promised service of those left behind.

Children, all of the experiences of life leading you from the turmoil of outer living to the tranquility of heart, where you may hear the summons and answer it, are as nothing, before the victory standing before you. I know, for it has been mine."

David Lloyd: A Brief Summary of His Last Embodiment

David Lloyd was of the Lloyd family of London, England. When David was about 4 years of age, his parents moved from England, to Punjab, India. His boyhood was very happy and harmonious. He was being watched over from birth by a Master, who appeared to him at a later time. David was guarded and directed by his Christ Self and by that Master, during his entire life.

The unascended master told David that on a great mountain in North America, he would find a man with a crystal cup who would assist him in gaining the ascension.

Keeping in his consciousness the words of wisdom which provided the clues to his ascension, David searched for 50 years. The long search was needed to build the momentum of the victory of his ascension. This preparation made it possible for him to meet Guy Ballard on Mt. Shasta in October, 1930.

Guy Ballard was the only person through whom this service could be given. David Lloyd made the ascension into blazing light on the same day. The ascension was accomplished in a manner similar to the one that Jesus used, namely, all of the atoms of the physical body had to be transmuted into pure light substance.

The following was reported by A.D.K. Luk:

"David Lloyd and Guy Ballard had registered that morning with a forest ranger, an existing requirement. On the evening of the day of the meeting of Guy Ballard and David Lloyd, Guy Ballard checked out with the forest service, but David Lloyd's name did not appear on the register. Some years later, several people from Florida went to Mt. Shasta for a vacation. They became acquainted with the forest ranger at that locality, and learned from him there was a search party out looking for David

Lloyd for three weeks but no trace of him was found. Mr. Dutch Salaway was the McCloud Chief Forest Ranger at that time.”

David Lloyd gave his first dictation on March 24, 1937. Later, in 1953, he volunteered as a sponsor of the Transmission Flame Service of The Bridge to Freedom, sponsoring the continent of Australia.

EXAMPLES OF ASCENSIONS AFTER 1938

Presented here are people who made the ascension under the new dispensation, where the physical body is left behind, later to be cremated.

Guy Warren Ballard

Guy Warren Ballard was born in Newton, Kansas, on July 28, 1878. In former embodiments he was George Washington, Richard the Lionhearted and Sieur Louis de Conte, Joan of Arc's scribe. According to one source, he may have embodied as Sir Lancelot. In Jesus' time, Guy Ballard was in embodiment as a Roman Centurion who offered to help Jesus.

Starting in the year 1900, Guy Ballard was prepared at inner levels for the work he was destined to perform in 1930. It was not until 1915, that he was aware of the existence of Ascended Masters. According to Donald Ballard, his father had contact with the Ascended Master Kuthumi as early as 1926.

Before being exposed to the Ascended Master Teaching, Guy Ballard had researched just about every metaphysical and occult teaching then in existence.

Guy Ballard did some healing work before he came into this teaching. At that time he felt it was necessary to be present with the patient. However, later he learned that it was possible to heal patients from a distance.

According to A.D.K. Luk, Saint Germain was given a 20year dispensation in 1926 to present new aspects of Cosmic Law. Guy Ballard became an authorized messenger. He left Chicago in March 1929 for Los Angeles, California, where he took up residence. He had some connection with mining. One source said he had shoveled tons of ore in an uncle's mine. He was able to let the Light flow through his hands sufficiently, that the hard work did not affect them. For a man, he had beautiful hands. In 1929 Guy Ballard was going through difficult times. In the latter part of that year, he was walking on Broadway, on the west side of the street, between 6th and 7th Streets, when, all of a sudden he turned and emphatically said: "You have scared me for the last time. You have no power!" He was speaking to that limiting force, his accumulated human creation. From then on, things began to turn for the better.

In 1930 Guy Ballard did some work for the government on Mount Shasta. On Sundays he would take long walks on the mountain. He first climbed Mount Shasta August 16, 1930. Here he had the historic meeting with Saint Germain recorded in the book *Unveiled Mysteries*. This has so far been the account of A.D.K. Luk.

Guy Ballard stayed at the McCloud Hotel, in McCloud, while staying in the Mount Shasta area. When he returned to his home in Chicago, he was giving private classes; by invitation only. Some of those attending later qualified as 'appointed' messengers of Saint Germain.

The names of the appointed messengers were: Mr. Paul Stickels, Mr. William J. Cassiere, Mrs. Bliss, Mr. and Mrs. Ferguson and Dr. Maxwell. It is possible Earl Thomas was also an appointed messenger. Guy Ballard qualified as an 'accredited' messenger.

In 1932 Guy Ballard had the experiences recorded in the book *The Magic*

Presence. On July 4th, Saint Germain started giving the Discourses recorded in Volume 4 of the series later known as 'the green books'.

Shortly before October 3, 1932, just after supper, Mr. and Mrs. Ballard and their son were sitting in the dining room, when Saint Germain projected a ray of white light about 3 feet in diameter, on the table. Through it, they heard him say he would like to give a series of discourses, if they cared to cooperate. The dictations began October 3, 1932, and nearly all of them were given on the Monday and Thursday of the week. They were recorded in the book named *I AM Discourses*, Volume 3 of the Saint Germain discourses.

The Light and Sound Ray is an activity of pure, white light, superseding human, physical dimensions. One can speak, hear and see at any distance. Most of the Discourses in Volume 3 were given through the Light and Sound Ray. A few were given by the Ascended Master being present in his visible, tangible body.

Miss N. was a housekeeper, taking care of Donald, while Mrs. Ballard worked. She said, at one time, she expected to see Guy Ballard, but instead, saw a tall, well built, gracious man with great light in the home of the Ballards.

When Saint Germain first sent forth the messengers to carry the words of the Brotherhood, he had them go to Philadelphia, the Cradle of Liberty of the United States. The first class was held from October 10 to October 19, 1934.

When Guy Ballard held public classes in the various cities of the United States, he did not know ahead of time the subject of the lecture, nor the details of the lecture. The only thing of which he was aware was the instruction of Saint Germain asking him to rent a hall in a certain city, at a certain time. Saint Germain would then give a dictation through him.

Guy Ballard had the gift of obtaining funds through precipitation. When it came time to have the book *Unveiled Mysteries* printed, the Ballards did not have the money. They looked to their I AM Presence and visualized \$100 bills, enough to pay for the printing the book. The money for the printing came from a student (Mary Cochrane), in the form of \$100 bills. Brother Bill, (William Cassiere) told of an incident when he needed funds. Guy Ballard turned around, then opened his hand, producing a \$50 bill, giving it to Brother Bill.

With very few exceptions, Guy Ballard was accorded no special privileges. He had to transmute his own personal karma. At one time, after passing through a particularly trying experience, he asked Saint Germain "Why in the world did I have to go through that?" Saint Germain just smiled at him and said, "Why wouldn't you? You created it. You are no different from anybody else."

Before their trip to Honolulu in August, 1936, Guy Ballard received the messages through the Light and Sound Ray. In this way, he could hear the audible voice of the Master. On their return from this trip, there was a change in the mode of receiving dictations. Words were now flashed before Guy Ballard's eyes in 2 inch high letters of Living Light. Brother Bill told Werner [Werner Schroeder] Mr. Stickles saw those letters of Golden Light in front of Guy Ballard, as did Brother Bill. Brother Bill saw those letters whether he was sitting in the front row or in the back row and with eyes open or closed.

In 1936, Guy Ballard had rendered sufficient service to completely balance his account with life. He could have ascended then but chose, of his own free will, to remain and be the contact and channel of the Ascended Ones. Guy Ballard maintained he would only make the ascension

when I have cleansed and purified myself enough,
when I have poured out love and kindness enough,

when I have been humble and grateful enough,
when I have served enough,
then, will I enter into that home of my Presence.

About 20,000 healings are attributed to Guy Ballard.

Guy Ballard left the body on December 29, 1939, 5:20 AM, at Donald's house, 2545 Vermont Avenue, Los Angeles. He made the ascension on December 31, 1939. He had lectured to within one week of his transition.

Guy Ballard made the ascension under the new dispensation given in 1938. Under this dispensation, the purified essence of the physical body enters the etheric body, the etheric body is merged with the Christ Self, and the Christ Self merges with the I AM Presence, all done in full consciousness. The physical body is left behind to be cremated.

In outer appearance, Guy Ballard looked like any other man in physical form, yet he was different. His inner bodies had been purified. This enabled the Light to flow through freely. Guy Ballard used the pen name Godfré Ray King. The meaning of this is, 'GOD frees by the power of Light and becomes king.'

After his ascension, the honorary title 'GOD Obedient' was bestowed upon him. Guy Ballard was the channel, in human form, that Ascended Master Saint Germain used to bring forth this instruction to humanity. He was the open door through which the Ascended Masters could work in the physical realm. The Ascended Masters gave the information and instruction through him to the students. Thus, the students learned how to cooperate with the Great Ones and thereby handled conditions of global importance.

Guy Ballard, as a member of the Great White Brotherhood, became an original sponsor of the Transmission Flame Service of The Bridge to Freedom, acting as sponsor of the student focus over Denver, Colorado.

Mary Lehane Innocente

Mary Lehane Innocente, of Irish descent, was the mother of Geraldine. She was a founder and a co-worker of The Bridge to Freedom. She published articles in The Bridge to Freedom Journals under the name D.T. Marches. Mary had previous embodiments as Aaron, high priest and brother of Moses, Isaiah the Prophet, Dante Alighieri, the Italian poet, and George III, King of England. Mary Lehane Innocente departed the Earth plane on March 4, 1960, 11:13 PM, and ascended March 7th. She is the Twin Flame of Lord Ling (who was Moses in a former embodiment). She is now called the 'Ascended Master Dawn' and the 'Goddess of Happiness.'

Before gaining the ascension, she resolved to continue dedicating all her energies, from the ascended state, to the cause of The Bridge to Freedom. Our love and gratitude goes to Mary Lehane Innocente, a dedicated member of the Great White Brotherhood.

Geraldine Innocente

Geraldine Innocente, the 'authorized' messenger of The Bridge to Freedom, was born on March 29, 1915.[birth year is approximate] She was the daughter of Mary Lehane Innocente and Gus Innocente. Geraldine embodied previously as Joseph of Arimathea and three times as an oracle at Delphi. Possibly, she also was Miriam, the sister of Moses and Sir Galahad of King Arthur's Round Table. Some students now call her the Ascended Lady Master Miriam.

Geraldine lived with her parents, who were co-workers in the Light. Until 1955 they lived at Halesite, Long Island. In 1955 they moved to Flourtown, Pennsylvania,

and later moved their residence to Charlottesville, Virginia. Finally, the Innocentes moved to St. James, Long Island. The last address was listed as P.O. Box 77, St. James, Long Island.

In the 1940s on Long Island, Mrs. Mary Innocente had a small group affiliated with the 'I AM Activity.' One night in 1944, Geraldine and her mother were sitting in their home, in front of the fireplace. Suddenly, Geraldine was aware of a presence in the room. She realized it was Master El Morya. She said to her mother, who was unaware of this Presence, "Master Morya is here." Her mother said, "What does he want?" El Morya suggested to Geraldine she make a certain application on a daily basis.

One year later, El Morya told Geraldine the Lord Maha Chohan would like to give a series of discourses through her. She thought it over and consented to receive the dictations. The Maha Chohan came to the group of 13, known as the Inner Circle, once a week to give instruction in an endeavor to further their spiritual development. From then on Geraldine was in continuous communication with the Masters. Geraldine thus had at least seven years of continuous training in channeling before she became the voice of the Great Ones of the 'Bridge to Freedom Activity', officially starting in 1952.

Geraldine was a very humble individual. Her name was mentioned publicly for the first time in the 1958 Bridge to Freedom Journal - 6 years after the first issue. In 1952 she used a pen name when publishing some articles in The Bridge to Freedom Journal.

On one or two occasions, the Masters allowed questions of those who worked closely with Geraldine as her staff. In this way, it was established, there were at least five twin flames (Divine Complements) of Ascended Masters present. It was revealed that Peter, the disciple of Jesus, was one of the founders of The Bridge to Freedom.

Geraldine received most of the dictations between the hours of 4 AM and 6 AM. Apparently, it was easier for the Masters to give the dictations at that time.

Geraldine Innocente transitioned on June 21, 1961. An ascension service was held on June 23rd. We are deeply grateful for her years of dedicated service and for her contributions in preparing the Bible of the New Age.

William J. Cassiere

William J. Cassiere prepared the way for Guy Ballard and the Ascended Host in the way that John the Baptist prepared the way for Jesus. He went to Bible classes, explaining the meaning of the statement I AM THAT I AM. He talked about Biblical passages that could be interpreted as referring to reincarnation. In this way he laid the groundwork for a future visit by Guy Ballard.

Brother Bill met Guy Ballard right after Mr. Ballard's experiences on Mt. Shasta. Guy Ballard put his arm around him, saying, "Billy Boy, we have been working together (in former embodiments) many times."

Brother Bill (as the students called him) was made an 'appointed' messenger by Saint Germain. Later, on December 25, 1934, Saint Germain made him a 'full' messenger. In a dictation given through Mr. Ballard by Saint Germain, [we have this at headquarters] it states: "Beloved Billy Boy, it is my joy and privilege to make you a full messenger in this dispensation of the I AM Activity. I congratulate you on the splendid work you are doing."

Brother Bill gave many classes. Sometimes he lectured to five different groups during the week. He stated to Werner, "When Guy Ballard or I were lecturing, there

LESSON 18: THE ASCENSION PROCESS

was hardly ever any class during which there did not occur a major miracle. Many times people left their crutches at the meetings." About 30 of these 'miracles' are recorded in Brother Bill's book, *Miracles of Today*.

He left all of his possessions of a spiritual nature with the AMTF. We found additional accounts of about 20 healings. He told Werner that about two-thirds of the people requesting healings from him were healed. He stated Guy Ballard had the same results.

In a private dictation of Saint Germain through Guy Ballard, given on August 18, 1939, Brother Bill was told he had earned the ascension. [This document is also in our possession.]

After leaving the I AM Activity, Brother Bill worked as a real estate salesman. He sold many Bridge to Freedom books. "I sold many books, I was Geraldine's best salesman", he told us.

My wife Annette [Schroeder] and I met Brother Bill at his last public lecture in Grants Pass, Oregon in 1985. We became good friends. We visited him several times at his last home, the Veterans' Home in Yountville, California. He was very much interested in the work of the AMTF and became a member.

When the AMTF printed the book *Unveiled Mysteries*, in 1986, he shouted with joy, "It's about time!" [This book and others of the Saint Germain series were not made available to bookstores and the general public from about 1940 to 1986]

Brother Bill was in his late 80s when we met him. When we talked about the Light and this teaching his entire countenance radiated. Werner said of him,

"Brother Bill was the most sincere, humble, polite, and knowledgeable gentleman I ever met in my life. He was truly a saint, an inspiration to all who had the privilege of knowing him. He exhibited total mastery over the qualities of the Seven Rays and he gave us many insights in the activity of the 1930s and in the way the Brotherhood operates."

Brother Bill made the ascension in 1987 at the age of 90. Members of the AMTF held an Ascension Service for him.

In the 1930s and 1950s, the Great White Brotherhood awarded special titles to a few select chelas:

William Cassiere	1 of 7 Appointed Messengers
Geraldine Innocente	The Contact
Guy Ballard	Fully Accredited Messenger After his ascension, the honorary title 'GOD Obedient' was bestowed upon

DECREE FOR THE ASCENSION FLAME

Ascended Masters Serapis Bey, Saint Germain, Jesus and the Brotherhood of Luxor, Blaze the Ascension Flame in, through and around me, my loved ones and all humanity. Ascend all limitation into harmony, disease into perfect health, distress into peace, poverty into opulence, and discord into perfection.

This we ask in Thy most holy name, I AM !

LESSON 19: TODAY'S CRISIS

<https://www.youtube.com/watch?v=sWCejnLn8uM>

<https://iamfree.co.za/the-i-am-presence-ascension-1>

A COSMIC ULTIMATUM

The purpose of a cosmic cycle of 14,000 years is to nourish the creative centers of one root-race, enabling each member to make the ascension. Each cosmic cycle is divided into seven sub-cycles of 2,000 years each.

The first three root-races of humanity gained the ascension at the appointed time. This time-period of about 50,000 years is called The Garden of Eden. The Fall of Man occurred during the evolution of the fourth root-race, about 4.5 million years ago. Members of the 4th and 5th root-races are still on Earth, not having achieved the victory of the ascension. A few years of the 6th and 7th root-races have been allowed to embody.

Only God-Perfection exists on the other planets of our galaxy and all planets are ready for the next phase of the Divine Plan for the galaxy, called the 'in-breath'. Under this phase, all planets will change orbits, bringing them one step closer to their respective suns. After all the planets have entered the aura of their respective suns, all suns will enter the orbit of Alpha and Omega, who govern the Central Sun of this galaxy.

Its vibrations being too low, Earth has not qualified for the in-breath. Thus, the Earth has held back the progress of the galaxy for millions of years.

In 1952 the Great White Brotherhood received an ultimatum from the Central Sun. The edict had the following provisions:

1. The Light quota for the planet had to increase within a time-period of twenty years, enabling Sanat Kumara to be released from his self-chosen exile on Earth and return to Venus. Sanat Kumara must be with his planet, Venus, which was to undergo the first step of the cosmic in-breath with the Earth.

For more than 2.5 million years this magnificent, Divine Being watched over the Earth, witnessing great civilizations coming forth, only to see them degenerate. The inhabitants of Earth would have to make up the missing amount of harmoniously qualified energy caused by Sanat Kumara's leaving. If this could not be accomplished, the planet would be destroyed.

2. All life on the planet, including humans, angels and the elementals, had to be prepared for the in-breath, which would no longer be postponed. No specific date for this step was given, but it was stated that the in-breath was imminent.

3. All guardian spirits of the Earth, who came to this planet millions of years ago, and who fulfilled the task as parents to the Earth, needed to return to their home planet.

Consequences Of The Edict

In response to this cosmic edict, the planetary hierarchy sent an S.O.S. heard by the entire galaxy. Millions of individuals from other systems offered to embody on Earth, but only 1,000 were given this opportunity by the Karmic Board of our planet. This means that, at this particular time, Earth is both benefiting from the radiation and blessings from higher spheres and the visitation of these Great Beings who are

assisting.

The angelic, elemental and human kingdoms were informed of the cosmic edict.

The Maha Chohan: The Supreme Importance of the Hour, May 15, 1952

"The vibrations of each of the seven planets of our physical sun must be quickened, to enable each planet to enter and sustain itself in the orbit of the graduating planet. Great Beings are delegated to the task of quickening the vibrations of those planets. We must prepare our planet and her people. Therefore, of necessity, we are forced to reach all of people quickly. We have invested in you our love, our life, and our radiation for this moment. I shall expect every assistance in the cosmic push of the hour. Every other planet of our sun has already signaled 'Ready'. Yet, the Cosmos must wait for the Earth. We must soon have that 'Go Ahead' sign from the hearts of people. Help us speed that day."

In like manner, the Karmic Board directed the Seven Archangels with regard to the more speedy evolution of the angelic kingdom. They notified the great Devic Lords with regard to speeding up the evolution of the nature and elemental kingdoms.

Straightening The Earth's Axis

Prior to the first step of the cosmic in-breath, the Earth's axis needs to be straightened. This must be done with great care, to prevent the excessive flooding of coastal areas caused by the melting of the polar icecaps. Straightening the axis may cause the shifting of the gas belts and of the Earth's surface, of the air, ocean and earth currents. Such shifts could result in additional hurricanes, tornadoes and earthquakes. One Master said, "I know that, as yet, it is an impossibility to absolutely straighten the axis of the Earth without causing undue suffering to the general population and unleashing all of the elemental kingdom, many of whom do not yet love humanity."

Straightening the axis will result in dissolving of the Veil of Maya. Once again, we will enjoy the visible, tangible presence of Divine Beings here on Earth. Those who are pure and those who are not will be revealed.

When the great Cosmic Beings, Polaris and Magnus, have performed this task, so much of the depression upon your weary, physical vehicles will be released. It will be easier for you to stand erect as Sons and Daughters of Freedom and so much easier for you to receive, from your own I AM Presence, the directions which will expand through your Holy Christ Selves and fill your world with every God-Virtue, so you may complete your Divine Plan.

How should we react to this axis change? It should not frighten anyone. The Great GOD who made each and every one will take care of all in their perfect divine place.

Starting in 1958, the Masters, in cooperation with students of The Bridge to Freedom, attempted to straighten the axis. There was initial success, however, the effort had to be abandoned. Therefore this task still lies before us.

As a planet comes into closer proximity to the sun, the vibrations of all existing life on the planet need to be increased. The Light Quota of the planet is composed of constructively qualified energy. Therefore the teaching of the Ascended Masters, as brought forth through The Bridge to Freedom, focused on this key point of raising the vibratory level of humanity and the entire planet.

THE CAUSE OF CATAclysms

It is the nature of the Elemental Kingdom to mirror what it sees. It immediately becomes what it looks upon. Before the event commonly called the Fall of Man, all intelligent life (including humans, elementals and angels) expressed only harmony. After the fall from harmony into discord, elemental life began to mirror that discord.

Saint Germain has said that if enough students are calling for the Violet Fire there will be no cataclysm's, as the cause of the cataclysm will be transmuted!

From the Masters.....

"The entire human race has storms of hate, anger, revenge, and many other outbursts of feelings. The four elements, having recorded those qualities, return them to humanity through the world of nature. The people of Earth have cataclysms of thought and feeling in the form of resentment - against each other, injustice, places and things. These discordant feelings are recorded by elemental life and express themselves as violent storms, earthquakes, floods and plagues. Some mountain spirits, catching up the spirit of rebellion, spew forth fire, smoke and molten lava. All cataclysmic action is due to the antipathy between elemental life (air, fire, water, earth) and the people whom they had come, in such love, to serve. Cataclysms take place to cleanse this, and bring people back to the original purity of life.

The elemental kingdom, held in leash by its mighty directors, has become rebellious at the ingratitude of the beneficiaries of their services through aeons of time. The angels, of course, are never subject to human feelings and willingly cooperate in rendering their service of loving ministrations to a recalcitrant race.

Perhaps it is difficult for you to conceive of fire elementals acting as purifying agents through the water element, but they do. Without these salamanders (many of whom come from the electronic belt around the physical sun), the forces of the other three elements would long since have rebelled violently, causing much cataclysmic action, fear and chaos to the people of earth.

The excessive droughts, flashfloods, and the unequal distribution of the precipitation of water in various places, is due to human abuse of the water element in the past and present. All this can be remedied by your loving cooperation, now. The creatures of the water, such as piranha, crocodiles and sharks (to mention but a few) have all developed their defense mechanisms as a result of having contacted the 'killer instincts' in humanity's outer consciousness.

If you could see, the amount of poison exuded just from the breathing out of polluted air from human physical bodies in one 24 hour period, you would realize much more fully the tremendous service the sylphs perform and would certainly be much more grateful for it.

The devas of nature and the elemental kingdoms asked the Karmic Board for release from the domination and vicious impurities imposed upon them by humanity. This grant would mean great cataclysmic changes. Only a partial dispensation was given. We, who work continuously with humanity's good in our hearts and minds, were grateful.

It is only the power of Divine Love, from Neptune, Virgo, Aries and Oromasis that has kept the nature kingdom from rebelling violently, and casting back upon the human race some of the destructive effluvia of the discordant creations in the form of tornadoes, floods and various cataclysmic activities. This is due particularly to

their use of the fire element. From time to time it has transmuted as much of the human effluvia as Cosmic Law would allow.

Ages ago, we saw the seas of impurity and imperfection which would spew forth the effluvia of man's creation. We see now the possible, but not necessary, chaos the elemental kingdom can create during this period of world and planetary change."

[See Lesson 15 Part 1 – Elemental Kingdom]

PREDICTIONS OF COMING CHANGES

Predictions By Ascended Masters

The Masters gave little information, and no dates, on predicted geographical changes. They know, of course, one is responsible for what one plants in the mind of another. The future of a planet is determined by the free will decision of people acting today. The date of a cataclysm is determined by superior intelligences, such as Alpha and Omega, not the Great White Brotherhood.

The Masters are trying to awaken everyone and get them involved. The Ascended Host are forced by circumstances to reach people quickly. At the same time, they do not want to cause chelas to panic. Therefore, the approach is to prepare chelas for all eventualities.

The Masters said...

"We are now called by Cosmic Law to make the Earth as beautiful as it was in the beginning, to straighten her axis quickly, and to accelerate the vibratory action of the electrons making up the atoms of every human being. We are engaged in a planetary change, a change that will affect every atom of so-called matter."

"The Cosmic Light becomes an increasingly greater pressure in the lower atmosphere because unascended beings like yourselves are calling for Light. As the Light comes, it presses the psychic and astral realm closer and closer to the Earth. As the pressure of Light increases, the causes of distress set up by humanity, endeavor to find their way back to redemption and perfection through their creators.

Thus, at the end of an era, before the Golden Age comes in, you will find many other discordant conditions preying upon and frightening their creators to a terrifying extent. These can, and will be, dissolved by the use of the Light Rays. To the observant student, conditions might appear hopeless. Be assured this churning, emotional process shall pass."

"Through the coming of great world changes, we come into strange days now, when great numbers of people may be in distress. They will need your calls to set into action the transmuting powers of the Violet Fire which you have been prepared to call forth. Through the use of the Violet Flame, you are now, and have for many years, transmuted much more discordantly qualified energy than you know, much that does not even belong to yourselves.

So, straighten your shoulders and raise your head in the dignity of Gods and Goddesses of Freedom, realizing that if the so-called sinister force makes an inroad into your world, emotionally, mentally, etherically or physically, it may not necessarily be your own. It is just destructively qualified energy coming into the Violet Fire for redemption."

"Speaking on this subject of cataclysms, the evacuation of the Earth, by spaceships, would not seem the greater part of wisdom after Sanat Kumara and all of the Great Beings have spent so many aeons of time, in keeping Earth in its orbit,"

"The decree of Cosmic Law is the Mighty Chohans will not be required to turn that wheel again to play upon the resistant and rebellious consciousness of a race that seems determined not to awaken from their soul sleep"

Geraldine Innocente received the following dictation three days before her ascension.

Vesta speaks

"We have served a long time beloved ones. After the energy spent by Sanat Kumara and the remainder of the Great White Brotherhood, it would indeed be an unpleasant task for the Ascended Masters Serapis Bey or El Morya to receive from the Karmic Board, a final, irrevocable notice the Earth and the population of the Earth are not ready to proceed into its new orbit.

In the name of Helios and myself, I invoke, I invoke, I invoke the Holy Christ Flame within your heart, the fully gathered cosmic momentum of your Light, Light, Light, now made manifest and sustained by grace."

Immaculata: the Silent Watcher for the Earth

Adding to Vesta's dictation...

"The Earth shall be, again, as she originally existed, even if Helios and Vesta, themselves question it. I shall hold that concept until someone on Earth restores it again, inch by inch, mile by mile."

So dear hearts, this shows today's situation. We are sustained by grace. Do you know what the Masters definition is for grace? Merit unearned.

Predictions Of Others

Any unascended channel can only report from their own limited vision. Only an Ascended Master has the gift of total discrimination. To find the truth, students must engage the feelings in the heart and their most developed facilities, reason, logic and common sense.

They must investigate all claims, including the giver of the message. One chela did just that. While investigating one channel, he noticed the person, who thought he was alone, grasp a bottle of red wine and gulp down its contents. Not long after, he gave a message. Alcohol dulls the brain consciousness. Would you trust this message? This happened in 1980, but the channel is still active and has many students in many countries.

Some channels acknowledge the purity and accuracy of The Bridge to Freedom dictations given through Geraldine Innocente, but they insist they have updated information. They disregard the instructions of Archangel Uriel (May 16, 1954) and the Maha Chohan (May 20, 1954) these messages given to Geraldine should be regarded as the 'New Age Bible, written for generations yet to come'.

There have been many predictions of cataclysmic action in the past few decades. As early as 1942, a well-known channel of a prominent group, predicted California would sink into the ocean. The staff and some students living in Los Angeles moved to Santa Fe, New Mexico. They also dismantled the printing press and moved it to the new location. Other students moved to various cities which meant giving up their homes and jobs. This move became known as the Exodus. Nothing ever happened. However, this wrong prediction did not result in the channel being discredited. She is

still revered today by thousands as a messenger of the Great White Brotherhood.

In 1979, a channel of an established Ascended Master group on the East coast predicted Los Angeles would sink into the ocean on New Years' Eve, 1979. Again, nothing ever happened. He is still lecturing in many countries and claims a large international following.

In 1983, a channel in Sausalito urged everyone to move out of the Bay Area, declaring the California coast would sink into the ocean. She moved to Mount Shasta. Nothing ever happened.

In 1988, yet another channel from the San Francisco Bay Area, who had been channeling for half a year in Mt. Shasta, suddenly decided to leave after predicting Mt. Shasta was to erupt on the next day. Nothing ever happened.

Where are we today? There is literally an explosion of channels; there are thousands of them. How can we tell who is right? We need to set aside some time and read the books giving the true spiritual laws now. Get involved and investigate. We need to listen to the voices of our heart and those of our most developed faculties, logic and reason.[see Lesson 15 Part 2 – The Two Types of Channels]

THE PATTERN OF THE PREVIOUS CATAclySM

We can draw many valuable lessons from the last cataclysm occurring 12,000 years ago when Poseidonis submerged, the last remnant of the Atlantean Continent. The different phases and time frames of this cataclysm, as well as those of prior ones, may generally be described as follows:

1. The people were forewarned.

Various messengers of the Great White Brotherhood warned that a great cataclysm would follow if they did not mend their ways and turn to GOD.

The civilization had a state of high scientific accomplishment. The existing energy in the ethers (air) was used to propel air ships and for mass transportation.

But there also was moral decay, (See Plato's account of Atlantis¹ as chronicled in the book *Man, His Origin, History and Destiny*). At this juncture, humanity was not yet apprised of safe or unsafe areas.

2. The people, did not pay attention to the warnings.

The priesthood was divided. Most of the priesthood did not have the discrimination to discern the true voice of the Brotherhood. There was much spiritual arrogance among chelas. Some of students remained loyal to the Great White Brotherhood, some switched over to other groups, giving out partial truths.

On Atlantis there were two camps, the forces of the White Order and of the Black Order. The Black Order promised shortcuts in the teaching - less daily application of the teachings, less emphasis on the I AM Presence, more dependency on human beings as teachers and giving out degrees of accomplishment. Once students joined the Black Order they were held in check by fear.

