



ASCENDED MASTER DISCOURSES
of the 2022 Seven Sacred Weeks

Channeled by
Morgan Le Fay

Dedication

This series of Discourses are lovingly dedicated to the I AM Presence and the Ascended Masters, Archangels, Elohim and Cosmic Beings of Light, who are part of the Luminous Activity of the Seven Sacred Weeks, and who bestowed upon me, the privilege of being the instrument through which their words and teachings descended to bless the world.

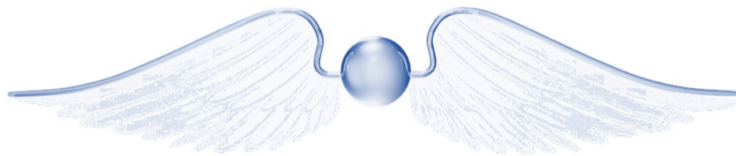
Gratitude especially to beloved Lord Maitreya, the Great Divine Director, Jesus and Saint Germain, who constantly enfold me in their mantel of Love, Wisdom and Light.

My thanks to Luda and George who assisted me with editing.

I thank Life! It is a great blessing to be embodied and to be able to serve the Light on Earth!

Humbly,

Morgan Le Fay



Gratitude opens the floodgates of Heaven!

Foreword

Within this book, are placed the forty-nine discourses channeled during the Seven Sacred Weeks of 2022.

This is the time of year when the Sacred Fire of the Great Central Sun, through the Great Beings of Light, is poured out upon the planet. It comprises of 49 days, always commencing on Thanksgiving Day in America.

We have Seven Weeks of Light, each carrying the vibration of a Cosmic Ray. Every day we have the Presence of an Ascended Master or Cosmic Being pouring out his or her qualities with more intensity to bless the students and the entire planet.

Throughout the discourses, an abundance of information and tips were given enabling us to rebuild our world and bodies in the Beauty, Health, Harmony and Perfection of the Ascended Masters.

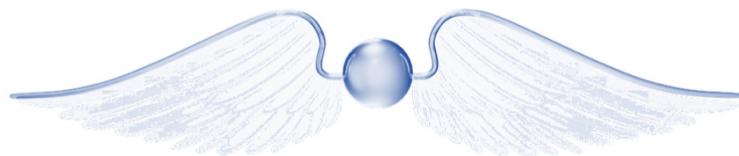
Beloved Masters Saint Germain and Jesus conveyed to me, that if we meditate on these discourses during the year and put these teachings into practice, we will receive great blessings and assistance from the Ascended Host.

My beloved friends, remember that only through practice do we become Masters.

Let us now meditate on these teachings and put them into practice in our daily lives.

God Bless You!

Morgan Le Fay



Spread your wings and fly!

Heaven has no limits!

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First Week Discourses

The Mighty I AM Presence

November 24th 2022

Dear hearts, today we begin the Blue Week of the Seven Sacred Weeks. This week, we are going to magnetize the virtues of the Blue Ray: Divine will, determination, faith and courage for us, humanity and the planet. Master El Morya, as the Chohan of this ray, will receive your efforts, multiply and expand them for the blessings of all of us.

And opening this Blue Week, we have the individual blessings of the Mighty I AM Presence, which is also a great Cosmic Being that carries within Itself all Beings and Forms of this System of Worlds, this universe and all multiverses.

We can ask ourselves, how big is the I AM Presence? And Saint Germain would humbly reply "So great that your human mind could never conceive or encompass! So small and subtle that your senses could never perceive!"

My friends, in fact, on the path of Ascension, only those who become one with It know this Presence! It is everything and nothing! It is the reason, the cause, the sustaining and dissolving power of all that exists! It is a conscious intelligence that surpasses any and all conscious minds. It is the inside and the reverse of all things. This Presence is Life Itself! It operates in all Masters, Archangels, Elohim and Cosmic Beings of Light. It operates in you, in me and in everyone!

We only realize it when we understand perfectly the meaning of the words "I AM". Anything we put after these words, is a way of qualifying the one vital principle that permeates, fills and moves all that exists. Even the great cosmic beings know that they express this presence, but that it, in itself, is beyond themselves.

What is the answer to the question "Who am I?" The only true answer is "I AM!" Everything else you put after this sentence will only be related to your personality and individualized part. For indeed "I AM that I AM!" Only when you realize the depth of this do you open up the inner space for this intelligence to flow from the heart of life into your human heart and then, you will know "I AM is enough!"

This Presence is the Supreme Power and indeed, there is no other Power but Its Power! When we manage to break our illusion of separation, all diversity or multiplicity of forms cease to exist, and we feel the world, the universe and life as a single beating heart. And then, our Blue Print becomes clear and we know what we must do in our every breath and movement, be it here in this octave, as well as anywhere in creation where we are conscious.

Today is Thanksgiving, and to whom should we express our gratitude first? To the great I AM! Because I AM here, there and everywhere, the only Power and Intelligence ruling all that exists!

So, let us reflect on all the blessings we have had this year and be grateful!

Grateful for the life that gives us the opportunity to be an individualized being, with a Divine and unique purpose within this System of Worlds. Grateful to know that even individualized, we are one and the same with this Presence of Life. Grateful that we can be part of life! For being able to learn, overcome ourselves, expand ourselves more every day, maturing internally and unfolding the beauty of our Blue Print.

Therefore, by releasing currents of love to the I AM Presence within us and all that exists, let us express our gratitude and call forth Its blessings for us and the Earth. Let us decree together:

“BELOVED MIGHTY I AM PRESENCE!”

We call your Supreme Power, Authority and Perfection of Life to govern the Earth, its atmosphere and all Life within, during the Seven Sacred Weeks and forever!

Please, pour your Cosmic Christ Light of a Thousand Suns upon the heart of the planet, and from there, direct this Crystalline Light into the heart of every human being, angel and elemental, that belong to this sphere of evolution, compelling their Divine Blueprint to come forth and be a visible and tangible reality in this Cosmic Hour.

Beloved Presence within us, we bow before you in deep adoration and gratitude! For we recognize your Supremacy over all that exists and that you alone are the source, creator and owner of all good things on Earth and throughout the Universe!

Almighty Presence, we humbly offer our vehicles at your service during these Seven Sacred Weeks! Help us do what you want us to do! We are ready! We are willing! We love you! We thank you! And bless you forever!

Our Beloved I AM! (3)



I AM that I AM!

Master Saint Germain

November 25th 2022

Children of Light,

How long will you doubt the supreme power that is constantly feeding you in this human octave? That power descends from your Electronic Body to your heart and feeds you with Life! And Life is unlimited, eternal, always pulsating!

This stream of light when viewed with your inner eyes resembles a scepter of vibrant light that connects you to your true treasure house - Your I AM Presence! That scepter is your Scepter of Power! Grasp it now and it will set you free!

I say to you for my heart's sake, do not give power to the appearances of the outside world, for they are but clouds. These clouds sometimes assume monstrous forms, but those figures created by your fears, doubts and limiting concepts, as the wind blows, are completely dissolved, to soon after, take on other forms. It keeps you mesmerized and while you are looking at these pictures you forget who you are, why you are here and what you really need to accomplish!

Your Scepter of Power is not a child fantasy, but your birthright!

But to be able to access it and manage it perfectly, you need to believe!

Why do you give so much importance to the things of the world, when inside you, you have everything you need? Say to the outer appearances: -

"You no longer have power over me! I take my Scepter of Power and command, be dissolved now and get out of my way, for I now move forward and manifest from this moment the beauty, health, prosperity and perfection of my Mighty I AM Presence!"

Children of Light, this is the Power you possess and it is infinite and acts instantly! You just need to trust! You just need to keep harmony! You just need to take your attention away from the mesmerizing clouds of external appearances!

We will be very close to you for the next seven weeks, and we are ready to descend with boundless blessings for you, humanity and the planet. Be firm in your application, maintain harmony and open your hearts to receive and anchor these blessings within yourselves and the world.

Thank you for all your love,

Saint Germain.

Elohim Hercules

November 26th 2022

Children of Light

Do you think that the Universal Light Substance is a gift only from the Elohim? No! It's God's gift to you too! This substance is the canvas, but also the clay that we shape with our own minds and hands, everything we want to create! Be it a planet, a sun, a constellation or an entire system of worlds! Are you getting to the point? Nothing can be created without the electronic substance that flows from the heart of the Universe. And that is a gift given to me, to you and to all of God's children on Earth and throughout the Universe!

The Flame that vibrates in your hearts is constantly fed by the same Source of Light that feeds the Flame in the hearts of the Elohim, the Archangels, the Ascended Masters and all Cosmic Beings of Light! There is only one Source of Light! And all of us, no matter where we are in the Divine hierarchy, drink from this same source! Do you think we are different from you? I humbly say to you, we are not! We are also created by the Light, sustained by the Light and moved with every breath by the same Light that feeds your heart! I want that you get the point today, so you may overcome your limiting ideas! We are all Children of Light! The only thing that is different between you and us, is that we surrendered! We surrendered ourselves completely! And we became humble like children, learning to obey the Divine Will!

My precious ones, how do you think I became the Elohim of the Divine Will? Obeying! Obeying! and obeying the Will of the One who created me and fulfilling His Will perfectly to the last decimal place!

I want that you understand it today, Divine Will is only related to obedience to the Divine plan! Any other will is just selfish human desire! When you surrender completely to God's Will and humbly accept and perfectly fulfill whatever role He gives you in His Creation, you will be perfectly in tune with the heart of Hercules! You will be in tune with the heart of the Great Central Sun, the Sun and all Cosmic Beings of Light! And they will obey your smallest desires, and will also become your brushes, instantaneously bringing forth visibly manifest the Supreme and Divine Will that flows through your hearts! And then you will hear the Music of the Spheres in your ears and you will be happy, you will live in perfect harmony and you will never lack for anything!

What I conquered, what Jesus conquered, what Saint Germain conquered, what the Great Michael conquered, you can also achieve! But first you need to learn to obey the Divine plan and just like us, that is all you should care about and nothing else!

On another occasion I would like to tell you a little about my life journey and then you will know, that my journey was no different or better than yours! We are all constantly being shaped by the precise hands of the Great Creator of Worlds - our Mighty I AM Presence! For today, I end here, asking you to call on me to help you realize God's True Will for you, and I say, I always keep my word, and if you constantly call me, I will help you until you get in tune with Hercules' Obedient Heart!

I thank you,

Hercules

Lord Maitreya

November 27th 2022

Children of Light,

When we speak of the Christ, many assume it as the figure of a man, for example, Master Jesus or myself, but the Christ is not a man or a being, but the Light itself! And where the Light flows, the darkness of human ignorance is dissolved, and then the inner eye is opened and a person knows the Truth.

The Truth does not change dear ones, the Truth has been preached through the centuries and millennia by the great spiritual masters, and although in each religion or culture it may wear different clothes, the body inside those clothes, or the essence of them, is always the same – the Christ. And the Christ moves us to unconditionally love all manifestations of life, the Christ tells us to do good no matter who, the Christ moves us to promote harmony, understanding and unity among men. The Christ shows us the middle way, as my friend and Great Master professed in His human journey, through the Buddhist precepts.

