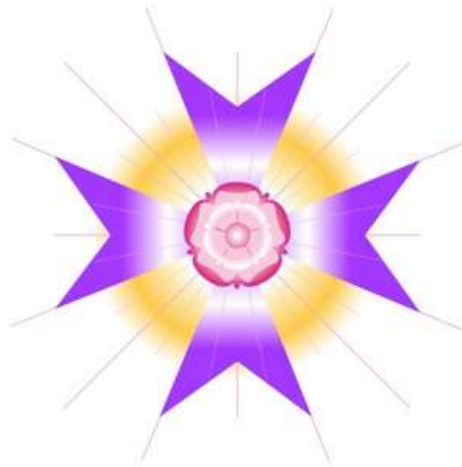


LEARNING TO BUILD A BRIDGE OF
LIGHT & LOVE TO OUR BELOVED '**UNSEEN HELPERS**'
WORKING CONSCIOUSLY WITH THE **ANGELIC & ELEMENTAL** KINGDOMS TO BRING IN THE
PERMANENT GOLDEN AGE
OF BELOVED SAINT GERMAIN



This information is ONLY from the "*BRIDGE TO FREEDOM*" and "*I AM*" *ACTIVITY* material as brought to us by beloved Geraldine Innocente (1950's) and Guy & Edna Ballard (1930's). Thanks goes to the Ascended Master Teaching Foundation (AMTF) USA for gathering all the information for '*The Bridge to Freedom*' publications.

I personally take no credit for it what so ever, and I have not added anything of my own to it. It has changed my life. I now understand why I AM here, and how I can achieve my Ascension THIS lifetime and assist The Great White Brotherhood (The Ascended Hosts) and the Earth, and I hope it does the same for you.

--- Anthea

This Manual will only open the door slightly, if you allow it to. It will bring you enough knowledge to get you started on the road to building a Bridge of Love and Light, in a spirit of co-operation, peace, harmony, trust and truth, to the Elemental and Angelic Kingdoms. To further this path, you will need to study more and put into practice what you have learned daily.

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1. UNDERSTANDING ELECTRONS AND EXPANDING THE 'LIGHT' OF OUR ELECTRONS CONTINUALLY

(From the book "*Electrons & The Elemental Kingdom*" compiled by Werner Schroeder (AMTF) from *The Bridge to Freedom Journals*)

The smallest manifestation of life that can be measured by terms which man would understand, is the ELECTRON. These Electrons are THE BODY OF GOD!

They are pure universal Light substance, having intelligence within them that responds like lightening to the creative power of both God and Man – these electrons, in varying forms, make up the atoms of the physical world. The geometrical design, speed of action around the central core and other factors, determine the type of atom – different rates of vibration of the atoms will determine the substance e.g. iron, steel, rock, gold, flesh etc.

THE SAME UNIVERSAL LIGHT SUBSTANCE IS WITHIN ALL MANIFEST FORM, but the creative power of the Godhead (the Immortal Victorious Threefold Flame) the triple activity, Father, Son & Holy Spirit – Power, Wisdom and Love – determines the vibratory action of the atom and its geometrical design.

BLESS ALL IN YOUR LIFE, it is filled with the Light of God!

Every manifestation, whether it be in the unseen or the outer world (that of physical appearance), is the result of the USE OF GOD'S PURE ENERGY. We know that the limitless energy with which the creator has endowed his children is within the electronic Light flowing from the Supreme Source into the Individualized I AM Presence. However, when the Light reaches the consciousness of the life stream yet abiding upon the Earth and within its atmosphere, the manifestation takes on the qualification of the consciousness in the unascended life stream in which it is dwelling at a given time. So if this is discordant, it will take on that same quality, and we mis-qualify the Divine Gifts given to us by our Father/Mother God!

"It is impossible to keep from one, who truly loves and truly desires to fill the universe with the Divine Plan, a great abundance of wealth and supply, because that one becomes a magnet, drawing the electrons of the universal Light substance around him, until he is almost bombarded with its opulent presence. Try it and see, Beloved ones!" (Beloved Maha Chohan)

2. THE ELEMENTAL KINGDOM

Excerpt from "21 Essential Lessons" – compiled by Werner Schroeder from "The Bridge to Freedom Journals" editor Thomas Printz

When the Earth was first created, it was made beautiful by the nature kingdom. Under the supervision of beloved Virgo (director of the Earth Element), Amaryllis, the Goddess of Spring, brought forth the trees. Mighty Neptune (director of the Water element) created the crystal-clear waters. Beloved Aries (Director of the Air Element) brought forth the air that the children of the earth breathe.

The Angels came as guardians of the God-virtues, and the Divine plan was for the three Kingdoms - the elemental, human and angelic kingdoms – to serve together, each one evolving ever upward into greater perfection.

Elementals were created to *SERVE* mankind through their own particular element; the salamanders through fire; the undines through water; the sylphs and fairies through the air, and the gnomes through the earth element. Some are called nature spirits and nature devas.

Elementals are the workers of nature. It is through the effects and use of their life that these little Beings supply man with the garments of flesh which they wear, the water they drink, the food so abundantly supplied, the air they breathe, and everything required to sustain him on Earth. The Divine plan was for man to be served in LOVE and, in turn, mankind was to pour love and gratitude and blessings back to the Elemental Kingdom.

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

The elemental would see all of its little friends right in the glass that makes up that format – their shining faces, their tiny bodies sustaining the outline of the cup and the stem.

The man would see the glass and judge its worth, wondering if it were crystal or otherwise.

The angel 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 the world of form.

- The Earth represents density – the physical body, the form.
- Water represents the emotional body. Water is 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, for which, (if they let it be known) they are usually chastised by their parents and others.