3. A final, irreversible date for the cataclysm was set.

The authorities who finalize Cosmic Law, as it applies to this planet, set the date for exactly five years later. This decision included the areas which would and would not be affected by the cataclysm.

4. Those few having the discrimination of discerning the true message of the

Great White Brotherhood were apprised of the date of the cataclysm.

Their preparations included gathering spiritual treasures, such as documents, to take with them on the voyage. Sometimes there was a physical struggle with the remainder of the priesthood.

Just prior to the cataclysm, the leaders of each boat received the final instructions, telling them where to sail. They left, accompanied by the ridicule and scorn of the local population, including that of the priesthood which stayed behind.

5. The cataclysm occurred at the time foretold.

The true chelas of the Brotherhood arrived in safe places. All of the remaining population, sixty million people, lost their lives. The spiritual arrogance of some of the priesthood and some of the chelas was a major factor in causing the catastrophe.

The same general pattern was repeated many times in the various cataclysms on Lemuria and on Atlantis. We must remember, even in a major cataclysm, the Great White Brotherhood always takes care of their own devoted chelas.

Today we are facing a similar situation. The final verdict as to safe and unsafe areas has not been rendered as yet, but it may be given soon. Let a word to the wise be sufficient. Forewarned is forearmed.

CATACLYSMS: EFFECTIVE MITIGATION AND PREVENTION

<https://www.youtube.com/watch?v=sWCejnLn8uM>

The Need for Committed and Prepared Chelas

To assist humanity, ascended masters need conductors who can magnetize their energies in the physical realm. In this effort, the Great Ones are dependent on the voluntary efforts of students. Again and again the masters asked students to prepare now for possible emergencies.

Unconscious Conductors and Conscious Chelas

"The 'unconscious conductors' [non-chelas] have served us often, through the ages. They are blessed indeed. However, just as the inside of a pipe becomes corroded and filled with impure substance, so does the consciousness of the average person become filled with impure thought, feeling and etheric substance. These can be cleared by conscious use of the Violet Fire.

The Violet Fire compels the purification of their individual lifestreams. Therefore, unconscious conductors do not make as wide an open door for the Masters' service as do conscious chelas who have used the Violet Fire of purification. Preparation, application and purification are magnificent because through the force-fields of your groups and through your individual selves, they create a wider and wider conduit of Light. The radiation and pressures of the Great Ones, flowing through them, are a great blessing to humanity.

There is no such thing as coincidence in placing individual lifestreams at various strategic points on the Earth's surface. You *think* you are born to a family, in a nation, sometimes by coincidence. You *think* you are drawn by circumstances from a place of seeming security to a new locality, where you must start over, finding housing and a means of making a living.

Remember, my dear people, Life has given you ages, centuries upon centuries, to make up your minds. You are now arriving at a point where you *must* make up

your minds. Will you serve the Light or the shadows? Choose!

Beloved ones, even in your city, there are people exercising every power in their beings to bring disturbance and confusion to the I AM Students. Be firm and unyielding. They have no power to do it or touch you. But you must be firm, calm and determined. Here in the city, are groups of people, who are holding sessions twice a day, to throw a force of disturbance into this coming class. (I could point them out to you and give you their names).

You are among those in embodiment today who have volunteered to give this selfless service to life as our representatives. Oh, there is much grumbling on that score. Many, many say: 'I wish I had not volunteered so much service at inner levels. I have come down here and now find it necessary to transmute so much discordant karma and distress.' Precious hearts - you know many of you have made that statement at one time or another. If you are not willing to give this assistance, who will be our representatives in the physical realm? Think of this."

Archangel Zadkiel: Forswearing Incantations

"Beloved ones, your life has one purpose: fulfilling your Divine Plan here on Earth. Through the ages some of you dabbled with black magic. Some of you enjoyed the results and the harvest for the time being.

But at inner levels, you forswore the use of such practices when you came again before the Karmic Board. You were shown the results to yourself and your own soul growth and the results the effluvia such incantations caused upon the planet Earth.

Thanks be to Almighty GOD! It is to you who have foresworn lower order incantations that we look for re-establishment of the White Order on Earth."

Preparation: Consecrate Yourself to Your Master

"Consecrate yourself to your master. It is not enough to contemplate the beauty of the inner spheres, not enough to share the communion of the saints, not enough to bask in the love of those friends who guard you. This is the day when you must give and consecrate your feeling world and energies to your Master, allowing him to instantly flash through it hope, confidence, courage or peace, to any man, woman or child requiring it at any instant. Therefore, chelas, prepared to join the White Order of Archangel Zadkiel, must re-consecrate themselves to this Holy Mission on a daily basis.

May I remind you, in all kindness, it is in times of comparative peace, that momentums of balance, harmony, kindness must be built - momentums of energy which can be utilized in times of stress. It is too late when continents shake and seas rise, when plagues walk the Earth. It is too late when the fear of the people, the hysteria of the untrained, set into motion the elemental kingdom. It is too late when those great riptides, the like of which you do not remember, begin to play through the atmosphere. Then it is too late to build those momentums. *Now* is the time to build for those days.

You do not know when or where you will be called. You may be called to lead a group of frightened people and perhaps without a text or decree book, just in the garments which you are wearing now, and living in all sorts of inconvenient conditions. Then you need to rely on what you could draw forth from your memory."

Bridge Journal Editorial, October, 1959

"It is the present, urgent goal of the Great White Brotherhood, to save humanity and the Earth from colossal disaster."

Saint Germain: Readiness for the Call, 1961

"In the days to come, we require an Army of Light all over this earth. It must be composed of people in a constant state of alertness, a constant state of grace, a constant state of harmony, balanced and poised, ready to move at an instant.

Then, if an event is about to take place, and we desire to direct a thousand rays of light simultaneously, a thousand leaders will stand, a thousand groups will go into action and disaster will be averted. This is the training for the few, who walk under the Banner of Freedom in my name."

Are *you* ready to render the service required in the days to come?

- Suppose tomorrow you were called upon to take over a sanctuary, its expense, its responsibilities and frictions, and to combine the many selves into one.
- Suppose, one day, when you were alone in the heart of a business district or a shopping center, you were called upon to give instantaneous protection to many people
- Suppose the streets begin to crack open and the buildings begin to shake
- Suppose, great rivers were suddenly to rise above their normal water line

Would you be the calm, poised, majestic presence of your own God-Self, in full command and control of the situation?

There are nine million people in this City tonight [1961], many of whom are acknowledging Holy Thursday.*Out of that great number, only those in this room are realizing the possibility of a communion between the Holy Spirit [GOD's energy directed by the Maha Chohan] and the outer consciousness of humanity. If you had not volunteered, where would the Earth be today? Sanat Kumara would not be God-Free. *[a Christian observance occurring 3 days before Easter Sunday].

Lord Buddha was called to assume the office of the Lord of the World seventeen years earlier than he expected. When the call came he was ready. Lord Maitreya did not expect to be called either, but he was ready. Kuthumi and Jesus were ready to assume the office of World Teacher.

It is to you we shall look when people run hither and thither in fear and uncertainty, not having the wherewithal to clothe or feed themselves during times of world changes. Is it not better to receive training and become the master of energy now, while there is time?'

Five years before Poseidonis sank beneath the waves of the Atlantic Ocean, we alerted the people to the coming cataclysmic events. Ascended Beings and Cosmic Messengers from many realms came and spoke through the priesthood and the oracles. At first, the people listened to the words. The idea was entertaining for a time. It was something new and different; it was exciting. Then, since nothing spectacular happened, the people went back to the so-called pursuit of happiness.

When the Earth changes and cataclysmic events came as predicted, bringing the great rumblings of the Earth and the sinking of the land masses, who was ready? Only a few, who took these magnificent flames of the temples north, east, south and west. The rest of the population went down. Be prepared.

Today, you are very fortunate to have access to an enormous amount of teaching material. You have the knowledge of our own I AM Presence, the Violet Flame and the assistance which you can draw from the Ascended Host. In contrast, many individuals, now Ascended Masters, had no access to this type of material. They

knew a few points of the Law, which they had to contemplate for months. They had to live in secret hiding places.

Students of the Ascended Master Teaching are best qualified to be the leaders of today. They are the ones who know the most about the Light, and how to deal with the difficult situation facing the Earth. These students know best how to deal with the opposition, the forces of darkness. They know how to protect themselves from negative influences, and how to invoke the assistance of the Great Ones. They are best equipped to restore the sacred balance of religion and science, which were considered ONE in ancient times. They know best how to face the tomorrow."

Ascended Masters: Channeled Power, Light, Assistance in a Crisis

"If the energies of the mental body are calm, receptive and listening, if the energies of the emotional body are at peace and radiating good will and harmony, the Master then channels all of the combined powers of the Brotherhood, or as much as are required, for the assistance. Those powers are channeled through the emotional world, the physical body and the aura of the individual chela. They blanket the locality with blessing, balance, harmony, peace, healing, or other required qualities.

The Law of Love, the Law of the Universe and the Law of the Individual do not permit the Ascended Master to interfere with the individual's free will, except at those periods of Cosmic Activity when the Cosmic Cycle supersedes that of the individual. It is during these times the Ascended Master may give more than ordinary assistance.

The Earth has entered such a cycle now, and the greatest outpouring of the Light the Earth has ever known is being, and will continue to be, shed upon humanity. Light to purify it and re-establish the order and the love so imperative for the future maintenance of our planet and the system of worlds to which we belong.

We have been granted authority by Cosmic Law to bring into the atmosphere of Earth devas powerfully charged with those qualities. Those devas will anchor into the feelings of the student body, establishing balance to see them through trying times on this planet. So, be assured you move under the intelligent arms of Love, Divine Law. When consciously called upon by students, these protective Ascended Beings can and do blanket the emotions, and hold people silent, until the minds and hearts of the chelas feel their presence.

You can have great assistance in quickly drawing forth food to feed great numbers of people. Lord Ling will help you, as he rendered that service as Moses to the Israelites.²If you find yourselves with great numbers of people around you in need of physical nourishment, call on the Precipitation Flame and to multiply that substance you already have.

Over and above the human race stand great guardian beings, whose responsibility and voluntary service is to protect the lifestreams on the planet when need arises. They do this through connecting their own feelings of peace, poise, safety, calmness and healing, with someone in a physical body. They connect with a person who can maintain harmonious control of their emotional and mental energies at a time when the great masses of people are distressed. Such a person is singled out, and through his body flows the substance of GOD's love, like a blanket of healing, protection, peace and supply.

Thus do the Wings of the Almighty spread over the face of the land. In the same manner, people who, are by nature and cultivation, self-controlled and balanced in times of crises, become the natural recipients and dispensers of supernatural

substance, the manna from heaven,³sometimes required by the people to sustain the body's life during cataclysmic action, famine, war, pestilence, or other such crises. Witness Moses feeding the Israelites in the wilderness, and Jesus multiplying the loaves and fishes.”⁵

Master El Morya: Assistance from the Hierarchy

“At the present time more assistance is being given by the spiritual hierarchy to the people of this Earth than ever before. This will greatly lessen the cataclysmic activities which so disturbed the mass of the people during the sinking of the continents of Lemuria and Atlantis.

Rejoice! Even though to the outer sense the present human appearances seem appalling, greater light and great loving assistance is yours now. Invoke our presence and rejoice in your opportunity to return the Earth and all her evolutions to a beautiful and perfect state of lasting peace, without the necessity of such drastic actions by the elemental life. Life you can now love to freedom.”

The Masters: Decreeing to Lessen Cataclysmic Activity

“For the first time since before the sinking of Poseidonis, this great assistance of Ascended Beings has come forth to the Earth, because Cosmic Law has said:

No longer shall we wait for humanity.

If human beings will not awaken and come into the Light and understanding of the Presence now, then nature must do its work.

You have heard the statement that nature only tolerates humanity's iniquity for so long, then she rises and buries her opponent. That situation is before you now.

With sufficient decrees from the Earth octave to the Mighty I AM Presence and the Ascended Masters, the protection can be given minimizing destructive activity on the Earth. Through these decrees we can direct calls to the gas belts so there will be the least amount of damage. Then, on a moment's notice, flashing that Sacred Fire through the chelas, we may render the assistance holding in balance and checking plagues and epidemics and cataclysmic activities and all the various scourges seeming to play upon the screen of life and distress humanity.”

[See Lesson 5: The Art of Giving Decrees the Work]

BECOMING A MIGHTY RESERVOIR OF PEACE

He shall cover thee with His feathers, and under His wings shall thou trust.⁴

The Masters on the subject of holding undisturbed peace...

Ascended Master Jesus: The Power Of Peace

“One man, woman or child, learning the self-mastery of undisturbed peace under all circumstances, can through the expansion of consciousness, hold an entire continent in perfect balance. In early ages, this God-Illumination, self-mastery and sustained peace, enabled those so equipped, to sustain the entire Earth during her lowest ebb.

In the atmosphere around the Earth, there is this turbulent, moving energy of which I speak. Yet, in the midst of all that, one lifestream, turning its attention toward GOD or myself, or any Divine Being, can draw back enough peace to hold the balance for a community, a city, a state or a nation.

When the fishermen in the boat were sore distressed because of the raging sea, where did I receive the power which stilled the waters? Through the assistance of both my mother and father and Lord Maitreya, I had been taught from childhood to magnetize peace. That peace became a great reservoir. So I said to the waters,

'Peace Be Still'. Naturally the raging sea responded, because there was more energy already drawn around me, qualified with God-Peace, than all of the turbulence of the Sea of Galilee."

Mother Mary: Sustaining Inner Peace During Trying Times

"It was not very easy for me to hold the peace when I led that little infant (at least he seemed so to me) through the gates of the Temple at Luxor. It was not easy to hold peace later, after the passing of Joseph, when Jesus went the long way alone, across mountains and plains, into India for further instruction.

On Good Friday [the day of Jesus' crucifixion] I also had to hold the feeling of peace around blessed Jesus as a protective aura, while his blessed bleeding body was nailed to a cross.

If I had not been able to hold that inner peace, there would be no Christian Dispensation today, no mighty cathedrals, with their spires pointing to the sky, no great choirs of lovely singers and no ecclesiastical glory of the Christian Church.

When times come (as there will in the future) when great numbers of people require your assistance, *your emotional stability will be the force-field over which our protection can flow. Build It Now.*

In your sanctuaries and groups, watch the quality of the decree work, watch the quality of your songs, watch the quality and energy and fiber of your group endeavor, to keep that wonderful positive balance.

You must be so pliable, so alert, and so capable in the handling of emergencies, that the pressure of those energies do not throw you off balance. You will see, dear ones, if you cannot handle the pressure of energies of the lifestreams with whom you are associated in homes and in business, how can we anchor through you those cosmic currents to handle the surging tides of an entire city, or a nation, or a continent or a planet?

Nothing can be permanently sustained, anywhere in this universe, without the feeling of undisturbed peace. The calm, poised, reasoning person becomes the pivotal point for the greater number who are unable to intelligently cope with sudden shock, surprise, fear, or other appearances and events. We have all heard of how great audiences have safely been removed from burning buildings through the quick thinking and masterful control of either an entertainer or a member of the audience, who directed the thought pattern of the crowd and maintained order and balance in the entire group."

Emotional hysteria and all mass feelings are highly contagious. They run like a forest fire through the human feeling world. No one is proof against sudden, unexpected disturbance, unless such a one has carefully and constantly trained to remain poised and balanced in the face of emergencies, and has built a momentum of controlled energy into their own world. The practice ground for such training is our daily environment.

Rudyard Kipling wrote, "[It is well] if you can keep your head, when all about you are losing theirs and blaming it on you."⁶

We all have had the experience of contacting a calm, poised person when we are distressed. We have witnessed the effect of the transference of that calm, poised, assured feeling stilling our own distressed emotions. While hysteria, fear and uncontrolled emotions are instantly transferable, so are the higher spiritual qualities of peace, poise, and balance.

When the great Silent Watchers of the continent, of the city, of the local units see some great need, they send an S.O.S. to the heart of the Brotherhood for help.

The Brotherhood looks upon that location. If the chela's energies are in a state of violent emotions, disturbed and distressed, that one is temporarily cut off from the consciousness of the Brotherhood. Thus, that conductor through the world of form is not there.

The planet, as you know, is passing through a very dangerous and chaotic period. If we could depend on your outer selves to hold a certain harmony, we could use you without limit in delivering this beautiful Earth from destructive activities.

Are you going to be a comfort, a balance, a protection, a healing conductor, or are you going to be swept into the chaos of the uncontrolled?

In those moments, if you are not prepared and at peace, you are temporarily cut off from the Brotherhood as a channel for their outgoing, controlled, force. If they were to pour it out to you when you were in a distressed state it would energize your chaos.

Always remember, when you are dealing with a great number of confused, emotionally disturbed people, first make the application for their feeling world before endeavoring to reach the reasoning faculties.

Call to the great Archangel Jophiel to quiet the feelings. Visualize his Golden Flame and Ray blazing up around them. This will assist you, in blanketing the rampant, disturbed energy in an outpouring of peace.

Then, as you speak with authority and present the Law, it will anchor into the consciousness and bear fruit. The Law, when applied, brings the protection, the supply, and the peace of mind required in an emergency.

Let us then, individually begin to train ourselves to remain the peaceful commanding presence in the face of the small, trifling experiences of daily life. Thus, if such distressing occasions arise we may abide under the wings of the Almighty. Further, we become those wings to the children of Earth, who might require our presence, comfort, assistance and counsel.

Exercise to Bring Peace, to Calm the Feelings

Practice this simple exercise to bring great peace during times of irritation

- Visualize the Elohim of Peace standing above you, pouring down over you a stream of soft, golden, healing oil, the color of molten gold.
- See it pouring down over the head and flowing over the entire body
- See the body absorbing that substance like a sponge absorbs water
- See it running through the nervous system
- See it running to the tips of your fingers and toes
- Consciously accept this substance and radiation for a few minutes until you can feel its benefit
- Call your I AM Presence into action to keep it sustained and ever expanding.

This exercise is good to use at night just before entering sleep. With a little practice, it induces the relaxation that brings sound, refreshing sleep.

One must keep the attention riveted upon this activity for at least two or three minutes at a time. During the day, if you seem tired and in need of more energy, see the stream of golden oil more sparkling, until it becomes quite dazzling. If you persist until you get the feel of it, it gives you great help.

You may use this exercise on others, when you see they need assistance. Many folks have the appearance of 'frayed' nerves these days.

[See Lesson 16: Gaining Mastery for a similar exercise by the Archangel Zadkiel]

The Peace Of His Presence

Wherever I AM, the Father is present.
Wherever I AM, is Infinite peace.
Wherever I AM, is GOD's protection.
Wherever I AM, human troubles cease.

FORCE-FIELDS AND THE TRANSMISSION FLAME SERVICE

<https://iamfree.co.za/divine-beings>

Chelas may lessen, or entirely prevent, cataclysms by giving decrees on a rhythmic basis. This means giving the decrees individually or in groups at a certain time, at a certain place. Other effective ways to accomplish this goal are by participating in the Transmission Flame Service and by establishing individual or group force-fields.

Maha Chohan: The Transmission Flame Service

Commenting on the effectiveness of the Transmission Flame Service...

"When Paul (of Biblical times) went into Greece, he performed great works in the name of the Ascended Jesus Christ. Paul had the power of prana alive within him, plus the projected radiation of those who remained at Bethany. That is why I have been so interested in establishing and sustaining the Transmission Flame Classes using the rhythmic breath.

You make a permanent track of living light, encircling the world, as you learn to concentrate on transmitting, on your breath, statements carrying a certain quality, color and tone, to other physically embodied chelas.

The transmissions move from city to city, state to state, and across the great oceanic bodies. They grow wider and wider and wider. At the end of each Transmission Flame Class, the God-Free beings and I assist by taking up the weaker energies on the seaboard and directing them forward. The transmission encompasses the planet in the gift and radiation of the power of precipitation, illumination and permanent peace."

Force-Fields: Symbols And Uses

A force-field is a geometric form of constructively qualified energy, taking on the pattern of a God-Virtue the individual wishes to manifest upon this planet. Examples of patterns are the Maltese Cross, the lamp of truth or a lotus flower.

In the early Golden Ages, these force-fields were well known to the priests and priestesses officiating in the various temples. They dedicated the force-fields to specific GOD qualities, such as protection or healing. People often made pilgrimages to such foci of specialized blessing and benediction, bathing in the fully gathered momentum already established there. Force-fields created by those dedicated to this service of magnetizing, sustaining and radiating their gifts of life, for the impersonal blessing of all people.

As we again enter the gates of the Golden Age of Freedom, the Ascended Host is endeavoring to stimulate the desire within the hearts of chelas to establish such force-fields. In doing so, each group becomes a radiating center of certain God-

Virtues, and learns the power of concentration and giving impersonal service.

Such force-fields are established to magnetize and sustain certain God-Qualities, making them always available for the use of the Ascended Host. When such a force-field regularly receives attention for a period of six months it is ensouled by a ceremonial angel. Thus the Masters may use the force-field long after the group has finished its service.

Sanctuaries As Force-Fields

"The sanctuaries and the small, dedicated, rooms are funnels, through which we can pour our concentrated essence to bless a city, the nation, and the world. Why? In a permanent location, we have constant access to a force-field and we can use that force-field as you do an ember and fan a flame. You must have the ember or spark to get the flame.

As the requirement of the hour comes, these force-fields, no matter how small, can be fanned and fanned and fanned by the power of the cosmos, until they can become world engulfing. The larger they are, the more dynamic and more rhythmically fed, the less of our energy is required for such fanning. I AM so grateful even for a tiny spark, a glowing ember in the darkness of this star."

Saint Germain: Need To Create Force-Fields

"The drawing forth of lifestreams, at certain points of this earth's surface, who are willing to set up, through the energies of their own lifestreams, radiating centers [force-fields] which we may use as our own bodies, is a deep desire of my heart.

On a moment's notice, flashing that Sacred Fire through these living conductors, we can render the assistance holding in balance and check plagues, epidemics, cataclysmic activities and all the various scourges that seem to play upon the screen of life and distress humanity.

This had been done through the ages, in Atlantis, Lemuria, the 'Civilization of Seventy Thousand Years' ago, where we were all gathered together and controlled all conditions by light."

Saint Germain: Cooperation with the Elemental Kingdom

"The Permanent Golden Age requires the conscious cooperation of the three kingdoms to re-create the beauty indicative of the 7th Ray. I implore those interested in this cosmic event, to help us to remove from the elemental kingdom all those rebellions and resentments that could cause unnecessary cataclysmic action.

Antagonism between the elemental and human kingdoms has accumulated through centuries of ingratitude on the part of humans for the selfless and constant services of nature.

The elemental kingdom and humanity cannot be joyously and fully united in co-operative service as long as there exist feelings of antagonism between the elemental and the human kingdoms; as long as there is rebellion in the feelings of the members of the nature kingdom for the needless and wanton destruction of food and various gifts of nature.

The new Golden Age, which it is my joyous opportunity to bring forth on this sweet Earth, will again manifest the loving, joyous co-operation of these three kingdoms, which are even now being purified. Purified in preparation for the day when angels, humans and elementals shall serve together with One Purpose in making of this sweet Earth Freedom's Holy Star.

The angelic host is, by its nature, obedient to GOD's Holy Will. The angels are

never subject to human feelings and willingly cooperate in rendering their service of loving ministrations to a recalcitrant race.

The elemental kingdom, held in leash by their mighty directors, have become rebellious at the aeons of ingratitude of the beneficiaries of their services. The elemental kingdom, through the influence of its mighty directors, have served humans long and faithfully, with little conscious recognition of such patient and constant service.

However, humans, for the most part, through the destructive use of free will, have up to this time refused to lovingly cooperate with the other two kingdoms. These kingdoms literally sustain the human spiritual and physical presence on the Earth.

Those days are over. The cosmic fiat has gone forth to the Great White Brotherhood who in turn have instructed their trusted chelas to this effect. Humanity must arise out of the dependency on their unseen protectors and guides.

To prepare for this day, I look trustingly towards my dear and earnest chelas who have vowed to serve the cause of spiritual freedom and to help, according to their developed capacities.

Thanking you for your continued service in the future, I AM always your loving friend, guru and servant, as you continue in your individual and collective endeavors to liberate all imprisoned life.

Do not wait for others to render this service for you and your loved ones. Make your own application, sending your love to the beings of nature and their mighty directors. Invoke Astrea, the Elohim of Purity, to remove the cause and core of all fear in the consciousness of the people of Earth, replacing that fear by illumined faith and trust in GOD.

Therefore, it is up to those who have this knowledge, to bless the sylphs, undines, gnomes and salamanders and love them free. This will mitigate and prevent cataclysms." [See Lesson 6: Evolution of an Elemental Lesson 16: Elemental Kingdom]

HOW STUDENTS PREVENTED SOME CATASTROPHES

In 1955 a volcanic eruption on the island of Hawaii was prevented by the effort of one group of students of The Bridge to Freedom. [See <https://iamfree.co.za/s/E2-Precip-PM-403.pdf> *Law of Precipitation*, p.221]

The Transmission Flame Service: Fulfilling A Cosmic Requirement

The Maha Chohan called the saving of the planet within the allotted time of twenty years, 'an almost hopeless task'.

Yet, the first cosmic requirement was successfully fulfilled in 1956. It happened mainly through introducing the Transmission Flame Service to students of The Bridge to Freedom. This service was the idea of the Maha Chohan. He and about 150 students from The Bridge, who participated in this service, deserve the main credit for keeping this planet in orbit. This is the second time the Earth was saved from destruction. Sanat Kumara saved this planet 2.5 million years ago.

[See AMTF - *Man, His Origin, History and Destiny*]

The Maha Chohan: Force-Fields, Projected Consciousness

"The activity of projected consciousness is a magnificent field, in which many of you have so successfully accomplished the protection of various localities. This was done by carrying your entire group in thought and feeling and consciousness to places to where there are distresses of a temporary nature, and in anchoring down your blessed force-field on the substance of the Earth in those locations. You have,

to my great delight, averted so much catastrophe, not only of a cataclysmic nature, but in governmental affairs and international conditions. For this I AM grateful.

I was in your midst the other day, when the messengers called your attention to the plague in India, which is becoming so far reaching just now. What do you supposed happened when you called for that release of power? Great currents of energy charged forth, coming from the physical octave, which the GOD Himalaya took up and projected into the plague condition. Watch the papers and see the change in a few days. The evidence is before you constantly. I invite you to watch and see how quickly that plague will subside.

Through the use of consciously projected consciousness and by the conscious direction of your force-fields into the areas threatened by the recent hurricanes, many of you have stood within that air channel and blocked off the progress of the onrushing energies of these storms, transmuting and releasing that imprisoned life into a harmonious expression of earth, water, and air.

I AM delighted in the extreme, with the efficacy of your projection of consciousness and the cosmic protection that has been afforded the Eastern seaboard by your calls in this hour of planetary crisis."

The Goddess Of Liberty: Vertical Lines Of Protection

[July 21,1957]

<https://iamfree.co.za/the-elemental-nature-kingdom>

"We are grateful, indeed, for the use of your energy, which has already been taken by the Ascended Master Saint Germain to create a vertical line of protection along both the eastern and western seabords of North America. This affords tremendous protection from all types of destructive endeavor. The energy rising in the songs which you have just sung, carrying your love and your light, is part of the protection of this continent."

SUMMARY

The Masters are attempting to straighten the axis, melt the icecaps and gradually raise continents, portions of Atlantis and Lemuria without cataclysmic action. The Masters gave much detail about possible cataclysms. They stated such cataclysms can still be avoided, or, at least, their effect can be mitigated. They emphasized that one chela can make their location a safe one.

Recommended Steps For Assisting

- 1) Chelas must make daily application [See Lesson 5: Daily Application]
<https://iamfree.co.za/https/iamfreecoza/ascension-topic-template-2>
 - Do some decree work, supporting the efforts of the Directors of the Earth, Air, Water and Fire Elements.
 - Know: the limits and force of a cataclysm can be mitigated, or entirely prevented, by the action of a few dedicated, committed chelas.
 - Establish a force-field
- 2) Chelas must maintain harmony in the thoughts, feelings, words and actions
 - Meet the daily problems of life in peace and harmony
- 3) Chelas must stay focused
 - Read some material from the teachings each day
- 4) Chelas should join a group if possible or start one!

- If there is no group near you, consider establishing one
- 5) Chelas should participate in the Transmission Flame Service.

<https://iamfree.co.za/starting-a-group>

This service was the primary reason Sanat Kumara was able to return to Venus.

- 6) Be at peace, knowing you have done your very best under the circumstances.

Remember, the Great White Brotherhood is watching, and is grateful for all your efforts to manifest the Divine Plan. Right now [1997], there are no safe or unsafe places. The irreversible decision, the point of no return, determination of the exact extent and time of a cataclysm, has not yet been reached. Your action will influence this decision. The decision is made by the Central Sun, not the Brotherhood. Historically speaking, the Brotherhood always takes care of its sincere, committed chelas.

Survival Of The Planet

We are still here, so there is HOPE and the planet is speeding ahead as the Golden Age of Beloved Saint Germain becomes visibly manifest! Hold the Vision firmly and never ever lose Hope!

- 1) The warnings of the Masters need to be taken very seriously.
They gave us the tools to mitigate the current planetary crisis.
The Masters said of this information: never before in the entire history of humanity has so much material been given. Without such assistance, there would be no hope at all. The Masters have called these teachings *The Bible Of The New Age*, written for generations yet to come.
This material was given out by the Great White Brotherhood, and it remain the property of the Brotherhood. It should be made available to all people as soon as practical, at a reasonable price.
The Masters expended a great deal of energy giving us these truths. They are responsible for this energy. According to the Law of Conservation of Energy, they will not again be permitted to give to people this information in such detail.
- 2) At times the decisions of Cosmic Law, as they apply to the Earth, appear very severe indeed.
On the other hand, the Law never requires more than chelas can handle. In times of crisis, the Great White Brotherhood may give more assistance than is usual.
- 3) We are living on borrowed time, sustained by Grace, which is unearned merit.
Even in 1952, the state of the planet was extremely precious. We were sitting on a powder keg, as there was an ultimatum given to the Earth's Hierarchy, that Sanat Kumara had to return to His home Planet Venus within 20 years. The crisis was averted by the readiness of Beloved Lord Gautama to take His place, and the exceptional results of the Transmission Flame Service designed by the Maha Chohan, enabling the Earth to emit sufficient Light for Sanat Kumara to return to Venus in January of 1956. So the sustainability of our dear planet Earth is now in 2021 assured as is Saint Germain's permanent Golden Age and His vision of a Utopia on Earth!
- 4) Even Helios and Vesta were wondering whether or not the Earth would be victorious.