Therefore, I warn you today, any voice you hear, whether speaking in your own head or in the mouths of others, that creates discord, promotes criticism, causes strife, judges, creates persecution, or promotes wars and strife, is not the voice of the Christ, nor a voice inspired by the Ascended Host, nor a voice inspired by the Angelic Host, nor a voice inspired by the Elohim or Cosmic Beings of Light. I wish to make it clear that there is no justification for war and conflict, and these activities are never created by the Hierarchy of Light, but only by the discordant side of humanity.

Because the Christ who inhabits and moves all Beings of Light, is Light, Love, Mercy, Compassion, Tolerance and Understanding! The Light of the Christ only promotes Union and Perfect Cooperation among men!

We are entering an Age where love needs to flow abundantly in human hearts so that, through love, the Christ within the human hearts can once again expand and govern the external activity of humanity. And for that, we need human vehicles that are open to accept this Truth and stand on this rock, becoming completely immune to human discord.

The human mind creates countless theories to justify its disagreement, but I want you to know, that the days of these theories are coming to an end, as the cosmic wheel is moving very quickly and when the hour strikes, the Cosmic Light will descend like a Thousand Suns and what is not the Truth and Perfection of the Christ will be completely dissolved from the face of the Earth forever!

Today I desire to sweep your atomic structure and especially dissolve the dense substances in your brain that keep you anesthetized and unable to see the greater Truth.

Obviously, if you accept this, because we never interfere with a lifestream, if we are not invited, and if there is no acceptance in the world of the feelings of our blessings.

But if you accept and call this blessing, I will sweep your bodies with my Light, I will sweep your brain with my Love, I will pour my Christ Consciousness into your mental and emotional worlds and I will lift you, to the extent of your acceptance and worthiness, far beyond your present sphere of awareness.

But be prepared, because when my Light enters, ignorance dissolves and probably, your tastes and habits will change in the coming months, and this will certainly cause changes in your life. Change is not something that human beings like, but I promise you, if you go through the initial phase of these changes, you will find that they will take you to a higher level of awareness where the Divine Intelligence will reveal to you, all that you need to know and do.

Dear ones, I hope you accept my Blessing and my Christ Light! Just let my Fiery Presence bless your heart, body and world, and I promise you, if you hold your harmony, if you firm yourselves in your beloved Mighty I AM Presence and make an effort to say “no” to discordant thoughts and feelings, I will raise you into your Victory!

God bless you and these Sacred Weeks,
Maitreya



I AM Christ Light, Love and Wisdom!

The Silent Watcher

November 28th 2022

Children of Light,

I bring you today, my Immortal Silence and Peace that surpass the comprehension of the mind. Will you accept my humble gift?

Silence... **Repeat after me slowly, silence... silence... silence...** Isn't that a powerful word? I am sure if you do this consciously, your mental noises and turbulent feelings will instantly calm down! I wish to pour out my silence on all those who read this message, in the present and in the future! For I have overcome time and space, and therefore I live in an eternal now!

Maybe you do not believe it, but there is nothing more powerful than silence!

Perhaps you are still not in a position to understand my words perfectly, but silence, my beloved ones, is not empty, it is not absence, it is not passive or what some call non- action! The silence is full! Full of energy, action and nonetheless... sounds! It may seem contradictory, I know, but there is sound in silence! Certainly not the loud noises and voices you are used to hearing in the outer world! But yes, it is filled with heavenly sounds and the Music of the Spheres!

There are divisions or levels within silence and in each of them you will hear different sounds. I won't talk about that today, because otherwise this discourse would be too long, but if I see your sincere desire to understand more about it, on another occasion, I will describe these phases in more detail.

When someone starts a contemplative or meditation practice, the first step, and I believe one of the most difficult ones, is to overcome the mental noises that arise.

I think you've noticed that when you sit down to meditate, everything you forgot to do or things that still need to be done, suddenly enters the memory!

"Oh my God, I forgot to take the laundry out of the washing machine! I need to call so- and- so...! The car needs to be washed! The windows are open and it's going to rain!"

And if you are not smart, the mind talk goes on and before you know it, twenty minutes have passed and you haven't moved on in your meditation! I observe all these activities and happenings from where I am! Yes, I observe everything, absolutely everything that happens from the smallest particle of life on this planet to the highest being within its hierarchy - the Lord of the World. Please do not think I am curious, it's just my job! And how I laugh when I see you getting up to finally do what your mind told you to do and then the phone rings, and that is it... you forget about everything and go do something completely different! Isn't that how it often happens?

Where am I going with this, dear ones? I just want to show you that you can close your mouth and say that you are meditating or contemplating, but if the mind is agitated and dictating things, there is only silence outside, but inside, things are still turbulent as usual or even worse! This is not silence! This is not contemplation! It is just mental noise!

Therefore, until you overcome this phase, you will not discover the heavenly sounds that fill the Immortal Silence of the Christ! And they are many, and each one of them offers a gift that can enter your outer activity and bring great blessings both to you and to the world!

I even observe people decreeing, reading those incredible calls or repeating them by heart, but actually they are not focused on the words, but immersed in their own thoughts! How can you create adequate energy to promote the manifestation of what you desire? Could you please tell me? I do not think I need to explain, because you are intelligent enough to understand that if you do not calm your external activity, before starting a contemplative act, a meditation or a decree session, little, very little will be the result you will get from it. Because something very important is missing – silence. Not the silence of the mouth, but the silence of the soul which is the totality of the aggregates of your four lower bodies.

So, to end our talk today, I want to give you a gift of love! Before starting a meditation, contemplation or decree session, if you notice that your mind is in turmoil, simply stop! Turn your attention to me! Feel my Luminous Presence surrounding you and then say slowly three times: "**Silence... silence... silence... I AM the Immortal Silence of the Silent Watcher!**" If you do this, I will descend my Light upon you and you will see what happens! Your thoughts and feelings will harmonize as if by magic! And then, you will be better able to make your application in order to obtain more results. And how I wish you could have more results in your application, my beloved ones! Because we need you to be well, happy and fulfilled! Only then will you become instruments more capable of receiving our blessings and directing them to the world!

Oh, I desire to tell you more about Silence, how rich it is and how it can bless you! But first I want to see if you can get past this initial stage - the rumble of your outer activity! Otherwise, my words will be just another theory in your experience. Something apprehended by the intellect, but never practiced by the heart! There are unbelievable powers and gifts in silence and I want to guide you through this initiation! Be sure, if today you manage to help a handful of people, after this knowledge, you will help thousands!

Will you remember me? Because I can only help you through the power of your attention to me.

Holding you in my Immortal Silence!

Adios,
Immaculata

Great Divine Director

November 29th 2022

Children of Light,

Yesterday, our beloved Immaculata spoke to you about the levels that exist within silence, and I want you to know that this is much more important than you can imagine, so let us understand better what silence is.

In fact, when you succeed in silencing your outer activity, your senses are raised to a higher octave and then you begin to perceive what exists in this sphere, exactly as you perceive it here. Those who look at you from the outside world will see you relaxed, immersed in great silence, but within your internal activity, you will be experiencing a level above the human octave. There are many spheres of consciousness around the planet and countless beyond.

By silencing for a long time, the noise of your thoughts and feelings, you can, for example, be raised to a dimension of the work of Virgo, and then you will see how She manages Her Earth Elementals, and if you wish, you can watch their activity. You can enter the sphere of consciousness of the God of Nature and perceive how He works, as did your beloved Godfre when Saint Germain raised his consciousness in the book "The Magic Presence".

If you do not allow yourselves to be mesmerized by the beauty of these worlds, you can silence your activity within them and then rise to perceive the dimension of Neptune and then you will see how everything works there and you can, if you wish, see and follow the work of the Water Elementals. The sounds you will perceive in this dimension are completely different from those you will have perceived in the Virgo Realm! But although your outer activity seems to be in perfect silence, you will experience incredible things, in the form of images, smells, tastes and melodies that surpass anything you can imagine in this outer world and this will fill you with joy, harmony and bring you great knowledge.

But you can do like Gautama, silence your activity in the kingdom of Neptune and ascend to the dimension of Aries and then see the delicacy and beauty of the work of the Air Elementals. And then, if you wish, you can ascend to a higher sphere, the dimension of Oromasis and know His work, see the purity and splendor of the Fire Elementals and learn from them. Only a pure heart can enter this realm, as the Fire Element immediately repels any kind of impurity!

When you silence your senses in this realm, you will be able to perceive the dimension of the Fifth Element, which is the essence of the Four Elements, and then you will be able to see and perceive in the Octave of the Ascended Masters. A world of perfection and beauty, where love rules completely. You are invited to visit us, but for that, you need to acquire the mastery of silence.

Then, you will be able to go beyond that, entering the realm of Devas and Elohim, of Angels and Archangels, and you will be able to rise from sphere to sphere, seeing, apprehending and understanding how life works in all of these worlds, and if that is not enough for you, you can continue silencing your consciousness there and ascend until

you silence everything and finally enter the Secret Abode of the Most High - the Heart of the Great Great Silence.

Then you will know who you really are! Hear your Holy Name being pronounced and all illusion of separation will be dissolved forever! You can remain there if you wish, or else, fill yourselves with wisdom and riches of all kinds and return to your physical body, in this human octave. Beloved Gautama did this and then returned with the boons of Buddhist precepts to bless mankind. Many other Masters like beloved Jesus and the Prophet Muhammad walked the same path, and descended again in their fleshly bodies, bringing great blessings to humanity.

Our beloved Immaculata asked me to talk a little more about silence, as some students showed interest and this is a subject that was explored very little in the original teachings and of great difficulty for the western world. The planetary moment is one of great oscillation, change and challenges, so the most important thing now is the student's ability to silence their external activity, mainly the external activity of feeling, which always flows abruptly and keeps them trapped in the lower spheres of perception.

Indeed, the journey of silence begins with the stilling of the mental and emotional waves in this human octave, but ascends from sphere to sphere, to the heart of the Great Central Sun. At this point, you hear the celestial melody of the sound of creation, the harmonious pulsation of the Great Great Silence, and when you consciously conquer this point, you will never be the same!

Beloved ones, we really need to encourage silence, peace and harmony in students and among students. For it is only when the external activity is in perfect harmony, that the I AM Presence can enter your minds and pour forth higher ideas and patterns.

If the thinking is soiled and the feeling is irritated, your brain is unable to decode the perfect ideas from higher spheres.

You are our vehicles of action in this human octave, you are the hope of the Golden Age! Therefore, exercise more to silence your activity of thoughts and feelings, because only when there is enough harmony in your external activity, will we be able to pour a greater amount of Light on this planet. Can I count on you?

I leave you now with my blessings and remember, call on Immaculata or myself if you need help to still your thinking and feeling activities. We, the Elohim of Peace, Lord Maitreya, beloved Jesus, Mother Mary, Saint Germain, Mighty Victory and all those Great Beings who make up the Seven Sacred Weeks are very close to you at this time of the year and we are willing to help, just call us!

I thank you,

Great Divine Director

The Maha Chohan

November 30th 2022

Children of Light,

I bring you my love and comfort this day, and I hope it will help you to silence the turmoil of thoughts and emotions that make up your outer activity. We wish, in these sacred weeks, to bring you knowledge and tools, which, if you accept and use them, will be of great help to you in the coming months.