Elementals 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. ***Elementals, in their natural state, act only in divine love.*** Their nature is to mimic or out-picture that which they see. They are primarily mental beings (el-e-mental meaning "mind of God").

2.1 THE EVOLUTION OF AN ELEMENTAL BEING

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 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 gardens, 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.

The training of elementals starts in nature temples under the supervision of nature devas. They gather together, and the deva creates out of his 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 endeavour to embody a form just like it. They try to imitate that figure in shape, colour and design. Here the elementals learn to master all of the qualities associated with creation:

- The motive and will to manifest
- The perception of how to do it
- The love for the endeavour
- Maintaining the clarity of the original design
- The consecration and concentration to carry it through
- The rhythm of application (the willingness to manifest that design over and over again)
- Finally, 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 that form. If it is an apple blossom, the teacher in that temple notifies the nature devas that 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, not only on the part of the elementals, but of the teacher as well. But, 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 elemental is happy because he has fulfilled his purpose. Then, the short season completed, the blossom falls and the elemental returns home for commendation, for rest and for re-assignment.

When the elemental is ready for a larger responsibility, such as being a nature deva, he may direct several elementals bringing forth, for example, a beautiful garden. How long a blossom or shrub stays in physical manifestation to bless life depends on the Elemental's concentration, its holding the concept.

Some elementals graduate unto 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 that govern 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.

Excerpt from: "*Life and Teachings of Jesus and Mary*" By ADK Luk

(ADK Luk is the pseudonym of Alice Schutz, who was the secretary to both Guy Ballard the Geraldine Innocente – she had many notes from the lectures given by the Ascended Ones!)

3. THE WATER ELEMENT

By Beloved Neptune *"from: Bridge to Freedom Journals"*

Beloved Ones! I greet you today in the name of the Universal I AM Presence and beloved Helios and Vesta (God and Goddess of our physical Sun, representing respectively the divine qualities of illumination and truth) whose summons I answered; offering the fully-gathered cosmic momentum of my life stream, together with that of beloved Lunara (my twin-flame) and all the undines at our command. We offered to create and sustain the substance of the water element upon the planet Earth.

Each of the Directors of the Forces of the Elements had received, through eons of time, opportunity to develop the power of precipitating certain substance, as well as the power to control that substance and those Beings offered to serve with us wherever we chose to offer our services. Other Great Intelligences also responded to the call of Helios and Vesta for the service of creating the water element for the Earth, but, because of certain momentums and affinities in our life streams, beloved Lunara and myself were chosen to create and govern the water element which forms a cushion for the landed surface of this planet. It also makes up the greater part of your physical and emotional bodies as well.

All mastery requires the conscious control of the rate of vibratory action of each electron which is to be used for a specific purpose. Thus, to create the substance which you know as WATER, it was necessary for us to have learned how to consciously use our creative power of thought (making the substance of water) and our power of feeling to sustain the harmonious quality of that substance and the Beings who work with and through that Element.

The vibratory action of substance required for the Water Element of Earth at the time of creation was much more rapid that it is today. The waters of the beautiful oceans, lakes and rivers then were crystalline and iridescent. The waters literally 'sang' and added to the music of Earth's beautiful atmosphere. The undines were happy to serve in such a beautiful element and, truly, all was PEACE in the kingdom in which we served. At that time the people of the Earth loved the water and enjoyed its purifying and refreshing service, the undines and the electrons that made up the Water Element loved mankind and enjoyed serving them.

Because the emotional bodies of mankind were happy, reverent, pure and free of discord, the people moved effortlessly upon the Earth, there being no weight of misqualified energy around the electrons in their four lower bodies, particularly in their emotional worlds. It was truly an Era of contentment and peace in the loving association among angels, Masters, the mankind of Earth, and the elemental kingdom. It is toward the re-establishment of this Era permanently that we are all now serving co-operatively in this cosmic 'push' toward purification of all the elements of the Earth.

3.1 MAKE FRIENDS WITH THE WATER ELEMENT

After the pollution of the consciousness of mankind through the coming of the 'laggards' from other Stars, it was necessary for the Directors of each Element to lower the vibratory action of that Element, so that it might be efficacious to the more slowly vibrating action of the Earth's people.

This required the mastery of which I just spoke, changing the rate of the vibration of the electrons and atoms in the water element, but still keeping them harmonious, even as the slow, graceful rhythm of the waltz is just as harmonious as the rapid swirling rhythms of the great salamanders and sylphs whose dances are an expression of praise to God for the very gift and use of life itself!

Although the substance of the various elements has been consciously conformed to the use of the ever increasing dense bodies of the people of Earth, the actual pollution of the elements of air, water and earth was affected by the very people who were guests upon this planet!

Then the control of the undines, the natural obedience of the water element in the rise and fall of the tides, etc. took much greater power upon our parts. Natural rebellions arose among them from the unnecessary pollution of the water element and only great patience and Herculean God-control kept the waters of the Earth from engulfing the ungrateful masses.

Only at times when Cosmic Law ordained the necessity for cataclysmic activity wherein landed surface should be mercifully sunk beneath the seas for purification, did we allow freedom to the water element to spread its curtain of purifying substance over polluted land.

We, too are obedient to Cosmic Law and act only upon divine direction! We, too, draw forth from the one source, whatever specific powers are required to serve in the element in which we offered to assist life. Water is ordained by the God of all as a friend to man. Is man such a friend to the water element? Ponder upon this!

As the beloved Astrea and the beloved Elohim of Purity told you last evening, mankind's use of the various Elements to serve a destructive purpose always brings a recoil upon the personal self. The Law of cause and its ultimate effect upon its creator is inexorable, except where expiation of the cause and the effect can be invoked and utilized by those who love their fellow man enough to consciously call for this expiation.