- 5) The student body was presented the Truth through the Teachings, and the possibility of major cataclysms happening. A solution was given to alleviate and mitigate the possible drastic actions necessary to keep the Earth in its place in the Universe. The extent of cataclysmic activity and the alleviation thereof, will be determined by the amount of Service the chelas give. The hope is this will awaken the student body, prompting action and raising them out of their present lethargic state.
- 6) Quality of consciousness and sincerity of effort are more important than numbers. It only requires a few to keep alive a connection with the Brotherhood. Just 15 students prevented a volcano from erupting. Just 150 students prevented the destruction of our planet.

One Master said, "We are in the last days. This is the last great opportunity to set humanity and all life free. Do you realize what it would mean if the Earth failed in the expansion of the Light in its relation to the other planets of this system? You do not know, the intellect cannot comprehend it. We do know. This is the last effort to free humanity."

Do the lessons of Atlantis and Lemuria need repeating? Students must decide if they want to accept the original, pure Teachings through the two Dispensations, or wish to float among today's channels, pretending to offer an improvement with the 'very latest'.

Let us remember what the Masters said about the battle of the forces of Light and darkness on Atlantis. The White Order Of Archangel Zadkiel is on a mission to save this planet. Can we count on your support? Will you join?

SUGGESTED DECREE FOR ADJUSTMENT OF AIR CURRENTS

Beloved Presence of GOD, I AM
Holy Christ Selves of all humanity
Ascended Masters Saint Germain, Jesus, and
All great Beings, Powers, Angels and Activities of the Sacred Fire...

In the Name of my I AM Presence and through the magnetic power of the Sacred Fire vested in me, I decree:

Adjust the atmospheric currents of the atmosphere and the gas belts to sustain the cosmic peace.

Compel The Perfect Balance Of The Earth and Air and Seas.

Beloved I AM	(3x)	
By Cosmic Christ Command	(3x)	
By Maha Chohan's hand	(3x)	
By Virgo's hand	(3x)	(earth)
By Aries' hand	(3x)	(air)
By Neptune's hand	(3x)	(water)
By Oramasis's hand	(x3)	(fire)

LESSON 20: GROUP ACTIVITY

<https://iamfree.co.za/divine-beings>

SAINT GERMAIN: THE HOPES FOR SANCTUARIES AND GROUPS

“Sanctuaries and groups are the Hope of the World. Many fine movements are drawing the attention and consciousness of good men and women to the truth of life, to the presence of the Ascended Masters, but the rhythmic, constant service in the providing a focus of the Sacred Fire - conductors of the gifts of the Godhead to humanity - is the service of the ceremonial ray.

Through the few who have signified interest in my endeavors, I look to externalize a balanced, dignified and beautiful way and means by which the angelic host, the humanity of Earth and the elemental kingdom may join together, consciously, in both service and worship.”

Always endeavor to keep your Sanctuary free of discord and any negative thoughts, feelings, words and actions, as they will leave an etheric record and dissipate the High vibrations in the space, and will then need to be transmuted by the Violet Fire.

FORMING AND CONDUCTING ASCENDED MASTER TEACHING GROUPS

As the hierarchy of the Earth set into motion the 2,000 year cycle of the 7thRay, under the direction of Saint Germain, it introduced the type of religious worship which will become the predominant activity of the people in the future.

The particular God-Virtues of the 7thRay and of Saint Germain, are uplifting ritual and ceremonial worship, expressed in group activity. In group activity every participant working in conscious cooperation with its director becomes a focus of the virtues of the 7thRay; a magnetizing center through their own heartbeat.

El Morya demonstrated the importance the Ascended Masters place on group activity in 1952. He said if it had not been for this activity [The Bridge to Freedom] and the decreeing that is part of this service, he would not have even bothered with The Bridge to Freedom Dispensation.

Therefore, in 1952, the Ascended Masters Saint Germain and El Morya requested a Cosmic Service covering the entire planet. They reasoned such an endeavor could bring the planetary crisis under control and allow the introduction of permanent Golden Age.

To serve the Great White Brotherhood through individual and group service is one of our greatest opportunities and gifts. Becoming a member of a Group is a spiritual commitment which should not be taken lightly. The Masters called group directors the shepherds of the race.

The Ascended Master Jesus said, “Where two or more are gathered together in my name, there am I in the midst of them.”¹This, again, points to the importance of group activity. Another Master said, “Group Activity is the hope of heaven.”

The Law of Conservation of Energy also applies to Ascended Beings. To be active in their Ascended Master Octave, they have an unlimited amount of energy available. But this is not the case in their dealings with unascended humanity. To reach each individual student, the Master must tunnel through multiple layers of psychic substance. This is like tunneling through rock. By comparison, when dealing with a group of students, the Master need ‘burrow’ through only once, freeing the Master's energy for other purposes. [See Figure 11: Realms between Physical and Presence]

During the tests and trials of the 1950s, The Bridge to Freedom Activity made it possible for the Earth to continue to keep its place in the galaxy. It may be that this activity of the students of today will make it possible to continue having the Earth as a planetary home. Therefore, the establishment of groups as a means of carrying out the design of the blueprint for a new Golden Age is the need of the hour.

Dear students, do not feel you must read all the material before becoming a sanctuary or group director. Many have started from rather humble beginnings. If you make a mistake just try again. Most important is your motive and willingness to start now. Tomorrow may be too late. The Masters remind us that one dedicated chela may save an entire location from a cataclysm.

A Sanctuary Director is a member who is in training to become a group director. Group directors teach only from The Bridge to Freedom literature. The A.D.K Luk books, *The Law of Life Volumes I and II*, may be used as additions. [aka the yellow books] The groups regularly perform the Transmission Flame Services.

Group Leaders

Typically, students overestimate their capacity to discriminate between different channels, and identify true messages of the Brotherhood. The opposite is true when serving the Masters, or becoming a group leader. Here, students often underestimate their capacity to serve. They are asked not to yield to a sense of inadequacy.

Use your God-Given talents and abilities to represent the Great Ones. Pure, unselfish motives and the firm commitment to serve the cause of the Great Ones in true humility are more important than long years of experience. Mother Mary once said: "Be humble in your knowledge."

Becoming a Group Leader: Motive And Attitude

The entire future progress of a group depends on motive. So, before starting, the group director should first examine the motive for establishing the group.

- Is the group leader consecrated to the cause of the Great White Brotherhood?
- Is the motive to draw others into impersonal service?
- Is the motive to further the spiritual development of all group members?
- Is the motive to radiate constructively qualified energy to the Ascended Host?

These are of prime importance. Right motives open the gates to heaven.

The Masters said those placing first priority on impersonal service rather than financial gain are automatically guided and protected. We use the phrase 'impersonal service' because we do not know for what specific beneficial services the Brotherhood will use our energy.

Humans may be grouped into seven different categories according to the ray to which each person belongs. Additionally, each person brings their own particular spiritual development, shaped and sculpted through hundreds of embodiments. Dealing with people having these varying characteristics is not an easy task, especially for the group director.

The Cosmic Law is that an additional amount of karma is released as a student makes spiritual progress. This is an additional factor to be handled by the group.

For instance, group members may become aware that the group director faces one personal problem after another. This does not necessarily reflect on the director's performance. Prior to embodiment, that one may have opted to take on

more karma than others have. So let us be careful. Do not judge a teaching based on any one's conduct. Jesus once said, "Let those without sin cast the first stone."²

The group director learns the most since it is he who prepares the lesson. So, if you wish to quickly expiate your karma consider becoming a group director.

The Ascended Master Kuthumi, in the series *The Guru and the Chela*, answered an important question: "Would it be proper to forego joining a group and instead, study alone in peace?" Kuthumi replied that this question had been raised for centuries. It is indeed easier not to join a group. But students' spiritual progress can be greatly accelerated if they pass the tests arising from attending a group. He further stated the progress of the entire Great White Brotherhood depends on the energy emitted by groups. Regarding the spiritual development necessary to start a group, Kuthumi replied, "If the Brotherhood would have to wait for a group director to become perfect in every way, they would have to wait forever." Kuthumi emphasized the necessary attitude for students of the Light. He recalled some words which he wrote as St. Francis of Assisi:

Lord, make me a channel of Thy peace,

That where there is hatred, I may bring love
That where there is wrong, I may bring the spirit of forgiveness
That where there is discord, I may bring harmony
That where there is error, I may bring truth
That where there is doubt, I may bring faith
That where there is despair, I may bring hope
That where there are shadows, I may bring Thy light

Kuthumi: Service and Support of the Group Leader

"Group leaders render a great service to GOD and to their fellow human beings, while at the same time working out individual karma. If the teacher waited until the director was perfected before enthusiastically sharing their knowledge and spiritual light, we would have no representatives on Earth. Therefore, consider group leaders as fellow students. Bless them, pray for them, and acknowledge their courage in taking on the strength and weaknesses of other people through such service.

Do not destroy them by your condemnation, silent or spoken. This is a mortal sin. When people dedicate themselves to becoming teachers of the law, if their motive is to spread the Light and not to make a living, we immediately enfold such a one in our protective guidance."

Kuthumi: What a Group Leader Provides

"The chela should pursue the course of the generous, compassionate, tolerant follower of Christ. Regardless how great the personal limitations, the group director or speaker has offered to create a focus of God-Aspiring people, through which two purposes are served:

First, the individual student is stimulated by the enthusiasm, inspiration, strength and collective consciousness of those who are of like intent. The student is also the recipient of all the spiritual energies magnetized and drawn through the songs, invocations, decrees and visualizations.

Second, the Godhead and Masters, angelic host and angel devas are provided with a conductor through which their energies may be transmitted into the mental and feeling worlds of people, who are not yet 'seeking the place of the Most High'.³

Thus, such a leader renders a great service to GOD and to their fellow human beings, while attempting, at the same time, to work out their individual karma. If the

teacher waited until they were perfected, before sharing his knowledge, enthusiasm, faith and spiritual light with their fellow human beings, we would have no representatives in the world of form.”

THE PLATFORM, THE GOAL AND OBJECTIVES OF THE GROUP

1. Conduct meetings according to the teachings of the Ascended Masters, as given through Geraldine Innocente
2. Present instructional lessons based on this material
3. Give energy to the Ascended Host through decrees, songs and visualizations
4. Foster a cooperative attitude and team spirit in the group by listening to, and jointly acting upon, suggestions by all of the members
5. Avoid criticism and judgement of each other, of all other people and the group

Admitting New Members

It is suggested that this document be read:

<https://iamfree.co.za/s/Sanctuary-Group-Decree-Activity.docx>

Before admission to an Ascended Master group, the new student should be made aware of the purpose of the group including:

- 1) The source of the instructional material being used is based exclusively on the dictations of the Ascended Masters given through Guy & Edna Ballard and Geraldine Innocente through the two Major Dispensation given in the 1930's and the 1950's and on, respectively. The importance to preferably not mix these pure Ascended Master Teachings with other teachings, as they have all we need to do the necessary Service work, fulfil our Divine Plan, and achieve our next step on the evolutionary path, the Ascension.
- 2) The reasons for meeting in a group and giving decrees
- 3) The schedule of classes.
A schedule once established, should not be changed. The Masters depend upon that energy at that particular time.
- 4) The joint responsibilities of the group director and the group members to share expenses incidental to group activity. For this purpose, a love gift box is helpful, however it is important to point out that this endeavor is not in any way commercial or for profit.
- 5) The responsibility of the new member to do the daily application outlined in the decree book, to apply the teachings to the best of their knowledge and to endeavor to read daily from the books.
- 6) The necessity for daily application as instructed by the Ascended Masters, and to purchase or print from the website the Decree and Daily Meditation booklet: **<https://iamfree.co.za/https/iamfreecoza/ascension-topic-template-2>**
- 7) It is the responsibility of all new students to abide by these guidelines. In some cases, it may be necessary to set up a class only for beginners. That way, in decreeing, the gathered momentum of the established group is not held back by a newcomer.

PREPARING THE MEETING

Preparing A Lesson

A good way to start to present this material is to read from both the "I AM" Activity (1930's) and the Bridge to Freedom, including the ADK Luk books (1950's and on). To divide the session equally between the two sets of books brings a good balance and wonderful foundation on which to build .

Presenting this compilation of *Essential Lessons* is also suggested, and reading the material in the order below:

"I AM" ACTIVITY:

1. **Unveiled Mysteries By Godfre Ray King**
2. **The Magic Presence By Godfre Ray King**
3. **The "I AM" Discourses Book 3 - By Saint Germain**
4. **The "I AM" Discourses Book 8 - By The Great Divine Director**

BRIDGE TO FREEDOM (which includes ADK Luk material, & Path of the Middle Way):

1. **Dictations by The Ascended Masters - Bridge to Freedom**
2. **Mother Mary's Assistance today - Bridge to Freedom**
3. **Electrons & The Elemental Kingdom - Bridge to Freedom**
4. **The Angelic Kingdom - Bridge to Freedom**
5. **Law of Life and Teachings by Divine Beings (ADK Luk)**

Write down any inspirations you may receive during sleep or in dreams, especially in the early morning hours. Keep a small light, paper and a writing instrument to help writing down these inspirations.

It is easier for an Ascended Master to reach a student in the early morning hours, since there is less energy required. The Ascended Masters contacted Geraldine in the early morning, about 4 AM.

The group director, consciously or unconsciously, feels the prompting to dedicate the class to some specific activity of the Sacred Fire, some Master, or some particular current requirements - local, national or global.

Sometimes the Master, desiring to render a special service, impresses this upon the director. Sometimes the director, in earnest invocation, draws the attention of a Master who, in response to that call, sets into motion certain blessings of a particular type. When the director does not have a specific prompting or impression, the class and the energies drawn and released are used by the 'general' powers to further the cause of GOD - Good.

A lesson may be given in recognition of special events in the students' country or where the country where the group meets. Some examples...

LESSON 20: GROUP ACTIVITY

Transmission Flame Service		3 rd Saturday of every month
Wesak	Buddhist	commemoration of the Buddha's Enlightenment
Yom Kippur	Jewish	Day of Atonement
Rosh Hashanah	Jewish	New Years
Thanksgiving	American	A day of thanks
Easter	Christian	commemoration of Jesus' Resurrection
Christmas	Christian	commemoration of Jesus' Birth
Eid al Fitr	Islamic	Festival of the Breaking of the Fast (Ramadan)
Eid al Adha	Islamic	commemoration of Abraham's following the Will of God

When a retreat is 'open' we can give recognition to the Hierarchy of the retreat by displaying his picture, playing the keynote of the Hierarchy of the retreat, and the keynote of the retreat, or we can base a lesson on the God-Virtue of the retreat.

It is also to the advantage of the members of the group, before entering sleep, to place their attention on the location of the retreat. For example, if the Teton Retreat is open, place your attention on a picture of the Grand Teton Mountain. The Masters have said the desire and momentum of the directed-will carries the consciousness toward the retreat like a rocket. If this is not done, the consciousness drifts like a feather in the wind, reaching only the periphery of the retreat.

The dictations, as given to Geraldine Innocente, contain all the spiritual law needed to gain both the individual ascension and the Earth's planetary ascension. More was given than we ever could use, given for generations yet unborn.

The director must endeavor to give all members the opportunity to serve and to express themselves. Some love to decree, some love to visualize, some participate happily in songs. It is better to have a 15 minute span of a certain activity (such as decreeing), and to keep it lively, than to have a much longer one if such strains the undeveloped bodies of the people. An ideal class usually runs about an hour. Do not attempt to hold a class for more than two hours at the very most.

Preparing For The Meeting

The Masters repeatedly stressed the importance of the proper preparation for a meeting. They stressed that the more energy spent in preparation, the more energy is available to them, in assisting people.

Group Director's Instructions For Preparing The Meeting

- 1) Before guests arrive, the group director, plays some inspirational music, and blazes the Violet Flame through the sanctuary.
- 2) Before the members arrive for the meeting, the group director can give the following decree: 'Mighty I AM Presence, draw all here who can be benefited, be harmonious and render service. Keep away all others.'
- 3) Before the service, everyone should quiet their inner bodies.
Members of the group do this either at home, or on the way to the meeting. They may listen to music of an inspirational nature, do some quiet contemplation or give some decrees, especially Violet Flame decrees. Quieting the inner bodies raises each one to their own highest potential of service to the group
- 4) A ceremonial angel is assigned to the group director and several angels in training for the members.
These angels arrive well in advance of the meeting. If students come prepared to the meeting, and the inner bodies are at rest, the angelic host does not have to fulfill that task, more energy and radiation of the Master Presence is available to

the group and the people attending.

- 5) The day of the week the class meets is not of prime importance. What is important is a consistent schedule. Once a meeting is held on a particular day, there should be no change. At inner levels, the consistent schedule sets a rhythm in motion. Hold all meetings at one place, as a Forcefield is built up with every Service held.
- 6) If there is a large group, some members may be given the opportunity to sit in the front row to prepare the sanctuary. This has the added effect of forming a ring of protection around the group director.
- 7) Students should understand they should enter the sanctuary quietly and that they should also leave quietly. This is for the purpose of maintaining the radiation.
- 8) Plan to begin the meeting with an acolyte service and an invocation to prepare the sanctity of the meeting room. After that have a Violet Flame visualization.

[See the Appendix for a printable version of these Instructions]

Saint Germain: Preparation Of The Class

"The wise director begins the preparation of the sanctuary and the invocation of the protecting and purifying angels for the members of the congregation, long before the hour of the ceremony. The director may do this or it can be done by a small group of students trained to take the responsibility of entering the sanctuary and providing through their own energies, the magnetic power of drawing the purifying currents of the Violet Flame. Contemplative music adds to the momentum of the preparation.

The group must be trained in the understanding that angels build an actual form, made from the substance of qualified and sanctified life, truly a grail. It holds the outpouring of the class benediction. The group members must step reverently within this holy atmosphere.

The more unascended beings do in preparing for the service, purifying the sanctuary, preparing for an atmosphere of silence, reverence and harmony, the less vital energies we [the Masters] must spend. We can then direct our energies through the Threefold Flame into answering the heart-calls.

For instance, if any great opera singer had to go down to the Opera House and sweep the stage, put up the settings, arrange the lighting etc., they would have little energy left to put into the performance. In like manner, we are allowed just so much energy to pour through each class. If the guardian group [chelas] can be used to harmonize the students, to purify the building, then, when the invocations are given, tremendous release can be the blessed gift of each participant in the service. At the close of the ceremony, it also becomes the enfolding blessing of the planet.

Those offering to be the guardian group must be impressed as to the honor vested in them. They are actually accepting the duties of the Angels of Ceremonial, and in performing these duties, they are allowing the Angels of Ceremonial to conserve their forces for the release in the service itself.

In the early ages, people dedicated their lives to becoming an officiating priest or priestess, who magnetized the currents and blessings from the higher realms. The entire lifetime was spent in prayer and dedication to this one service. The priests and priestesses lived almost perpetually in a state of spiritual sanctity, purity and one-pointedness of mind, body and spirit.

Therefore, it was comparatively simple to invoke the Angels of Ceremonial and the Builders of Form to sanctify the building and sanctuary, long before the worshipping congregation gathered. Then too, the natural atmosphere and aura of the temples was never subject to the various vibrations playing through the buildings. Today they house, not only spiritual, but even commercial interests."

Saint Germain: Purifying the Students' Auras

"Today, the average Ascended Master students have obligations in addition to the obligation to the group. They have an unyielding load to carry – their own karma, the necessity of making a living, their love of the Light. I could go on indefinitely. They bring all that in with them to the class. Someday, in the new temples, we will separate the chairs somewhat. One's aura extends a considerable distance and carries much, even in the most lethargic person. It carries the cares besetting the day, worries of the mind and heart, family affairs, annoyances, resentments, confusions and depression. Such auras are found in even the best of students.

Start with the purification of the individual auras. Try to remove the various leavings of the day: coffee pots, dollar signs, overflowing desk drawers, angry bosses, disgruntled spouses, bills, uncomfortable clothing and people. It may sound funny, but without using the Violet Fire, that is what we have to work with.

Use the Violet Fire.

Blaze it through yourself first, you know you have those same leavings from your world. You know those are forms, very, very powerful forms. When you touch the energy of the sanctuary or room, use the Violet Fire in a happy, joyous radiation."

Kuthumi : Selfless, Impersonal Service

"Many students expect to be praised just because they are interested in the Masters' instructions. By a chela's call and desire for assistance and instruction from the Great White Brotherhood, they obligate themselves to balance that gift with a proportionate share of impersonal, universal service. No one requires of anyone that they apply at the fountain of knowledge. But if one drinks from it, the obligation to Life is to use that knowledge for the blessing of the race. In wisdom, one must adjust the personal affairs and obligations in a harmonious manner. Pursue the 'middle way' of 8 hours of service, 8 hours of recreation and 8 hours of sleep.

Chelas reaching out their hands and accepting the friendship and life of the Masters and then only using that energy in the development of their personal world, will sooner or later cut themselves off from the greater release from above. Students desiring greater individual development and service to the Brotherhood, should prepare themselves for such a task."

There are many ways and means by which individual chelas may voluntarily dedicate a portion of their energies and develop a momentum of consciousness to the forwarding of the evolution of the race.

It starts with extreme, unflinching honesty in the consciousness; appraising their own worth mental, emotional and physical. Such chelas, upon self-examination, see where they can presently be of practical value to the development of interest in the Will of GOD. Many good chelas waste away a lifetime, awaiting a 'cosmic summons', while passing the golden door of opportunity at hand. For example, the Maha Chohan said, "You will recall the wise virgin had the oil ready in her lamp. She was ready for the moment when the bridegroom came."⁴

CONDUCTING THE MEETING

Ceremonial worship is a harmonious balancing and blending of the energies of the participants. It creates new causes for good and dissolves those of a discordant nature.

The energy of the director directs and focuses the energies of the group. The director's task is to unify the consciousness of the group, through invocations of the sacred fire, decreeing, directed visualizations, songs and other uplifting musical compositions.

The ability of the director to obtain and hold the interest of the group, as well as the joyous, willing cooperation of each member, determines the efficacy of the service. Energies released through a sense of duty or fear are of little value.

Joyous, happy energy is the hope of heaven.

After the group has met for some time, or if the students have been studying for many years, the group may decide not to have instructional lessons, and just have a decree session, supplemented by songs, music, contemplation and, perhaps, a question and answer period.

Class Size

An important thing to remember is that it is not the quantity that is important it is the quality.

Do not split a class if the class reaches a certain size. In general, a larger group carries more momentum than several smaller groups.

The group leader should not be concerned if only a few students attend. Numbers are of secondary importance. Motive, attitude and commitment to the Cause are all important. Any group having these attributes, guarding itself in all activities against negative influences, will prosper. The Brotherhood is eternally grateful for the efforts of each member of the group, and every participant will by leaps and bounds make progress towards the goal of all life, the ascension.

Music

By far, the greatest number of beloved chelas participating in the group activities are engaged in service in the outer world. They are obliged to come to their meetings directly from such service. Music plays an extremely important role in quieting the individual's feeling world, relaxing the physical body and stopping the rapidly revolving thought patterns in the mental bodies. Music re-polarizes the atomic structure of the students' bodies.

Under the direction of the Presiding Master the angelic host then begins weaving the spiritual structure out of the substance and energy of the individuals in the group. The type of music used determines the class of invisible helpers drawn into the atmosphere of the meeting.

These invisible beings build beautiful thought-forms when the audience participates in vocal accompaniments to the music. The inner forms are clothed in the physical energies of each singer and become a potent power in sublimating energies of a lower nature.

These musical forms are greatly amplified by the Angels, the Devas of Music and the Builders of Form, and are then carried into hospitals, asylums and other places where there is great need for the lessening of physical, mental and emotional distress.

Saint Germain: Specialize The Focus

“If you can, specialize on a topic: a great Master, a great current need or something in which your group has a particular interest.

Be aware the mind or outer consciousness of the average person cannot stay with any one thing for even five minutes.

Change your activity at least every fifteen minutes in your average group. Let them participate, let them use their physical bodies for a time, then let them rest and use the mind, then let them use the feelings.

Close the meeting on a high note. Let the people take the Light home.”

Each group member should realize they are a member of a team; to go in a certain direction, all must follow. Focus the thoughts and feelings in the direction the group is going. Daydreaming or soaring off into a daze, form the ingredients for a weak link in a chain. Everyone is important. There are no leaders and onlookers.

Students should not exhibit a behavior like that of a sponge, absorbing the instructions without returning the energies of the Ascended Host and the group director in some form. This could include financial support.

Saint Germain: Methods of Invoking the Sacred Fire,

[Dictation Excerpt]

“The magnetic power of the fire element within the heart, cannot be denied by any Intelligence or Power of the Sacred Fire, in any realm, human or divine. This is irrefutable law. We move forward, then, on the premise of certainty of accomplishment. The way and means by which this Sacred Fire may be drawn, focused, molded and directed will differ according to the individual development of the student, as well as the natural ray to which the student, belongs and the requirement of the current hour in local, national or world happenings.”

Invoking The Presence Of GOD

To fully develop the invocative powers within themselves, individuals must first recognize that, within their own heart, is a focalized ray of the Presence and the Power of the Godhead, containing within itself the pattern of their own future greatness, even as the seed contains within itself the pattern of the future flower.

Recognize and accept this GOD Presence within the heart. Within the heart, feel the conviction that through the Presence and in the authority of Its power, one may invoke and draw from anywhere in the universe, whatever power and powers required to render assistance in the environment in which one presently functions.

This makes the individual a conscious priest or priestess of the Sacred Fire, who with increasing efficacy, is capable of invoking and directing its flaming presence for the upliftment of their fellow human beings and the greater freedom of life, everywhere.

Focusing Decrees: Clarity, Strength and Available Energy

The power to think, lying in the consciousness of individuals, is one with the creative faculty by which the Godhead molded the unformed substance of the universe into stars, planets and systems of worlds. As soon as one thinks, a thought-form is created.

The degree of development of the mental body determines the clarity and perfection of the thought-form.

The degree of development of the feeling body determines the purity and strength of the energized thought-form. This is also influenced by the quality,

and nature of the feeling body.

The director of a group focuses these creative centers of thought and feeling in cooperative visualizations. The ability of the director to create a clear thought picture and to stimulate the cooperative feeling nature of the assembly determines the efficacy of this portion of the service.

The activity of decreeing distinguishes Ascended Master Teaching Groups from many other groups. Praying is good and so is meditation. They help individuals' spiritual growth. Both help to create a beautiful aura that may bless others. But these activities do not help a master.

A Master, in order to give assistance to a group or an individual, depends upon a return of energy, voluntarily and consciously directed at him. Decreeing, contemplation (meditation coupled with the students' attention resting upon the Master), and songs, incorporating the name and special activity of a Master, are the type of energy the Master can use. Of these, decreeing and songs are the most effective.

The energy available to the Masters is the sum of the energy spent in preparation, plus the energy released at the meeting. The Masters take this energy and double it.

Eighty percent [80%] of the power of a decree is in the ability to visualize, and have a clear, mental concept of what is being said.

Saint Germain: Angels of Ceremonial

"The Angel of Ceremonial has access to the consciousness of the director of the group activities. There are also ceremonial angels in training, who are assigned to each member of the group. These angels in training endeavor to reach each member of the group and raise the vibratory action of that person to their highest potential, as a conductor of the blessings to be released through the group activities."

Saint Germain: Balance And Tolerance Required

"Those who stand in official positions are required to develop a balance and tolerance with the understanding of the fact there are seven types of men, women and children with whom they will have interactions.

You must have the balance of interest in the Masters' work, interest in the people you serve, and discrimination and a willingness to surrender a position you like best, for the sake of the whole.

You can have an audience completely asleep in an overlong visualization, because the mental body cannot stand it. You can have an audience at the point of tears, through an overzealous decree class. You have people who sing and love to join the songfest. When the songs are done, they grumble because they are not willing to allow people along the other rays to give of their gifts.

When the selfless combinations of the Seven Rays join together you have Morya's might, Lanto's discretion and discrimination The Maha Chohan's and Paul the Venetian's tolerance, Serapis Bey's chastity, Hilarion's scientific exactitude and understanding of the powers of magnetization and radiation, Jesus' and Lady Nada's ministrations and love, *and* the fire within your hearts, to make this planet a freedom star; then shall you be myself, in the world of form.

For this I plead. For this I pray. Twofold is your service - magnetization and radiation."

El Morya: Preparation Of The Student

"I do not think you realize how long a time-period there is, before you come to a class, during which time you are prepared emotionally, mentally, etherically and physically, if you are in a state of grace and are desirous of preparation.

This preparation is done by some being given charge of purifying your atmosphere and bringing you into a state of comparative peace. If either the feelings or the mind are in turmoil, there is very little that registers in the outer consciousness.

As Lord Maitreya said to you some time ago, it is the outer consciousness and the soul [etheric consciousness] we must speak to. The Divine Self of you is already free. So the persuasion of the outer self, the coaxing of this outer self to a continued endeavor, requires all the energies we can devote from our side. It requires on your side, all of your energy, love and light to sustain in the people an interest to Cosmic Law."

El Morya: Criticism Of One In A Position Of Service

"You do not know when you will be called to a position of service. I'll tell you this, as a matter of law, you will always be put in the position held by another person you criticized in that exact office. So, it is a wise thing to stop the condemnation of another lifestream, for when you find yourself there, you may not find it as comfortable, nor yourself as efficacious, as you were when you watched, with folded arms, the error of your predecessor, then seeming so obvious."

Archangel Zadkiel: Protection In The True Priesthood

"There is protection in the true priesthood, the priesthood of Atlantis and the priesthood of Lemuria. It will come into the world again as you develop your own God-Mastery. There is always protection when you emphasize the feeling of Love in all your invocations, decrees songs and visualizations. These energies rise high into the atmosphere and pierce through any riptides of human creation, connecting with the vibratory action of the divine beings whom you are invoking and drawing the assistance of, into the conditions you feel require help."

Jesus: Master Presences Purifying Impure Substance

"A great Master Presence or deva stands within the atmosphere when a group of students gathers together for a meeting. As the decrees, fiats and songs go forth in a fairly rapid but balanced tempo, the rate of vibration of the atoms making up your physical and inner bodies increases. The increase of vibrations results in throwing off much misqualified substance. This is instantly transmuted by the Great One in charge of the meeting.