The Western individual has great difficulty in demanding harmony, as he is pressured by a collective egregore of competition, the need to quickly update himself, produce, create, gain power of influence and be successful. The law of the western world is to be ahead and stand out above the rest. Most people do not work for love, but for the desire to succeed and the ambition to earn a lot of money. Fortunately, there is a growing wave of life-streams taking embodiment in the west with a mission to alleviate this disastrous condition and bring Western man closer to matters of the heart and spirit, and both sectors are under my sway.

The spirit is actually what is known as the Holy Spirit and is anchored in the Unfed Flame or permanent atom within the heart of every being, be it an inhabitant of Earth or any star in this system of worlds as well as anywhere in the universe.

When we talk about spiritual things, we are actually talking about things related to the Holy Spirit! There are not two spirits, but only ONE – the Holy Spirit of God. Just as there are not two "I AM Presences" but only ONE, the 'I AM Presence' in the heart of God or Great Central Sun. Can you understand me? Everything related to the spiritual world came or comes by the grace of the Holy Spirit who is the Breath of God or Sacred Fire that flows from the 'I AM Presence' in the heart of the Great Central Sun.

This Radiant White Fire has the function of creating, sustaining, blessing and illuminating all beings. Therefore, everything that exists in this world or any other, exists by the grace of the Holy Spirit, which I represent for this planet. All beings and forms are sustained by the Electronic Substance of Light that flows from the heart of God and feeds them constantly. All religions, philosophies and scientific knowledge that come to the surface to bless humanity are the product of the work of this Sacred Fire to promote evolution on this planet and the fulfillment of the Divine plan, individually and collectively.

The activities of the Sacred Fire or Holy Spirit are myriad and all exist for the purpose of keeping the individual or creature in perfect alignment with their Source, the 'I AM Presence'. All resources, knowledge or material things given to you in the world of forms are gifts from the Sacred Fire to bring you the comfort you need to serve the 'I AM Presence' and be a spokesperson for the Holy Spirit on Earth.

No child of God would need to lack anything in this world, because everyone has within their hearts that Holy Spirit, who has invincible power and can materialize everything they need, whether directly from the Electronic Substance of Light, which is the Holy Spirit Itself, or through Its channels on Earth.

Note that the greatest manifestation of Love is the Holy Spirit (or Sacred Fire) itself. And that is anchored in your heart. Therefore, you do not need to seek the Holy Spirit,

but learn to expand It in your own heart. And as you expand it through feelings and acts of love, Its boundless gifts will also arise to bless your lives.

Therefore, I say to you, my precious ones, what you need most right now is not outside of you, but inside of you; it does not have to be bought, but just released to flow freely in your outer activity. And to release it, that means letting the Sacred Fire of my Love flow freely in, through and around you, you must learn to silence your outer activity!

For only when you calm the mental and emotional turmoil can you clearly hear and understand the Voice of the 'I AM Presence', which is anchored in your heart, and learn to draw and release Its own Life, Intelligence and Sacred Fire Substance, through the mastery and conscious expansion of your Threefold Flame. And that Sacred Fire Presence within your heart is your Great Teacher and Comforter, able to bring you everything you could ever need in the way of talent, knowledge and resources, and tell you exactly what you need to do to bring your world into perfect order and harmony.

Beloved Ones, we are moving out of the Age of Intellect and into the Age of Heart, and precisely because of this, you see many disastrous events taking place. They are not pleasant, but they force humanity into a higher sphere of thought and behavior. Naturally, if man walked in this direction of his own free will, conflicts and natural catastrophes could be avoided. But as human beings usually resist spontaneously cooperating with the laws of love, which are the laws of the Sacred Fire on Earth, when the negative accumulation becomes large, it is returned to humanity to be purified. And whenever that happens, through suffering, if not all, at least a good number of human beings finally learn the lesson and then, spontaneously, begin to cooperate with the activities of Love. And it is these awakened souls who become our instruments of action on this planet. They are the builders of another stage of the Golden Age, which timidly appears on Earth's horizon.

Since Love is the principle that sustains Life, it is also the one that governs all the Forces of Nature and the Elements. By expanding more Love, you are not only strengthening the dominion of the Light over your outer activity, but you are also attracting the blessings of Nature into your world.

Therefore, *today I leave a humble request that you strive to focus only on constructive things and feelings during these Sacred Weeks, so that I can help you, as much as you deserve, to build a permanent habit of blessing life wherever you meet it, whether in the form of a human being, animal, elemental, angel or object.* This will immensely accelerate the results of your application next year. And as the Silent Watcher said, we immensely wish for you to be successful and happy, so that we have more effective instruments to descend our blessings to humanity, and thus, we can stop many destructive activities and catastrophes.

Remember, precious hearts, you are our hope and the hope of mankind! Because most of the world does not know us, but you do, and therefore only through you can we expand our blessings, until more and more vehicles are lifted and the Sacred Fire of Love rules with full power within all human hearts.

I greatly appreciate your attention,

Maha Chohan



Second Week Discourses

Mighty Virgo
December 1st 2022

Children of Light,

It is with great pleasure that I descend once more to speak with you and pour upon you the blessings of the Earth Element.

I would like you to know, that my elementals are the ones that suffer the most from human discord, because we are closest to you. We the elementals, are those who sustain the bodies of all forms of life that exist on this planet or anywhere in the universe. And because we work closest to your denser bodies, we receive a stronger impact of whatever is released through your four lower bodies, whether good or bad.

In an area of war and bombing, many human beings suffer, they are forced to leave their bodies suddenly and there is a lot of destruction of nature. That is a terrible thing, isn't it? I believe that those who read these words will probably unanimously agree with me. But what you do not know, or at least you have no real notion of, is that the number of elementals that are massacred, injured and removed from their bodies of manifestation is thousands of times greater than that of human beings.

My beloved ones, life is precious, both for you and for the elementals! I do not wish to go into this matter too deeply, as we are in a moment of joy, celebrating the Light that expands on Earth and in the hearts of humanity during this Christmas period. But I want you to know that we suffer too much from human discord, we suffer too much when there is war, we suffer too much from any conflict between people or nations. Therefore, I believe that it is time for humanity to learn to respect the elementals of Nature, whether from my kingdom or the kingdom of Neptune, Aries and Oromasis. Know that our children are as dear to us, as your children are to you! We love every gnome, fairy, elf, undine, sylph and salamander who serve us immensely. They are dear to us! And they exist for the purpose of serving you and mankind! And they serve with great joy!

Each electron is directed by an elemental. Each grain of sand is ruled by an elemental. Every flower, leaf, tree and plant are supported by an elemental intelligence! Every insect, every animal, bird or aquatic being! Every wind current, every cloud formation, every force of nature is directed by an elemental or deva. Your physical bodies are supported by an elemental! Each organ in your body is also supported by an elemental that works under the direction of the body elemental. Where there is manifested life, we are there, serving, cooperating and bringing you the gifts of Nature!

Now tell me, how many of you remember to thank us at least once a day for our service? You see, I am not needy and we will not stop doing our work if you do not acknowledge it, but you know, gratitude is something magical! Gratitude is so much a magnet of blessings for you, as well as a source of joy for me and my children!

You should see a family of gnomes jumping and dancing in your garden when you remember them! When you remember to water your plants, to spruce up your beds and keep them green and vibrant! They are grateful, my beloved ones! How happy and grateful they feel!

You need to silence your thinking and feeling activity and concentrate on me and I will show you the elemental of your body and how it works! I will show you the elemental of each organ of your body, and even the little ones who take care of each of your teeth! Yes, each tooth is governed by an elemental! Perhaps knowing their work better, you would take better care of your physical bodies! And you would then stop pushing toxic foods into your body, stop criticizing your organs, your shape, your hair. Know that each strand of your hair is governed by an elemental! Can you understand where I am going? There is nothing inside or outside your body that is not governed by an elemental intelligence! So please stop mistreating us! We want to serve you and serve you to the best of our ability! But sometimes we need to overcome a lot of challenges to keep your bodies working, when you do not put the least effort into it!

Therefore, I lovingly ask you today, children of the Light, awake! Start helping us! And then, we will rebuild your bodies and worlds in the pristine purity and beauty of your Higher Mental Body! You know, we often work in chaotic conditions created by humans, individually and collectively, and yet, look at your body and the world, and see what a wonderful mechanism and how many beautiful and perfect things exist in nature, within you and around you! Is this not a wonderful thing?

Now, this natural beauty still exists by Divine mercy from the Ascended Masters, Archangels, Elohim and Cosmic Beings of Light! Who are constantly dissolving tons of human negative accumulations. Otherwise, humanity would self-destruct in less than a hundred years. We are merciful, we are patient, we offer help! Isn't it time you took more responsibility for the opportunity to be here and have a physical body to move on, solid ground under your feet, water to drink, oxygen to breathe, warmth and sunlight to sustain your life, and so many other gifts that Mother Nature and the Lords of the Elements give freely to you!

See, you take land and trade it, you trade plants, you take water out of the ground and sell it by the gallon! But all this does not actually belong to you, but to Mother Earth! And ask me what do I get from you? Most of the time nothing! Here and there a student remembers to make a decree in the name of the elemental world! But if you saw through my eyes, you would quickly realize that few remember me! Very few remember to be grateful for the natural resources that are made available to them on a daily basis!

There are students who want to ascend, but the motive behind it is purely selfish! They wish to ascend to escape their human responsibilities to the Earth they live on! Remember, you are here to serve, just like we are! God is service! Life is service! Nature is service! Why be in such a hurry? No, I do not mean that the privilege of ascension is not a magnificent thing to strive for! But being incarnated in a physical body, with the possibility to learn and expand, is also a great privilege! Do you have any idea how much elemental work is required for you to descend into a physical body? That many of you often mistreat, criticize, abuse and wish to put aside? Wake up, my dear children! Awaken to your responsibility, first to yourselves, to your Divine plan, to what you promised to accomplish here in this human octave, and then to what you promised to contribute to humanity and the world!

And then, joyfully fulfilling your Divine plan, learning to joyfully serve and cooperate with all, learning to make each day a day of Thanksgiving, you will expand your consciousness and when you least realize it, you will enter triumphantly through the portals of Ascension! But not as an escape, but out of a desire to continue to serve life in a higher octave!

My elementals and I, can pour out unlimited blessings for you and the world, we already do, but we can multiply these blessings countless! Do you think there is a limit to my blessings? No! I could descend with jewels, objects, clothes, food, flowers, houses, resources and anything any human being could desire in a single command! I can heal your bodies, align your forms, and restore instant health to all your organs! Money? That is not a problem for me at all! I can precipitate any amount you want, directly or indirectly, in a movement of my hands! But for that, I need to see that you deserve it, that you will use it to enlighten and bless humanity and life!