Beloved ones, many atrocities have been committed by the mankind of earth, using the Water Element to extinguish life (through drownings, etc.) not only of human beings, but of animals as well. Many life streams have participated in wars, wherein many ships were sunk and great numbers of people passed from the body in excruciating fear and suffering.

These records are still within the etheric and emotional bodies of those now in embodiment here, as well as within the inner vehicles of many yet to be born here. Fear of the water element is due to either having suffered shipwreck and drowning, or having participated in causing others to suffer such agonizing experiences. In certain specific places where many ships have been wrecked, the ethers are filled with the moans and cries of those who have long since passed into happier lives and, mercifully, no longer remember those tragedies. These destructive etheric records form vortices of distress in which hurricanes, typhoons and dreadful storms are born.

What think you of the etheric substance which vibrates in the atmosphere around a location of the sinking of the one ship alone, the Lusitania, not to mention the many other places where the tides, hidden sand bars or rocky peninsulas have formed snares for the unwary seamen? The use of the hidden mines and the submarine warfare in your present day has also heavily charged the etheric substance around the planet Earth with great distress, besides the many other tragedies of the seas in ages past.

You see, in cataclysmic action ordained by divine Law, some of the priesthood voluntarily offered to absorb into themselves and dissolve by their knowledge and use of the Violet Fire, much of the general fear of the people. However, where there are deliberate acts of human cruelty, these vortices of distress remain to be purified by some of mankind who are willing to do so by their knowledge and use of the Violet Transmuting Flame.

Will you please pause here and call for the cosmic removal of all mass etheric records of distress caused by the misuse of the water element by all mankind since the 'fall of man'. Then, please call on the Law of Forgiveness for every individual who has consciously or unconsciously used the water element destructively. This includes many life streams who will have to embody on this Earth in the future.

Some of the undines, too, (like the salamanders), have been invoked and used for destructive purposes and these are often attached to the life stream of such an individual, spurring that life stream on to continue his practices of cruelty in the use of the water element. *Call now that every such undine be purified by the Sacred Fire and cut free from the desire to torment mankind ever again.*

What do you suppose the 'Lorelei' (sirens) spoken of by Homer really were? They were undines bent on destruction, mischievously affected by their proximity to mankind's destructive impulses. (Like the salamanders, some of the undines are very small in size while others, producing the great waves in a storm at sea, are sometimes eighty or more feet tall.)

The emotional bodies of the people will find much relief from discomfort as the students continue to call upon the Law of Forgiveness for the misuse of the water element. Bless that Element consciously daily and accept the offer of its co-operation now in establishing our Beloved Saint Germain's permanent Golden Age of this Earth.

As you continue this practice, the water element in your own physical bodies will also be purified and much of the distress of the physical vehicles (especially that caused by excess water in the system) will be removed. We are ready! We are willing! We are standing by, just awaiting your calls to assist you!

DELIBERATELY AND CONSCIOUSLY MAKE FRIENDS WITH THE WATER ELEMENT IN YOUR ENVIRONMENT.

See how the undines and the electrons within the substance of water will respond to your love! Jesus was able to master the water element and it obeyed him lovingly, willingly and instantly because he had first mastered the water element in his own world.

The excessive droughts, the flash-floods, the unequal distribution of the precipitation of water in various places, is due to mankind's abuse of the water element in the past and present. All this can be remedied by your loving co-operation now. Beloved Lunara and I have worked almost alone in this endeavour heretofore, now I say to you as Jesus once said: "Hitherto the Father worked, now the Father and I work."

The creatures of the deep such as the octopus, shark, killer whale (to mention but a few) have all developed their defense mechanisms as a result of their having contacted the "killer instincts" in mankind's outer consciousness. As you continue to call for the purification of the water element and the redemption of these creatures, you will see them disappear from the ocean depths. It is a marvel to me to see how many defenseless creatures on land and in the sea hunted by mankind have not developed a greater antipathy toward the human race and submit helplessly to the unnecessary slaughter, just for "sport".

However, those creatures so hunted really retrogress and, in each succeeding embodiment, carry more and more of a destructive and vindictive nature within themselves. Were it not for our endeavours and the great assistance of the Elohim of Purity, Astrea and the beings of the Violet Fire, many of the prehistoric monsters mentioned in legend and fable would still be a threat to those sailing the seas, both for pleasure and for business purposes.

Man should not fear the seas and the great waterways provided by life for his blessing, nor should the water element and its inhabitants fear man! It is to remove the causes and cores of this fear that we are working during this four-hour class.

In such places as New Bedford (Mass.), once a "whaling center", as well as in smaller fishing towns where men have made and still make) a practice of "following the sea" for a living, the inner atmosphere of those places is filled with destructive etheric records. The fear and sorrow of the sweethearts, wives, mothers and children who have lived in those places and have had the experiences of losing their loved ones to the sea. The removal of all such destructive etheric records and the purification of all such places is absolutely essential to the preparation for the coming here of the new race to give them purer landed surface and atmosphere in which to live so that they will not have to "tune in" in the future to those records of distress of the past and present.

4. WILLINGNESS TO SERVE –THE IMPORTANCE OF DECREETING

I AM speaking to you very plainly tonight! There are some who, like the ostrich with his head in the sand, do not like the discomfort of hearing the actual facts as they exist which caused the distresses that plague the race, now and in time to come. There are some who prefer to dwell "on the side of perfection", stating blissfully that "everything will come out fine".