You would be amazed, if you could see with the inner sight, how much impure substance of your worlds is thus transmuted by that beautiful, Ever-Present and All-Willing Violet Fire. This impure substance had been lodged in your physical and inner bodies."

FORCE-FIELDS

Force-Fields of Group Meetings

A force-field is formed out of the thought-force of the cooperative energies of people who share the design. The motivation and spiritual momentums of chelas determine the size, efficiency, quality and cosmic service which can be rendered by a particular force-field.

The constant, rhythmic feeding of the pattern keeps it from dissipating into the unformed ethers. An angel deva then ensouls the force-field, giving it greater

strength and radiating power.

A permanent force-field has the additional benefit of forming a canopy of protection for the group members and their general location. The Masters can utilize this force-field long after the meeting is over. The generalized force-fields of churches and other religious groups lose some of their efficacy since there is no specialized activity at that location and the effort of visualization is often not made. A force-field takes on the pattern of the particular God-Virtue (truth, peace, harmony) the group wishes to express.

During a group meeting, at the end of the Benediction, in consciousness the group leader directs the gathered energy toward the force-field above the sanctuary. The group director may say, "In deep reverence, we hereby direct the fully gathered momentum of this class to the force-field above the sanctuary, for use of the Ascended Host." Visualize this happening.

The Maha Chohan: Creating and Using a Specialized Force-Field

"I have been asking for force-fields for years and for a simple symbol, which can be used as the central figure of such force-fields.

The symbol should be something familiar to the students belonging to that sanctuary. It should give those students a specific idea as to what their group is doing and the particular service of magnetization and radiation going forth from it.

It builds strength when group members have a common symbol. The center of the force-field can be any constructive pattern. Some of those, who have complied with my request, have used the Maltese Cross as their central figure. Several have used a large, pink rose and one, a large grail of blue flame.

Through unity of mental concentration, students cut out of universal light substance, a good, clear pattern and fill it with the feelings of joy and Christ accomplishment, as they continue to release their energy in decrees, songs and so on.

Through projected consciousness, they can travel in that symbol. It is a real form, created of light substance, sustained and expanded by the energies of the groups. Through this projected consciousness students can visualize themselves traveling anywhere they wish to go. They are then giving their decrees, right there, into the activities needing help. For instance, you can go to the Middle East, into areas devastated by destructive climatic conditions, into the eye of a hurricane - anywhere your service is needed. As you have seen in your 'Bridge,' through their calls and the directing of the energies in their force-fields, some of the groups have been dissolving ice floes, stopping storms and rendering service in preventing and removing flood conditions.

Therefore, again, I humbly point you to this idea and ask, if it is at all possible, decide upon and consciously create just a simple symbol you wish to use as the central pattern for your particular force-field, in your local groups, wherever you live.

I recommend most strongly the necessity for examining the motive behind the establishment of such a force-field, as well as recognizing the need for absolute unity, cooperation, constancy of endeavor and true loving desire to impersonally help the race in its uphill climb back to its GOD estate.

If you have not yet decided upon the type and quality of your group and individual service, I strongly recommend you do so soon. The world and its people require health, peace, illumination, financial freedom, faith in GOD and liberation from the many woes springing from conscious and unconscious allegiance to the shadow world.

Become a forerunner of an era and age when The Temples of the Sacred Fire again manifest in this physical world. All large activities have a small beginning, from the embryo to the seed idea of a planet, a planetary system or a galaxy.
The importance is in beginning now."

TRANSMISSION FLAME SERVICE

Sanat Kumara Returned to Venus

On January 1, 1956, an event of monumental proportions took place. Sanat Kumara, who volunteered about 2.5 million years ago to save the planet Earth from disintegration, was freed from his self-imposed exile and returned to his home planet of Venus through the use of the Transmission Flame Service.

The questions arise,

- Why was this such a monumental occasion?
- What the tools were employed to make this happen?
- What lesson can we learn from this event?
- How can we make good use of this in applying it to today's critical conditions?

Increasing Earth's Light: Guardian Spirits, The Great White Brotherhood

Every planet, in order to maintain its orbit around the sun, and fulfill its Divine Plan, must emit a certain amount of Light, a base level or quota. This Light consists of the planetary population's total amount of harmoniously qualified energy.

Two and a half million years ago, the Earth did not meet its Light quota, and had not met it for some time. A cosmic council condemned the Earth to be dissolved. This tragic decision would have meant the end of the planet and all of its inhabitants.

At that critical time, Sanat Kumara volunteered to make the Earth his permanent home. In this way contributing his personal force-field of harmoniously qualified energy. This balanced the Light quota of the Earth and averted disaster. We owe our lives to Sanat Kumara! We are eternally grateful.

Let us as examine the role of guardian spirits. Guardian spirits are beings from other planets having the compassion to help the lifestreams of the Earth. They act in a role similar to that of parents and children. According to Cosmic Law, all those guardian spirits from other planets, must someday return to their home planet.

Sanat Kumara and his council of 30 priests from Venus knew this. This is the reason for the formation of the Great White Brotherhood. The primary purpose of this group is to attract and teach people belonging to the Earth's evolutions. These new teachers would make it possible for all of the guardian spirits to return to their home planets.

In 1952, the Brotherhood was informed that within the 20 year period of The Bridge to Freedom Dispensation, Sanat Kumara had to be released. It was put in the form of an ultimatum. Regarding this, one master asked the students: "Do you realize what it would mean if the Earth failed in its expansion of the Light, as required? The intellect cannot comprehend it. We do."

The student body was informed the Cosmic Fiat had been given, mandating the Earth must emit more light. To release Sanat Kumara, the accumulated good in his Causal Body had to be balanced by Earth's lifestreams.

To meet this emergency the Maha Chohan suggested the introduction of the Transmission Flame Service.

The Maha Chohan explained this situation required a new, special effort. He felt the use of decree groups was still required, but they needed to be enriched. The use of the Transmission Flame Service was the most effective means of providing the

Earth's Light quota deficit caused by Sanat Kumara's leaving. He stated, without the Transmission Flame Service it would be quite impossible to guarantee Sanat Kumara's freedom.

Ascended Master Retreats have been active for countless numbers of years. Each retreat is utilized to radiate a specific God-Quality. However, without the assistance of unascended chelas, the sphere of influence of each retreat is limited to a certain radius. For example, the natural radiation of the Luxor Retreat extends to France and is limited by the Atlantic Ocean. It is more difficult to transmit spiritual currents across wide bodies of water, and across mountainous areas consisting largely of rocks.

However, if groups of students served as transmitters and amplifiers, the active retreat's sphere of influence could be enlarged and intensified.

The Maha Chohan's plan was, at a given hour, to connect the breath of the students with the out-breath of the Ascended Host. This out-breath of a particular God-Quality occurs once a month.

How the Transmission Flame Service Works

A number of Ascended Beings draw and absorb the God-Quality of the retreat's flame. Then they expand and project this quality to the retreat's sphere of influence, adding their own light and life essence to it.

These currents, flowing from the retreat on the out-breath, are magnetized and drawn into the bodies of the students on the in-breath. The currents are then sent eastward, around the globe, completing a global circuit.

These currents become a bridge of actual energy. It is stepped down in vibration so it can be felt and absorbed by the inner bodies of all people. This is why it is mandatory for students to know the specific location and service of the retreat, its keynote and the color and activity of its flame.

Students come together once a month for 1.5 hours of service to magnetize, absorb, radiate and direct the radiation of the retreat. The breath of participating students forms a force-field of constructively qualified energy. This force-field acts as a transmitter of the currents of the retreat.

The first Transmission Flame Service was held on July 19, 1952, when a group of eleven students met in Philadelphia. It resulted in an intensified action of the Freedom Flame of Saint Germain in Transylvania. Later, on October 18, when more student groups were involved, the first global Transmission Flame Service was held. The students were made aware of the retreat of the month, the characteristics of the flame and the Ascended Masters that would act as sponsors, supporting the local group. The total number of Ascended Masters, who acted as sponsors, was 26. Among the sponsors was Godfré Ray King, who as Guy Ballard, was the messenger of the I AM Activity, and David Lloyd, who made his ascension on Mount Shasta.

The success of the Transmission Flame Service exceeded all of the expectations of the Great White Brotherhood. Already at the end of 1955, the Light of the Earth had increased to such an extent, that Sanat Kumara could be released. The honor of the announcement was given to El Morya, because it was he who sponsored The Bridge to Freedom Dispensation.

In summary, the Transmission Flame Service depends on reliable disciples being both receivers and transmitters. The Ascended Masters cautioned, to only be a receiver of the higher teachings, without transmitting, is like a sponge that only absorbs. The Maha Chohan warned this would be a grievous fault.

According to the Masters, if a student offers to contribute some of their breath

towards the progress of the race, they automatically receive from life a greater proportion of the gifts that lie within the substance of the air and the ethers.

Chelas who submit to the training of thought transference, by participating in the Transmission Flame Service, become active working partners of the Great White Brotherhood.

The Maha Chohan gave a dictation describing the first Transmission Flame Service. It is of interest, as it shows the role Saint Germain's Brotherhood on Mount Shasta played at that time. Here is the dictation

The Maha Chohan: The 1st Transmission Flame Service

October 19, 1952

"We put this plan into action for the first time on a global scale with various members of the Brotherhood volunteering to take the places of unascended beings until such groups could be formed to assume the responsibility of being transmitting stations. From the heart of the Retreat of the Brotherhood at Suva, the light circled the planet in a rhythmic pulsation.

- From the Retreat at Suva, the Golden Flame of Cosmic Love was directed to Saint Germain and the Brotherhood at Mount Shasta.
- They in turn, directed the currents to Philadelphia and New York.
- Lord Maitreya and the beloved ones in New York directed the currents to Transylvania.
- From Transylvania they passed them to Serapis Bey and the Brotherhood at Luxor
- From Luxor they directed it to El Morya and Kuthumi at my retreat, at Ceylon [now Sri Lanka]
- these two Brothers completed the circuit, returning the currents to the Brothers at Suva.

At the instant when the great Surya asked those of us, who were present in Suva, to BREATHE IN the Flame, which formed the fully gathered cosmic momentum of Suva's service to life, each of the masters drew that golden flame into his own body. They immediately became so brilliant with that concentrated essence, their auras throbbled with a pulsation of power, which has been increasing there since the day of Mu's [Lemuria] greatest glory.

We all held this flame within us, adding to it the momentum, quality, color and tone of our own lifestreams, gained in GOD's service. Then, at a given instant, we all breathed that flame out across the Pacific Ocean into the retreat and the loving presence of Saint Germain and the Brothers at Mount Shasta.

The picture, as seen with the inner eye, looked like sheet lightning, lighting up the Pacific Ocean with a golden flame. Through that lightning a clearly defined blue ray connected the Brotherhood at Suva with the Brotherhood at Mount Shasta. When the blue ray connected with the heart-flame of Saint Germain and his Brotherhood, it produced what seemed like an inner explosion at Mount Shasta. The rays from it ran north and south, up through Alaska and down the western coast of the continental United States and down the South American continent as far as Cape Horn.

The light from this flame, emitted from the heart of Mount Shasta, then spread out eastward, again with that blanketing activity similar to sheet lightning. The directed blue ray forked off at Chicago into Philadelphia and New York, where, again, a similar blue ray explosion sent a direct current up through Newfoundland, Greenland and Iceland, and southward along the eastern seaboard of the United States into Cuba, the West Indies and the eastern coast of South America.

The Lord Maitreya, in New York, and Victory in Philadelphia, again directed the blue ray to the brothers in Transylvania and the same sheet lightning swept across the Atlantic Ocean, suffusing the British Isles, Norway and the western coast of Europe and Africa. The Brothers at Transylvania again redirected that explosive action of the electric blue ray northward through Russia and the Near East. The blue ray was sent down into the Retreat at Luxor. Serapis, and the Brotherhood there, again formed the nucleus of a light explosion, filling the entire African continent and the Indian Ocean with this blue sheet lightning. The blue ray from Serapis' Retreat was directed to El Morya and Kuthumi in India. The Light explosion there directed the flame up through Siberia, China and Malay, from which point the blanket of light passed again into the heart of Suva, completing the circuit and giving Australia, Antarctica and the eastern sea-coast of Asia the beneficence of its light.

In the course of half an hour the globe was encircled 30 times. All during this time the beloved students provided the nucleus of unascended beings, making this magnificent experience possible. At the final time, the momentum had risen to such a point there was no longer distinguishable any separation in the rhythm by which the Light was transmitted. The entire globe was held in a golden flame. The planet's axis rested on a Blue Lotus and the atmosphere up to 10,000 feet level was completely permeated with the powerful, fiery, breath of the Cosmic Flame.

I thank you, each lifestream, whose breath formed a part of the initial pulsation for a cosmic event. The akashic records of these events will remain as a permanent memorial of your presence with us."

The Maha Chohan: The Breath Of Life

"On your first indrawn breath, Life rides into your body as a triumphant king rides in his chariot, through the streets of a city. Every cell and atom of your being thrills to its coming, just as the multitude cheers the triumphant monarch.

The Presence of GOD, anchored in the Holy Christ Flame in the human heart, should be a constant reminder to the individual of the presence of the Godhead. A reminder there is yet opportunity for the personal identity to justify its presence in the universe.

When you breathe in the breath of life, breathe it deeply. When you send it forth, send it forth charged with the qualities of GOD, in a positive manner, qualified constructively, to bless all life."

The Rhythmic Breath: Description

<https://iamfree.co.za/becoming-a-conductor-of-great-light>

The Maha Chohan suggested the use of the Rhythmic Breath. Now what is the Rhythmic Breath? It is the natural activity of life.

We read in the Christian Bible of people living 900 years or more. They used the Rhythmic Breath. When we examine the creation of our galaxy, and how it will end, once again, it is the action of the Rhythmic Breath.

Here are the four phases of the Rhythmic Breath:

1. In-breathing
2. Absorbing
3. Expanding
4. Projecting

On the Absorb and Project phases, pause and do not breathe.

[For detailed instructions see Lesson 21 Rhythmic Breathing: Maintaining Good Health]

EL MORYA: BUILDING A BRIDGE

“Beloved friends of Light and Love. We are engaged, the other Ascended Masters and myself, in building a bridge, a bridge which will endure until every man and woman and child belonging to this evolution has passed from the realm of imperfection and limitation over into God-Freedom. Into and under that bridge we are building a foundation made of strong and valiant hand-picked, hand-chosen lifestreams. Lifestreams who can bear the weight and strength of the energies of the masses of people, when they begin to cross from shadow into sunshine, from darkness into Light, from limitations into freedom, and from disease into health and perfection.

Some of you have built bridges through the ages. Some of you know how very important it is to have a strong foundation, lest the weight of the people who use it, in the future, might be more that it could carry.

We are the engineers, who are endeavoring to find out the strength of the various lifestreams whom we have called to the colors. Those, who choose to remain with us, shall have the great privilege and honor of becoming the living foundation of this Bridge of Living Light.”

LESSON 21: SERVICE IS THE LAW OF LIFE

SAINT GERMAIN: GOD IS THE ONLY CORRECT SOURCE OF SUPPORT

“Depending on other unascended lifestreams for your sustenance only results in disillusionment, bitterness and frustration. Look to GOD, who made you, for the support you require. It brings you a harvest beyond your fondest dreams. By daily application – calling to the I AM Presence and the ascended and angelic hosts - for the help you require, you allow your own God-Presence and the messengers to raise up those people to joyously assist you, providing whatever is needed, whether it be energy released in loving service or financial support.

Do not choose people, or personally designate the channels supply is to come. Just know, if your heart is sincere, your motive pure, your service truly that of setting all imprisoned life free, we shall find some channels through whom we can give you the help you require.

Service for the sake of serving is most important. GOD's service is always rewarded, if not, by thoughtless people, then by the angels, themselves!

One might ask, 'Is there ever any end to this service?' No, there is not. Once we've committed ourselves to embodiment on Earth - only one out of 12 have - there is no turning back.

Look at the Brotherhood. What is their reward for service? It is greater and greater service, service with a greater responsibility. To expand the borders of GOD's Kingdom, is the work of an eternity. Impersonal service is our God-Given opportunity. It is our destiny.”

SERVICE: THE NATURAL ACTIVITY OF LIFE

Beloved students, we all promised to expand GOD's Kingdom through impersonal service before we first embodied on Earth. Impersonal service is service that blesses many people. It is service given without any thought of remuneration, either in personal recognition or money.

Jesus gave this type of service for three years, Guy Ballard for ten years, Geraldine Innocente for 16 years, Mother Mary and William Cassiere for over 50 years. The first Krishna served impersonally for 640 years. Archangel Michael and the Great White Brotherhood extend this is the type of service on our behalf every day. Impersonal service is the natural activity of life.

During the first two Golden Ages, there was absolute perfection. There was the activity of teaching and learning - no one needed to be 'saved.'

The first World Savior was provided for humanity when people first chose to become sense conscious instead of remaining God-Conscious. After the Fall of Man 49 World Savors have come to Earth at regular intervals.

THE FIRST KRISHNA'S TEACHING: SERVICE IS THE LAW OF LIFE

The first World Savior (Christ) on Earth was the first Krishna. He arrived over a million years ago. We call him the first Krishna, because other beings named Krishna embodied in later time-periods. Krishna came from the Central Sun. It was not possible to draw upon the lifestreams of the Earth at that time because they were still children in their spiritual development. When Krishna completed his service and returned to his star he took with him 1,400 disciples, who through his service gained the ascension.

“From the moment individualization takes place, the heart-flame begins to accept the responsibility for giving a balance to the universe for the privilege of drawing

breath, using life and sustaining a separate existence through which understanding and illumination bring freedom to the consciousness.

Service may be in the form of serving a community, a nation, or a fellow human. People who do not choose to serve are temporarily taken out of the race until they again accept their responsibility to be conscious servants.

All the heartache, disappointment, disillusionment and failure come because the natural drive to serve has not been illumined within the lifestream to a point where the person knows service to the Godhead alone is the law of being and the ultimate purpose of creation and for sustaining life.

When people serve people, serve a nation, a king or the presiding head of a country, they serve form. The return for such service always contains the imperfection of such form.

When people serve GOD, their service takes them into the presence of people, nations and monarchs. Such service greatly benefits all of them. The one serving knows neither their reward nor their ultimate goal comes from these beneficiaries.

If people serve through duty, through moral exactitude, one day they will understand GOD and serve Him through Love. One should serve like the sun. It shines in your heaven. It benefits all people impartially, shining for the glory of GOD to all people.

To serve GOD does not mean to disassociate oneself from one's fellow human beings, nor does it mean casting off the obligations of everyday living. Serving should be the motive of your life, action and being, just as you would set a thermostat to bless all in your home. Do not expect a return for your service. Peace comes only when you are endeavoring to serve the cause of good to the best of your ability."

When To Serve

When should one serve? *There is never any better time than now.* In this way, one is spared from the remorse suffered by a person like Paul who was not prepared to acknowledge Jesus as the Messiah.

Many good chelas waste a lifetime awaiting a 'cosmic summons', passing a golden door of opportunity by never considering the practical service to be rendered *now* on behalf of the Masters.

El Morya warned us, once a person has received the gift of this knowledge of the Ascended Master Teaching, that word of freedom must be balanced by impersonal service. Such a soul does not meet karma related to that gift when standing before the Karmic Board.

Some people declare, "When I have attained, I shall serve the Lord." However, the Ascended Masters point out if they have to wait until students are perfect in every way before serving, they would have to wait forever. A better statement:

Serve While You Learn.

All of you have heard the term hell and probably wondered exactly what is meant. Hell is nothing more than the remorse people suffer when standing before the Karmic Board and shown their most recent past life. At that time, they realize what might have been and how they could have served life better. For all the Life-Energy, every electron *loaned* to them, they must render an accounting.

How much knowledge and experience should one have before stepping forth and volunteering their spare time? Very little. Proper motivation is only prerequisite for impersonal service. All such service should be given in a true sense of humility and peace, with a joyful heart and freely given with no expectation of financial return.

How Much Service To Give

The amount of service to give depends entirely on the degree of spiritual development you wish to gain in this embodiment. Do you wish to become a teacher? Do you wish to attain the ascension in this embodiment?

In almost all cases, you do not have to leave your home or job. You may stay wherever you are. You may continue to earn a living. You don't have to sell everything and give it to charity. But, impersonal service needs to become the number one priority of your spare time. No one has ever gained the ascension without giving a large amount of impersonal service.

Chelas are reminded the initiations are more difficult for those with family ties. The home is the temple of the family unit. It should be a grail of sanctity. It should be a focus of concentrated power, where each one supports the other with feelings of confidence and faith. Chelas who are engaged in working in a family unit, must use that unit as a working ground, where they can establish harmony, peace, purity, love, cooperation and spiritual illumination.

Developing and Improving Oneself While Serving

One Master said: "We hope students *choose* to transform their nature, even as they serve. *We cannot ask them to do this*. Sufficient, and far beyond our hopes, is the fact that imperfect as they may be, they have offered to serve. If they choose to improve as well, the greater is the miracle for which we thank the Lord of Hosts.

Use your present talents for the work of the moment. Chelas, through individual application, develop a more mature, dependable, illumined consciousness and a set of purified vehicles, to offer to the Master. They engage upon a course of spiritual self-discipline and self-purification. The more chelas endeavor to improve, correct, and perfect the most glaring defects and flaws apparent to their own soul light, the less we have to suffer from the prejudice and bigoted consciousness of the race, who measure us by our chelas. So we may say, while chelas learn and serve they should strive for the mastery of the four lower bodies. In this way chelas become an even greater asset to the cause of the Brotherhood."

Kuthumi: Opportunities To Serve With Examples

"Many are the ways and means by which chelas may voluntarily dedicate a portion of their energies, substance and developed momentum of consciousness. It starts with extreme, unflinching honesty, appraising their own worth, spiritual, mental, emotional and physical. Such chelas, upon self-examination, see where they can *presently* be of practical benefit to the development of interest in the Will of GOD.

There are opportunities for service every day. Like the Minute Men during the days of the American Revolutionary War, we should be ready to respond at a moment's notice to render the service required.

1. Participation in the Transmission Flame Service.

It was this service that made the difference in the Light quota of Earth and enabled Sanat Kumara to return to Venus in 1956. The Transmission Flame Service involves using the rhythmic breath*. Through the rhythmic breath, the particular God-Quality of an open Ascended Master retreat is magnetized and radiated forth in projected consciousness to the next student group or focus. We cannot urge you, strongly enough, to participate in this transcendent service.

* [Instructions in the technique of Rhythmic Breathing are in the next section]

2. Joining an existing Group

3. Starting a group by becoming a Sanctuary Director.
You do not need to have a group to be a sanctuary director. Just get yourself prepared for the task ahead.
3. Creating a force-field above your home
You can do this by studying the 'I AM ' Activity & Bridge to Freedom books and through decreeing on a daily basis, including giving decrees to improve world conditions. (See the book on Songs, Decrees and Services)
4. Distributing books to people or recommending the books to a bookstore.
From experience, we found that when dealing with people, lend them the book, don't give the book as a gift. Such a gift is rarely appreciated.
5. Donating Ascended Masters books to a library.
Make sure the librarian is receptive to having the book.
6. Being alert to opportunity
When engaging your attention with television, radio, news reports, or electronic media, do not accept any imperfection into your feeling. Whenever we hear or read distressing information, we can give the decrees, which help the Masters go into action. It is a good idea to memorize the daily decrees, especially the protection decree. There may be situations where your assistance is needed immediately and you may not have the decree book at your disposal. If you hear of any disaster, give some of the emergency decrees found in the decree book. The decree 'The Light of GOD Never Fails' is an emergency decree. It alerts all members of the Brotherhood to a serious problem. Therefore, reserve it for such occasions. Use sparingly.

RHYTHMIC BREATHING: MAINTAINING GOOD HEALTH

One way to master the four lower bodies and keeping the physical body in a state of good health is using the decrees in the decree book. Follow the dietary guidelines provided in this book. Use the rhythmic breath.

Kuthumi: Rhythmic Breathing And Health

"The importance of the rhythmic breath should be emphasized, in the establishing and sustaining of good health and general well-being, in the physical, as well as the emotional, mental and etheric bodies.

Each individual is allotted so many breaths in the course of a lifetime. If people breathe short, shallow breaths, they use up their allotment more quickly.

Those who have sustained life in the body for centuries, did so through knowledge of the long, controlled and sustained breath. The Lord Gautama sustained life in his physical body, during his seven days of meditation, primarily through the drawing of spiritual nourishment and energies from the atmosphere, by practicing controlled, rhythmic breathing."

The Rhythmic Breathing Technique

[See the Appendix for a version suitable for printing]

Rhythmic breathing consists of 4 parts
Each part should be the same length of time
Each in and out breath should be slow and even

BREATHE IN	a Divine Virtue	for a count of eight.
HOLD	the breath in	for a count of eight.
EXPAND	Breathe out	for a count of eight
HOLD	don't breathe	for a count of eight.

For instance:

I AM BREATHING IN the Love Flame of Archangels Chamuel and Charity
I AM ABSORBING the Love Flame of Archangels Chamuel and Charity
I AM EXPANDING the Love Flame of Archangels Chamuel and Charity
I AM PROJECTING the Love Flame of Archangels Chamuel and Charity

I AM BREATHING IN the Violet Flame of Elohim Arcturus and Diana
I AM ABSORBING the Violet Flame of Elohim Arcturus and Diana
I AM EXPANDING the Violet Flame of Elohim Arcturus and Diana
I AM PROJECTING the Violet Flame of Elohim Arcturus and Diana

Some Tips On Getting Started

- If breathing is difficult and you are 'out of breath', the rhythm length is too long.
 - First, stop and breathe normally until the body has recovered
 - Next, try a different rhythm - 4 or 2 or even 1
 - Try out the new rhythm a few times.
 - Keep working at it until you find a rhythm that works for the body
 - Using the new rhythm, continue the practice.
- Here are 2 practices to develop a sense of the time
 - Use a clock that indicates seconds
 - Practice the technique while counting seconds on the clock.
 - Find a rhythm the body can sustain.
 - Count your heartbeats, take your pulse
 - Practice the technique counting heartbeats
 - The one drawback is the heartbeat is somewhat variable. It may be faster at the start and slow as one relaxes
- After some practice you will develop an internal sense of rhythm

THE QUALITY CIRCLE: WORKING WITH OTHERS

The Quality Circle is a problem solving process involving people who have equal or near equal responsibility or vested interest in a process or activity. It fosters unity, harmony and positive team relationships. Its principles may be employed by any group as long as the members of the group are all sincerely engaged. The decisions arrived at by the team may be subject to approval by a supervisor. This approach is in common use in commercial activities, particularly manufacturing.

When we are dealing with groups featuring the Ascended Master Teaching, we are dealing with people of a higher awareness. Here we may say: 'A quality circle is a commitment of a small group, to serve the common good through an ongoing activity.'

The Ascended Masters, through Geraldine Innocente and Guy Ballard, gave us three examples in which the working principles of quality circles were applied.

Quality Circle Example 1: Founding Of The Great White Brotherhood.

Ways and means had to be found to train new teachers since Sanat Kumara and the 30 priests from Venus, who came ahead of him as Guardian Spirits for the Earth, could not remain with this planet for an indefinite period. Sanat Kumara, and the other members of the Council of Shamballa, shared ideas periodically at a glorious Round Table to implement the Divine Plan.

Each member assumed certain responsibilities and reported on the expansion of the service that was decided upon and to which he was dedicated. All rejoiced in every development that brought the plan of the Brotherhood to greater manifestation. None interfered with the specific service of the other.

Quality Circle Example 2: The Sahara Civilization of 70,000 Years Ago

The civilization reached such a high level of attainment, the term 'Golden Age' has been assigned to this time-period.

The king was the then unascended Saint Germain. Control of the kingdom was vested in 14 Ascended Masters, 2 for each of the 7 Rays. Working together, with these Ascended Beings, were 14 unascended beings, 7 male, 7 female, who formed the heads of 7 governmental departments.

This type of government may serve as a model, or goal, for some future expression.

Quality Circle Example 3: The Knights Of The Round Table.

King Arthur's 'Order of the Round Table' was conceived when an illumined lifestream tuned into the etheric record of the council at Shamballa. This happened in the 4th century CE. The now ascended Saint Germain embodied as Merlin and El Morya embodied as King Arthur. Sir Galahad was none other than Geraldine Innocente.

The knights of the Round Table also were the oarsmen, who in a former embodiment had carried the Sacred Cup [The Holy Grail] to Britain with Mother Mary.

The quest of King Arthur's knights was the search for Christ Consciousness. It also served as a model for government, where all work for the common good. The grail signifies inspired consciousness, into which is poured the Divine Will.

Mother Mary: Head Of The Bethany Community

Much can be learned from Mary, the mother of Jesus. When reflecting upon the 15 year span before her ascension, Mother Mary called these her most difficult years. Her meaning is it was more difficult for her to be the head of the newly forming Christian community at Bethany than to sustain the trial of the crucifixion of Jesus.

At Bethany, people having different backgrounds and personalities had to learn to live together in close quarters. It was up to Mother Mary to both lead and referee. While in this position, she never played the role of a strong disciplinarian. She gave general directions and opinions only when asked. In this way, she acted in a role similar to that of an ombudsman or consultant. Here is an example...

One time a very upset Peter burst into Mary's room. He complained that a group of people he called 'heathens from India', had just painted a sun over the newly white washed walls of the house and were worshipping it.

Mary investigated and found a large sun, the symbol of Osiris. She explained to Peter the sun was a symbol of life to these people. They were honoring a symbol without worshipping it. Much the same way the disciples were honoring Jesus,

without worshipping him. Mary asked Peter to get together with Andrew and white wash over the Osiris symbol. Mary offered to give the men from India some sunflower seeds to plant against the house. The sunflowers could serve as a symbol of the sun. Everyone was pleased with this compromise.

This living example of Mary's conduct offers an excellent base for the relationship between the members of El Morya's Spiritual Caravan. We have our different backgrounds and personalities and continue working together in these times of crisis.

USHERING IN THE NEW AGE

Type Of People Needed

In 1952, El Morya attempted to reenact the Knights of the Round Table. He was interested in having the founders of The Bridge to Freedom work together, in a spirit of harmony and cooperation. Some of the founding members did not have this vision and the plan was abandoned. This shows the difficulty for the human consciousness to let go and submit to the Will of GOD.