I'm sorry if I am a little severe today, but I wish for you to wake up, and start sending love to my beloved elementals who serve you so dearly, I wish that you would treat your physical bodies better, I wish that you would treat your garden better, that plant that adorns your living room which you often forget to water! I want you to learn to bless the food that feeds your body every day and to pay more attention to what you put in those bodies made and sustained by the elementals! I wish you remember to send your love and prayers to the regions of destruction and ask for assistance not only for the human beings, but also for the animals and elementals that are traumatized and slaughtered every day! Would you resolve to cooperate with me and my kingdom? I promise you, if you remember me, I will remember you! And I will multiply your efforts and love for us, descending with boundless blessings upon you and your world!

I really look forward to hearing more from you in the coming months! I really hope to feel your love closer to myself and my elementals! I really hope to gain more of your attention! Do you think I need this to feed my ego? I don't have it anymore, my beloved ones! I desire it so that I may, through your love, obtain permission from the Greater Law, which rules above me, to bless you! For the Greater Law requires that you first make the effort! That is the only reason I ask for your attention and love! So that I can help you! So that I can bless you! And of course, I also rejoice as an Individualized Being when I receive love! Tell me, who does not like to be loved? Even the I AM Presence at the Heart of the Universe rejoices in your Love! Love! Love!

How good it is to feel, emit and receive Love! Know that love is the food of Life!

I leave you now, with a request that you take advantage of these Sacred Weeks, that you open your hearts to the Spirit of Christmas, which is also a Cosmic Being, and rejoice and fraternize with each other! Because this world needs so much love and joy!

I thank you,

Virgo

Mighty Neptune December 2nd 2022

Children of Light,

It gives me immense pleasure to descend once more and be able to speak to the external activity of humanity! We, the Gods of the Elements, hardly find channels able and willing to receive our messages.

You know that the planet, as well as all life on it, is made up mostly of the substance of my body and I believe you have heard that water is primordial for life and yet it is a universal solvent and part of many chemical reactions within living organisms.

Water nourishes, hydrates, cleanses and fills your cells, muscles and even your bones. My element is that which makes your body look healthy, your skin smooth, and your hair shiny. Generally, people who drink little water become dry, the skin becomes rough, the hair becomes more rebellious and the face becomes more wrinkled. Most people who have constipation and intestinal problems have a habit of drinking little water or eating succulent foods. And people who ingest little water disharmonize not only their physical body, but mainly their emotional body. I think you can easily see, when you are stressed, feeling pressured, agitated or confused, you often forget to drink water! I can tell you that stressed and bitter people, who carry a lot of resentment, become dry inside and out!

On the other hand, another problem that occurs in your bodies regarding the water element, is sometimes, the difficulty of your organism to eliminate water. You ingest water and it is retained and then you feel bloated and gain weight. This usually happens when you are having difficulty digesting emotions, forgiving, forgetting and moving on! Do you understand where I am going? Since most of your body is water, when your emotions are confused, disharmonious and turbulent, because they are directly linked to the water element in your body, it affects your whole body, it affects the perfect functioning of your internal systems and when it becomes a constant condition, it crystallizes in the form of chronic diseases.

Of course, healthy eating, moderate exercise, and spiritual practices are very important for your health. However, what usually happens is that when your emotions are confused and turbulent, when your feelings turn negative, you can neither eat nor exercise nor do your spiritual application properly!

Therefore, my beloved ones, know that the cause of most of your problems and limitations in this human octave lie in your relationship with the water element or your feeling world! Thus, if you do not make a firm decision to harmonize with my element, taking control of your emotions, you will never be able to rise from these human ups and downs!

Saint Germain has repeated this hundreds of times, but I think it is something that needs to be said over and over again! The biggest challenge of the human beings today is the lack of control of their emotions! And a person who does not have control of his feelings becomes an open door to any and all destructive forces! Indeed!

You are easy prey for any destructive element when you do not have control of your emotions! Know that the world of thought, which is related to the dominion of our beloved Aries is much easier to keep in harmony than the world of feelings! However, without mastery of feeling, no one can gain mastery of thought!

That's why I am telling you today, make a firm and definitive decision to harmonize your feeling world and even if you need to focus only on that and forget about everything else for a few months, do it! Because without emotional balance, little can we use you as our true instruments!

The vibration of an Ascended Master is of high voltage and when we get close to someone, if there are negative crystallizations, they come to the surface to be purified, because where the Light enters, the darkness needs to give in and what happens? If you don't have harmony, instead of purifying what has been brought into your outer consciousness, you get stuck in it! Therefore, we cannot go too close until you have enough self-control, otherwise, we would be putting you in a situation, that you are not yet able to master.

You see, Virgo told you about the lack of gratitude to the elemental world and that we can only help you, through your love and gratitude to us, and I reinforce today, you not only need to pour more of your love into the elements of nature, but also balance them in your own body! And when I say balance, I am not saying that the amount of each element within your body needs to be the same, but that the relationship between them needs to be harmonious! And the element of water, as the universal solvent and main part of your body, plays a very important role in cleansing impurities so that harmony can be established and maintained! And this can only be acquired through your perfect mastery over your emotions! Until you achieve this, you're just attending grade school on the path to Mastery! And without Mastery there is no Ascension!

Let me test your level of self-control today? It is very simple! With complete honesty analyze how you react to provocation! If someone teases you and you feel irritated, then you know, your emotional control is very low! If someone provokes you, you get angry and instantly retaliate, you know, your emotional control is practically nil! If someone insults you and you, in addition to feeling hurt and irritated with the person, retaliate and even later criticize that person to everyone you meet, your emotional control is null! Beloved Ones, there is simply no control! You are simply ping pong balls in the hands of your emotions!

Tell me sincerely, how do you desire to become instruments of the Ascended Masters and truly serve the I AM Presence on this planet, when you are unable to control yourselves? Know that without emotional balance you are not adequate instruments to receive a great amount of radiation, as this would only increase your irritation and negative side!

So today I bring you my mastery over the water element and the feeling world, but for me to be able to really help you, you must make an effort to say "NO" to the provocations of the external world! You must strive, when a negative emotion arises, instead of being controlled by it, to become master of it, slashing it, without hesitation, with Archangel Michael's Sword of Blue Flame! Throwing it into the Blue Lightning of Cosmic Christ Purity! Consuming it by the Invincible Power of the Violet Flame! And no matter how much the provocation is, learn never to react to it! For any and all

reactions to provocation, without first immersing yourselves in the peace and wisdom of your I AM Presence and the Ascended Masters, you will only cause more pollution, increasing negative pressure in the planet's atmosphere and placing a greater burden on humanity.

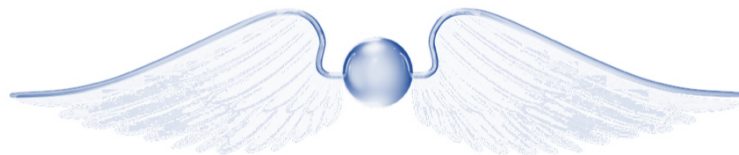
Remember, you must be the ones who dissolve this negative charge and not the ones who increase it!

If you will allow me, I will engrave my words into your feeling world today, so that you will remember me and this instruction when you feel provoked and disturbed by outer appearances!

But remember, the effort to control your reactions and emotions needs to come from you first! You must first say "NO" to these provocations and negative appearances from the outside world, and then call me and I will be happy to come down to help you get through the rest! And let us train this over and over again until you become perfect masters of your feeling world! In this way, we will be able to get closer to you, give you more advanced instruction and guide you from initiation to initiation, so that you can courageously climb the path step by step, until your final victory!

Sealing you in my love and perfect balance!

Thank you,
Neptune



I AM the Perfect Harmony of my Feelings!

Mighty Aries

December 3rd 2022

Children of Light,

I bring to you today the blessings of the Air Element, the lightness of the sylphs and the energizing power of my electronic substance! I think you know how fundamental air is for life to be sustained in your bodies and in all the evolutions of this planet!

The air element is connected to the Breath of God that flows from the Heart of the Great Central Sun, transporting the Electronic Substance of Light to build and sustain the Universe and all creatures!

We, the directors of the Elements, the Elohim, Archangels and Ascended Beings, when we use the expression "living being" we think of all existing forms, whether that of a human being, an angel, an elemental, in any of the kingdoms of nature: mineral, vegetable, animal, human or higher expressions of being! You see, for us everything is alive! Everything has movement, energy and vibration, as it is composed of electronic substance, which is Life, Love and Light! Even when you don't see it with your physical eyes, a piece of wood, a stone, a metal plate or a plastic bag is something alive, with certain properties, expanding a vibrating beam, which interacts and communicates with everything around you!

Virgo told you that your organs and teeth are controlled by intelligences, that everything that exists is controlled by an elemental being! Therefore, your muscles, nerves, molecules and cells are also controlled by elemental intelligences! The atom is an intelligent being! The electron is a conscious intelligence! So, reflect with me, what is not alive on this planet?

A mountain, although it appears to be immersed in the Great Meditative Silence, apparently motionless, silent and concentrated, is a living organism, controlled by a Great Intelligence and it expands great electronic currents that bless, illuminate and regulate the energetic activity of an entire area!

Therefore, I would like you to understand, not just with your intellect, but also with your heart, everything on this planet is alive! Everything is formed and sustained by our elements! And earth, water, air and fire are alive! We are conscious and individualized intelligences! And within our realms are many subdivisions of beings who work to carefully fulfill our role in creation!

When you breathe in air, you are breathing in the substance of my own body, laden with tiny sylphs who happily carry the substance of life or sacred fire into your lungs and there, reactions take place and oxygen, laden with that substance of Light, is transported through the blood to sustain the perfect functioning of all your organs and systems! You do not see this process, but it is all regulated by elemental intelligences working day and night to support your vehicles of expression in this human octave or wherever you choose to work in God's Creation.

And know, we work with love and joy to serve you, despite the fact that many times you have already gone through entire embodiments without remembering us even once!

So, when we see you awaken and begin to emit gratitude to your I AM Presence and all invisible beings who are constantly serving you, it fills us with great joy! For everything in nature is in perfect cooperation and harmony! Only man, hardened by his own discord, has forgotten his Source, often becoming rebellious and ungrateful.

The elementals and angels work in perfect cooperation! And they only emit something different when they are imprisoned by human discord! But they, in themselves, are friendly, happy and willing to serve! And the time is coming when man needs to join us in this perfect harmony and cooperation! The Golden Age is the Age where men, angels and elementals work in perfect unity, worshiping and serving their Source of Light - the I AM Presence! This is Saint Germain's great vision and desire, that humanity recognize their Source of Light, recognize all the elemental and angelic beings that are evolving on this planet with them, serving them since the beginning of this planet. For only through this recognition and perfect cooperation with the elemental and angelic world can harmony be restored and sustained! This is what Saint Germain works tirelessly for, and this, my beloved ones, is what we all work for!

And then, when that happens, the veils will be torn apart and humanity will see its Source of Light once more! The elementals that needed to become invisible, to protect themselves from human discord, will walk again visibly manifested, through your gardens, parks, forests and natural regions! Angels will be able to kiss your cheeks and dance around you in tangible bodies! And the Ascended Masters will be able to descend in visible bodies to teach and guide you directly!

How we wait for this day, my beloved ones! How we wish victory for this planet and for each of you! Then Virgo, Neptune, Oromasis and I can come down and shake your hands, personally congratulating you on your victory! Because it was you who helped us in this work; who trusted us when no one else knew us; who were available as our vehicles, when the negative pressure in the atmosphere was great; who were our voices and arms in this world, when most were still asleep!