Surely, it will, but someone has to be willing to make the calls to remove the causes and cores of the distressing appearances so that those effects may quickly disappear, then by decree set up new causes that will result in effects of perfection! If you do not want to know what the distressing conditions or appearances are or what caused them, you will be of little assistance to us in removing their causes and cores. However, if you are strong and intelligent enough to want to know, we will tell you.

The fiat of the hour is PURITY AND TRUTH!

To the few who desire TRUTH and who are willing to lovingly co-operate with the necessary applications to bring about PURITY, we shall continue to come. Others will later enjoy the fruits of your labours and self-righteously say: "See? We knew it would come out fine" but they will refuse to accept that the calls which have been made by the few who have brought about the perfection they desire.

So, be not disappointed if you find a lack of gratitude among the masses of the people and even among students of Spiritual Law. Serve, just for the joy of serving, with your minds and hearts open to our guidance and, one day, when the Earth is established as a planet of purity and peace, and the waters of the earth are again a blessed comfort to mankind, you will know that you have played an important part in this service, also, in playing such a part, you are not only gaining your own mastery and victory, but you are also redeeming much of your own energies which, in the past, have been charged into the various malpractices of embodiments long such forgotten. If you choose to call to me for personal assistance as I have described it above, I, in turn, shall help you with your own emotional purification, which will bring you PEACE.

5. THE THREE KINGDOMS OF EARTH

This document is a brief summary taken, with thanks, from 21 Essential Lessons Volume 1 (originally compiled by Werner Schroeder from the *Teachings of the Bridge to Freedom Journals*)

"I AM the Sacred Fire Master Presence that gives blessings, thanks and love to everything in Creation and that forever prevents anything but perfection"

INTRODUCTION

It is the Nature of God to allow His Children the opportunity of becoming co-creators with Him:

"And God said, let us make mankind in Our image, after our likeness." Genesis 1:27

The purpose of creation is to allow each life-stream (individualization of God) to unfold a spiritual nature and become master of the God-given energy of life through consciously controlling thoughts and feelings towards Higher Aspirations. In order to be like God we must nurture and develop the three-fold nature of God residing in the airless chamber in our hearts:

| | | | |
|-----------------|---------------------|--------|--|
| The Father | Blue Flame | left | we must direct our life plan |
| The Son | Golden Yellow Flame | center | we must use God's energy rightly like He does, for good only |
| The Holy Spirit | Pink Flame | right | we must love our creation as God does, unconditionally |

God, the owner and giver of ALL LIFE, as far as our galaxy is concerned is ALPHA & OMEGA whose body is THE GREAT CENTRAL SUN. There is only ONE God, and God is ALL-IN-ALL. He is EVERY SINGLE THING IN CREATION

There are aspects of God, mighty and supremely intelligent likenesses of Himself, that He has appointed as Divine Helpers (much like the hierarchy of a major business corporation here on Earth)

There is a great God Being in charge of every department of life. Thus, in our galaxy, the Supreme God Beings in charge are Alpha and Omega. Their body is The Great Central Sun. The Great Central Sun is the sun behind our physical sun – to understand the vastness of All Creation one must realize there are *millions upon millions* of Great Central Suns!

The galaxy to which we, mankind, belong to, is composed of seven suns. Each of these suns birthed seven planets (contrary to accepted astronomy, there are not 9 planets orbiting our sun – there are only seven. A majority of the 49 planets are vibrating at a higher frequency than Earth, therefore they are not visible nor detectable by our telescopes)

Our solar system is directed by the divine beings HELIOS and VESTA whose physical body is our sun. When Helios and Vesta decided to become God-Father and God-Mother of our solar system, Alpha and Omega vested them with the authority for its creation. Helios and Vesta's first fiat issued was,

"Let there be Light!" Genesis 1:3

Realize that Helios and Vesta ARE God – they are not separate from Him in any way. They represent His Hands, an Aspect of Him. God has billions of Hands, if you like, and each and every one is expanding his Kingdom. Keep in mind that when the Earth was created the universe was already ancient (in terms of our sense of time).

The blueprint (visual plan) of our solar system was placed with the Cosmic Silent Watcher who holds the immaculate pattern in mind at all times. Then the blueprint of the Earth was placed in the hands of the Beloved Silent Watcher of Earth whose name is *Immaculata* (she is a feminine God Being).

In honour of Her please repeat now, three times:

"I AM the Sacred Fire Master Presence that gives deep blessings, thanks and love to our Silent Watcher Beloved Immaculata.

I bless her with eternal perfection and the Divine Love of our Father/Mother God"

The Divine Plan was for Three Kingdoms to cohabit on Earth – they were to serve *together* each one evolving ever upward into greater perfection:

- The Elemental Kingdom
- The Angelic Kingdom
- Kingdom of Mankind

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

5.1 THE BELOVED ELEMENTAL KINGDOM

Then Helios and Vesta drew forth the Seven Mighty Elohim – the builders of form of the Universe

Elementals create forms and are the workers of nature. 'Elohim' means 'God' in Hebrew. Thus Elohim means God of Form. The Elohim govern the Elemental Kingdom and the beloved elementals.

When Earth was first created it was made beautiful by the nature kingdom Mighty Neptune & Lunara (Directors of the Water Element) created crystal clear waters Mighty Virgo & Pelleur (Directors of the Earth Element) created land masses, which were originally translucent there was no shadow. Mighty Aries & Thor (Directors of the Air Element) created the air, which every living thing breathes, and this carries all the gifts from God in un-manifest form. Of course, Mighty Helios & Vesta (Directors of the Fire Element) with Prince Oromasis & Holy Diana, Zarathustra, created light and fire.