From this incident we can recognize the high importance the Masters place on unity and teamwork. Here are some lessons to learn from this...

- Chelas dedicated to the cause of the Brotherhood need to fully understand what the Masters tried to accomplish in 1952.
- These people must be fully convinced of their important part in this Holy Mission. They must daily re-consecrate and re-commit themselves to it, otherwise they may be tempted to deviate from the small, narrow path laid out before them.
- The goal of the Brotherhood can be accomplished, if chelas practice the principles of teamwork and unity, laying aside their different backgrounds in a humble, sincere effort to serve the Brotherhood. Numbers mean very little. Quality of consciousness is more important than mere numbers. Even if only a few chelas persevere, the victory of the cause of the Brotherhood is assured.

As we approach the critical years, before the new century, [year 2000] the clarion call again goes out to the builders of a New Age to show the way. A call to find people who are sincere and determined to acquire the vision of the Brotherhood.

When found, they must lay aside their personal ambition and bow before the Will of GOD. They must continue in their efforts until they have found the purest message given by the purest messenger of the Brotherhood, then the Knights of the Round Table become a reality again.

This time, due to their vision of the Divine Plan incorporated into the beautiful Ascended Master Teachings, and by their spirit of cooperation, the victory of the Light is assured.

Purpose the Great White Brotherhood

The Great White Brotherhood has just one purpose:

Through instruction, to reach people, so that through illumined consciousness and service they may gain the ascension and help to purify the entire Earth.

The Brotherhood will not consider its purpose finished until the last member of humanity has crossed the bridge from the physical realm to the freedom of the ascended realm. From this comes the name 'Bridge to Freedom'.

Kuthumi: Serving With The Masters

“Remember I am no farther from you than your call. I AM willing, and more than eager, to assist you. I am desirous of giving my love, through your lifestream, to the people of Earth.

To reach humanity Lord Maitreya, Lord Buddha [the Heart of Love], my humble self, and all the Brotherhood, depend on your bodies, your feelings, your consciousness, and your desires. We stand in the heart of freedom. We stand in the realm of truth. Our hands are stretched out to humanity, but humanity does not even know we exist. They do not know we have being - but you do!

Only through each one of you, who form a bridge from the human to the divine, can we reach the people of this Earth, and give them back the understanding by which they may set their feet upon the path and return home.

There must be those, among the sons and daughters of humanity, to point toward that way, and standing in the rough places, ease them by Love, encourage them by Light, and give them the impetus of example and manifest works, until they come to a point of enthusiasm in themselves.

After thought and consideration, I ask you to consecrate your Life-Energy, in a steady, constant flow of Love Divine, enabling you to pass through every experience, untouched.

Those of you wishing to serve with us, must have but one thought - to carry the cup of comfort, not wasting a drop of the sacred essence.

Carry the cup until it has reached the lips of the thirsty.

Carry the cup until it has filled the souls with that same hunger and thirst after righteousness, not letting that soul sleep again.

Carry the cup until that soul has become the fullness of its own God-Self.

When you can inspire the consciousness of people in this way to the realization and desire for mastery, then you have become us in action.”

COSMIC LAW IS NOW MORE STRICT FOR THE EARTH

Cosmic Law is the ultimate authority. Under the provisions of Cosmic Law, the Masters are the authority of the ascended realm. But, a Master can only intervene in the affairs of the human realm when specifically invited. If invited, it is the Law the greater consciousness, must always answer the call of the lesser. In this case it is the Ascended Masters answering unascended beings.

Inviting an Ascended Master is just the beginning. Cosmic Law insists that energy so expended from the Ascended Master Realm must be balanced by manifesting practical works in impersonal service.

In the beginning years of The Bridge to Freedom, students usually dedicated a group meeting to a particular Master. Under that authority, for the benefit of the Earth, the Master magnetized the radiation of solar messengers as they traveled through the Universe. Without the Masters’ knowledge of these forces, their travel plans and the conscious act of attracting them, these solar messengers would have bypassed the Earth.

As the Earth progresses along its path around the Central Sun, it sometimes travels through force-fields containing beneficial radiations. These beneficial currents are drawn forth by the Brotherhood.

During the early years of The Bridge to Freedom, this process of magnetizing forces beneficial to the Earth, continued for a few years until Cosmic Law made the rules more strict.

Under the rule change, the Masters can no longer magnetize these beneficent radiating currents, unless a person or group in the unascended realm specifically empowers the Ascended Masters to do so.

Therefore, at each group meeting and each individual application, the Masters were required to ask the students to empower them to use a portion of the offered energy, specifically to magnetize the radiation of the solar messengers and solar force-fields for the benefit of the Earth.

In the Decree Booklet, this principle is recognized by giving the Ascended Masters full authority for the Earth, which includes the authority to magnetize solar forces and beneficial force-fields for the blessing of the Earth.

Another example of the strictness of Cosmic Law is the 1952 mandate at the beginning of The Bridge to Freedom Dispensation. Sanat Kumara had to return to Venus within a 20 year period. Our planet was to be dissolved if that was not possible at the end of the 20 year span. We all know this ultimatum was successfully met by the 150 people or so, working together as part of the transmission service.

Apparent from this discussion, it is primarily up to us, the chelas, to make the initial efforts to save ourselves and the planet. Due to the accumulated mass karma of humanity, Cosmic Law only makes very limited concessions to the Great White Brotherhood. The Maha Chohan said, "We have stretched Cosmic Law thin."

In other words, the Ascended Masters have stretched Cosmic Law as far as it can possibly go to achieve a blessing for the Earth. Cosmic Law may respond with a sharp reaction to any further requests by the Ascended Masters, unless accompanied by a sufficient constructive effort of chelas.

By following the directives laid out before us, the Ascended Masters and Cosmic Law will help. The Earth's axis may be straightened and the 1952 dispensation may be followed by another dispensation. Thus, those who have the vision of the Great White Brotherhood and those who are members of the Spiritual Caravan, need to come together and go to work. One Master said, "There are many dreamers, there are many who say somehow things will turn out all right, but what we need are practical workers, who shall be our hands and our representatives on this planet."

PULLING BACK FROM THE EDGE...

El Morya: Elementals Still Restrained (barely)

"As we enter the new, Golden Age, Cosmic Law, in mercy to the elementals, will release them from their vow to not reflect back to humanity the results of its destructive use of free will. This may be averted if harmony between the elemental kingdom and humanity is consciously established by the dear chelas.

Even the directors of the forces of the elements can no longer protect humanity from these harried and resentful elementals. If our loving warning is heeded now, it is possible for the people of Earth to avoid hardships and cataclysmic activities. An S.O.S. has come forth from the Earth and heard throughout the entire galaxy."

Our Holy Mission: Impersonal Service

This is indeed a very grim, but realistic description of our present situation. All this can still be avoided by having enough chelas engage in impersonal service, in a spirit of teamwork and unity. Here is your key. It is this impersonal service, with proper motivation, that opens the door to assistance from the ascended host.

According to the Ascended Masters, a cosmic service covering the entire surface of the planet is required. Only in this way can the current crisis be brought under control. The students of the Ascended Master Teaching must unite their strength, and join their energies to stem the tide of evil. Evil must be rooted out of the human

race before a permanent age of peace, love and world unity can be established.

The task before us is huge, it may sometimes appear overwhelming. Provided we serve willingly and are committed to our task, viewing it as a Holy Mission, we will receive limitless help from our own I AM Presence and the Ascended Host.

Reading the dictations of the Great Ones is only the beginning. These provide much knowledge, but what is learned must be practiced. All of us at one time contributed to the problems the Earth faces today. Jointly we fell, and jointly it is our responsibility to release the Earth from her present dilemma, restoring the harmony, beauty and perfection of the original Garden of Eden.

Serving GOD and the Masters gives us a magnificent opportunity to give a balance to life. The Law of Life, the law of one's being, is more than just talking about love and peace. It is accomplishments that are important. The Masters said the following:

"Those whose studies and convictions have given them a clearer and deeper insight into the laws of life, must put aside their separate interests and personal pride and meet together on common ground.

We must present a united front to the small minority of misguided people responsible for the major distresses burdening the great majority of the people. Their unpleasant strengths lie in the unity of their energies, endeavors and disintegrating purposes.

At this time, we are seeking those who are willing to become conscious co-workers of the spiritual hierarchy."

It is said, 'One with GOD is a majority' and *that* is an eternal truth. One man's vision brought the Santa Maria across the Atlantic. One man's vision established a free America. One intelligence, God-Directed, has more than once saved this planet from dissolution. This individual held the connection between the human and the divine. Preceding the coming of Sanat Kumara, only four lifestreams held this connection, four people out of ten billion, and yet, it was enough."

Elohim Vista

"Whatever you wish to accomplish, that amounts to anything, requires the dedication of your life."

The Maha Chohan: Responsibility and Duty to Serve the Light

One Master told the students...

"It is admitted many of you decree for world peace, but the intensity of those decrees, and the number of people engaged in this activity is insufficient. The nations of the Earth are sitting on a powder keg. Beloved students, so are you.

Serving the Light is your responsibility, your duty, as part of balancing your karma with Cosmic Law. I both ask and urge you, and I say with full authority, it is your duty to help now. Your future spiritual development depends on this decision. We need now, the service we wish you to perform.

People whose karma stretches back to the Atlantean and Lemurian ages have had their four lower bodies built for one purpose - to bring to the Earth the knowledge of the coming Golden Age. In accepting the gift of grace they must accept and spread the word of freedom to others. If they fail to do so... Well, one can only imagine the karma that soul shall meet when next standing before the Karmic Board."

The Maha Chohan: Metaphor Of The Cosmic Lamp

"The efforts of students dedicated to serving the Great White Brotherhood, are a cosmic lamp, each faithful student is part of the oil which keeps it burning. I say to you, its light is seen in the farthest reaches of the universe, shining like a beacon from the land of shadow and pain. We, in the Realms of Light, thank you, individually, for each drop of oil keeping this lamp alight!

The ideal balance, for the most rapid spiritual development is individual application, leading to self-mastery, coupled with active service.

Every time the door has closed between the Ascended Master octave and the human octave, it closed because the investment from above was not balanced by works from below."

Lord Maitreya: A Planetary Call

"I summon you. Where there was one Christ, now there must be many. Where there was one Master of Light, now there must be 10 billion of them. Where there was one white robed figure, skin bronzed by the sun, riding triumphantly into Jerusalem, now there must be many. Join, then, with the Great Beings of Light, in a consecration of yourself and of your life-energies to service."

Saint Germain: Listening Grace for Times Of Crisis

Journal of The Bridge to Freedom, Book 5

"When your inner bodies are refined and you have that consciousness of 'listening grace', then we can use you easily in times of crisis. You are our hands and our feet, our lips, through which we can speak. You are our eyes, through which we bless. We have no other in this world of form.

When your vehicles are unwieldy, when they are heavy, it is impossible for us to direct a beam through, with sufficient intensity to reach your outer consciousness and your earnest hearts at a moment when a service can be rendered.

This is most important - in the days that are to come, we do require an Army of Light all over this Earth. People who are in a constant state of alertness, a constant state of grace, a constant state of harmony, balance and poise, ready to move at an instant. Then, if an event is about to take place, and we desire to simultaneously direct a thousand light rays, a thousand leaders will stand, and a thousand groups will go into action and disaster will be averted. This is the training for the few, who walk under the banner of freedom in my name."

QUALITY NOT QUANTITY

How many students are required to make a major impact in assisting the Earth? Numbers are not that important. In ages past there were times when a single individual held the connection between the ascended and unascended realms. The Masters considered their effort worthwhile, if they could count on 12 committed chelas in one century. They also said, throughout the ages there were always just a few volunteers who carried the entire load. It has always been that way. Today is no different.

In the 1950s, when the survival of the planet was at stake, only 20 groups, numbering about 150 individuals, helped prevent a catastrophe. Without that service, Sanat Kumara could not possibly have gained his freedom. Without that service, the entire planet would have been dissolved.

All the churches in the world, all the metaphysical institutions, even the I AM Activity, with all their decreeing, worthwhile as it was, could not have prevented the dissolution of the planet. The main contribution in saving the Earth was given by

about 150 volunteers performing the Transmission Flame Service.

Archangel Zadkiel: Using the 7th Ray To Dissolve Imperfection

“Numbers are not as important as the quality or spiritual nature of the people involved.

Be assured, as a teacher who has watched every guardian spirit, every angel that took embodiment, and every human being that belongs to Earth's evolution, I shall make it my personal responsibility to stand with the Karmic Board. I will ask that those of the White Order, who have proven beyond the question of a doubt their spiritual integrity and sincerity, be given first opportunity to embody. Among those who are already embodied, I ask they be given every God-Assistance of the 7th Ray to dissolve every memory of imperfection of any kind.

Please remember me and all the heavenly host. Please accept my blessing for your willingness to be a member of the White Order. Membership in the Order is a strenuous task. Please think about the constructive structure of your decrees so nothing of a discordant nature enters your world. You are dealing with powers beyond the reach of the human mind. It is a blessing the Veil of Maya shuts from your physical sight much of what you individually and collectively have volunteered to transmute.”

The Maha Chohan: Quickening the Planetary Vibratory Rates

“The supreme importance of the hour is that the vibratory rate of each of the 7 planets must be quickened. This is so they may enter and sustain themselves in the orbit of the graduating planet. Therefore, of necessity, we are forced to reach all of people quickly. I shall expect every assistance in the cosmic push of the hour.”

PURPOSE OF THE BRIDGE : ASCENDED MASTER EL MORYA

“The whole purpose of the current endeavor, born out of my own heart, is to acquaint unascended beings with the requirement of the moment.

There are hundreds and thousands of magnificently inspired people, composing songs, literature, poetry and every conceivable kind of beauty. They are all under the radiation of GOD and one or more of the other Masters. Yet, among all this group, we are a distinct unit, formed for a purpose.

The purpose is ‘on the spot’ reporting of the requirement on earth, as seen from the Ascended Masters' realm. Then, the purpose is gaining the willing cooperation of unascended beings, releasing their energies setting into action what is necessary at that exact moment through song, visualization and decrees. Otherwise, I would not have endeavored to establish this movement. That is the only differentiation, dear hearts.

By way of comparison, you could take the *Bhagavad Gita*, a most magnificent inspirational work, and enjoy reading it while sitting in a park. You would draw wonderful radiation from above, creating a peaceful, comfortable aura about yourself, perhaps ten feet across. While you were so quiet and peaceful, anyone who fortunate enough to walk through that aura would receive a blessing. We are working on vaster scale. Precious hearts, we are trying cover the *entire planet* with light and give cosmic service.

We are living in a day when my small dream of Camelot [as King Arthur] is to be expanded into a world brotherhood Saint Germain will be king, having earned that right. I shall always offer my advice as private counsel.

I ask you in the name of GOD, those of you who have broken bread with me, those of you who have shared my light, in this embodiment and in many years and

centuries past...I ask of you one boon:

Hold the bridge by GOD's own hand, until the ascended host passes over from Divinity's Realm into the human.

Hold the bridge so all people may see and know those Divine Beings we have presented through the veil, as best we could until this hour."

BRIDGE PUBLICATIONS ARE FOR ALL PEOPLE

The Great Ones said these dictations are intended to be made available, both to English speaking people and to all people. Thus, to be operating most effectively, the Masters need the energy of students living on many parts of the globe.

El Morya: from – *The Initiations Of The 7th Ray*

"Since the Ascended Master Teaching is intended to be the teaching of the New Golden Age, it cannot be presented to English speaking people only, and be withheld from the remainder of the human race."

El Morya: Purpose of The Bridge Journal

"This Journal was designed to offer, to all people, the service and knowledge of the Great White Brotherhood. This publication, and all proceeding from it, are the property of the Great White Brotherhood, and should be offered to all people, everywhere at a price within their means."

KNOWLEDGE CATEGORIES OF THE TEACHINGS

Instructions for studying the teachings of the Ascended Masters, all the thousands of pages given through Geraldine Innocente, may be placed into two major categories:

1. Knowledge for Ourselves

Knowledge helping us to fulfill the Divine Plan through gaining mastery on this planet, thus achieving the ascension.

2. Knowledge for the Planet

Knowledge necessary to understand the Divine Plan for the Earth and how to use this instruction to help the planet.

The material given through *The Bridge to Freedom* is about 6,000 pages, given through a pure and humble messenger. The Great Ones said much more was given than necessary to make the ascension. The need of the hour does not seem to be more material and more channels. It is to apply what has already been given by the Great White Brotherhood by virtue of the benefit of a 20 year dispensation.

For Potential New Students

For those of you who are new to this teaching, we ask you to:

- Listen with an open mind
- Ponder the message in your heart
- *Question it*
 - Is it internally consistent?
 - Does it make sense?
 - Is it logical?
- Apply it in your daily life, practice the teaching.
- See the results.

LESSON 21: SERVICE IS THE LAW OF LIFE

The dictations given to Miss Innocente stand by themselves, a monument to the Great Ones. Archangel Michael called the accomplishments of The Bridge to Freedom in 1953 alone, the greatest accomplishment in the past 500,000 years of humanity's history.

[See Lord Michael's Report to the Karmic Board, December 31, 1953, 'Dictations by Ascended Masters' <https://iamfree.co.za/s/E22-Dict-403-1.pdf>]

These Teachings by the Ascended Master Teaching, are unique and cover all the important subjects needed for us to free ourselves from the continual 'wheel of birth and re-birth' and make our Ascension. They are, by far, the most detailed spiritual teachings available.

The "I AM" Activity and The Bridge to Freedom teachings apply to humanity's situation of yesterday, today, and tomorrow. The Masters said this instruction was given for generations yet to come.

VISIONS OF A GOLDEN AGE

A new 'authorized' messenger of the Great White Brotherhood will come when the energy given by the Masters during The Bridge to Freedom has been balanced.

A new Avatar has been prepared since the 1950s. He will enter at the right time. He has not appeared before now because of the slow development of the race. A few students have been working diligently to bring these Bridge dictations to all people, knowing this is the only way to balance the Masters' energy.

Commenting on the precarious situation of our planet, today, one Master stated: "At this time, we seek those willing to become conscious co-workers with the Spiritual Hierarchy."

The privilege of carrying the Ascended Masters' instruction of the 'Mighty I AM Presence' to people is the greatest privilege that can ever come to anyone in this world. We can never give enough gratitude for all we have received from the Great GOD Presence of Life and Its continuous blessings.

It is a magnificent opportunity to reach those blessed people. People, who perhaps all of their life had some inner urging that there was more. People who for some reason never had a chance to be exposed to this teaching.

The Masters of Wisdom warned when the effort started in 1952 that this is the last effort to free humanity. It is their endeavor to increase the Light of the Earth, that is constructively qualified energy, so human suffering will be minimized when undergoing the planetary changes which are almost upon us.

The overall plan is to redeem the Earth and quickly restore it to perfection. Then, bring people into conscious communication with the Ascended Host once again. Thus, a new glorious golden age may manifest. In this New Golden Age, science, history and will work together. As stated by Archangel Gabriel: "Religion will no longer be a matter of ceremony alone. It will be a matter of daily, hourly living."

To accomplish this goal, the message of the Masters must spread to every part of the globe. It must be translated into every major language. The Masters need the energies of *all* the students of the world, not just those in America.

Without the assistance of the Great White Brotherhood, there would be no hope for the world. Victory is assured with the sincere, determined effort of a few students committed to Saint Germain's Cause of Freedom. The Earth will once again join in the triumphant song of the Music of the Spheres.

Study and apply this teaching in your daily life and observe the outcome. Understand the moment of opportunity before you. Understand how *you* may assist at this time of cosmic import. Jesus said: "Seek you first the kingdom of GOD and all these things shall be added unto you."¹

Saint Germain: The New Golden Age Is Cosmically Ordained

"Today, a permanent era must come. It is cosmically ordained! A golden age *will* be the permanent state for our Earth and all those honored to remain upon it. Those who do not choose to accelerate the vibratory action of their energy shall find hospitality on another star. The planet Earth, and the willing few, shall go forward to freedom!

In this you can help me, if you will through your own endeavor to connect with GOD, to externalize His perfection and to grasp as much of my vision as your mental body will allow you to accept."

CHELAS OF FREEDOM, SAIL ON TO VICTORY!

Saint Germain recalls his voyage as Christopher Columbus...

"Long ago, I crossed an uncharted sea to find this land now called America. My men were filled with fear and distress and ready to mutiny. My private council and I on the Santa Maria knew we were days overdue and land was not yet in sight.

Yet, we held our heads high. We conveyed courage and confidence and prayed with all our hearts for land. I would just say, 'Sail on and on and on', and reluctantly the crew did.

Now you come from the banquet of all the Ascended Master Addresses that have been given. Your cups are filled to the brim with radiation and instruction. Wherever you are, remember the words, as I speak them now, 'Chelas of Freedom, sail on and on to victory.'"

SUBJECTS PRESENTED TO HUMANITY FOR THE FIRST TIME

Compiled By Werner Schroeder (AMTF)

1930 THROUGH 1939 - MESSENGER GUY BALLARD – I AM

- 1930: the Cosmic Being Victory set aside the Occult Law.
The dictations of the Ascended Host could now be presented in simple English and in an unveiled, direct manner. (See *Gaining Victorious Accomplishment* by the Cosmic Being Mighty Victory.)
- 1930 – Autumn: Guy Ballard met the Ascended Master Saint Germain on Mt. Shasta.
For the first time, information was given to humanity on the I AM Presence, the Violet Flame, the unrecorded history of humanity, and Cosmic Law as it applies to this planet and to all of humanity. (See *'Unveiled Mysteries'*). The information Guy Ballard received was published under the name I AM Activity.
- 1938 – December: the Goddess of Light, the Goddess of Liberty and the Cosmic Being Victory received a new dispensation.
This dispensation makes it easier for sincere students, committed to the original teachings of the Great White Brotherhood, and applying them in their daily lives, to achieve the ascension in their present embodiment.
From now on, the purified essence of the physical body may be drawn into the etheric body. Under this new procedure, the physical body remains, later to be cremated. Heretofore, the physical body had to be purified and transmuted, completely, by means of light rays. The rest of the purification can take place in the Temples of the Ascended Masters in the Higher Realms. There are many Temples in the etheric realm, now set up for this, we are told in the books.
Dictation by Ascended Master Saint Germain, published December 1938 'Voice of the I AM',

1952 THROUGH 1961 - MESSENGER G. INNOCENTE – BRIDGE TO FREEDOM.

FURTHER MATERIAL WAS GIVEN TO OTHER MEMBERS OF THE PHILADELPHIA GROUP AFTER GERALDINE'S TRANSITION.

- 1951: Bridge to Freedom Dispensation
After the ascension of the Authorized Messenger Guy Ballard, in 1939, the dictations of the Ascended Host were no longer available to the general public. The Ascended Host is responsible, before Cosmic Law, for the return of the energy spent in dictations to humanity.
How can this energy be returned to the greatest possible extent, if the message is not available to the general public? Therefore, in 1951, the Ascended Master El Morya applied for and was granted a new dispensation, later called *The Bridge to Freedom*. Geraldine Innocente, his twin flame, was appointed to be the new authorized messenger.
In the dictations, the Ascended Host repeated, in different words, the content of messages previously given to Guy Ballard. However, many new subjects were added. El Morya explained the name 'Bridge' symbolized a spiritual, vertical bridge from the unascended realm, to the ascended realm. Students, fully committed to the teachings and applying them in their daily lives, could cross this bridge after demonstrating the necessary self-merit. The Maha Chohan also

revealed in a dictation that the "I AM" Activity came in on the 'Blue Ray', and the Bridge to Freedom came in on the 'Pink Ray'. There is a perfect balance now, which assures Victory!

- March 8, 1953 a special Dispensation was obtained by Mighty Victory, whereby mankind needed only to purify 51% of their karma in physical embodiment, and the rest could be done in the Temples of Purification in the Higher Realms. The Cosmic Law offers to balance 49% of the debt each lifestream owes to life through the misqualification of pure God-Energy. Maha Chohan informed the students. This means that from now on, only 51% of the total allotted energy ever given an individual, must be qualified in a constructive manner (through impersonal service and the harmonious qualification of energy in everyday life) to gain the ascension (*see Thomas Printz' Private Bulletin, March 1, 1953*).
- *'Memoirs of Beloved Jesus and Mother Mary'*
 - Ascended Master Jesus and Mother Mary gave dictations, recalling events of their last embodiment.
 - Details include Mary's visits to Fatima and Lourdes, Jesus' training in preparation for his mission and his trip to India.
 - Jesus explained the true purpose of his mission
 - how the Holy Grail was brought to England.
- *'The Angelic Kingdom'*
 - Dictations of the Angelic Host,
 - The Seven Archangels,
 - Activities of the members of the Angelic Kingdom,
 - Archangels, seraphim, cherubim and angels.
- *'The Initiations of the First Ray'*
 - Purpose of The Bridge to Freedom and tasks of the Bridge Builders of today. Description of the initiations necessary to gain the ascension, with emphasis on mastering the initiation of the God-Virtues of the 1stRay.
 - The history of The Bridge to Freedom and the AMTF.
 - How the teaching was saved from falling into oblivion.
- (See *'The Initiations of the 7th Ray.'*)
 - Properties of the Seven Rays
 - The Law of Karma
 - The Law of Forgiveness
 - Importance of group activity
 - Keynotes of Ascended Masters
 - Beneficial radiations from Ascended Beings,
 - The true Zodiac.
 - Description of the initiations necessary to gain the ascension;
 - Emphasis on mastering the initiation of the God-Virtues of the 7thRay
- *Journey through the Seven Spheres*
- Preparation for humanity's 1stembodiment
- Creation of our galaxy and our planet
- The place where humanity first embodied.
- The coming of the laggards from other planets; causing the Fall of Man
- High points of civilizations on Lemuria and Atlantis.

- How to recognize true messengers from imposters.
- Sinking of Atlantis thru false representatives of the Great White Brotherhood
While posing as true messengers, copied its teaching, adding their own imprint and version, causing the sinking of Atlantis.

Reports from the semi-annual meetings of the Karmic Board.

- (Example: In June 1959, according to a discourse, given by Archangel Michael, there will be a division of humanity.
 - The current process used for selecting an individual for a future embodiment is no longer valid.
 - Michael describes the criteria that will be used in dividing humanity into two separate groups, one group will find embodiment on a newly created planet (Excelsior). To see how this new process will have significant effects on the present students of this teaching
 - Today's planetary crisis and how to mitigate it.
(see '*Man, His Origin, History and Destiny*').)
- '*21 Essential Lessons, Vol. 1 and 2*'
Structured Lessons arranged by subject, for studying the teachings of the Great White Brotherhood intended for individual use and group instructors
 - The Spiritual Hierarchy of the Earth.
 - The seven initiations necessary to gain the ascension.
 - Why service, given without thought of remuneration, is the Law of Life.
 - (See)
 - Decrees to use for protection, emergencies and applying the Violet Flame to transmute Karma.
 - Decrees to restore harmony to elemental life. Mitigation of natural catastrophes.
(See '*Songs and Decrees*').)
 - The prevailing radiation of each day of the week.
 - Application of the God-Virtues of the Seven Rays in a weekly cycle. (See '*Meditations*')
 - The Law of Precipitation.
 - How to manifest our wishes through application of the seven steps to precipitation.
 - Dictation by El Morya on how students prevented the outbreak of a volcanic eruption.
 - (See '*The Law of Precipitation*')
 - (See '*Mother Mary's Assistance Today.*')
 - Mother Mary explains the cycle of life, 'death' and re-embodiment.
 - What happens after so-called death.
 - Creation of the pattern for a future physical body and preparation and schooling for new embodiment.
 - Selection of the parents.
 - How, through cooperation between ascended and unascended beings, hundreds of thousands of newly born babies could be born in perfect health.
 - How to grow older in perfect health.
 - Detailed descriptions of electrons, including their function and patterns.
Relationship to atoms. Energy and vibration. Dictations by the Directors of the

Kingdom of Nature (earth, air, fire, water). Details leading to better understanding of elementals including sylphs, undines, gnomes and salamanders. Causes of catastrophes and how to mitigate them. (See '*Electrons, the Building Blocks of the Universe and the Elemental Kingdom*')

- The Seven Elohim, for the first time, give details about the creation of this planet. They explain the seven steps to precipitation. Explanation of chakras [spiritual energy centers] and how to purify them. How to take advantage of beneficial radiations. Why group activities form a magnetic field of energy that can be used by the Ascended Host. (See '*The Seven Mighty Elohim Speak*')
- Why Sanat Kumara, after residing on Earth for millions of years, returned to his home planet, Venus. The names of the Seven Archangels and the Seven Elohim, including the names of their Divine Complements. The seven bodies of humans and how to gain mastery over the four lower bodies. How best to tune in and make a connection with Ascended Beings. The process of the in-breath and out-breath of the suns of our galaxy. Why the Earth must come closer to the Sun. The present planetary crisis and proposed solutions. Detailed reports of the meetings of the Masters. How the retreats for the coming year are selected. The tasks of the Karmic Board and how they handle petitions requested by students. Special dispensations applying to active co-workers of The Bridge to Freedom and close members of their families. Reports of the semi-annual meetings of the Karmic Board.
- Descriptions of the last embodiment of 107 Ascended Masters. The special areas of expertise they use to help students. The trials, tests and initiations they had to pass to be eligible for the ascension. The study of these experiences is helpful to those students who wish to gain the ascension in this embodiment. Details of the retreats of the Ascended Host with particular emphasis on the 16 retreats used for the Transmission of the Flame Service. Description of the keynotes and God-Virtues of retreats. (See '*Ascended Masters and Their Retreats*')
- After the ascension of Geraldine Innocente in June 1961, a new leader was appointed. Under this new leadership, only about 5% of the original dictations published under the leadership of Miss Innocente were available to the general public.
This led to the founding of the Ascended Master Teaching Foundation (AMTF), in 1980.
- After the ascension of Geraldine Innocente in June 1961, a new leader was appointed. The name of the new organization was given as 'The New Age Church of the Christ.'
- In 1990 the goal of printing and re-publishing all the original Bridge to Freedom material was reached by the AMTF.
- Much of the original teachings of The Bridge to Freedom were translated. As of August 2008, 20 AMTF books have been translated and printed in German. The task of translating the original texts of The Bridge to Freedom into Spanish was undertaken by 'Grupo Serapis Bey', located in Panama. The great majority of the original text has been translated and printed in Spanish. The book *Unveiled Mysteries* has been translated and printed in Chinese.