Today I do not want to teach you, but to motivate you! Motivate you to continue to purify yourselves and move forward until the final victory! Courageously in your desire to learn, to serve and to create the conditions we need so that we can descend with our blessings and together, as in the Vision of Saint Germain, we can create the necessary vibration of Light and Love on this planet so that the external conditions are harmonized, catastrophes and wars are avoided and the necessary changes can take place in perfect harmony!

Please, when you are worried and tired, remember me and pay attention to your breathing! And I will descend with my purifying and energizing substance, bringing you strength and vitality again!

When you feel yourselves starting to get irritated, remember me and pay attention to your breathing! And I will descend with my calming breath, sweeping your bodies with my love, dissolving tension and bringing peace to your feelings!

When you feel stagnant, without creativity, remember me! Pay attention to your breathing activity and let my substance of Light enter, flood and enfold you! And then I will make room within, so that the Christ Presence within your heart can expand, flowing Its Intelligence and Bright Ideas into your brain!

I work in you, mainly through your breathing activity and if you pay more attention to it, *breathing consciously in some moments of your day, and placing your attention in my Luminous Presence*, then I can help you immensely!

You do not need to do anything else! Just put your attention upon your breath and then upon me and then call to me to bring perfect rhythm and harmony to your breathing activity! And see what Aries can do for you and your individual atmosphere!

Remember us, my beloved ones! Remember Virgo, Neptune, Oromasis and myself! Bless our elements in every form you contact! Create the habit of giving thanks and commanding freedom, beauty and perfection of God for everything and everyone who crosses your path! Learn to love life free! And sustain your harmony! If you do, we will shower boundless blessings on you and hold you in our Love, Peace and Victory, until you are ascended and free!

I thank you!

Aries



My mind is Pure and Clear!

Mighty Oromasis

December 4th 2022

Children of Light

It is with great joy that I speak to you today and happily pour my fiery blessings upon you!

You know, the Fire Element is the most difficult to conquer, because the flame does not accept anything impure within itself, always repelling everything that is different from the perfection of the Cosmic Christ!

I have been working under the direction of Helios and Vesta for countless ages and I had to go through many initiations to occupy this cosmic position of Director of the Fire Element, which was held by Helios himself until someone capable could replace him, so that he might concentrate on other higher pursuits in this solar system which he conceived and sustains.

I would like you to know that the occult hierarchy is similar to a large corporation in your octave, being directed by many intelligences. We have divisions and departments like your companies. The various departments are further subdivided into smaller sectors, and as in your organizations, there are many ascended life-streams working to ensure that life within this solar system and planet follows its natural path, in perfect accord with its Divine plan

When Helios and Vesta conceived this solar system, they already had in mind all the positions and their functions, as well as the beings that could occupy them. The Divine blueprint for each planet in this system has been placed within each Silent Watcher who holds the immaculate concept for them and their evolutions. And each Planetary Silent Watcher is subordinated to the direction of the Cosmic Silent Watcher who has the function of maintaining the immaculate concept for this entire system.

Therefore, all of us, before making any decision, be it planetary or referring to the solar system, always check with the Silent Watchers, to ensure what we have in mind, is in perfect harmony with the Divine plan. Know that, the Directors of the Elements and the Great Builders of Form always work in perfect obedience to this plan, building each stage of this project according to the will of their parents - the Lords of this System - our beloved Helios and Vesta. Our greatest joy, my beloved ones, is to carry out the Divine plan and see the beauty and perfection of this project being manifested in each cosmic moment of this individualized system or planet.

In the history of planet Earth there have been moments of great tension and doubts whether humanity would be able to overcome the difficulties that arose during this project, rising again in the victory of the Divine plan, freedom and the ascension. But Sanat Kumara brought us hope and through his love and confidence in humanity's victory, the spark within human hearts that was almost exhausted was fanned again, awakening hundreds of thousands of life-streams that were plunged into a deep sleep!

This story that is kept alive in the form of a legend that is passed from mouth to ear of those who are waking up, I'm sure you already know! I know that many of you, despite not remembering, feel this truth through the Flame of your hearts!

Now, for those of us who have accompanied this planet since the beginning of its conception, and being Free and Ascended Beings today, we remember everything that happened as if it were yesterday.

For us, these last four and a half million years seem very recent and we can reactivate our memories and remember the joy and hope that arose in our midst since then, because we love this planet and its humanity very much! We love each and every one of you, who serve us through the ages!

Some of you are part of those who came to populate the planet in its early days. Others came to help Sanat Kumara in his project to rehabilitate humanity. Others of you came after this most tense moment in the planet's history, leaving your original stars and joining us, out of your own desire to serve and contribute to the victory of this planet. But all of you, who today feel the Call of the Light and a great desire to serve, are beings who have already passed through many stars and have a curriculum vitae with many experiences, talents, skills and past achievements.

You sometimes consider yourselves small and without resources, don't you? That is because you do not remember! My beloved ones, you just do not remember what you have lived on this planet and on other stars you have served in the past! Can you feel this truth? Or do you think I could tell you something untrue? I have no reason to deceive you! And none of the Ascended Host use means of manipulation! We are the ones who work for you to wake up and return to a full state of alertness and perfect memory of what you truly are! Therefore, I assure you, all of you without exception who are reading this message and feel the truth of it touching your hearts, you certainly have at least a few hundreds of thousands of years on your journey through life, as an individualized being!

I laugh a lot when I see you worried when you look at your ID and then at the extra wrinkles that appear on your faces. Now tell me, how would you feel if you could look into your Cosmic ID? I hope you do not go crazy when you remember that you are much, much older than your earthly age in this current embodiment!

Beloved ones of my heart, you are much older than you think! And yet, despite the hundreds of thousands of years you are, many of you are still very young when compared with Cosmic Beings like the Sun Lords, the Elohim, the Directors of the Elements, the Great Manus of Races and the great Gods of the Mountains!

I want you to know, we have even older elders above us! Therefore, look how the feeling of age is a great illusion on this planet! And indeed, a universe-wide illusion! For we know that we are eternal from the moment of our conception by our God-parents.

A great intelligence, when it desires, expels an atom from its own body, charges it with its fiery breath, qualifies it with the qualities it desires and that is it!

A new being comes out of the Great Silence and manifests itself in an individual form! Will you be shocked by this truth? Everything happens just like that! In a very simple and spontaneous way! No, my beloved ones! There are no great mysteries! Mystery is something conceived only by the ignorant human mind! Are you getting what I mean? The father lives in the son, the son is a continuation of the father, and father and son are just "ONE"! And life multiplies in this way and expands ever forward!

There are countless stars, solar systems, systems of worlds, constellation and constellations within a larger constellation, universe and universes within another larger universe, and so life is multiplying and not even Helios and Vesta, or Alpha and Omega, can see a starting point or limit of life! Life just is! It simply exists! It is just how it is! No beginning and no end! With limitless multiplicities of worlds and forms and in itself without any form and age!

I think I am getting too carried away with my discourse! But what I want to convince you of today, is that you have within yourselves many talents and abilities that have been developed and perfected over hundreds of thousands of years! You still carry talents and capabilities that will be developed in the next hundreds of thousands of years! Soon stop feeling incapable and small, for you are great beings and have incredible power and powers stored in your causal bodies! You just need to refresh your memories and trust! And when you feel this truth glowing brightly within you, you must begin to make a conscious and determined effort to call all these treasures into your hands and use again! They need to come forth! And they will! For they are your birthright! For you are the pioneers of an Age of Glory and Perfect Achievement, where the I AM Presence will visibly manifest on this planet and usher in a new Cosmic Cycle – the Age of Love and Freedom!

Beloved ones, do you trust my words? Could it be that my Blazing Fire managed to touch your hearts and fan the Flame of Life within them a little more, making it more sparkling and brighter! If you are motivated, then I achieved what I wanted this day!

We love you so much! Please remember to bless our elements! Pour out your gratitude to our children who gladly serve you! Remember us and our words in these Sacred Weeks and call us to your aid! As we can only help if you invite us! Please, *when you feel powerless and downcast, light a candle or your fireplace, look at the flame that dances in front of you and remember Oromasis! Call my Fire and Love! Feel my Fiery Presence flooding your cells, organs and tissues! And I will joyously descend and fill you with energy and vigor, so that you can continue your work in this human octave until you fully rise and join us and our working groups in higher octaves, and in perfect unity and cooperation, working for the I AM Presence in the Heart of Great Central Sun, let us go hand in hand, always expanding the Kingdom of God in His never-ending work of creation!*

Thank you and I look forward to seeing you!
Oromasis

Goddess Of Light

December 5th 2022

Children of Light,

It is with immense joy that I am able to once again descend into your outer activity with my words, blessings and love. Today I wish to convince you of the need to be alert and always perfectly anchored in your I AM Presence. This seems to be something simple, but we know that, it is simple to say, but very difficult to do in practice.

Beloved Ones, this is an important requirement for those of you who wish to get closer to us and do not wish to be deceived by the voices of the imperfect crystallizations of the fear, doubt, rebelliousness and selfishness of the unconscious masses of human beings. These voices ring by the thousands in your head every day, and most of the time, you take them as your own thoughts, when in fact, they are just products of humanity's negative accumulations.

I speak to you with all my love, wake up! Be aware of the images, ideas and feelings that flow in and through your mind and feeling world, day and night! You think you are smart and I think you are really intelligent people, but I tell you, that is not enough! Perhaps you think you know how to perfectly discern between good and human creation, between perfect and distorted ideas, but you have not yet completed your ascension and until this is something visibly achieved, mistakes can be made! Extreme confidence in yourselves can fill you with arrogance and this would cause your downfall or greatly delay your victory!

Hundreds of years ago, I also thought I was my own man and that nothing and no one could divert me from the path, and what happened? I think you know a little about my story. Yes I was caught off guard and at a certain moment, I allowed an energy to enter me that cost me three hundred years of work until I managed to get rid of it definitively! Know that before this event I had already sustained my young body for over 500 years, I had perfect control of my atomic structure and could move anywhere in this world consciously and at will. And even with so many achievements and dominion, in a careless moment, I made a mistake and got caught!

That is exactly why I warn you today, no matter how advanced you think you are, always remain humble, and even when you think you are in control of everything, never give up in your calls for protection! Always call upon the protection of Archangel Michael, the protection of Hercules and El Morya; call upon the protection of Saint Germain, the Great Divine Director and Astrea; call on the protection of Jesus, Mary, the Queen of Light or mine! Do not waver in this, my beloved ones! Also ask for protection for your home, family members and your country! Also ask for protection of every student of Light on the path! This is very important and must never be forgotten! Because you are constantly walking on quicksand in this world and most of the time you are not really aware of the dangers that cross your path and how many times you are saved from dire conditions by your Ascended Master Friends! As Virgo and the other Lords of the Elements told you, we can only do this when you invite us, when

you remember us, when you give us freedom of action and when you are constant in your calls!

How do you think I was deceived? Do you imagine that a monstrous being or voice pressed me and I, due to lack of strength, let them in? No! This destructive force created by mankind is smart too! It often sneaks in, in a very friendly way until you are completely ensnared and under its control! At first they show themselves to be friends, saying exactly what you want to hear, until they gain your trust and then they give the final blow!