The workers of nature, or elementals, that serve each of the Directors above are:

- Water the undines
- Earth the gnomes
- Air the sylphs
- Fire the salamanders

It is through the use of their life that these little beings, these elementals, supply man with the garments of flesh that they wear, the water they drink, the air they breathe and the abundant supply of food they eat. The divine plan was for man to be served in love, and, in turn, mankind was to pour love, gratitude and blessings back to the Elemental Kingdom.

The elemental kingdom represents our very own human nature:

| | | |
|-------|--------------------------------------|--|
| Earth | represents physical density | our bodies of form |
| Water | represents our emotional body | feelings and emotions encompass the greater part of our energy |
| Air | represents our freedom | |
| Fire | represents our power of purification | thus immortality |

Elementals are primarily mental beings: *el-e-mental* meaning "mind of God". The Seven Elohim represent the *mental* activities and qualities of the Creator, Our Father God. A tiny flame from each of Their life-streams is anchored in the forehead of every individual embodying on Earth – the Seven Fold Flame

The sequence of order of the Elohim on your forehead is as follows (from left to right):

| Masculine | Feminine | |
|------------------|-----------------|--|
| HERCULES | AMAZON | Elohim of Decision & Will |
| CASSIOPEIA | MINERVA | Elohim of Perception & Illumination |
| ORION | ANGELICA | Elohim of Divine Love |
| CLAIRE | ASTREA | Elohim of Purity (pure white) |
| VISTA (Cyclopea) | CRYSTAL | Elohim of Concentration & Music |
| TRANQUILITY | PACIFICA | Elohim of Peace |
| ARCTURUS | DIANA | Elohim of Invocation, Rhythm & Freedom |

Masculine and Feminine aspects are Twin Rays.

Through the Seven Fold Flame the Elohim extend their faculties and consciousness to every life stream

5.2 THE MIGHTY ANGELIC KINGDOM

The Angelic Kingdom consists of Archangels, seraphim, cherubim, angel devas and angels. Angels are wholly pure and perfect God Beings. Their service is to mankind. Angels may take embodiment in human form, but on very rare occasions, (an example is beloved Mother Mary and Serapis Bey) or they may choose to dwell in heavenly realms. If they do take human form, the Veil of Maya (Bands of Forgetfulness) is placed around their consciousness - thus they will not know that they are angelic. Angels radiate God Feelings, or God Virtues, to mankind. Examples:

Faith & protection Wisdom Divine love Purity Consecration & Healing Peace Invocation

Angels do not labour in their service to mankind – they just shine. They respond instantly to a call and wrap the caller in their divine love and protection. Elementals create forms – Angels vitalize the form through feelings. Elementals respond to the thoughts of mankind – Angels respond to feelings and emotions. The entire Angelic Host is under the direction of Seven Archangels – they embody the FEELINGS of God. They are:

Archangel Divine Feminine Aspect (Archaii)

| | |
|---------|--------------------|
| Michael | Faith |
| Jophiel | Constance |
| Chamuel | Charity |
| Gabriel | Hope |
| Raphael | Mary (Mother Mary) |
| Uriel | Donna Grace |
| Zadkiel | Amethyst |

5.3 THE KINGDOM OF MANKIND

The Elemental Kingdom must learn control of energy through *thought* so that mankind can enjoy their perfected designs. 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. MAN MUST LEARN CONTROL OF BOTH, AND THUS BECOME A MASTER! Without the Elemental Kingdom there would be no form; without the Angelic Kingdom man could not draw the blessings of God – thus mankind should begin revering Life and be deeply grateful for the constant services and blessings they receive.

CONCLUSION

To sum up – man must learn who he is. He has been endowed with the potential to create as 'His Father' does and must recognize that he is a Co-Creator with the other two Kingdoms - the Elemental and the Angelic - and has a responsibility to this end. As such, he must become **master** of all that he creates.

As a creator he must consciously control his thoughts, feelings, words and actions on a daily basis. Cosmic Law is a stern teacher, and the law does not apply itself – all creation is a SELF CONSCIOUS EFFORT, and if the individual upon whom this great gift of life has been bestowed refuses to take the responsibility to do his duty, his experiences will prod him with misery until he does!

We currently live in the psychic realm, of low vibration, where massive forces of discordant energy have amassed over hundreds of thousands of years because of mankind's total disregard for their God energy. These negative forces thrive on distracting us from our spiritual development.

Therefore, daily application, namely, attunement to our I AM Presence and the Ascended Hosts, decreeing, applying the tools of grace (the Violet Flame, the Sacred Fire, Purifying Love and Law of Forgiveness), contemplating (becoming still and filling our hearts with joy and gratitude for God's blessings), offering impersonal service to our fellow man – all of this is the secret for opening the door to the fulfilment of our divine plan. Have great reverence for All Life!

With every thought, feeling, word and action, you are either creating your karma of distress, or a crown of light, for you are thinking and feeling SOMETHING every moment – waking and sleeping. It is within your power to create something so beautiful and so perfect.

Summarized By Beloved Iwan Joost – Cape Town South Africa - June 2010

6. BEGINNING WORK WITH THE ANGELIC AND ELEMENTAL KINGDOMS

First, the most important thing we need to practice is to FEEL the LOVE AND GRATITUDE for our Unseen Helpers and all in our lives.

We need to learn their names and what they specialize in – like us on Earth, if you know the name of someone, connect with them and begin to spend time with them and love them; the relationship grows and becomes meaningful. If you don't know the name of someone, how can you call to him or her? It is the same in the Higher Realms.

The Angels know nothing of discord and are repelled by it – not in a judgmental way, but the vibrations are such that they are not attracted to anything discordant and move away. So the importance of being HARMONIOUS and LOVING at all times is essential if we are to successfully work with this Mighty Kingdom of Love and Light.