Some history of The Ascended Master's Teachings

- In July 2001 'The Order of the Guardians of the Temple of Truth' was established. It is the mission of this Order to preserve the original teachings of The Bridge to Freedom from generation to generation and have them available to all people.

AMTF: HISTORY AND PURPOSE

The Ascended Master Teaching Foundation, [AMTF] was founded, in April 1980, with the sole purpose to preserve, re-publish and expand the original teaching of The Bridge to Freedom in its pure, unadulterated form. The Ascended Host had called this teaching *The Bible For The New Age, Written For Generations Yet To Come*.

Through the effort of two volunteers, functioning as an unpaid staff and using their own funds, this goal has been successfully completed. Without this effort, the original teachings of The Bridge to Freedom could have fallen into oblivion.

The founders of the AMTF traveled thousands of miles to interview several people who were members of the original Board of Directors of The Bridge to Freedom. They conducted helpful interviews with Alice Schutz, who at one time was the Secretary to the Ballards and to Miss Innocente and William Cassiere.¹ Mr. Cassiere had for a time lived in the home of Mr. and Mrs. Ballard. Thus, the original vision and the plan of the Masters for The Bridge to Freedom was rediscovered, and preserved by incorporating it in the goals of the AMTF.

The Lamp of Truth was chosen as the emblem of the AMTF, signifying the relentless search for truth, the vow and pledge taken by all members of the Brotherhood of Truth at Crete.² The AMTF believes a quest for truth should be the cornerstone of all religious teachings. Thus, the Lamp of Truth appears on all its publications.

¹a messenger appointed by Saint Germain, to work with Guy Ballard

²Geraldine Innocente and A.D.K. Luk, the person who introduced and guided the founding members of the AMTF to this teaching, were embodied, several times, as oracles at Delphi.

REALIZING THE PLAN OF THE ASCENDED HOST

It was decided the plan of the Ascended Host, as received by Geraldine Innocente, could best be realized by proceeding as follows:

- *Gathering of the original dictations.*
In 1979 it was estimated only four people had a complete set of the original material channeled through Geraldine. When contacted, these people were either unable or unwilling to share their material. It took about 25,000 miles of travel and 10 years to complete this task. Once, it required a trip from Mt. Shasta to Switzerland to obtain access to a photocopy of the book *Memories of Mother Mary*.
- *Preparation of new book manuscripts, printing and publishing the original texts.*
The newly published AMTF books contain both the original dictations by the Ascended Masters as well as new editions. The new editions consist of compilations of the original text, arranged according to subject. Such editions makes it easier for students and group leaders to concentrate on a single subject. The title *21 Essential Lessons*, contains a complete study program to help students on their path to the ascension. The goal of re-publishing the original Bridge to Freedom material was reached in 1990.
- *Translation of the original text into other major languages.*
So far (2008) 20 AMTF books have been translated into German. The task of translating the original texts of The Bridge to Freedom into Spanish was undertaken by 'Grupo Serapis Bey', located in Panama.
- *Establishing Ascended Master Teaching Groups.*
These groups have the dual task of enriching the knowledge of students about GOD's laws and returning the energy of the Ascended Masters spent in their previous dictations in the form of decrees, visualizations and songs.

The members of the AMTF are working together as a team, acting as Guardians of Truth. They are committed to preserve the original teachings of The Bridge to Freedom in their original pure form, and they are determined this teaching be carried from generation to generation.

If given loving attention, and guarded well, the efforts of the Great White Brotherhood will prosper. The plan is to bring people together who are ready to study and apply the original teachings of the 'Bridge to Freedom', without mixing them with other teachings, and who wish to actively participate in this holy mission.

It is an honor and a privilege to present the original teachings of The "I AM" Activity and The Bridge to Freedom to the students of today.

THE TEACHINGS OF THE "I AM" ACTIVITY & THE BRIDGE TO FREEDOM

When one studies the teachings of the Ascended Masters, all the thousands of pages given through Guy Ballard and Geraldine Innocente, one finds these instructions may be placed into two major categories:

The knowledge necessary to gain the ascension in this embodiment, thus fulfilling our Divine Plan.

The knowledge necessary to understand the Divine Plan for the Earth and how to use this instruction to help the planet, itself.

The information given through these two Major Dispensations, namely The "I AM" Activity and The Bridge to Freedom is enormous, there are 1000's of pages. The Great Ones said much more was given than necessary, to make the ascension. So the need of the hour does not seem to be to have more material and additional channelings, but to *apply* what has already been given through the pure and humble messengers of the Great White Brotherhood.

The Masters stated to students of The Bridge to Freedom that Genesis, and all of the succeeding Biblical chapters, needed to be rewritten.

LORD MAITREYA – SOME FINAL WORDS

"Beloved chelas ever seeking illumination upon your spiritual pathway,

I invoke the descent, *today*,
of the Flame of Illumination,
from the heart of every Divine Being in Heaven,
to pour to and through you *now!*

Thus, you shall sit at the table of the gods, and partake of the substance of our Light which shall be assimilated by your alert consciousness, expanded through your four lower vehicles and projected upon the paths of others, who yet walk in shadow.

With knowledge comes responsibility! The use of the sacred truths of the gods determines the amount of added illumination which shall be given you.

Walk in the Light!
Expand the Light!
Project the Light!
Be the Light of GOD in action
on Earth here and now!"

"I AM" ACTIVITY & AMTF PUBLICATIONS LIST

SAINT GERMAIN FOUNDATION

[HTTPS://WWW.SAINTGERMAINPRESS.COM/BOOKS/](https://www.saintgermainpress.com/books/)

FREE EBOOKS: <https://iamfree.co.za/iamdiscourses>

A D K LUK PUBLICATIONS

www.lawoflife.com

FREE EBOOKS: <https://iamfree.co.za/adkluk>

PATH OF THE MIDDLE WAY – FREE E-BOOKS

<http://www.pathofthemiddleway.org/>

ASCENDED MASTER TEACHING FOUNDATION

<https://ascendedmaster.org/>

FREE EBOOKS: <https://iamfree.co.za/bridgetofreedomfreebooks>

Archangel Uriel, referring to the teachings of The "I AM" Activity and The Bridge to Freedom, said on May 16, 1954: Genesis and all of the succeeding Biblical Law is being written again. It is a Bible made up of the energies of the Archangels and the Ascended Masters, that will stand for the rest of the civilizations being brought forth on this planet Earth.

For students wishing to continue in the development of their spiritual powers and attributes, we point to the full series of transcendent books on spiritual law, available through the AMTF. When studied conscientiously by students, they will assist them in drawing ever closer to that great goal of all life - the ascension.

SUMMARY BOOK LIST

ASCENDED MASTERS AND THEIR RETREATS

(this is in the process of being updated as information received from [pathofthemiddleway.org](http://www.pathofthemiddleway.org) will bring it up to date)

448 pp. Compiled from the teachings of The Bridge to Freedom by W. Schroeder.

Part 1 presents the biographies of 107 Ascended Masters. Details include the tests, trials and initiations they had to undergo during their last embodiment to gain the ascension. The knowledge gained from the personal experiences of these Masters will help students in successfully passing similar tests and initiations and in gaining their freedom as well.

Part 2 contains many details of 31 Ascended Master Retreats, including those active during the historic Transmission Flame Services which greatly helped our planet during critical times.

THE LAW OF PRECIPITATION

256 pp. Compiled by W. Schroeder. How to successfully meet your daily needs.

Using a step by step method, this book describes in detail the necessary building blocks in manifesting your wishes. In addition to describing the theory of precipitation, dozens of examples are given, showing how people have used this information to their own advantage. Included are 30 episodes, illustrating how William J. Cassiere, a messenger appointed by Saint Germain, used the laws of precipitation in healing others.

MAN, HIS ORIGIN, HISTORY AND DESTINY

by W. Schroeder, 368 pp.

<https://ascendedmaster.org/>

On Amazon: Kindle and Used Copies

Using a variety of sources, this title presents humanity's unrecorded history. Much of this material has not been researched before, and has not been available to the general public. Written in chronological order, the reader learns of the conditions prevailing during the advent of humanity on Earth, including their origin, their age, the place where they first embodied and the coming of the laggards from other planets, causing the Fall of Man on Earth. Fascinating highlights of the Lemurian and Atlantean civilizations are given. Also depicted are accounts of the unchronicled history of Jesus and the oracles of Delphi.

Archangel Michael's report of July 17, 1959 on the division of all of humanity. The new criteria is given that will be used in dividing humanity into two separate groups, one group will find embodiment on a newly created planet (Excelsior).

UNVEILED MYSTERIES

by Godfré Ray King, 288 pp.

St. Germain Series – Volume 1, contains Guy Ballard's first experiences, following his meeting with the Ascended Master Saint Germain on Mount Shasta. We at the AMTF are happy to present to students a full, unabridged copy of this priceless book, which heralded in the New Age. The new edition contains biographies of the Ascended Masters Saint Germain, Guy Ballard, and David Lloyd. A Chinese translation is also available.

While not AMTF publications, these volumes chronicle Mr. Ballard's continuing association with Saint Germain.

The Magic Presence

St. Germain Series – Volume 2, continues the story of Mr. Ballard's personal association with St. Germain and some of his spiritual experiences.

The I AM Discourses

St. Germain Series – Volume 3, a collection of instructions given in 1932 and 1933 on the I AM Presence and practices and methods students can use to increase their experience and knowledge of it.

THE SEVEN MIGHTY ELOHIM SPEAK ON THE SEVEN STEPS TO PRECIPITATION

304 pp. by Thomas Printz

This book contains the unique and historic account of the principles employed in the creation of our planet, by the Builders of the Universe, known as the Seven Elohim. The Elohim explain how these principles may be applied by today's students in their daily affairs. Explanation of chakra centers and how to purify them. Why group activities form a magnetic field of energy that can be used by the Ascended Host.

THE INITIATIONS OF THE 1ST RAY

304 pp.

Description of the initiations necessary to gain the ascension, with emphasis on mastering the initiation of the God-Virtues of the 1stRay. The history of The Bridge to Freedom Organization from the very beginning all the way to its dissolution, including how the dispensation for The Bridge to Freedom was obtained, and the purpose of this endeavor.

The history of the AMTF, including how the teaching of The Bridge to Freedom was saved from falling into oblivion. We added the article 'The Teaching of the 'Bridge to Freedom' and Other Groups.' Here we are emphasizing that none of the people, considered today as channels, supported the effort of saving the teaching, or republishing and distributing it.

In the chapter, 'The Spiritual Caravan', El Morya extends an invitation to students to join him in a global effort, bringing in the New Golden Age. Why The Bridge to Freedom was established and the tasks of the bridge builders of today.

THE INITIATIONS OF THE 7TH RAY

304 pp.

Description of the initiations necessary to gain the ascension, with emphasis on mastering the initiation of the God-Virtues of the 7thRay. The Law of Karma including the Karma of Omission. The Law of Forgiveness.

How to establish and conduct Ascended Master Teaching Groups. Featured are primal requirements for an efficacious service, and the responsibilities of each group member, including its leader. The book is an indispensable aid for those involved in group activities.

Beneficial Radiations (weekly cycle, 2,000 year cycle, radiation of the Elohim and other Ascended Beings, the retreats of the Ascended Masters, and the 12 temples around the Sun, also called 'the Zodiac'). How to take advantage of these radiations.

MEMORIES OF JESUS AND MOTHER MARY

416 pp. Dictations by Jesus and Mother Mary

Presented in chronological order, give the reader a complete account of their last embodiment. Many of the events are not given in the Bible, such as early life experiences of Jesus and Mary, Jesus trip to India and details of his ascension. Jesus explains the true purpose of his mission.

The reader learns of Mary's journey to Europe, including her travels to Fatima, Lourdes and Glastonbury. Mother Mary explains the Law of Healing and the establishment of healing centers.

THE ANGELIC KINGDOM

448 pp.

Contains ALL of the dictations by Ascended Beings on the subject of angels, including text from the booklet 'Archangel Michael and his Helpers.' These dictations allow the reader to get a comprehensive view of the activities of our unselfish, loving, helpers from the Angelic Kingdom. Each of the Archangels radiates one of the virtues of the Godhead, such as protection, illumination, and peace.

This book contains personal addresses to students from members of the Angelic Kingdom, showing them how to use these virtues for achieving their own freedom.

MANIFESTING VICTORIOUS ACCOMPLISHMENT

304 pp. (formerly '**I AM Discourses**', by the Cosmic Being Mighty Victory).

It was Mighty Victory who was able to set the Occult Law aside. This tall Master from Venus embodies the God-Virtue of Victorious Accomplishment. He has offered to assist students to manifest this God-Quality in their daily affairs.

We added dictations by the Cosmic Being Mighty Victory, given though Geraldine Innocente. These dictations complement the discourses previously given through Guy Ballard, demonstrating that all of these published dictations came from the Great White Brotherhood, as presented through their accredited messengers.

21 ESSENTIAL LESSONS

by W. Schroeder, in 2 Volumes.

These graded instructions contain a summary of the teaching and all information necessary, if applied, to make the ascension in this embodiment. They are written in an easy to understand manner. A must for both group leaders and dedicated students, who study alone.

Updated

This publication has now been updated and combined into one book with information from 'Path of the Middle Way' website (<http://www.pathofthemiddleway.org/>) and other trusted Sources from the information left by Alice Schultz (ADK Luk) have been used to update the information.

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
Akashic Records	Definition	See Cause, Effect, Record, and Memory
Alpha And Omega (hierarchy)	15	The foci of the Godhead of our galaxy and planetary system are the Central Sun (governed by Alpha and Omega) and our sun (governed by Helios and Vesta). The Beings Alpha and Omega are the supreme authority governing this galaxy.
Maltese Cross	Lessons 3, 6, 19, 20	The particular symbol of Saint Germain. See picture at the end of lesson 6
AMTF	Definition	Ascended Master Teaching Foundation
Angelic Kingdom	6	The angelic kingdom consists of archangels, seraphim, cherubim, angel devas and angels. Angels are wholly pure and perfect beings, growing in size and capacity through service. Their service is to humanity. It extends to people in embodiment as well as out of embodiment dwelling in heavenly realms. They are imbued with a particular God-Virtue by a Divine Being and carry the virtue of that being.
Angels - Cherubim	6	larger in size than angels, have the same qualities, but they have greater responsibilities. Cherubim stand guard and protect great streams of energy drawn by Ascended and Cosmic Beings. They serve mostly at inner levels. It is only in the last few years - because of the need of the hour and "the great cosmic push" under which all cosmic forces make a last, concentrated effort to wake up mankind - that cherubim deal with and serve mankind. For example, the Cherubim Lovelee came forth, guarding and protecting the energies of the <i>Bridge to Freedom</i> dispensation. Cherubim can become angel devas. There are angel devas over hospitals and churches, guarding energies and giving assistance.
Angels - Ministering	6	Those who have vowed to achieve their ascension in this embodiment, have many beneficial helpers available, which, if accepted and employed in love and gratitude, will assist greatly in accomplishing this goal. One of those helpers, provided by GOD in his infinite love for his children, is the ministering angel, also sometimes called the "guardian angel." Millions of years ago, when we first took embodiment, an angel volunteered to minister to us, to help us on our journey, in our goal of expressing GOD in a sphere of lower vibration, on a planet. This beautiful being has served our very needs, embodiment after embodiment, in spite of our transgressions and misqualification of energy. Is it not now high time to acknowledge this unselfish service and to give our boundless gratitude for this priceless gift, rendered for aeons of time? Prior to being joined with our individual lifestream, this angel was trained at inner levels for this specific endeavor. Therefore, our ministering angel is well acquainted with the task of the individual - namely, to

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Term	Covered in Lessons	Definitions and Descriptions
		express the God-Virtues of the Seven Rays (which are the same as those of the seven inner spheres, our previous schoolroom, which we passed through before embodying on Earth).
Angels - Seraphim	6	<p>the guardians of the energies of great beings, and are always active with the Elohim in the building of planets and their spiritual centers. They also serve as the messengers of the suns of a galaxy.</p> <p>Seraphim move in groups of seven, in a V-formation. When the seraphim move through the heavens or the Earth's sphere, they emit a white light, and many a falling star and shooting comet that has been recorded by science, is but the speedy progression of a group of seraphim through the upper atmosphere. Their height varies from six to fourteen feet. Their faces and bodies are exquisitely beautiful, and there is a line in the chin that denotes tremendous strength and determination.</p>
Angels, Angelic Host	6, 15	<p>Angels are wholly pure and perfect beings, growing in size and capacity through service. Their service is to mankind, and it extends to an individual in embodiment as well as out of embodiment (dwelling in heavenly realms).</p> <p>After the Earth was created, the angelic host was directed to guard and nourish the spiritual nature of mankind, to radiate the seven God-Qualities into the evolving God-Consciousness of mankind. This helps to develop conscious mastery.</p> <p>The angelic host is under the direction of the seven great Archangels. Each of the seven Archangels embodies, guards and radiates one of the seven God-Virtues, or rays, as do all angels. To gain the ascension, the chela must master the God-Virtues of all of the Seven Rays.</p>
Archaii	Various	<p>Refers to the Divine Complement or feminine aspect of an archangel.</p> <p>They always work together, in harmony and love, as equals</p> <p>The term is unique to this teaching.</p>
Archangel Michael	8	<p>Of the Seven Mighty Archangels, who are the messengers of GOD, the best known is the Lord of the Archangels, Prince Michael, who is the Archangel of Faith, Protection, and Deliverance from evil. Countless prayers to him, with their immediate response, have drawn him close to the people of Earth.</p> <p>With golden hair, magnificent blue eyes, and an appearance of splendor, confidence, and faith in GOD, Lord Michael has responded often to the requirements of the people upon the Earth, who are in distress of soul, mind, and body. He, of his own free will, chose to become guardian of the faith of man in his GOD, at the very beginning of mankind's embodiment upon the Earth. His presence, or that of one of his celestial helpers, sweeps earthward, to give assistance to anyone in distress who desires his help.</p> <p>Lord Michael's temple is located in the Canadian Rocky Mountains, in the vicinity of Banff, Alberta. It is now an</p>

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Term	Covered in Lessons	Definitions and Descriptions
		<p>etheric temple, although long ages ago, it was physically manifest on Earth. It is circular in shape, of tremendous proportions and has four entrances - one at each of the cardinal points of the compass. The temple is made of a beautiful golden substance, encrusted with magnificent blue sapphires, and upon its dome stands a representation of Lord Michael.</p> <p>See Lesson 8 for greater detail</p>
Archangels	6, 8 - 14	<p>The entire angelic host is under the direction of seven great Archangels. After the Earth was created, the angelic host was directed to guard and nourish the spiritual nature of mankind, to radiate the seven God-Qualities into the evolving God-Consciousness of mankind. This helps to develop conscious mastery. Archangels direct legions of angels. Each of the seven Archangels embodies, guards and radiates the God-Virtues of one of the Seven Rays. To gain the ascension, the chela must master these God-Virtues of the Seven Rays.</p> <p>The seven Archangels were the first to hold the offices of the Chohans (Lords) of the Seven Rays of creative power. They embody the feelings of the Father-Mother GOD, as the Elohim embody the mental qualities. Archangels sustain the feeling nature of the Creator for mankind's utilization and nourishment. They embody a particular God-Quality. Through them flow the energies of the Seven Rays to the three kingdoms - angelic, human and elemental</p> <p><u>See also</u> Root Race Seven Rays Hierarchy</p>
Ascended Master El Morya	8	<p>El Morya came to Earth as a guardian from the planet Mercury. As Chohan of the First Ray, he represents the will of GOD, assists those in governmental positions and stands by anyone desirous to do GOD's will. El Morya embodied several times as a king. He was Melchior, one of the "three wise men" who found their way to Jesus. Later he became King Arthur of the Knights of the Round Table. As Thomas Moore, the Irish poet, he wrote the words to the song, "Believe Me If All Those Endearing Young Charms." He chose that embodiment to balance the many embodiments he had as a ruler. Together with Kuthumi and Djwal Kul, he endeavored, through the theosophical movement, to bring an understanding of Cosmic Law. El Morya ascended around 1888.</p> <p>In an article entitled "The Spiritual Caravan", printed in the book The Initiations of the First Ray, El Morya invited serious students to join him in a spiritual mission, and through teamwork, lay the foundation for a new permanent Golden Age. El Morya is in charge of the Temple of GOD's Will at Darjeeling, India. The keynote of the temple is "Pomp and Circumstance" by Elgar. His personal keynote and that of his Twin Ray is "Panis Angelicus."</p>

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Term	Covered in Lessons	Definitions and Descriptions
Ascended Masters	15	<p>In simple terms, an Ascended Master is an individual who once was embodied here on Earth, but gained mastery of this plane. He learned his lesson, became more God-Like, and therefore did not have to come back into embodiment. Then, after having ascended into his spiritual body, called the "I AM Presence", the Master made the voluntary choice to remain and help mankind.</p> <p>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.</p> <p>A Cosmic Being (such as the Cosmic Being Victory) is an Ascended Master who embodies a particular virtue and who has chosen to assist on one or more planets.</p>
Ascension	4	<p>Occurs when there is sufficiently harmoniously-qualified energy in your four lower bodies. (51%) When the complete purification of those bodies finally has taken place, and sustained harmony is your natural way of life, then will the glories of your Causal Body flow freely through your silver cord into your outer consciousness and use; then will the Immortal Threefold Flame expand within you, filling your aura with perfume and radiance; then will you individually become those channels of love and light, prosperity, healing, peace, comfort, truth and faith, and every God-Virtue harmoniously-qualified energy in your four lower bodies. When the complete purification of those bodies finally has taken place, and sustained harmony is your natural way of life, then will the glories of your Causal Body flow freely through your silver cord into your outer consciousness and use; then will the Immortal Threefold Flame expand within you, filling your aura with perfume and radiance; then will you individually become those channels of love and light, prosperity, healing, peace, comfort, truth and faith, and every God-Virtue</p> <p>See Seven Bodies</p>
Avatar	Definition	<p>The word avatar is a Sanskrit word with the concept of "descent" in the religious systems of India. In particular, it means the "descent" of a Divine Intelligence into a physical form on the Earth.</p>
B.C. A.D. BC BCE	Definition	<p>B.C stands for Before Christ A.D. stands for Anno Domini – usually translated from the Latin as 'in the year of our Lord' These are Christian time designations marking the conception of Jesus as the pivotal point in humanity's existence on the planet.</p> <p>In many scholarly areas of study these terms have been changed to: CE : Common Era BCE: Before the Common Era</p>
Benefaction	Definition	<p>a donation or gift</p>

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Term	Covered in Lessons	Definitions and Descriptions
Bhagavad Gita	21	See Krishna
Bodhisattva	16	A Sanskrit term meaning one whose essence (sattva) is enlightenment (Bodhi) Buddhism uses this term extensively to identify a human being, who, upon attaining nirvana, postpones final and complete liberation from the lower realms acting as guardians to the earth lives, until every man, woman and child, and all life belonging to this evolution, is God-Free
Bodies : Seven Bodies	3	<p>In order to embody and function on the physical plane and go through the experience world every individual must have seven bodies. Each body is created out of the substance of the realm in which it is to function.</p> <p>Of these seven bodies three are higher bodies, which are divine and already perfect. The remaining four, known as the "lower bodies", contain energy which must be redeemed and transmuted into perfection by the individual who has imposed imperfection on them through many ages of living.</p> <p><u>The three higher bodies</u></p> <ul style="list-style-type: none"> ◦ I AM Presence ◦ the Causal Body ◦ the Christ Self (also called Holy Christ Self or Higher Mental Body) <p><u>The four lower bodies</u></p> <ul style="list-style-type: none"> ◦ etheric body ◦ the mental body ◦ the emotional body ◦ the physical body <p>The three higher bodies function in the octave of the Ascended Masters; the four lower bodies operate in the lower vibratory astral or psychic plane, which contains mankind's misqualified energy. All seven bodies contribute in some manner to the consciousness of the individual.</p> <p>The three higher bodies hold a consciousness of perfection, but the four lower bodies are constantly adding to the sum total of the consciousness of the lifestream through their reports of good and evil. These lower bodies, by reason of their limited unfoldment, accept the appearance world at its face value, and add to the conglomerate mass of human thinking, which forms the average consciousness of mankind as a whole.</p>
Body 1 - Electronic Body	15	Referenced but not defined
Body 1 - I Am Presence	3	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... Your great Presence of Life, the individualized focus of GOD, is a

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Term	Covered in Lessons	Definitions and Descriptions
		mighty Being of Fire that dwells with us in the realms of such exquisite perfection as would stagger the human intellect
Body 2 - Causal Body Discussed Under "Seven Bodies").	3	<p>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."</p> <p>The Causal Body contains the "accumulated good" - the opposite of karma - which is the energy qualified in a harmonious manner.</p> <p>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.</p>
Body 3 - Christ Self	3	<p>When the individual decided to use the experiences of the Seven Spheres and apply for embodiment, the Holy Christ Self came into being. This Christ Self is the <i>provision</i> which the I AM PRESENCE <i>has made to give us assistance in the human world</i>. It is a replica (in form) of the I AM Presence, but vibrates at a lower rate. 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. It may also be considered the mediator between the individual's God-Self and his outer consciousness.</p> <p>The Christ Self is the discriminative, directing intelligence through which the Presence works. It guides the personality, the outer self. 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.</p> <p>The Christ Self abides in a position between the I AM Presence and the physical body. The Holy Christ Flame is anchored within the heart of every man, woman, and child in this evolution, focused within the Threefold Flame in the heart. It regulates the amount of energy flowing through the silver cord. As the student learns to love this Holy Christ Flame in the heart, it expands, and takes complete possession of the four lower bodies, making every individual a <i>Christ</i> in action, just as the Ascended Master Jesus manifested this Christ in action centuries ago.</p>
Body 4 - Mental	3	<p>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 is contained in the mental body. The mind, also called consciousness, is to be the servant of the individualized flame, not its</p>

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Term	Covered in Lessons	Definitions and Descriptions
		<p>master.</p> <p>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 generated through seeing, hearing, and talking, propelled into manifestation by energizing these imperfect pictures through the feelings.</p>
Body 5 - Emotional	3	<p>The Emotional Body, the largest of the four lower 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.</p>
Body 6 - Etheric	3	<p>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. <i>When an individual is not in embodiment, he lives in his etheric body, and has the consciousness of the soul.</i></p>
Body 7 – Physical	3	<p>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.</p> <p>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.</p>
Buddha, The Buddha, Hierarchy	15	<p>The activity and service of a Buddha is to step down high spiritual vibrations and to radiate them to the Earth.</p> <p>See also Hierarchy Chohan</p>
Cause, Effect, Record, and Memory	Definition	<p>Among the powers of the Violet Flame is to erase cause, effect, record and memory of negatively charged experiences and energy.</p> <p>Cause: the original, initiating activity (thought, feeling, action, spoken word) Effect: the result of the cause (mental, emotional, physical) Record: the etheric record of the cause and effect Memory: the individual memory of the cause and effect</p> <p>Each "Effect" may become another Cause. If the Effect manifests in another person, that person may take</p>

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Term	Covered in Lessons	Definitions and Descriptions
		<p>action based on the Effect, thus setting up another Cause. That person, in turn, may affect others, and so on. The effects of our actions ripple out in expanding circles and then return to us. This is sometimes called the 'Chain of Causation'</p> <p>Each Cause and Effect is 'recorded' in a specific energy in the etheric worlds. These are called the etheric records. Thus the records and memories of any chain of causation may be vast indeed.</p> <p>In Theosophy the etheric records are called the Akashic Records Akasha is a Sanskrit term meaning ether, sky, atmosphere</p> <p>See Lesson 14 – 'Holy Archangel Amethyst on Love and the Violet Flame'</p>
Central Sun	3	GOD, the owner and giver of all life, so far as our galaxy is concerned, is called The Great Central Sun. It is the sun behind our physical sun, and is the source of All Life and All Things in the entire galaxy. The activities of the Great Central Sun are governed by Alpha and Omega, the Supreme Beings of our galaxy.
Chela	Definition	Chela is a Sanskrit with a basic meaning "to serve". In the context of these teachings, a chela is a close student or disciple of an Ascended Master dedicated to serving Life and gaining the Ascension.
Chohan, Hierarchy	15	<p>A Chohan is an Ascended Master who is in charge of one of the Seven Rays. Each of the Seven Rays radiates a certain God-Virtue to the Earth (for example, the love of GOD). The word Chohan means Lord.</p> <p><u>See also</u> Maha Chohan Hierarchy Seven Rays</p>
Christ	Definition	<p>Comes from the Greek word "christos" meaning "anointed one". This word was used in the Greek translations from Hebrew for the word "messiah", It is a cosmic energy and is not uniquely associated with any religion, creed or belief system.</p> <p>See Messiah</p>
Christus	16	<p>an externalized manifestation of your own I AM Presence</p> <p>See Christ</p>
Clairvoyant And Clairaudient	Definition	Clairvoyant means "clear seeing" referring to the ability of seeing that which is not visible to the physical sight.