That is how I got caught! The thing did not happen in a second, but it was part of a process! Someone who approached with a beautiful appearance and a sweet voice, showing that he was a friend and willing to help, and when he gained my full trust, I simply let my guard down, and at the same moment I was trapped in a terrible condition, having no more power, either to release myself from that condition or to leave my body. How do you think I felt? Just like you, when a great friend gives you a blow and suddenly you find yourselves in a huge problem that you are unable to manage! Despite the self-control I had, at that moment I felt completely ruined! And for a few months I didn't know what to do to get out of that situation, but as time passed, I returned to balance and knew that if I had gotten myself into it, I would also be able to get out of it! And that is when I started calling the Light into myself and anchoring it within my heart! I knew that if I continued to charge myself with the Light of God that never fails, one day this Light would be my victory!

Know that I called the Light for over three hundred years and used the body I was in only to bless everything and everyone in my path and when I created an immeasurable momentum of Light, the Light that I emitted caught the attention of a Great Cosmic Being, who came to meet me and helped me to rise fully in the victory of ascension! Can you imagine my gratitude to the Light and this Cosmic Being?

Through his help I returned to my previous form, and as this form was already well purified by my constant calls to the Light, with the help of this same Master I was able to easily enter into my Higher Mental Body and soon after, into my Electronic Body, completing my Ascension! A process very similar to what you train daily in the Sacred Weeks' protocol! When you do that alignment of bodies you are creating a great momentum of Light that will greatly facilitate your ascension! Do not doubt it, my beloved ones! This is a great gift of love from beloved Jesus to you! Do this with attention and devotion and you will see how blessed you will be!

After I gained my victory, I decided to keep working with this sphere of evolution and give assistance and support to all sincere and devoted students of the Light! This Light that became my reason for living and existing! This Light that I AM!

My beloved ones, I do not give you more detailed information about everything I experienced when I was imprisoned because destructive things must be consumed in the Violet Fire, forgiven and forgotten forever! There is no benefit in discussing discordant events, because the more we talk about something destructive, the more we give strength to it!

Today, the Law of Life allows us to provide much greater assistance to students and the only effort you need to make is to remain alert and never let a destructive thought or feeling gain strength within you. Know that no matter how much you find reasons to

justify a destructive feeling towards something or someone, your indignation does not improve the condition at all, but just opens the doors for destructive forces to enter your world, causing falls or delays in your path. Know that resentment is the main cause of going back on the path and is what blocks God's blessings from flowing freely in your life. A resentful person enters into a destructive process and usually wakes up to his or her mistake only when the suffering becomes unbearable. And just through the pain, they begin to realize that they are responsible for their problems and then, crying and trotting, slowly get back on track.

I want you to know that you do not need to be afraid of or focus on destructive conditions or people. Focusing on something destructive only creates internal tension and opens the door for that element to enter you. Beloved ones, I have learned this through my own suffering and experience and therefore I tell you, the best way to be protected from destructive conditions is to stay focused on something opposite to them! If you are focused on good, beautiful and perfect things; if you are anchored in your I AM Presence, the Ascended Masters and Cosmic Beings of Light, you will certainly be protected! When you are focused on constructive things and bless everyone and everything in your path, you become invisible to any and all destructive elements. The invincible power of the Light surrounds you and as much as they want to harm you, they are unable to see exactly where to shoot!

That time, I have wrestled with destructive elements for years, but by my attention to them, thinking that this way I would always be victorious, I stepped out of my I AM Presence and made a mistake. If I had kept my attention on my Presence, instead of trying to eliminate the destructive focus with my own hands, I would have saved myself three hundred years of rigorous conscious work to free myself!

For this reason, I say to you, however far along the path, be alert and humble, centered in your I AM Presence and the Light and Perfection of the Ascended Host. Learn to develop the habit of always blessing, and when faced with something destructive, instead of trying to work things out for yourselves, call upon the assistance of the I AM Presence and the Ascended Masters and get your attention off the subject! Your attention to destructive things is their gateway into your world.

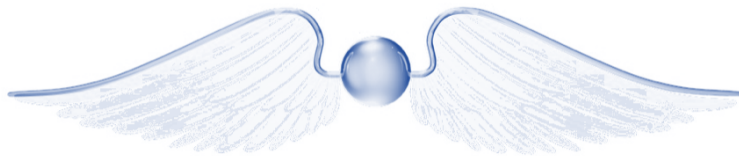
Learn to charge every destructive element with the Perfection and Goodness of the I AM Presence and the Ascended Host and then you will see how quickly it will get out of your way! This is the best way to defend yourselves! Calling us to charge what bothers you with our Light, our Love, our Kindness and Compassion! For where our Light descends, the darkness must disappear! And if you do that and close your door to discordant feelings, holding your harmony and leaving the matter in our hands, then you will see miracles happen! And you will never make mistakes and it will save you a lot of trouble!

Can you give me a chance and try to exercise over the next few months to keep your attention only on positive and uplifting things? Know that when we ask you to be alert, we ask you to be aware of your own feelings and thoughts first! For if you keep them in beautiful and perfect things, as I told you, nothing bad can affect you, because you cut off the means for them to act in your life!

Remember, your attention is what connects you with them! Therefore, put your attention only on what is good, constructive and enlightened! And then, we will be able to give you great assistance for your complete victory!

Remember my experience, remember my words and remember what I am asking you in the love of my heart! We wish you to be happy and blessed! Beloved ones, the Light of God never fails! Charge yourselves with this Light and this Light will raise you into your Victory!

I thank you,
Goddess of Light



I focus in the Light, because I AM Light!

Queen Of Light

December 6th 2022

Children of Light,

It is with great joy that I descend again into your conscious activity to shower you with my love and blessings.

Know that the Cosmic Light is the very substance of my body and that I am one of its beloved daughters. It flows from the heart of life and is the electronic light substance that through creative thought gives rise to all forms and beings.

Initially, my beloved ones, the Cosmic Light is neutral and without qualities, but when passing through the Seven Spheres around the Great Central Sun, it can be drawn and qualified with virtues and Divine purposes by the Cosmic Beings of Light and their children, transforming itself into that what you call Sacred Fire. Therefore, understand that the Light is the cause and mother of all beings, it is space itself and its dimensions, and Love in its most sublime state.

The Cosmic Light is the first unfolding of life, when God emerges from the Great Silence and begins his work of creating worlds. Being the first manifested thing, it is the first Individualized Manifestation and the closest thing to what we can conceive of as God. This is why we often hear it said that "God is Light!" and Light being Love, we conclude that Love, in its most sublime form, is God.

Beloved Ones, whatever comes out of the Great Silence and emerges as an individualized form or being is intelligent consciousness, which was created to perform a specific function for its Creator. But bear in mind that God and the Cosmic Light are Life itself, formless, purposeless and ever-existent.

I know that you tend to imagine God in a masculine and singular way, and when we come down with instruction, so as not to cause confusion, when we refer to God, we use the expressions that you are used to. But God, as the principle, cause, origin, and reason of all beings, is formless and genderless. He is the father, the mother, and the creation itself, and yet beyond any of these roles.

I have been serving the Light for eons and my role is always to work with the World Teachers, bringing philosophical, religious or scientific contents that promote the development of humanity's consciousness, raising it, step by step, into the Victory of Light!

Divine creation is something magnificent, but simple in itself. Everything obeys the perfect laws that sustain the harmony of all spheres that belong to a certain system of worlds. Humanity on this planet is still in a sleepy stage and cannot remember its true origin and why it exists. Much confusion was generated, by the darkness that covered the vision of the human being and kept them numb.

But as the great Lord Maitreya said, the cosmic wheel is moving fast and we hope that in the near future, we will be allowed to descend with the Light of a Thousand Suns, and then, all the sinister currents, you see, created by destructive thought and feeling

of the human being itself, will be completely dissolved and then, humanity will wake up from a deep sleep of centuries.

And know, when that happens, thousands and thousands of souls, who are already being prepared in higher octaves, will awaken to their mission. They are the seeds of a new world, and they will work in perfect cooperation, and through these great souls, which you are a part of, all destructive conditions will be quickly adjusted on this planet.

Do you doubt my words? I tell you, if I am saying this it is because we have already seen these scenes in the Cosmic Mirror, and when the scenes appear in it, even if there is some inconvenience along the way, everything is possible to be adjusted and what we have seen becomes a tangible reality. Soon, lift your head, align your spine and trust! Victory is certain! Of course, there is still a lot of work to be done and you are incarnated now to help us and I trust you, because I can feel your sincere desire to contribute to this victory!

This is the reason why we always ask you to remain attentive to your thoughts and feeling world, and do not let yourselves be carried away by discordant conditions, because only when you are firm in holding your harmony, will we be able to release a greater amount of Cosmic Light through your instruments of service in this human octave. And the greater the amount of Light we release, the faster Victory will come for this planet and its humanity!

Beloved ones, if you call and do not see immediate results, it is either because you have selfish motives, or there is too much doubt within you, or you do not maintain that necessary harmony! For if you are harmonious, if you have full confidence in the Invincible Power of the I AM Presence, which is the highest activity of God and the very heart of the Cosmic Light, and if the reason for your calls is an altruistic desire, there is nothing in this world or anywhere else in the universe that can prevent this from being accomplished. Know that you are dealing with perfect and infallible laws.

This Mighty I AM Presence that holds you in this body is the same one that pulsates in our ascended hearts! Therefore, if this Presence instantly responds to our commands, It must also respond to yours, as we are all children of that same Presence and Light that originated and sustains all creation. So, if you trust the Power of the Light and your reason is constructive, the only thing blocking the results of your calls is the lack of harmony! And I tell you with the love of my heart, the easiest way to maintain harmony is to live concentrated on the activity of blessing life! For as long as you are focused on blessing nothing discordant can enter your world!

Remind yourselves often of that statement *“The Light of God never fails!” It is a Mighty Fiat! Use it and you will see! Learn to charge everything and everyone with that Light of God that never fails! Charge all in your path with the Love and Blessings of that Light! Charge your home, when you wake up in the morning, with the perfection and intelligence of that Light of God that never fails! Charge your cell phones, your everyday devices, your car and workplace with the love and perfect cooperation of all Beings of Light! Bless your flowers, your trees and your gardens with the beauty and harmony of that Light! Bless the water you drink and the food you eat with the purity of that Light! Bless the sun's rays that you absorb with the love of that Light!*

And do not get tired of blessing and then, I promise you, you will see wonders happen in your world, and I say, even greater than those conceived by Aladdin's Magic Lamp.

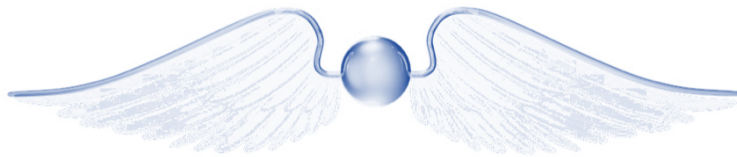
If you want health and a perfect body, beloved ones, learn to charge your bodies with the harmony and perfection of that Light! And command that Light to bring perfect health to your flesh, organs and muscles, and you will see your bodies being reborn, rising from the shadows of a dark night into a new sunny morning!