Angels are very attracted to the feelings of LOVE, PEACE, HARMONY, FAITH, KINDNESS, GENTLENESS and all the God-qualities. They are not attracted to intellectual knowledge – it is the feelings of the heart that draws the Angels to you.

The Angelic Kingdom loves the sweet scent of flowers, beautiful music and devotional singing – so they will love pure essential oils, classical music and our sweet loving voices as we sing to them. Decreeing, singing and prayer are essential to the success of our endeavours.

The Elemental Beings also love the feelings of love and gratitude. As Jesus explains to us in the *Bridge to Freedom* material, we need to accumulate enough peace and harmony within ourselves to balance any requests made to the Elemental Kingdom. When Jesus 'stilled the waters, and calmed the storm' – he used his immense reservoir of accumulated peace and harmony within himself to allow the elemental kingdom to respond instantly and accurately.

Holding the 'Immaculate Concept' in our minds is the key for the success we are wanting, as the elemental kingdom are here to out-picture, or bring into 'form' what is in our minds (el-e-mental = mind of God), and fulfil our perfectly held mental picture of what we want to manifest.

The reason our planet is in such decay and disharmony is because mankind are constantly adding to the effluvia of the discordantly qualified mass consciousness with our discordant thoughts and feelings, such as, greed, selfishness, anger, and **fear**, in all its forms, being the most prevalent of all.

6.1 THE SEVEN STEPS TO PRECIPITATION

We need to develop unwavering **WILL & FAITH (1st Ray)** in our ability to use the power of the Three-fold Flame in our hearts.

Colour Blue,
Chohan: El Morya,
Archangel Michael
Elohim Hercules

We need to still ourselves and ask for the Illumination Flame, **the WISDOM & PERCEPTION (2nd Ray)**, what it is that needs to be done (not my will, but Thine)

Colour: golden yellow
Chohan Lord Lanto
Archangel Jophiel
Elohim Cassiopea

We need to **LOVE (3rd Ray)** it enough to bring it into physical manifestation.

Colour pink
Chohan: Paul the Venetian
Archangel Chamuel
Elohim Orion

We need to hold the **PURITY (4th Ray)** of the original idea that came from our Mighty I Am Presence – God in us.

Colour white
Chohan: Serapis Bey
Archangel Gabriel
Elohim Purity (Clair)

We need to **CONCENTRATE AND CONSECRATE (5th Ray)** our lives to this end.

Colour emerald green
Chohan: Lord Hilarion
Archangel Raphael
Elohim Vista.

We need to **RHYTHMICALLY INVOKE (7th Ray)** the power of God and transmute any imperfections by the Violet Fire, the God idea we are bringing into form.

Colour violet
Chohan: Saint Germain
Archangel Zadkiel
Elohim Lord Arcturus

PEACE AND GRACE (6th Ray) are essential, 6th & 7th rays are inverted - if our endeavours are not 'wrapped' in Cosmic Christ PEACE we have only ashes at the end!

Colour Ruby and gold
Chohan: Lady Nada
Archangel Uriel
Elohim Peace (Tranquility)

see [CHART OF The RAYS](#)

7. THE IMPORTANCE OF DECREE WORK

"How else then, would this Activity communicate the true Vibration and Character of the higher plane of the Ascended Master Octave into this world of human density, maya and illusion? I will tell you: by the action of the Sacred Fire released from the God Presence of all those devotees of the Light who will seize upon the Calls and Invocations (**decrees**), and **become** the action of the Light so invoked! **This** sustained decree momentum will propel the very Presence of the Ascended Masters into the physical, matter plane." *Saint Germain*

A decree is a command and we have the power and the authority to issue commands – we are the "Gods" on this planet. Never forget the words of Beloved Jesus: "Know Ye are Gods"! * It is important for us to understand this. A prayer is a supplication, very different to a command! When we command by a decree something into being by the Power of our Mighty "I AM" Presence, it will come into being! We need to be very careful how we word our decrees and what we decree for, as they are the Power of God in action, as we will be held accountable.

"Desire is but a lesser activity of Decreeing. Decreeing is and should be the recognition of the accomplished desire." *Saint Germain - Unveiled Mysteries*

* **John 10: 34** : Jesus answered them, "Is it not written in your Law, 'I have said you are gods?"

8. USEFUL DECREES

8.1 INVOCATION TO ARCHANGEL MICHAEL

Beloved Archangel Michael, Prince of the Heavenly Host, and Defender of the Faith!

In the name and by the power of my I AM Presence, I ask you to:

Fan the fires in my heart and the hearts of all mankind everywhere!

Where the experiences of life, in the physical appearance world, or in the astral realms, have caused that faith to burn low – let Thy majestic Presence stand constantly by the side of each one requiring Thy assistance!

Rekindle the Hope and confidence of Men in the power of God and the supremacy of his love over all human appearances and all seeming opposition to the manifestation to His will through all the kingdoms evolving in us and upon our Earth today!

FIRE, FIRE, FIRE! Us all with Thy fully gathered cosmic momentum of FAITH in the ALL-power of the Light that beats our hearts! So be it!

THANK YOU

8.2 A BELOVED DECREE FROM "THE ANGELIC KINGDOM"

DECREE: THANK YOUR BLESSED BODY ELEMENTAL!

Beloved I AM Presence and Beloved Body Elemental

I love and thank you for being with me throughout all of my embodiments And for taking a vow to stay with me until my Ascension

I call on the Law of Forgiveness for all the wrong I have done towards you

I ask that the Violet Flame BLAZE, BLAZE, BLAZE through and around my four lower bodies raising the vibratory action of all of the electrons in my four lower bodies and removing causes, cores, records, effects and memories of all misqualified thoughts, feelings and actions.