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Term	Covered in Lessons	Definitions and Descriptions
		Clairaudient is "clear hearing" referring to the ability of hear that which is not audible to the physical sense of hearing.
Cosmic Silent Watcher, Hierarchy	15	<p>The Cosmic Silent Watcher is the first being drawn into action after a sun decides to create a planetary system. Into the consciousness, into the mind and body of the Silent Watcher, is projected, by the Father-Mother GOD of the system, the entire pattern for every planet in the system</p> <p>See also Hierarchy Planetary Silent Watcher</p>
Dalai Lama	15	<p>The Dalai Lama is the spiritual head of some branches of Tibetan Buddhism. Since the Tibetan uprising against Chinese communist rule in 1959, the current Dalai Lama (the 14th) has been living in exile in India.</p>
Death	18	<p>There is no death. No one has ever died; no one ever will. All is life and its eternal expression and manifestation.</p> <p>So-called death is just a withdrawing of the life-giving silver cord of the I AM Presence. This leaves the physical body inactive. Although the organs are still there as before, the eyes do not see, the ears do not hear, and the intelligence has withdrawn.</p> <p>There is only one thing that ever causes what the world calls death, and that is the lack of enough liquid light within the nerve channels</p> <p>See also Silver Cord Liquid Light</p>
Death	4	<p>There is no death. There never was! All is life, and its eternal expression and manifestation. So-called death is just a withdrawing of the life-giving silver cord of the I AM Presence. This leaves the physical body inactive. Although the organs are still there as before, the eyes do not see, the ears do not hear, and the intelligence has withdrawn. The Real Self (I AM Presence) is but released of this habitat and free to enter higher realms - realms of beauty, harmony, peace. The individual just passes from this physical realm of expression into greater freedom.</p>
Decrees – General	various	<p>Decrees are the power of invoking the powers of GOD. This is a true science which must be learned carefully and methodically.</p> <p>See Lesson 5 : The Science of Invocation</p>

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Term	Covered in Lessons	Definitions and Descriptions
		See fiat
Decrees – Repeating 3 Times	5	When a decree is repeated three times, it reaches first the physical consciousness, then the Christ Self, and last, the I AM Presence. Then, they are all in one accord - agreed upon the bringing forth of the same manifestation. Also, repeating a decree three times by the student builds up his confidence and conviction for the manifestation of the decree. See Lesson 5 : The Art of Giving Decrees that Work
Discarnates	2	Also known as “Earthbound souls” These are humans who after the death of the physical body remain near the earth plane. They have any number of reasons for not “moving on”: fear of “the final judgement” (See Purgatory / Hell). The desire to vicariously experience physical pleasures by hovering the auras of humans still in physical forms. Many alcoholics and drug addicts have such beings near them. The list of reasons goes on. It is one of the actions of the Ascended Masters to remove discarnates from around the earth. It is also accomplished by the students’ use of decrees for that purpose. See also Entities Lesson 15 “Paul the Venetian” has a brief discussion on this topic
Dryad	3	also called hamadryad, nature spirit
Effluvia	3, 11, 15	unpleasant smells or exhalations, as of decaying matter or gaseous waste In the lessons Lesson 3 The Mental Body Lesson 11 Claire Elohim of Purity on the Immaculate Concept Lesson 15 Archangel
Electronic Body	10	the beautiful Electronic Light Body of GOD, himself, the electronic form of your own I AM Presence
Elementals, Hierarchy	7	The elemental kingdom evolves from the tiniest intelligence into builders of form, nature devas, Elohim, Silent Watchers, and Directors of Elemental Life (air, water, earth and fire). <ul style="list-style-type: none"> ◦ The builders of form may create the bodies of mankind. They perform this service together with beloved Mary (mother of Jesus), who forms the heart. ◦ Nature devas may supervise the creation of a garden and mountains, valleys, and lakes. ◦ Elohim create the planets of a galaxy. ◦ Silent Watchers may guard the original blueprint for an entire planet or a galaxy. ◦ The Maha Chohan works closely with the elemental kingdom.

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Term	Covered in Lessons	Definitions and Descriptions
		See also Elohim Planetary Silent Watcher Angelic Host
Elohim, Hierarchy	6	<p>The Seven Elohim are mighty beings of love and light who responded to the invitation of the Sun of this system and offered to help to manifest the Divine Idea for this system, created in the minds and hearts of our beloved Helios and Vesta, GOD and Goddess of our physical Sun, itself. Through ages of time, the Elohim have learned how to successfully use the creative powers of thought, feeling, spoken word and action, as GOD intended them to be used from the beginning. In a cooperative endeavor, the Elohim drew forth our entire system in perfect manifestation, of which system the Earth is just one small planet.</p> <p>Great nature devas serve with the seven Elohim to create and sustain the beauty of nature.</p> <p>The seven Elohim represent the mental activities and qualities of the Creator. A tiny flame from each of their lifestreams is anchored in the forehead of every individual embodying on Earth. Through this sevenfold flame the Elohim extend their faculties and consciousness to every lifestream. This assists in holding a balance and fulfilling the Divine Plan in the outer world.</p> <p>Elohim were originally elementals. They may become Planetary Silent Watchers.</p> <p>See also Cosmic Silent Watcher Planetary Silent Watcher Angelic Host Elementals</p>
Entities	8	<p>Some of these mass pressures (called mass entities) are accumulated energy of tremendous size. An individual who becomes caught in the pressure of such an entity, by connecting with it through a similar thought and feeling, has not enough spiritual vitality, wisdom, strength, or courage to extricate himself from such viciousness, but if such an individual will call to Archangel Michael for his help to be cut free from such energy, he and his legions will come and give the assistance. Your conscious call for such assistance is imperative, and when sincerely given, always brings results.</p> <p>See Discarnates</p>
etherealize, etherealization	Various	Releasing the magnetic pull on substances that has held the form together Allowing the electrons making up that form, to return to the Sun for repolarization.
Ethereic Records		See Cause, Effect, Record, and Memory
Evolution (an evolution, this evolution)	Multiple	See

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Term	Covered in Lessons	Definitions and Descriptions
		Manu Root Race
Fiat	3 multiple	An authoritative decree, sanction, or order. From the Latin: Let it be done See Decree
Forgiveness		See Law of Forgiveness
Great Divine Director	Multiple	A Cosmic Being who works on the First Ray (Blue) of Power, Protection and the Will of God. He services on the Karmic Board. He is the Initiator of Cycles and has been the mentor of many ascended masters. He is the authority for this Earth, and the Manu of the 7 th Root Race See also Hierarchy Karmic Board
Great Eternal Sun Of Even Pressure	3, 15	The Immortal Threefold Flame of GOD, pulsating from within Earth's center Pelleur is directing the activities in the center of the Earth. Here there is a pressure of even, soft Light and perfect climate. There is no darkness in the center of the Earth
Great White Brotherhood	15	The Great White Brotherhood is comprised of Ascended Beings, who are all specialists along some particular line of spiritual service and endeavor. Members of the Brotherhood live only to serve GOD. They have forsworn serving in the spheres of beauty and perfection, and have remained "prisoners of love" in order to assist the struggling mankind of Earth. The service of this spiritual order is to teach interested students Cosmic Law, whereby, with sufficient self-application, they may gain mastery and finally, the ascension. As part of this goal, the Great White Brotherhood endeavors to train master teachers for the development of the human race and to show each individual the road back to the Heavenly Father.
Guardian Spirit	4, 7, 11, 20, 21	Guardian spirits are beings from other planets having the compassion to help the lifestreams of the Earth. They act in a role similar to that of parents and children. According to Cosmic Law, all those guardian spirits from other planets, must someday return to their home planet. The most notable example is Sanat Kumara and his council of 30 priests from Venus
Guru	16	A Sanskrit word used to describe a spiritual teacher. In America in the 20 th century, the meaning was extended to mean anyone who was an expert in some area of knowledge.
Helios And Vesta, Hierarchy	Multiple	By the authority of Alpha and Omega (The Galactic God-Parents) Helios and Vesta, are the God-Parents, who designed our planet and all the planets of this system. They determined the size of the planets, their location, and the number of lifestreams that would abide on each one.

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
		See also Hierarchy
Hell	4, 10, 18, 20, 21	Hell is derived from the ancient Norse word for the underworld (helle) The literal translation is 'concealed place' related to the words for cave and cavern. It has no meaning as a place of punishment after death
Hierarchy	15	The Hierarchy of earth is composed of the following GOD Solar Creators (Helios & Vesta) The Cosmic Silent Watcher The Planetary Silent Watcher Elohim Angelic Host Elemental Beings (Fire, Air, Water, Earth) The Karmic Board The Maha Chohan Chohans The Buddha The Lord Of The World The World Teacher The Manu See individual entries for each role
Holy Grail	9, 11, 17, 20, 21	A sacred relic in Christianity. Legend says it was the cup Jesus used at the 'Last Supper' the evening before is his crucifixion. The word 'grail' has come to mean any sacred vessel. In this teaching the grail signifies inspired consciousness, into which is poured the Divine Will.
Holy Innocents	5	first inhabitants of the Earth
Holy Trinity	Definition	This is a Christian term standing for The Father The Son The Holy Spirit
Human Creation	Various	all the misuse of life (life-energy, primal life) in your thoughts, in your feelings, by your actions, and by your memory

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
		See also Cause, Effect, Record, and Memory
I AM Presence	11	your own individualized divinity, which is fashioned from white fire substance and lives in the God-Free realms. This is your pattern of perfection, originally created by the Godhead
In-breath	19	The current cycle of creation for the galaxy. This is the 'oscillating model' of the Universe – breathe out, breathe in, breathe out, breathe in Creation begins with an 'out breath' from the Creator into manifestation On the 'in breath' the creation is drawn back into the Creator. Each of these cycles cover many billions of year
Interstellar Space	14	The Elohim Arcturus states: From interstellar space, I constantly look through all the planets belonging to this system. So, where is interstellar space? 'Inter' means between. 'Stellar' refers to stars For the Earth, interstellar space begins where the influence of the Sun ends – about 10.8 billion miles At this time (year 2020) the most common human measurement is based on the NASA probe named 'Voyager 1', launched in 1977. Travelling at 38,200 miles/hour (10.5 miles/second) it reached interstellar space in the year 2010 – over 33 years. At current speed. the probe will reach the closet star outside our system (Alpha Centauri) in over 70,000 years.
Journey Through the Seven Spheres	3	The individual I AM Presences, each at its own pace, then begin the journey through the seven inner spheres, which are seven concentric bands of color around our Sun. Here, contact is made with highly-developed intelligences which express the particular qualities of each sphere. These God-Intelligences are desirous of doing the Father's Will, expanding his kingdom and consciousness. Starting with the First Sphere, the individual lifestreams (I AM Presences) have the opportunity of absorbing the qualities of each sphere, abiding in each as long as they wish, adding the color of the sphere to their Causal Bodies as they progress.... The experiences gained while dwelling in a particular sphere may be likened to going to school before embodiment on a planet. See Seven Spheres
Karma	Definition	Karma is a Sanskrit word based on the root "to do, to act". It refers to the results of one's actions; an instance of the Law of Cause and Effect. Every action (cause) has an effect (karma).

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
		<p>These effects, in turn, set up new causes. Strictly speaking, karma is neither positive or negative, it is simply the statement of the law. In popular terms people refer to "good and bad" karma as the effects of previous actions have desirable or undesirable effects in a person's physical experiences.</p> <p>Karma is created not only at the personal level, but also at a collective level, as in a city, state or nation.</p> <p>In these teachings the term 'karma' is always used in a negative sense. It shows the recoil of using energy in a discordant manner. If we use energy in a constructive manner, we use the term 'accumulated good'.</p>
Karmic Board, Hierarchy	15	<p>The Karmic Board is a merciful body of helpful intelligences who have these duties:</p> <ul style="list-style-type: none"> - To administer the laws of the galaxy as they apply to the planet Earth. - To open the Book of Life, the summary of the experiences of the last embodiment for each individual who passed through the experience called death, showing the individual how he used the energy of the last embodiment - To examine each individual who wishes to come back into embodiment and grant or not grant the individual the opportunity to re-embody at a certain place, at a certain time. <p>See also Hierarchy</p>
Krishna	21	<p>Krishna is an avatar whose service was in the country now known as India. The Krishna in this case, while mythical, can still be traced to a physical existence around 3,228 BCE, over 5,000 years ago. There are many books and tales of exploits during his earthly sojourn. The most famous book is The Bhagavad Gita (The Song of GOD). In it he lays out the fundamentals of all the yogic paths to GOD. The Sanskrit root of word Yoga means 'to join' or 'to yoke'. The word Yoga indicates a spiritual path to union with the Divine</p> <p>Karma Yoga - the path of impersonal service (the word Karma is use in its original meaning to act, to do) Jnana Yoga - the path Divine Knowledge Raja Yoga - the path of meditation & contemplation practices (Raja means king, royal) Bhakti Yoga - the path of Divine Love</p>

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
		See also Karma Yoga B.C.
Kwan Yin	various	Goddess of Mercy, Chinese name from Buddhism (Kwan: to observe, look down Yin: Mercy) Now also spelled Quan Yin Names in other Buddhist traditions India : Avalokiteshvara Tibet : ChenReZi
Laggards	7	Section: The Fall Of Man Lifestreams Who Were Of Insufficient Spiritual Development To Earn Continued Habitation Upon Their Own Planet. They Refused To Go Along With The Divine Plan. They Were Complacent In Their Thoughts And Feelings, And <u>Lagged</u> Behind In Their Natural Process Of Evolution. They Brought With Them Feelings Of Rebellion, Pride, Hate, Doubt And Fear, And The Subtle Temptation Of Curiosity
Law Of Conservation of Energy	4	Sometimes known as the Law of Balance There are multiple aspects of this Law <ol style="list-style-type: none"> 1. For all energy given into an individual's use, there must be a corresponding return in kind. 2. every effort from the Ascended Master level needs to be balanced by a corresponding effort of individuals dwelling on the physical realm 3. When Ascended Masters are granted a dispensation to disperse a certain amount of energy to humanity, they are responsible for replenishing that supply
Law of Balance	4	See Law of Conservation of Energy
Law of Forgiveness	5 17	<u>4th Initiation Decree</u> I AM, I AM, I AM The Law of Forgiveness for myself and all mankind for all mistakes, misqualified energy, human consciousness and for straying from the Light. (7x) <u>From the I AM Activity</u> I AM the Cosmic Law of forgiveness, forgetfulness and consuming flame of all inharmonious action and human consciousness
Law Of The Circle	16	cause and effect See Karma

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
Liquid Light	4, 18	<p>Light is the cohesive power which holds together the atoms that make up the flesh-body. This liquid light is owned by, and comes only from the Mighty I AM Presence. The outer garment is the receptacle into which the I AM Presence pours its light, for a constructive purpose and use only. When that purpose is continually interfered with, the light is withdrawn, and the flesh body, which should be the Temple of the Most High Living GOD, disintegrates.</p> <p>In the physical form it is found in the nerve channels</p> <p>See also Silver Cord Death</p>
Lord of the World, Hierarchy	various	<p>The Lord of the World is the head of the Spiritual Hierarchy of the Earth and is under the supervision of Helios and Vesta. The Lord of the World supervises the Great White Brotherhood. He serves primarily with the Karmic Board and the World Teacher. The first Lord of the World was Sanat Kumara.</p> <p>See also Hierarchy Great White Brotherhood</p>
Lords Of The Rays	Multiple	<p>See Chohan Maha Chohan Hierarchy</p>
Maha Chohan	various	<p>Maha is a Sanskrit word meaning "Great", hence "Great Lord of the Rays" is in charge of the seven Chohans. (see Chohan)</p> <p>The representative of the Holy Spirit to mankind and the Earth.</p> <p>See also Chohan Hierarchy</p>
Maitreya (Lord Maitreya)	various	<p>A spiritual leader and teacher particularly identified as being the teacher of Jesus and Kuthumi. In certain Buddhist schools he is identified as the next Global Buddha</p>
Man	Definition	<p>This is the generic name for humanity. Originally it did not designate a gender – those were the words "male and female".</p> <p>In the Christian Bible, Genesis Chapter 1 verse 27, the creation of "man" on day 6 :</p>

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
		<p>So God created <u>mankind</u> in his own image, in the image of God he created them; <u>male and female he created them.</u></p> <p>Some languages, like Chinese, retain this usage. For instance: there is a "person", then there is a "male person" and a "female person". Likewise for "children".</p>
Mankind's History a: Lemurian Age	7	Read the complete description in Lesson 7
Mankind's History b: Atlantean Age	7	Read the complete description in Lesson 7
Mankind's History c: Saharan Civilization	7	Read the complete description in Lesson 7
Mankind's History d: Poseidonis Civilization	7	Read the complete description in Lesson 7
Manu, The Manu, Hierarchy	Definition	<p>The evolution of mankind is accomplished through seven root-races and their seven sub-races. A Manu is a perfected being, who directs the incoming, development and ascension of a particular root race.</p> <p>This is a Sanskrit word with many meanings in the Indian religious traditions. The most common meaning is the leader of the human race at the start of a planetary cycle, these beings are sometimes also called Avatars.</p> <p><u>See also</u> Root Race Hierarchy</p>
Maya		See Veil of Maya
Messiah	Definition	<p>A Greek word from the Hebrew Messiah. Literally means "anointed" based on a ritual of consecrating someone or something by putting holy oil upon it. By extension is came to mean "the anointed one" as a savior for humanity.</p> <p><u>See also</u> Avatar Christ</p>
Nirvana	16	<p>Nirvana is a Sanskrit word meaning extinguished or blown out. Buddhism uses this term extensively to indicate the fire of improper desire, which binds us to the cycle of birth and death, is blown out. When one "attains" nirvana, all association with the physical and other lower realms ceases.</p> <p><u>See also</u> Bodhisattva</p>

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Term	Covered in Lessons	Definitions and Descriptions
Planetary Silent Watcher, Hierarchy	15	<p>The Planetary Silent Watcher holds the immaculate concept for one planet and ALL individual life thereon, until the Divine Design is fulfilled. At the end of each year, the Planetary Silent Watcher communicates the thought-form of the year, for the development of the planet, to the Lord of the World. According to the thought form, the pattern of the retreats open for the coming year is selected.</p> <p>See also Cosmic Silent Watcher Hierarchy</p>
Prana	15, 19	<p>A Sanskrit word meaning "life force" or "vital principal" In Chinese it is called "Chi, Ch'i" (Qi); in Japanese it is called "Ki"</p>
Precipitation	11	<p>Precipitation is the drawing together of electrons into manifest form.</p> <p><u>See also</u> Seven Steps to Precipitation Precipitation and Etherialization Body 4 – Mental Body 5 – Emotional</p>
Precipitation and Etherealization	12	<p>Precipitation is the drawing together of electrons into manifest form. By using the Fire of Etherealization, as part of the disintegration of a form, the electrons return to their source</p> <p><u>See also</u> Precipitation Seven Steps to Precipitation</p>
Precipitation: Seven Steps to Precipitation	8-14	<p>This is a very high level summary of the 7 steps. Read each lesson for the specific details about each.</p> <p>Step Activity</p> <ol style="list-style-type: none"> 1 Decision & Will To Do 2 Wisdom, Perception (Illumination) 3 Divine Love 4 Purity of the Original Design, Humility 5 Concentration & Consecration 6 Rhythm of Invocation & Precision 7 GOD Peace, Harmony, Tranquility <p><u>See also</u> Precipitation</p>

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
Purgatory / Hell	18	<p>Precipitation and Etherialization</p> <p>This is the manner in which some religions characterize some of a "soul's" activity after death.</p> <p>The "soul" is called before the Karmic Board. Here the experiences of the last embodiment are shown to the individual. He is made aware of missed opportunities and he feels remorse for the discordant use of energy.</p> <p>See Karmic Board</p>
Purity	Definition	<p>Purity is a state of oneness. For instance, a stone of pure gold means that all the atoms in that stone are gold. For an individual, it means their inner and outer worlds are 100% dedicated and used in the fulfillment of GOD's will.</p>
Purpose Of Creation	15	<p>The purpose of creation, as well as the sustenance of any system of worlds, is to allow each lifestream, 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 (thought and feeling).</p> <p>In order to become such a Master Presence, the student needs to develop, within himself, the qualities of the God-Parents. All lifestreams are given the opportunity to re-embody, enough times, to redeem a majority of their misqualified energy, learning the lessons that each embodiment offers.</p>
Re-Embodiment		<p>See Reincarnation</p>
Reincarnation Vs. Transmigration	Definition	<p>Reincarnation means a human undergoes repeated physical births AS A HUMAN to reach a point where such a one makes the ascension.</p> <p>Transmigration means that a human may be re-born in forms other than human – an impossibility</p>
Root Race	Multiple	<p>Root races are the successive stages in humanity's material and spiritual evolution on this planet. Each root race has a prescribed length of time to have experiences, learn, develop and make their ascension. The destiny of each root race is realized through 7 sub-races.</p> <p>The modern re-introduction of this knowledge was in the book <i>The Secret Doctrine</i> by Helena Petrovna Blavatsky in 1888</p> <p>In the Theosophy root races are sometimes named:</p> <ol style="list-style-type: none"> 1: Polarian 2: Hyperborean 3: Lemurian 4: Atlantean 5: Aryan 6: no name given

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
		7: no name given
S.O.S.	Definition	This is an international distress call. It stands for Save Our Ship
Sananda, Ashtar Command	15	Originally used in the 20 th century by some spiritual teachers. Sananda was identified as the "galactic name" of Jesus. The Ashtar Galactic Command is identified as a fleet of space ships commanded by an extraterrestrial being - Ashtar
Sanat Kumara	7,10,15	<p>Sanat Kumara, an Ascended Being from Venus who chose to come to Earth to sustain it and help humanity. Millions of years ago, a cosmic council was held. It was chaired by Alpha and Omega (the intelligences governing our galaxy). At the council it was decided to dissolve the Earth by swinging it off its axis. It was then that Sanat Kumara offered to save this planet by taking residence on the Earth, thus adding his stockpile of positively-created energy to that of the Earth. Thus, disaster was avoided. All inhabitants of the Earth owe their very lives to Sanat Kumara (See the book: Man, His Origin, History and Destiny). Founder of the Great White Brotherhood.</p> <p>In 1956, Sanat Kumara was able to return to his home planet Venus. This action was accomplished, primarily, by approximately 150 students of the Bridge to Freedom, who, through the Transmission Flame Service, raised the required Light-Quota of the Earth to the amount required by the Cosmic Law, making this event possible. Sanat Kumara remains as Regent for this planet. His place as Lord of the World was taken by Lord Gautama. Lord Gautama's particular quality is balance and he will give assistance in balancing the four lower bodies of the students.</p>
Seven Rays	3 multiple	<p>The Seven Rays are focused energy from GOD. Each of the Seven Rays radiates a certain God-Virtue to the Earth Each ray has a set of virtues which humanity must experience and master.</p> <p>For a detailed presentation see Lesson 7 : GOD VIRTUES Of the SEVEN RAYS Figure 1:</p> <p><u>See also</u> Root Race Seven Spheres</p>
Seven Spheres - Seven Inner Spheres	3	These are seven concentric bands of color around our Sun. Here, contact is made with highly-developed intelligences which express the particular qualities of each sphere. These God-Intelligences are desirous of doing the Father's Will, expanding his kingdom and consciousness.
Silent Watcher	various	See Cosmic Silent Watcher and Planetary Silent Watcher
Silver Cord	3, 4, 13,	It is nickname for the ray of Divine Light from the I AM Presence into the physical body.

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
	18	<p>It anchors in the head, throat and heart.</p> <p>The ray of Divine Light 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.</p> <p>Theosophy uses the Sanskrit term Sutratman (sutra: string, thread atman: Self, Soul)</p> <p>See also Death</p>
Silver Cord	Various	<p>The name of the ray of life-energy extending from the I AM Presence into the physical body. In the Yoga Teachings it is called Sutratman the Thread of the Soul</p> <p>Sutra- Thread Atman-the Eternal Self</p>
Solar Lord	3	<p>Divine Beings providing Love for the spirit sparks of primal intelligence that they might find further expression. The Solar Lords for our system are Helios and Vesta</p> <p>See also Hierarchy</p>
Sun behind the Sun	9	See Great Central Sun
Thomas Printz	2	<p>A pen name used by the Ascended Master El Morya</p> <p>According to El Morya, he chose the name 'Thomas' from his former embodiment as Thomas Moore, an Irish poet. So 'Thomas is printing', became 'Thomas Printz.'</p>
Thought-Forms	3, 5	<p>Thought forms are ideas, images, concepts formed by the mental capacity. The power of Feeling energizes thought forms for manifestation. Originally thought-forms were constructive and harmonious, used to precipitate whatever was needed or required for physical existence.</p> <p>Overtime, the negatively qualified energy of humanity has resulted in creation of a psychic realm filled with imperfect thought-forms floating around in the atmosphere of earth. Lesson 5 provides decrees to protect ourselves from them.</p>
Threefold Flame	10	<p>The First Ray represents the will of GOD, the Second Ray represents the wisdom of GOD, and the Third Ray represents the magnetizing love of GOD, thus completing the trinity of the activity of the Immortal Threefold Flame</p>

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
		that abides within each human heart and makes of man a Divine Being, with the power to create, even as GOD creates. This Threefold Flame is also known as the Liberty Flame.
Twin Rays	3	Twin rays are a the dual projection (female and male) of a “White Fire Being” . At the end of each projected ray is a Threefold Flame, around which is drawn light substance, forming the individual I AM Presence.
Vampire activities	15	Vampires are psychic and astral creations, and their creators, who live on the faith and power of foolish people who desire, for personal reasons, to build their personal egos. These entities feed on negatively qualified energy of the life force. The popular image of a vampire living on human blood is a degraded symbol of them living on energy Blood as the life force of the physical form; energy is the life force in the realms above the physical.
Veil of Maya	15, 19, 21	Maya is a Sanskrit term meaning ‘magic’ or ‘illusion’ In this context, it is the idea that our usual experiences are of appearances only – illusion. Illusion is defined as “a thing that is likely to be wrongly perceived or interpreted” In this way Maya Veils our perceptions and experiences of the Real.
Vicar of Christ	Definition	Roman Catholic term for the Pope, the head of that religion
Vicarious Atonement	1, 18	The concept that another will accept the burden of karmic debt for another person. In Christianity this is expressed by the phrase: Jesus died for your sins.
Violet Flame	various	of the Sacred Fire of Purification (the Violet Fire) in order to transmute cause, effect, record and memory of hatreds, resentments, frustrations and other discordant karmic links It is also called The Violet Transmuting Flame The Violet Consuming Flame The Violet Consuming Flame of Divine Love The Violet Flame of Divine Love The Violet Fire The Violet Fire of Divine Love The Violet Fire Of Freedom’s Love See also Cause, Effect, Record and Memory
Wesak Festival	20	Wesak Festival is a Buddhist activity commemorating the birth, enlightenment and death of the historical Buddha – Gautama. In some countries the events of the Buddha’s life are celebrated separately and not together at Wesak, The timing is based on a lunar calendar – the first full moon in the month of Wesak

GLOSSARY

Term	Covered in Lessons	Definitions and Descriptions
		(Vesak) may occur in April, May or June.
World Teacher, The World Teacher	various	It is the primary service of the World Teacher to further the spiritual development of the human race. See also Hierarchy
Yoga	Definition	Yoga is a Sanskrit word meaning to join

FOOTNOTES

Many of the cited quotes come from the Christian Bible.

For these the King James Version has been used as the source of the full quotations.

The language has been updated somewhat. For instance, the word 'asketh' has been changed to 'asks'

The source of the quotation is structured this way: [Book Chapter: Verse] Christian Bible

LESSON 1 : INTRODUCTION TO THE TEACHING

-
- 1 Every living thing lives, moves, breathes and has its being within the body, intelligence and love of GOD at all times.
-

This is a paraphrasing of [Acts 17:28] Christian Bible

For in him we live, and move, and have our being; as certain also of your own poets have said,
For we are also his offspring.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Acts+17:28&version=KJV>

- 2 As above so below
-

Origin is unclear; however, it is generally attributed to Hermes Trismegistus (Hermes the Thrice Greatest) as part of the Hermetic teachings in ancient Egypt as part of the book The Emerald Tablet.

That which is below is like that which is above
and that which is above is like that which is below

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/As_above,_so_below
https://en.Wikipedia.org/wiki/Emerald_Tablet

- 3 Seek and you shall find. Ask, and it shall be revealed to you. Knock, and the door to your freedom will be opened!
-

[Matthew 7:7-8] Christian Bible

Ask, and it shall be given you;
seek, and you shall find;
knock, and it shall be opened unto you:
For every one that asks receives; and
he that seeks finds; and
to him that knocks it shall be opened.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%207%3A7-8&version=KJV>

- 4 Council of Nicea
-

Constantine made the Christian religion the official religion of Rome in 313 CE.

At that time, bishops were authorities for the religion in specific geographical regions. Each bishop had doctrinal authority for that region. This resulted in many differences. Some of these differences became causes of bloodshed in some cities.

The Roman emperor Constantine convened a council at the city of Nicea in 325 CE to resolve these differences and standardize this religion throughout the empire. Many theological points were discussed and standardized at this council, however, reincarnation was apparently not among those topics.

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/First_Council_of_Nicaea

5 Council of Constantinople

Reincarnation was officially banned from Christianity by the Eastern Emperor Justinian in the year around 553 CE as part of the 2nd Ecumenical Council of the Christian religion. Prior to that time, reincarnation was part of the Christian beliefs even though very little was written about it in their scriptures.

The emperor had married a courtesan named Theodora who through the marriage was elevated to empress. It seems she desired to be elevated to a deity, after the fashion of earlier Roman emperors. Reincarnation posed a significant block since it meant every individual lived in a physical body multiple times – not exactly deification. She worked tirelessly behind the scenes to have this change implemented. Even though she died in 548 CE, her influence in banning the doctrine prevailed.

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Second_Council_of_Constantinople
[https://en.wikipedia.org/wiki/Theodora_\(6th_century\)](https://en.wikipedia.org/wiki/Theodora_(6th_century))

LESSON 2 : MESSENGERS OF THE GREAT WHITE BROTHERHOOD

1 Helena Blavatsky

Helena Petrovna Blavatsky [August 12, 1831 – May 8, 1891]

Often known as Madame Blavatsky, she was a co-founder of the Theosophical Movement in 1875. Her most famous works are *Isis Unveiled* (1887) and *The Secret Doctrine*. (1888) She described Theosophy as "the synthesis of science, religion and philosophy", proclaiming that it was reviving an "Ancient Wisdom" which underlay all the world's religions.

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Helena_Blavatsky
https://en.Wikipedia.org/wiki/Theosophical_Society
https://en.Wikipedia.org/wiki/Isis_Unveiled
https://en.Wikipedia.org/wiki/The_Secret_Doctrine

2 Joseph Smith

Joseph Smith [December 23, 1805 – June 27, 1844]

Founder of the religion of Mormonism, now known as the Church of Latter Day Saints. This religion is based on a translation of *The Plates of Nephi*.

Joseph Smith received revelations as to the location and translation of these golden plates on which were inscribed with the text of what is now *The Book of Mormon*.

Portions of this book cover the migration of the 10 Lost Tribes of the Israelites to North America and the post-resurrection mission of Jesus in North America.

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Joseph_Smith
https://en.Wikipedia.org/wiki/Plates_of_Nephi
https://en.Wikipedia.org/wiki/Book_of_Mormon

3 Mary Baker Eddy

Mary Baker Eddy [July 16, 1821 – December 3, 1910]

Founder of the religious movement *The Church of Christ Scientist* in 1879, commonly known as Christian Science. Called the science of divine metaphysical healing, the primary tenet is that Mind is All-in-all, and the only realities are the Divine Mind and Idea. Jesus demonstrated the power of Christian Science to heal mortal minds and bodies.