They will assume a beautiful and proportionate form and will be obedient and reliable servants in your earthly journey.

Bless, bless and bless, my precious ones, and then you will be hundreds of thousands of times more blessed by that Light of God that never fails! And that Light is your certain victory!

I leave you in my Light! I release you by the Invincible Power of my Sword of Light! And I raise you triumphant in my Love!

Thank you,
Queen of Light



The Light of God Never Fails!

Lady Master Nada

December 7th 2022

Children of Light,

You cannot imagine my happiness to be able to once again bring you my blessings and love. These Sacred Weeks are a wonderful grace, a time of festivities and immense joy for us of the Ascended Host, and we are very happy to meet so many of you at the Royal Teton Retreat. I know most of you cannot remember, but all of you who feel strongly the call of the Light and the truth of this powerful activity of the Seven Sacred Weeks gather with us there, practically every day. It is such a pleasure to see your beautiful faces and the great progress you are making.

Many wonder why they are unable to remember being present at the Royal Teton, I ask you for a little patience, as your external activity of consciousness is not always perfectly aligned with your internal bodies of inner service. Most of you receive daily training in higher octaves, many already perform work for us during sleep, but unfortunately, when you return to your physical bodies in the morning, the low frequency of your brain and the negative pressure of the planet's atmosphere prevent you from remembering your nightly experiences and learning.

Many of you are accelerating your mental and etheric bodies very quickly, but the emotional body is still weak and responds easily to human discord from the external world and this blocks Light from penetrating and accelerating your atomic structure. This makes it difficult for the vehicle of the mind on the physical plane, namely your brain, to vibrate at the higher frequency of your finer vehicles. Therefore, you cannot clearly capture your activities in higher octaves, where you work and learn daily.

I would like you to know, that your human brain was developed to encode the perfect ideas and patterns that descend from your Higher Mental Body into your Threefold Flame. Originally, your cerebral mass was brilliant and worked in perfect harmony with the Christ intelligence in your heart, so that you could have all the resources and knowledge necessary for your comfort and fulfillment of your Divine plan. However, with the increase of human discord through the ages, this perfect machine lost its sensitivity and adjusted itself to the frequency of the external world and with that, it became just an intellectual mechanism.

It is also important to remember that human discord not only densified your brain and atomic structure, but also polluted the four elements of nature, causing all elemental and angelic life to also assume denser forms, so that they could continue to serve humanity. This densification process altered all the flora and fauna of the planet.

Although today the natural world still has the capacity to amaze us with great beauty, you have no idea how much more beautiful and richer everything was in the past Golden Ages. Many species of birds, trees, flowers and shrubs became extinct because their elemental guardians could not withstand the discord imposed on them. These species will reappear as the Cosmic Light descends more intensely on Earth and with it, humanity vibrates more in the frequency of love, peace, tolerance and perfect cooperation of the Ascended Masters.

I want you to know that human discord has reached the maximum point allowed by Cosmic Law and because of that, we are gaining more freedom to act more directly in human affairs, mainly with the help of your spiritual practices, your decrees and manifestations of love for the planet and all life within it.

The last events, although unpleasant, moved a great mass of human beings to reflect a little more on their inferior actions and habits. A growing wave of people are adopting a healthier diet and are more concerned about respecting and preserving nature. Not only that, they are looking for deeper answers and interest in spiritual matters is growing rapidly. This is accelerating the four lower bodies again and we are hopeful that this will trigger a great and rapid enlightenment of the atomic structure which will allow the human brain to slowly return to its original function.

My beloved ones, you can help immensely in this process if you are more careful with your physical diet and your emotional balance! As I said, your mental and etheric bodies are being greatly accelerated, but your emotional and physical bodies are not following them, which causes a series of undesirable reactions. In the physical body they usually manifest as tiredness, tremor, and pressure in the head, spine, shoulder area, and lower limbs. On the emotional side, they manifest themselves as irritation, a desire to cry for no real reason, a feeling of sadness, a feeling of being dirty, even after showering and wearing clean clothes. We see many students, when starting a relaxation session or decrees, feel a strong pressure on the head, which is nothing more than the need to expand, but the atomic structure of the body and brain does not respond and then they feel as if a heavy plate was on his crown chakra. Now, although they are the most common sensations, it is just a small part of the symptoms of this difference in frequency between the physical body and the internal ones. If you adopt healthier and lighter eating habits, and make an effort to detach yourselves from discordant things so that your emotional body is strengthened, you will launch much more easily on the spiritual path and have fewer disturbing physical and emotional reactions.

You read books and a lot of informational content, it speeds up the mental body, but if the emotional body oscillates, is weak and inadequate, little use can be made of that information. It just becomes an intellectual aggregate, but it does not really help you in practice. And even worse, this can often generate a great delay, as the human side always demands more theoretical knowledge, but uses it only as an escape, as it does not want to face its problems and responsibilities on the material level. The search for knowledge without putting it into practice is just another habit of exaggerated human consumption. Know that the more knowledge you acquire, the greater your responsibility before the Karmic Law, and as a consequence, the stronger and faster you are charged for your discordant words, thoughts, emotions and acts.

Therefore, my beloved ones, make a firm decision to strengthen your self-control and maintain harmony. We will give you a lot of information to help you during the Sacred Weeks and we hope you will use it to make us a perfect working team. We, in the Ascended Master Octave, pouring our Light and you, our perfect instruments, receiving and directing it to the outer world and human activities.

I offer you today my peace and a gift of my love. Those who feel affinity with my words, try to set aside thirty minutes, twice a week, in a calm environment where you are not

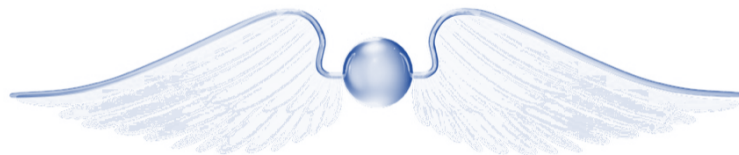
disturbed, and then sit or lie down comfortably, calm down, think of me and **ask your Higher Mental Body to bring you to the Temple of Illumination, so that your lower bodies can be rebalanced and calibrated to the perfect frequency of the Christ in your hearts.** This Retreat is located in the Andes (South America), where I currently serve with the Great God Meru, giving a lot of assistance to students. **Then be still, focusing first on your “I AM Presence” in your hearts and then on me.** If you wish, place my image in front of your eyes and concentrate on it during this treatment. Imagine being transported to the Temple of Illumination. Visualize being taken to a healing room, where you will be placed comfortably on a bed and receive certain frequencies of Light, according to your individual needs. These frequencies, which I can talk more about at another time, will strengthen your emotional body and accelerate your atomic structure, balancing the harmony and functioning of your four lower bodies. Feel these currents of Light being absorbed by your cells, mainly in the brain area, and keep in a state of absorption of this Light, until your “I AM Presence” signals to you that you are already saturated with them. Feel your brain and body radiate great Light. **And before you get up and return to your individual activities, imagine my Peace and Love, sealing you within a Golden Sphere.** This will sustain the blessings received. Energize and reactivate this Golden Sphere of my Peace and Love whenever you feel yourselves losing balance.

My beloved ones, I will be delighted to help you, but the conscious effort to do this exercise and watch your emotions carefully is your individual responsibility. I only promise you that if you do it with dedication, I will multiply your momentum of Peace and this will make it easier for you to become true masters of your feeling world.

I leave you now in the Flame of my Love and please trust, you are heard and greatly loved by all Ascended Masters.

Thank you,

Nada



I AM Perfect Balance!



Third Week Discourses

Mother Mary

December 8th 2022

Children of Light,

I am immensely happy to be able to pour my blessings once more upon your outer activity of consciousness. I say your outer activity, because within the internal worlds our contact is constant. Know that whatever constructive talent or knowledge you develop in the outer world is something that was first prepared within your inner activity.

I wish to remind you that you have these two activities, external and internal, and that they go hand in hand with each other. In each of them you have a vehicle of experience. Your inner vehicle is very similar to your physical body, just as tangible, only more subtle. Many times, you think that you need to fall asleep to visit the inner worlds, but this is only a partial truth, as you are always in the inner worlds, even while you are awake and doing your daily tasks.

I would like to also clarify, that this inner vehicle is not your etheric double, in which some people perform the so-called "astral projection". This etheric double is just a continuation of your physical body, generally vibrating at the same frequency and with the same negative memories and accumulations.

When someone moves from the physical body in this vehicle, without the assistance of an Ascended Master, he can only move to places on the physical plane that he knows physically or mentally or to lower regions of the astral plane, which vibrate at his same vibratory frequency. Therefore, I need to make it clear to you that astral projection is something we do not advise for students who really want to rise above their human creations, as this is a very dangerous thing and can cause them a lot of damage, mentally and emotionally.

This *etheric double or astral body* is usually the vehicle used by life-streams that have strayed from the path of Light and allowed themselves to be manipulated by astral entities and selfish desires. If you enter this path, you are easy prey for destructive elements, often causing a delay of several embodiments before you can achieve final victory.

Now, when we speak of your *subtle bodies*, in which you travel to our etheric retreats and temples, we are referring to a body of experience, completely different from this etheric double. In this you are moved by the intelligence of the Higher Mental Body and not by your human mind. And the Higher Mental Body being one with the perfection and intelligence of your I AM Presence; it moves you safely only to places on the physical plane and octaves of Light that will give you true learning and constructive experiences.

In this finer body you vibrate at a much higher frequency than your mental and emotional bodies, your consciousness is more expanded and you are much more advanced. It is through this body that you continually receive training in the octaves of Light and where most of your initiations take place.

In my day, we needed to move physically to the physical retreats of the Ascended Masters in order to receive instruction. Today, the Law of Life allows most of that training to be done in your finer bodies. Everything has become much easier, but you need to maintain harmony and remain focused on constructive things, so that what you receive in the internal worlds can come forth to your external activity.

Therefore, your greatest initiation today is to rise above human discord and that is why we harp on the need of harmony. Without this, what you learn and achieve in the higher octaves is not allowed to descend into your outer consciousness.

The Silent Watcher spoke to you about the need to learn about the laws of silence so that you can quiet your thinking and feeling. This is a fundamental requirement for any student of the Ascended Masters, and it can only be achieved when you learn to sustain harmony by saying “no” to human discord.

Beloved ones, when you are constantly carried away by discordant people or conditions, thought forms of fear, envy, anger, pain, criticism and rebellion, which are living entities, come to live in your aura. While you are nurturing them, through discordant habits, they usually do not bother you too much, but when you, in moments of more clarity, receive an impulse from your Higher Mental Body to perform an activity that gives you more inner strength, freedom and clarity, they come out of silence and start to disturb you.

Most of the voices you hear in your head come from these entities that live in your aura and they do everything to divert you from people and experiences that can really help you. They know if you acquire perfect self-control over your emotional and mental vehicles, you stop feeding them. First they use friendly arguments, for example, that convince you that the person you want to approach is not a good friend or worthy of your trust, and if these arguments do not work, they start to cause a series of other problems, whenever you want to be with that friend who is an instrument of Light and Freedom in your life. In this way, they always find a trick to keep you away from people, content and experiences that bring you expansion of consciousness and mastery of your feeling world. Many times, it is only when you call repeatedly for our assistance and use the Violet Flame or the Blue Flaming Sword of Archangel Michael that we can really step in and help you to get rid of these parasites in your aura.