In the name and authority of My Beloved I AM Presence I lovingly command that all four of my lower bodies co-operate with me in the redemption of my world!

I vow today to be as conscious as possible of my thoughts, feelings and actions and to do my part in restoring my four lower bodies, raising them to their full perfection in line with the Divine Plan Forever!

By God's Own Hand! (3x)

I Now Command! (3x)

Do it Today! (3x)

8.3 DECREE TO FREE ELEMENTAL LIFE

Mighty Victorious I AM Presence, anchored in the hearts of all mankind, Cosmic Beings Helios and Vesta, Mighty Victory, the Elohim of Purity, Ascended Masters Lord Maha Chohan, Astrea, Prince Oromasis, Aries, Thor, Neptune, Lunara, Pelleur, Virgo, Nada, and Saint Germain:

We thank and bless the elementals of fire, air, water, and earth for their service during the past centuries.

We call on the Law of Forgiveness for all disharmonious energy that has been imposed upon these elementals by mankind, for many ages.

Blaze! Blaze! Blaze! the most dynamic action of the Violet Transmuting Flame in the form of a large Maltese Cross up, in, through, and around the Earth, all the way through its atmosphere for at least 10,000 feet, purifying, illumining, and healing all life on this planet and transmuting all energies into God- Perfection.

Free all elemental life from the feeling of antipathy towards mankind, leading all elemental life to the state of perfection that God intended for it.

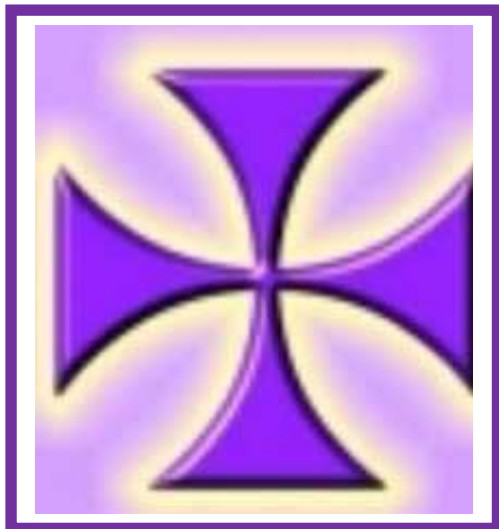
Let mankind and the elemental and angelic kingdoms cooperate as a team to bring in the New Golden Age, envisioned by the beloved Saint Germain.

What I ask for myself, I ask for all of mankind, and I fully accept the fulfillment of this decree!

Beloved I AM, I now command! Do it today! Do it to stay! (3x)

From: Songs & Decrees book – AMTF (p 215)

Maltese Cross



8.4 DECREE TO REMOVE ALL MASS ETHERIC RECORDS OF DISTRESS

By the power of my Mighty I AM Presence, and the Seven Mighty Elohim, Archangels and Chohan of the Rays, The Maha Chohan, Lord Maitreya, Lord Gautama Buddha, Lady Astrea, Aries & Thor, Neptune & Lunara, Virgo & Pelleur, Prince Oromasis, Diana and Zarathustra, all the Gnomes, Undines, Sylphs, and Salamanders, and the Sacred Fire Vested in me,

I decree:

For the Cosmic removal of ALL mass etheric records of distress caused by the mis-use of the EARTH, WATER, AIR & FIRE ELEMENTS since the fall of man (3x)

8.5 GRATITUDE TO THE BELOVED ELEMENTALS AND ANGELIC KINGDOMS

By the power of my Mighty I Am Presence, the Beloved Great Gods of the Elements, Aries & Thor, Neptune & Lunara, Virgo & Pelleur, Prince Oromasis & Holy Diana, Zarathustra and Beloved Mighty Helios & Vesta, the seven Mighty Archangels, the Beloved Chohans of the Seven Rays, and the Seven Mighty Elohim :

I call for the MIGHTIEST BLESSING OF GOD-GRATITUDE and LOVE for the entire Angelic and Elemental Kingdoms, all the Undines of the Water, the Gnomes of the Earth, the Sylphs of the Air and the Salamanders of the Fire, and for each and every Archangel, Seraphim, Cherubim and Angel for their LIMITLESS, SELFLESS service to myself and all life on this planet over eons of time.

I give this same MIGHTY BLESSING AND GRATITUDE to my own Beloved Body Elemental and Guardian Angel.

Bless them with the full power of purification, the most Mighty action of the Violet transmuting Fire possible, the Pink Flame of God's Love and Adoration, sustaining it forever, until we are ALL wholly ascended and free.

I willingly offer to be of service and ask to work in loving cooperation with the Angelic and Elemental Kingdoms to assist with bringing in the PERMANENT GOLDEN AGE OF BELOVED SAINT GERMAIN now and eternally sustained.

BY the Mighty Power and Love of God – We know this is done right now and forever sustained (3x)

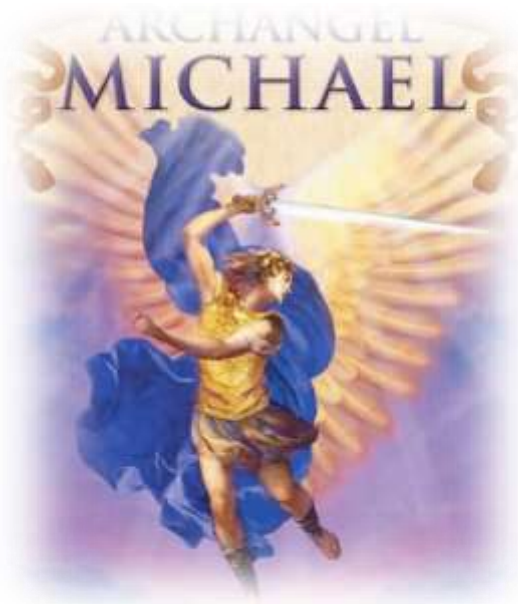
You can be of great service to the beloved Angelic realm by keeping your peace and harmony at all times to the very best of your ability, and then saying:

"I offer the beloved Angelic Brotherhood the FULL use of my inner bodies for temporary habitation in order to form a radiating center in the lower spheres"

Remember the Angelic realm knows no discord – and moves away immediately when encountered –for this to be effective we need to maintain that peace in our thoughts, words and actions always.