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Mary_Baker_Eddy
Christian Science <https://www.christianscience.com/>

4 Alice Bailey

Alice Bailey [June 16, 1880 – December 15, 1949]

Footnotes Lessons 1, 2, 3

One of the most prolific 20th century writers on esoteric topics, publishing approximately 30 books. She received about 20 books through thought transference with a person referred to as 'the Tibetan'. Later the Tibetan was identified with the Ascended Djwal Kul (Master DK). She also wrote many books on her own.

She was a member of the Theosophical Society for a time. She founded The Lucis Trust, now known as The Lucis Publishing Company.

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Alice_Bailey
https://en.Wikipedia.org/wiki/Theosophical_Society
https://en.Wikipedia.org/wiki/Lucis_Trust

5 Baird Spaulding

Baird Spaulding [October 3, 1872 - March 18, 1953] His birth year has also been given as 1857.

He is most known for the series of 5 books call The Life and Teachings of the Masters of the Far East, published from 1924 to 1948. The books describe the travels to India and Tibet of a research party of 11 scientists starting in 1894. During their trip, they claim to have made contact with "Great Masters of the Himalayas", immortal beings with whom they lived and studied, gaining insight into their lives and spiritual message. The research party saw the masters' spiritual principles demonstrated in their everyday lives,

They witnessed these men and women perform what are commonly called miracles: walking on water, manifesting food, levitation, walking through fire, being the light in a dark room. They maintain these can be accomplished by anyone who comes to know his True Self. The masters teach that the Enlightened state is that of the Christ, an individual's source of inner power – the light of God - the Christ consciousness, the Christ state

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Baird_T._Spaulding

6 Guy W. Ballard

Guy Warren Ballard [July 28, 1878 – December 29, 1939]

He most known for writing about his encounters with the Ascended Master Saint Germain. Using the pen name Godfré Ray King, he recorded some of these experiences in his books *Unveiled Mysteries* [1934] and *The Magic Presence* [1935]. He later published a 3rd book in this series, the I AM Discourses [1935] .

He went on to found the I AM Activity in the United States in the early 1930s. While having some basis in Theosophy, the teachings focus primarily on the Ascended Masters and their teachings.

The Saint Germain Foundation was established to make these teachings available.

References and Further Information

Wikipedia
https://en.Wikipedia.org/wiki/Guy_Ballard
https://en.Wikipedia.org/wiki/%22I_AM%22_Activity
<https://www.saintgermainfoundation.org/>

7 Geraldine Innocente

Geraldine Innocente [September 29, 1915 -June 21, 1961]

Founder of the religious organization The Bridge to Freedom under the sponsorship of the Ascended El Morya (Master M), As a spokesperson for the Great White Brotherhood she received more than 6,000 pages of material through the means of 'dictations' from the Masters.

The original organization was discontinued after her death. The teachings are now published by the AMTF – Ascended Masters Teaching Foundation.

References and Further Information

Wikipedia <https://ascendedmaster.org/>

8 By their fruits shall you know them

[Matthew 7:16-20] Christian Bible

You shall know them by their fruits.
Do men gather grapes of thorns, or figs of thistles?
Even so every good tree brings forth good fruit;
but a corrupt tree brings forth evil fruit.
A good tree cannot bring forth evil fruit,
neither can a corrupt tree bring forth good fruit.
Every tree that brings not forth good fruit
is hewn down, and cast into the fire.
Wherefore by their fruits you shall know them.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%207:16-20&version=KJV>

9 Oracle at Delphi

An Oracle in ancient dedicated to the god Apollo. All of the oracles were women. The priestesses were called Pythia. It was believed the god spoke through them. It was highly renowned for over 800 years

References and Further Information

Wikipedia https://simple.Wikipedia.org/wiki/Oracle_of_Delphi
History <https://www.history.com/topics/ancient-greece/delphi>

10 Theosophical Society

Theosophy teaches that the purpose of human life is spiritual emancipation and the human soul undergoes reincarnation upon bodily death according to a process of karma. It promotes values of universal brotherhood and social improvement, although it does not stipulate particular ethical codes.

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Theosophical_Society

LESSON 3 : CREATION

2 As above, so below

See Lesson 1 Note 2

3 Treasures in Heaven which can neither be stolen, rust, nor decay'

[Matthew 6:19-21] Christian Bible

Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt,
and where thieves break through and steal:
But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt,
and where thieves do not break through nor steal:
For where your treasure is, there will your heart be also.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%206%3A19-21&version=KJV>

LESSON 4 : COSMIC LAW

1 St. Francis of Assisi

St. Francis of Assisi was a 13th century Italian friar, mystic, and preacher. He is greatly respected and venerated in Christianity. He was known for his love, humility and the simplicity of lifestyle. He founded a religious order for men, Order of Friars Minor, and a parallel one for women Order of Saint Clare. He was canonized as a saint in the Roman Catholic Church in 1228.

His was the 1st known case of a person receiving the stigmata – the wounds associated with Jesus crucifixion appearing on the devoted follower’s body. Among his most quoted works is his [Prayer for Peace](#)

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Francis_of_Assisi

Biography [Biography: St. Francis of Assisi](#)

Prayer for Peace [St. Francis' Prayer for Peace](#)

2 Jesus enabled to instantly still the waves of the sea

[Mark 4:37-39] Christian Bible

And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. [of water]

And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Mark%204:37-39&version=KJV>

3 German proverb that speaks to this

Sufism has a saying regarding *The 4 Gates of Speech*.

Before speaking these questions:

Is it truthful?

Is it necessary?

Is it beneficial?

Is it kind?

If the answer to any is 'no', don't speak

References and Further Information

Wikipedia <https://somathread.ning.com/groups/sufi/forum/four-gates-of-speech>

<https://en.wikipedia.org/wiki/Sufism>

LESSON 5 : DAILY APPLICATION

1 forgive those who trespass against us

Part of what is commonly called *The Lord's Prayer* or more simply the *Our Father*, based the opening words of the prayer.

[Matthew 6:9-13] Christian Bible

After this manner therefore pray:

Our Father which art in heaven,

Hallowed be thy name.

Thy kingdom come, Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

as we forgive those who have trespassed against us.

And lead us not into temptation, but deliver us from evil:

For thine is the kingdom, and the power, and the glory, forever.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%206:9-13&version=KJV>

2 Thou Shalt Decree A Thing

[Job 22:28] Christian Bible

Footnotes Lessons 4 through 9

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Job+22%3A28&version=KJV>

3 This is the day the Lord has made

[Psalm 118:24] Christian Bible

This is the day which the Lord hath made; we will rejoice and be glad in it.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Psalm%20118:24&version=KJV>

4 Be Still, and know that I AM GOD

[Psalm 46:10] Christian Bible

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Psalm+46%3A10&version=KJV>

5 still small voice

[1 Kings 19:11-13] Christian Bible

And he [the Lord] said, Go forth, and stand upon the mount before the Lord. And, behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake:

And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice.

And it was so

Bible Gateway: <https://www.biblegateway.com/passage/?search=1+Kings+19%3A11-13&version=KJV>

LESSON 6 : ANGELS AND ELEMENTALS

No footnotes

LESSON 7 : HUMANITY'S HISTORY

2 the Father's business

[Luke 2:41-49] Christian Bible

Now [Jesus'] parents went to Jerusalem every year at the feast of the Passover.

And when he was twelve years old, they went up to Jerusalem after the custom of the feast.

And when they had fulfilled the days, as they returned, the child Jesus tarried behind in Jerusalem; and Joseph and his mother knew not of it.

But they, supposing him to have been in the company, went a day's journey; and they sought him among their kinsfolk and acquaintance.

And when they found him not, they turned back again to Jerusalem, seeking him.

And it came to pass, that after three days they found him in the temple, sitting in the midst of the doctors, both hearing them, and asking them questions.

And all that heard him were astonished at his understanding and answers.

And when they saw him, they were amazed: and his mother said unto him, Son, why hast thou thus dealt with us? behold, thy father and I have sought thee sorrowing.

And he said unto them, How is it that you sought me? Know you not that I must be about my Father's business?

Bible Gateway: <https://www.biblegateway.com/passage/?search=Luke+2:41-49&version=KJV>

LESSON 8 : THE 1ST RAY – GOD'S WILL IN ACTION

No footnotes

LESSON 9 : THE 2ND RAY – GOLDEN RAY OF WISDOM

No footnotes

LESSON 10 : THE 3RD RAY – MAGNETIC PINK RAY

1 oil on the troubled waters

An ancient expression about using reconciling words to resolve arguments and disputes.

Pliny the Elder (23-79 CE) – Ancient Rome

Everything is soothed by oil, and that this is the reason why divers send out small quantities of it from their mouths, because it smooths any part which is rough and transmits the light to them.

Also related to story about Bishop Aiden providing holy water to calm the waters.

The blessed water was given man about to undertake a sea voyage. ...

“I know that when you go on board ship, you will meet with a storm and contrary wind; but be mindful to cast this oil I give you into the sea, and the wind will cease immediately; you will have pleasant calm weather to attend you and send you home by the way that you desire.”

References and Further Information

Word History : oil on troubled waters (Pliny and Bishop Aiden)

2 Thou shalt love the Lord GOD

[Matthew 22:37] Christian Bible

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%2022:37-40&version=KJV>

LESSON 11 : THE 4TH RAY – THE WHITE RAY OF PURITY

1 tidings of great joy

[Luke 2:8-11] Christian Bible

Angels announcing to shepherds the birth of Jesus...

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

And this shall be a sign unto you; You shall find the babe wrapped in swaddling clothes, lying in a manger.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Luke+2%3A8-11&version=KJV>

LESSON 12 : THE 5TH RAY – TRUTH

1 Not all who come in my name represent me'

[Matthew 24:4-5] Christian Bible

And Jesus answered and said unto them, Take heed that no man deceive you.

For many shall come in my name, saying, I am Christ; and shall deceive many.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%2024%3A5&version=KJV>

2 Saul of Tarsus, Apostle Paul

Saul of Tarsus was the name of the person who later became known as Apostle Paul, in Christianity he is often referred to as Saint Paul or Paul the Apostle

References and Further Information

Wikipedia https://en.Wikipedia.org/wiki/Paul_the_Apostle

3 Thy kingdom come, Thy Will be done on Earth, as it is in heaven.

See Lesson 5 Note 1

LESSON 13 : THE 6TH RAY – DEVOTION, MINISTRATION, PEACE

1 ask what you in my name

[John 14:14] Christian Bible

If you shall ask any thing in my name, I will do it

Bible Gateway: <https://www.biblegateway.com/passage/?search=John+14%3A14&version=KJV>

LESSON 14 : THE 7TH RAY - INVOKING AND SUSTAINING THE VIOLET FLAME

1 The Cave of Symbols

A cave in the American West with mystic symbols adorning its inner walls.

It is referenced in the book *The Magic Presence* by Godfré Ray King (around page 27)

References and Further Information

[The Magic Presence - PDF](#)

LESSON 15 PART 1: THE SPIRITUAL HIERARCHY

No footnotes

LESSON 15 PART 2: DISCRIMINATION

1 like mushrooms

In some climates mushrooms grow prolifically after much rain has fallen. The spores from which they spring are not readily visible and so they seem to spring up from nowhere.

2 freely have you received

[Matthew 10:8] Christian Bible

Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely you have received, freely give

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%2010%3A8&version=KJV>

3 By their fruits shall you know them.

See Lesson 2 Note 8

LESSON 16 : THE CHELA ON THE PATH

1 nearer than hands and feet and closer than breathing

From the poem *The Higher Pantheism* by Alfred, Lord Tennyson

[...]

Speak to Him, thou, for He hears, and Spirit with Spirit can meet-

Closer is He than breathing, and nearer than hands and feet.

Poetry Foundation [The Higher Pantheism.](#)

2 One with GOD is a majority

Martin Luther was the author of this expression

The full quote is: Of whom shall I be afraid? One with God is a majority.

References and Further Information

<https://gracequotes.org/author-quote/martin-luther/>

3 Good Samaritans

[Luke 10:29-37] Christian Bible

Parable of the Good Samaritan

But he [a scholar of the law], willing to justify himself, said unto Jesus, And who is my neighbor?

And Jesus answering said, A certain man went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded him, and departed, leaving him half dead. And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side. And likewise a Levite*, when he was at the place, came and looked on him, and passed by on the other side.

But a certain Samaritan*, as he journeyed, came where he was: and when he saw him, he had compassion on him, And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.

And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee.

Which now of these three, thinkest thou, was neighbor unto him that fell among the thieves?

And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise.

Footnotes Lessons 15 through 18

*Levites : people associated with the ceremonies and operation of a Jewish temple

Samaritan: at that time the people of Samaria were looked down upon for their religious practices and being forced to live with Assyrians,,,

Bible Gateway <https://www.biblegateway.com/passage/?search=Luke+10%3A29-37&version=KJV>

References and Further Information

History of Samaria: <https://www.learnreligions.com/history-of-samaria-4062174>

4 The Call compels the answer

This expression is associated with the I AM Activity, Theosophy and other groups related to teaching about the Ascended Masters and the I AM Presence

References and Further Information

None located

5 Be Still And Know That I AM GOD

See Lesson 5 Note 4

7 Take Time To Be Holy

Christian Hymn – 1st Verse

Take time to be holy, speak oft with thy Lord;

Abide in Him always, and feed on His Word.

Make friends of God's children, help those who are weak,

Forgetting in nothing His blessing to seek

References and Further Information

all internet references were to the hymn

https://hymnary.org/text/take_time_to_be_holy

8 forgive those who now trespass against us, or have trespassed against us in the past.

See Lesson 5 Note 1

9 forgive us our trespasses as, (in like manner) we forgive those who trespass against us

See Lesson 5 Note 1

10 Thy sins are forgiven thee

[Mark 2:5-12] Christian Bible

When Jesus saw their faith, he said unto [one] sick of the palsy, Son, thy sins be forgiven thee. But there was certain of the scribes sitting there, and reasoning in their hearts, why does this man thus speak blasphemies? who can forgive sins but God only?

And immediately when Jesus perceived in his spirit that they so reasoned within themselves, he said unto them, Why reason you these things in your hearts? Whether is it easier to say to the [one] sick of the palsy, Thy sins be forgiven thee; or to say, Arise, and take up thy bed, and walk? But that you may know that the Son of man hath power on earth to forgive sins, (he said to the [one] sick of the palsy,)

I say unto thee, Arise, and take up thy bed, and go thy way into thine house. And immediately he arose, took up the bed, and went forth before them all; insomuch that they were all amazed, and glorified God, saying, We never saw it on this fashion.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Mark+2%3A5-12&version=KJV>

11 to err is human; but to forgive is divine

Excerpt from the poem *Essay on Criticism Part 2* [1711] by Alexander Pope

The first part of the expression: to err is human dates to ancient Rome.

He is known for adding the 2nd part of the expression – to forgive is divine.

Ah ne'er so dire a thirst of glory boast,
Nor in the critic let the man be lost!
Good nature and good sense must ever join;
To err is human; to forgive, divine.

References and Further Information

<https://taiabr.wordpress.com/2014/09/01/an-essay-on-criticism-part-ii/>

LESSON 17 : INITIATION - THE SEVEN TEMPLES AND STEPS

1 oil on the troubled waters

See Lesson 10 Note 1

LESSON 18: THE ASCENSION PROCESS

1 Field of Armageddon

Armageddon is mentioned in the Christian Bible's Book [Revelations 6:16] as the place where a final battle between good and evil will occur. It is frequently used as a metaphor for an event of catastrophic proportions.

References and Further Information

Wikipedia <https://en.Wikipedia.org/wiki/Armageddon>

2 Bethany

Bethany is a place mentioned 11 times in the Christian Bible's Gospels in connection with Jesus and his ministry. It is associated with Jesus entry into Jerusalem and is associated with his Ascension. It is home to a number of noted individuals – the sisters Mary and Martha, Lazarus,

References and Further Information

No one specific reference is available. Multiple individual references.

3 Jesus, long before me, had been tempted to accept a human throne

[Luke 4:1-13] Christian Bible

And Jesus being full of the Holy [Spirit] returned from Jordan, and was led by the Spirit into the wilderness, Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

And the devil said unto him, If thou be the Son of God, command this stone that it be made bread. And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God. And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time.

And the devil said unto him, All this power will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it. If thou therefore wilt worship me, all shall be thine.

And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

And he brought him to Jerusalem, and set him on a pinnacle of the temple, and said unto him, If thou be the Son of God, cast thyself down from hence: For it is written, He shall give his angels charge over thee, to keep thee: And in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. [Psalm 91]

And Jesus answering said unto him, It is said, Thou shalt not tempt the Lord thy God. And when the devil had ended all the temptation, he departed from him for a season.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Luke%204:1-13&version=KJV>

LESSON 19 : TODAY'S CRISIS

1 Plato's accounts of Atlantis

Plato has 2 dialogues regarding Atlantis

Wikipedia References

Timaeus <https://en.Wikipedia.org/wiki/Timaeus>

Critius [**https://en.Wikipedia.org/wiki/Critias**](https://en.Wikipedia.org/wiki/Critias)

2 Moses and the Israelites

Moses the most famous prophet in Judaism. He is particularly noted for leading the Hebrews out of slavery in Egypt to the Promised Land. They wandered in the desert for 30 years. The 5 books of the Torah are ascribed to Moses. These 5 books also making up the first books of the Christian Bible.

References and Further Information

Wikipedia <https://en.Wikipedia.org/wiki/Moses>

3 manna from heaven

[Exodus 16:12-15] Christian Bible

I [the Lord] have heard the murmurings of the children of Israel: speak unto them, saying, At even [evening] you shall eat flesh, and in the morning you shall be filled with bread; and you shall know that I AM the Lord your God. And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host.

And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground.

And when the children of Israel saw it, they said one to another, *It is manna*: for they knew not what it was. And Moses said unto them, This is the bread which the Lord hath given you to eat.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Exodus+16%3A12-15&version=KJV>

4 He shall cover thee with His feathers, and under His wings shall thou trust

[Psalms 91:4] Christian Bible

He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

Bible Gateway: [**https://www.biblegateway.com/passage/?search=Psalms+91%3A4&version=KJV**](https://www.biblegateway.com/passage/?search=Psalms+91%3A4&version=KJV)

5 Jesus multiplying the loaves and fishes

[John 6:1-13] Christian Bible

After these things Jesus went over the sea of Galilee, which is the sea of Tiberias. And a great multitude followed him, because they saw his miracles which he did on them that were diseased. And Jesus went up into a mountain, and there he sat with his disciples. And the Passover, a feast of the Jews, was nigh.

When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat? And this he said to prove him: for he himself knew what he would do.

Philip answered him, 200 pennyworth* of bread is not sufficient for them, that every one of them may take a little. One of his disciples, Andrew, Simon Peter's brother, said unto him, There is a lad here, which hath 5 barley loaves, and 2 small fishes: but what are they among so many?

And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand.

And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would. When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost. Therefore they gathered them together, and filled 12 baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten.

* The 200 pennyworth are based on the monetary unit of a denarius worth about \$14,000 US Dollars now (2020)

Bible Gateway <https://www.biblegateway.com/passage/?search=John+6%3A1-13&version=KJV>

6 Rudyard Kipling "IF"

The Poem "IF" by Rudyard Kipling.

The quote in the text is not exact. The words "It is well" are not in the poem

References and Further Information

Poetry Foundation <https://www.poetryfoundation.org/poems/46473/if--->

LESSON 20 : GROUP ACTIVITY

1 Where two or more are gathered together in my name,

[Matthew 18:20] Christian Bible

For where two or three are gathered together in My name, I am there in the midst of them.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%2018%3A20&version=NKJV>

2 Let those without guilt throw the first stone.'

[John 8:4-11] Christian Bible

They said unto him, Master, this woman was taken in adultery, in the very act.

Now Moses in the law commanded us, that such should be stoned: but what sayest thou?

This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger wrote on the ground, as though he heard them not.

So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her.

And again he stooped down, and wrote on the ground.

And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst.

When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee?

She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

Bible Gateway: <https://www.biblegateway.com/passage/?search=John+8%3A4-11&version=KJV>

3 seeking the place of the Most High

[Psalm 91:1-4] Christian Bible

He that dwells in the secret place of the most High shall abide under the shadow of the Almighty.

I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust

Bible Gateway: <https://www.biblegateway.com/passage/?search=Psalm%2091:1-4&version=KJV>

4 the wise virgin

[Matthew 25:1-13] Christian Bible

Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom. And five of them were wise, and five were foolish.

They that were foolish took their lamps, and took no oil with them:

But the wise took oil in their vessels with their lamps.

While the bridegroom tarried, they all slumbered and slept.

And at midnight there was a cry made, Behold, the bridegroom comes; go you out to meet him.

Then all those virgins arose, and trimmed their lamps.

And the foolish said unto the wise, Give us of your oil; for our lamps are gone out.

But the wise answered, saying, Not so; lest there be not enough for us and you: but go you rather to them that sell, and buy for yourselves.

And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage: and the door was shut.

Afterward came also the other virgins, saying, Lord, Lord, open to us.

But he answered and said, Verily I say unto you, I know you not.

Watch therefore, for you know neither the day nor the hour wherein the Son of man comes.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew%2025%3A1-13&version=KJV>

LESSON 21 : SERVICE IS THE LAW OF LIFE

1 Seek you first the kingdom of GOD and all these things shall be added unto you.”

[Matthew 6:25-33] Christian Bible

Therefore I say unto you,

Take no thought for your life, what you shall eat, or what you shall drink; nor yet for your body, what you shall put on. Is not the life more than meat, and the body than raiment?

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feeds them. Are you not much better than they?

Which of you by taking thought can add one cubit unto his stature?

And why take you thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O you of little faith?

Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

For after all these things do the Gentiles seek

for your heavenly Father knows that you have need of all these things.

But seek you first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Bible Gateway: <https://www.biblegateway.com/passage/?search=Matthew+6%3A25-33&version=KJV>

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APPENDIX: SINGLE PAGES OF SUITABLE FOR PRINTING

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The Code of Conduct for a Disciple of the Holy Spirit

Be conscious, ever, thou aspire to the full expression of GOD, and devote all thy being and thy service to that end, as expressed so ably in thy First Commandment.

Learn the lesson of harmlessness - neither by word, nor thought, nor feeling inflict evil upon any part of life.

Stir not another's sea of emotion, thoughtlessly or deliberately, for, knowing the storm thou place in their 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 waters.'

Disassociate thyself from the 'personal' delusion. Let self-justification never reveal 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.'

Walk gently through the universe, knowing the body is a temple in which dwells the Holy Spirit, that brings 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 gentle dignity, all other temples, knowing that oft times, within a crude exterior, burns a great light.

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 physical acts that despoil her virgin beauty.

Do not form nor offer opinions unless invited to do so, and then only after prayer and silent invocation for guidance.

Speak when GOD chooses to say something through thee. At other times, remain peacefully silent.

Make the ritual of thy living the observance of GOD's rules, so unobtrusive no one shall know thou aspire to goodness; lest the force of their outer will-might be pitted against thee, or lest thine service become impinged with pride.

Let thy heart be a song of gratitude, that the Most High has given unto thy keeping the Spirit of Life, which through thee chooses to widen the borders of his kingdom.

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.

Claim nothing for thyself, neither powers nor principality, any more than thou claim the air thou breathe or the sun; using them freely, but knowing the God-Ownership of all.

In speech and action be gentle, but with the dignity that always accompanies the presence of the living GOD within the temple.

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.

Let thy watchwords 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 their particular keeping.

Summary of the Chelas' Path Dedicated to Serving Humanity

1. Chelas are students of an Ascended Master, who are totally dedicated to the Master's cause. Daily, they devote a portion of free time to this holy mission.
2. A chela's daily application includes the Minimum Daily Decrees, some decreeing for world conditions (See Songs, Decrees and Services) and some contemplation (see Daily Meditations booklet).
3. Chelas do not neglect their personal obligations (such as providing for a living and working within the family unit); they try to establish the kingdom of GOD in their personal location and environment.
4. Chelas learn while they serve. They realize this is the quickest way to redeem karma. They join a group in a spirit of harmony and unity. If there is no group, they prepare themselves to start one.
5. Chelas take a good look at themselves and determine their strengths and weaknesses. They develop strengths through service and works on weaknesses as well, to reach the goal of all life, the ascension. Perfecting weaknesses also helps to develop contact with the Master, since the Master can then work with the purer vehicles of the chela.
6. Chelas become specialists in one area, even as the Masters are specialists in one field. They are open and flexible, however, if a Master needs them in an area totally outside this field. It may be that an individual chela is the only one available.
7. Chelas willingly work for the Masters, some of whom have been watching this planet for millions of years.
8. Chelas are ready to go into action at a moment's notice. It may be the momentum of their constructively qualified energy will prevent the destruction of their locality.

Criteria for Accepted Chelas

1. *Chelas are totally committed to serving the Master, wherever and whenever possible.*

Becoming a chela is a serious commitment, not to be taken lightly. Half-hearted effort benefits neither the Master nor the student. Chelas must adopt the entire teaching; they cannot selectively accept and reject portions of the teaching. As one Master suggested, "In the privacy of your home decide once and for all whether you want to work with the Ascended Host, or not."

2. *Students must work on their shortcomings, so they may be of greater service.*
3. *The chelas must have the desire to help GOD, by helping their fellow human beings.*

In other words, they must be willing to serve as they learn. They must examine their motive for helping, and be willing to serve *now*, in whatever capacity they can, regardless of the status of their present development.

The question, 'How can I help *now*?' opens the gates to heaven. Help must be offered without any thoughts of remuneration or hope for personal glorification. Chelas are not discouraged when there is no opportunity to help. They are continually available for service, whenever an opportunity for service presents itself, to foster the cause of the Great Ones.

4. *Chelas must daily protect themselves from negative influences, seen and unseen.*

They must put into practice what they learn. This includes a certain amount of daily application and a certain amount of impersonal service. [See Lesson 5: Daily Application]

5. *The chelas have applied for above average assistance and instruction. They have been found worthy to apply for the difficult disciplines required to become a Master of energy and vibration.*

Group Director's Instructions for Preparing the Meeting

- 1) Before guests arrive, the group director, plays some inspirational music, and blazes the Violet Flame through the sanctuary
- 2) Before the members arrive for the meeting, the group director can give the following decree: 'Mighty I AM Presence, draw all here who can be benefited, be harmonious and render service. Keep away all others.'
- 3) Before the service, everyone should quiet their inner bodies.
Members of the group do this either at home, or on the way to the meeting. They may listen to music of an inspirational nature, do some quiet contemplation or give some decrees, especially Violet Flame decrees. Quieting the inner bodies raises each one to their own highest potential of service to the group
- 4) A ceremonial angel is assigned to the group director and several angels in training for the members.
These angels arrive well in advance of the meeting. If students come prepared to the meeting, and the inner bodies are at rest, the angelic host does not have to fulfill that task, more energy and radiation of the Master Presence is available to the group and the people attending.
- 5) The day of the week the class meets is not of prime importance.
What is important is a consistent schedule. Once a meeting is held on a particular day, there should be no change. At inner levels, the consistent schedule sets a rhythm in motion. Hold all meetings at one place.
- 6) If there is a large group, some members may be given the opportunity to sit in the front row to prepare the sanctuary. This has the added effect of forming a ring of protection around the group director.
- 7) Students should understand they should enter the sanctuary quietly and that they should also leave quietly. This is for the purpose of maintaining the radiation.
- 8) Plan to begin the meeting with an acolyte service and an invocation to prepare the sanctity of the meeting room. After that have a Violet Flame visualization.

THE RHYTHMIC BREATHING TECHNIQUE

There are 4 parts to rhythmic breathing,
Each part should be the same length of time
Each in and out breath should be slow and even

BREATHE IN	a Divine Virtue	for a count of eight.
HOLD	the breath in	for a count of eight.
EXPAND	Breathe out	for a count of eight
HOLD	don't breathe	for a count of eight.

For instance:

I AM BREATHING IN the Love Flame of Archangels Chamuel and Charity
I AM ABSORBING the Love Flame of Archangels Chamuel and Charity
I AM EXPANDING the Love Flame of Archangels Chamuel and Charity
I AM PROJECTING the Love Flame of Archangels Chamuel and Charity

I AM BREATHING IN the Violet Flame of Elohim Arcturus and Diana
I AM ABSORBING the Violet Flame of Elohim Arcturus and Diana
I AM EXPANDING the Violet Flame of Elohim Arcturus and Diana
I AM PROJECTING the Violet Flame of Elohim Arcturus and Diana

Some Tips On Getting Started

- If breathing is difficult and you are 'out of breath', the rhythm length is too long.
 - First, stop and breathe normally until the body has recovered
 - Next, try a different rhythm - 4 or 2 or even 1
 - Try out the new rhythm a few times.
 - Keep working at it until you find a rhythm that works for the body
 - Using the new rhythm, continue the practice.
- Here are 2 practices to develop a sense of the time
 - Use a clock that indicates seconds
 - Practice the technique while counting seconds on the clock.
 - Find a rhythm the body can sustain.
 - Count your heartbeats, take your pulse
 - Practice the technique counting heartbeats
 - The one drawback is the heartbeat is somewhat variable. It may be faster at the start and slow as one relaxes
- After some practice you will develop an internal sense of rhythm

A Disciple's Prayer

Oh! Thou Infinite Holy Presence of GOD, the Divine Source of all life! Hallowed be Thy Sacred Name!

We bow before thee in humble gratitude, praise and thanksgiving for Thy supreme Presence in this universe.

Because Thou art, "I AM"!

We return unto Thee, Almighty One, all the power and dominion we have ever vested in any imperfect manifestation, visible or invisible, for Thou art the all power of the universe and there is no other power that can act.

Let Thy will be done in and thru us now! Let Thy Kingdom be manifest across the face of this Earth through the hearts of all who are so blessed as to live upon it.

Oh, Supreme Beloved One, as we lift our hearts, our vision, our consciousness toward Thee, release the substance of Thyself to us, each according to our requirements, that as we move forward in Thy Name and upon Thy service we shall not be found wanting.

We ask forgiveness for all the transgressions of Thy Law of Love and Harmony both for ourselves and all mankind, the forces of the elemental kingdom, and the kingdom of nature.

Endow us now with Thy Power and Desire to so forgive all who have ever caused us distress, back unto the very beginning of time.

Because Thou art with us and in us, we fear no evil, for there is no power apart from Thee which can hurt, destroy or despoil life's beauty of expression.

Thou art the strength and the power by which we move ever in the path of righteousness.

Now, Oh, Father of Light, show us the full glory we had with Thee in the beginning before the world was!

SO BE IT!