8.6 BY ARCHANGEL MICHAEL FOR THE DEPARTED – MARCH 1953

The Bridge to Freedom Journal Book 1, pages 208-9



"I chose to forego the natural activity of the Archangels and to enter into that which you now know as the psychic or astral realm, and here I have spent the full and greater part of my life, century after century, age after age, in an endeavour to disentangle life streams, after so-called death, and prepare them to enter the halls of the Karmic Lords and receive from the God of life a new opportunity, to learn how to control the facets of consciousness which are constantly adding to the veil between the human and the divine.

We are constantly consuming, cutting away, dissolving and removing the effluvia of mankind's own creation, and more unhappily still, the effluvia of the conscious student body who knowing, at least intellectually, the power of creation that lies within consciousness – yet continues to weave the cocoon which closes them in and shuts out our words from their ears, our presence from their sight, our fragrance from their nostrils, our peace from their hearts.

Until we can reach, and in some manner, incorporate the assistance of incarnate life streams, at least those who are the guardian beings who chose voluntarily to bring the light to the consciousness of men, our task seems endless indeed, as well as thankless.

In the silence of your room, three times a day if possible, make the call that in every twenty-four hour period during which so many life streams pass through the change called death, no one may enter into that terrific hell of thought and feeling without the prayer and love of an incarnate brother or sister.

Nine-tenths of the people who are passing from the body never receive a prayer and do not, themselves, know what to do, here or hereafter. If even one life stream made this call, it would assist us tremendously.

Thank you

8.7 SUGGESTED PRAYER FOR THE DEPARTED DO DAILY IF POSSIBLE

In the name and by the power of the presence of God, I AM, and in the name of the Ascended Jesus Christ!

I call to you, beloved Archangel Michael, on behalf of the souls of all the men, women and children who are being released from the body during this twenty-four hour period.

Cut them free, instantly, from the magnetic pull of earth, the things of earth, and all the passions, lusts and appetites that might hold them earthbound.

Send thy angels of light to enfold them and carry them quickly through the effluvia of the earth's atmosphere, to the realms of light and peace. Here, prepare them, through the merciful fires of purification, to stand before the Lords of Karma, with their robes as white as snow.

Accept the good of my own Causal Body as an offering before this great council of judgment, that these souls may be taken, at once, to the schoolrooms where they may best learn the law and re-embody, if necessary, in harmony, to win their individual victory in the light.

Thank you, oh Prince of the Heavenly Host, for your guardian presence among us, for your constant and watchful care of us, not only at the time of so-called death, but through all our days!

Oh God! Give me light! Give me whatever intensity of Light is required to solve this problem for me"

.....

After such a call for help is made, it would be well for the one in need to consciously get quiet still, and consciously WAIT and expect to receive, the FEELING of peace and release from the tension and distress.

It **will** come, and when it does, we should quickly GRASP it and call to the mighty God within us to hold, protect, expand and permanently anchor it within our feeling worlds for all eternity, so that at least that particular problem does not come up again. Only this way can we make PERMANENT progress.

To just keep solving the same problems over and over again, which is what we have been doing for millions of years, in one embodiment after another, surely is not gathering much illumination, which can be expanded to the point where it illumines – with actual physical light – not only the mind of the individual, but the actual flesh substance of body as well, visible and tangible to the physical sight of all...

"Dear God, right in my own heart – GIVE ME YOUR LIGHT on this and show me your way! Then see that I walk within it all ways."

9. USEFUL WEBSITES

www.iamfree.co.za

www.iamthebridgetofreedom.com.ec

www.theascensiontimes.com

10. RECOMMENDED READING:

All books available from the websites – and at the workshops (sometimes we are out of stock! But always more on their way!)

Essential Lessons Vol. 1 & 2
websites)

– compiled by Werner Schroeder (available from both

Electrons and the Elemental Kingdom

– Werner Schroeder

The Angelic Kingdom

- Werner Schroeder

Unveiled Mysteries

– Godfre Ray King

The Magic Presence

– Godfre Ray King

"I AM" DISCOURSES Book 3

– Beloved Saint Germain

11. CHART OF THE RAYS

Tabulated format of the section [THE SEVEN STEPS TO PRECIPITATION](#)

| Ray | Quality | Colour | Chohan | Archangel | Elohim |
|-----------------|--------------------------|---------------|-------------------|-----------|-------------------|
| 1 st | Unwavering Will & Faith | Blue | El Morya | Michael | Hercules |
| 2 nd | Wisdom & Perception | Golden Yellow | Lord Lanto | Jophiel | Cassiopea |
| 3 rd | Love | Pink | Paul the Venetian | Chamuel | Orion |
| 4 th | Purity | White | Serapis Bey | Gabriel | Purity Clair |
| 5 th | Concentrate & Consecrate | Emerald Green | Lord Hilarion | Raphael | Vista |
| 6 th | Peace And Grace | Ruby And Gold | Lady Nada | Uriel | Peace Tranquility |
| 7 th | Rhythmically Invoke | Violet | Saint Germain | Zadkiel | Lord Arcturus |

GOD BLESS YOU FOREVER