These parasites are the ones that make it difficult for you to be still, because when you are quiet and harmonious, they are silenced and you can receive promptings from your Higher Mental Body and the Ascended Masters, who always want to help and release you.

Therefore, please stay tuned and alert! Do not falter in the use of the Violet Flame, Archangel Michael's Sword of Blue Flame and Beloved Astrea's Cosmic Circle of Blue Lightning. Learn to use these tools, on yourselves, your environments and the people you come into contact with on a daily basis. Call to me or any Ascended Master to help you discern between the voices and promptings of your Higher Mental Body and those discordant voices that only keep you numb in lower habits. We can only help when we are invited and when you give us freedom of action!

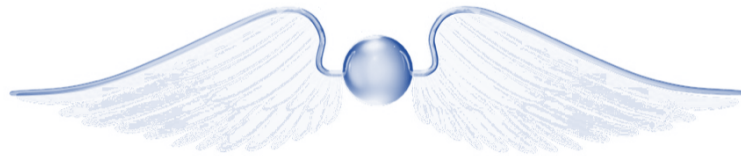
My beloved ones, you need to keep your attention firmly on the Threefold Flame in your hearts and, regardless of your daily activities, learn to live in a state of listening grace. I could only fulfill my mission in the time of beloved Jesus, sustaining his

immaculate concept, because I lived in this state, which kept me always silent inside, even when I spoke or moved outside. In this state, mental and emotional activity are perfectly harmonious and an inner space opens up for us to hear the gentle voice of our beloved I AM Presence, which always moves us in the direction of our happiness and fulfillment of the Divine plan.

I leave you now in the Grace and Love of my heart! *Whenever you need it, call on my Grace to surround you, call on my Love to comfort you and call on my Luminous Presence to lift you to your Victory!*

Thank you,

Mary



Mother Mary, Heal Us by Thy Light!

Lady Meta
December 9th 2022

Children of Light,

It is with great joy that I am able to once again descend with my blessings into your outer activity of experience. I love the Seven Sacred Weeks and I will bless this moment of the year forever!

The Seven Sacred Weeks is a powerful cosmic activity that has always been celebrated among the Ascended Masters. Know that in this magnificent Outpouring of Sacred Fire everything is regulated and administered by great Beings of Light who govern above the hierarchy of this planet.

At this time of the year there are many festivities in all the etheric retreats and temples, and they are all decorated with lights and flower garlands, just as you decorate your homes for Christmas. And all of us get together and participate in the many special activities that are held at the Royal Teton Retreat, which is the main focus of this cosmic activity.

During this period, we also receive many distinguished guests from other planets, stars and galaxies, and to allow their entry into the Earth's atmosphere, cosmic highways are opened and sustained during these forty-nine days of fraternization and outpouring of blessings of the Cosmic Christ to the planet.

Perhaps this may seem uninteresting to you, but for myself and my mother, this cosmic moment was awaited with great joy every year, because through this blessed dispensation and these cosmic highways, we were able to physically reunite with our dear Sanat Kumara and other great friends from Venus who came to help him in the rehabilitation of humanity.

I think you know well the joy in a child's eyes when his beloved father returns home after months of absence. That is how I felt at this time of year, before I also came to live in this sphere of evolution! The only difference was, he did not return home, but we visited him on Earth!

My beloved ones, how well I remember the wonderful feeling when we could enter Shamballa, through those radiant white marble walls, and meet my beloved father again! I can still feel the warmth of those arms and the love of that heart embracing me. These moments will be forever engraved in my heart, because their joy is like Christmas lights decorating the tree of my life.

I believe that now I have clarified for you why I so love and bless the Seven Sacred Weeks! Certainly, this glorious dispensation is a great blessing to humanity and the Earth, but for me, this period is all that and much more!

I know that only when you love someone immensely and have to live with a long period of absence, can you truly understand what I feel. Sanat Kumara is much more than a father to me, he is also my great teacher and friend, and also the example of generosity and compassion of a great Being, who is always willing to sacrifice his personal

comfort for the blessings of others. You can not imagine how all of us on Venus adore, love and bless him!

And it was for this love, that some centuries after his departure, I asked him for permission to join him here and help him in his work! Many on Venus wanted to collaborate! But the responsibilities of governing and sustaining a planet cannot be left aside! I had to wait a long time to find someone capable of filling my position and functions on Venus! And when that was possible, then I happily descended into the atmosphere of this planet, to be at the side of my dear father, and here I am working until today.

I want to tell you that we the Ascended Masters are real! We are beings as tangible and visible as you are! We have families, friends and responsibilities just like you do! The only difference, we are fully aware of who we truly are! We live in the fullness of our true God Self, our beloved mighty "I AM Presence".

Beloved ones, we perfectly remember our experiences throughout life, we remember our difficulties when we were incarnated and how we had to fight for the victory of ascension as you do now! Know that thousands of life streams from Venus and other stars have descended into this sphere for the sole purpose of serving and helping! These courageous and selfless souls are the guardians and pioneers that arise in all races and who are trying through the millennia to return the axis of this planet to its exact place and, if possible, harmoniously and without cataclysmic activities.

Many among them have already made their ascension, some have returned to their home stars and many, out of love for humanity, have continued to serve in this sphere alongside those Great Ones who form the Sustaining Power of Love and Light for this planet.

See, you do not remember, but many of you are part of these guardians! You are just numbed by human discord, so you can't straighten up, think clearly and remember!

Are you unable to hear the Cosmic Bell tinkling in your ears? It sings day and night "Wake up! Wake up! Wake up Children of the Light! It's time to get up, dust yourselves off and rise above!"

Beloved ones, you are here to be victorious and to be the victory of this planet! All of us who have already overcome these human limitations and rose in the victory of ascension, we are here on the other side waiting anxiously for you! We fulfilled our mission in our non-ascended bodies, and we continue to work in our ascended bodies, so that you can fulfill yours! And so, triumphant in the glory of your beloved "I AM Presence", you join us, and together we will continue my father's work, seeing that his sacrifice of millions of years is rewarded and this planet and its humanity rise at last in the Victory of the Light! That Light of God that may never fail to fulfill Sanat Kumara's vow!

My father's vision was always to raise all life-streams, without exception, to the victory of ascension, and we continued in his vision and plan even after he was released from exile and our beloved Lord Gautama assumed his position as Lord of the World!

My beloved ones, He is still here helping, I am here helping, Saint Germain bought into his vision and made it his very reason for existing, and we all believe in beloved

humanity! And for the victory of humanity, we will work until this becomes a visible and tangible reality and Earth returns to the Music of the Spheres!

Forgive me, I thought of talking about the skills I have been developing since I entered Earth's evolution, which are linked to healing, but the emotion of once again being able to address my words to you, spoke louder than my plans, and my heart just wanted to share with you a little piece of my story, my love for humanity and for these glorious Seven Sacred Weeks that became a gift of love to my dear mother and I, during the time of Sanat Kumara's exile on this planet.

I am sure there will be plenty of opportunities to explore the subject of healing together in the future. Finally, I simply let flow from my heart, what my words did not say today
-Boundless currents of radiant Emerald Green Flame! May they descend into your hearts, run through your veins, irrigate all your cells, harmonize your internal organs and restore the vitality and perfection of your bodies!

Beloved ones, whenever you need healing, whether for yourselves, your family, human or four-legged friends, remember me, Meta! I am here to help you because I love you so much.

Thank you!

Meta



I AM Perfect Health!

Lady Quan Yin

December 10th 2022

Children of Light,

With great joy, I approach once again the external activity of humanity to pour my blessings upon you, charging you with my Flame of Mercy and Forgiveness.

Know that true mercy is an expression of unconditional love for Life that flows in all beings. A merciful person is an unlimited source of forgiveness. They release everyone and everything from any and all debts they may owe them, even when they have reason enough to charge them! They forgive and forget! And they never demand explanations, impose conditions or require repentance from anyone!

You call for mercy, but I ask you, are you a merciful person? My beloved ones, forgiving a friend who made a mistake and regretted it, who comes back crying and begging us for forgiveness is something relatively easy! Now I ask you, do you have the ability to forgive someone who has made a mistake, who does not repent or apologize, and who continues to make mistakes constantly? Think about it! You do not have to answer this for me, but for yourselves! Can you see a human being, who for whatever reason, has deviated from the correct path, who is lost, confused and acting lightly, and yet you have the situation to forgive them and release them completely from any and all personal debts owed to you or to humanity?

You see, I am not saying that human Laws should not be fulfilled and that if someone has committed a crime or transgression, they should not be judged before the Law of Earth or Heaven, suffering the consequence for their negative act. Of course, yes! If someone has broken an earthly or higher law, harming someone, he must suffer the consequences of his or her mistake! Because this way they evolve and learn! All of us, ascended or non-ascended, need to respect the human and Divine laws for each sphere of evolution! Only when we obey the Laws is the harmony of the whole possible! This is something basic and I believe it does not need to be discussed, as you are smart enough people to understand it!

What I would like to make clear to you today is that handing over a person who has committed a real crime so that the human or Divine Law judges them and imposes a fair penalty for their mistake is something; but holding resentment in your hearts and continuing to physically or mentally hound this person with your thoughts and criticisms is quite another thing!

Know, that you do not help us at all when you act in this way. But definitely understand this, as you judge and criticize someone, you only collaborate so that the person's dark side expands more and more! With each criticism, with each resentment, with each emanation of judgment and grudge against this person, you only strengthen the living entities that live in the person's aura, making them even more powerful! And if your criticism and indignation is not fair, and the person is innocent, you create a dark cloud around the person, which if he is not alert and protected enough, you can cause him

to make mistakes and those mistakes will be your individual karmic responsibility and one day you will have to make up for them!

Maybe you will not believe me and I forgive you for that! But we see things from up here and perceive the dark clouds that rise every day in the atmosphere of this planet created by the constant emanations of criticism, anger, resentment and human indignation! Know that many of the destructive conditions on this planet would long ago have been harmoniously adjusted if humanity stopped these destructive habits!

Look at your newspapers, social channels and news and analyze them for yourselves! More than 95% of the news released daily are of a negative nature! And many times, on the same day, on the same radio station, a crime or bad event is told and retold every thirty minutes! And I ask you, how long are you going to continue with these habits? Do you not realize that if the habit of criticizing and repeating discordant matters did any good to you and humanity, all your problems would already be solved!

We have our means of visualizing everything that happens within the world every 24-hour period; and we can tell you that most of the criticisms and condemnations that are spread in the world are fueled by fictional lies! They are fed only by ideological fights! Because people are not able to follow their lives and their personal interests and let others also freely follow theirs! We see people condemning others because they are not able to live up to their expectations and mental standards, when many times, the people they condemn are not really doing anything wrong, but just following their individual vocations and values which are just different! And this happens not only in the world, but also among our beloved students!

Do you understand where I'm going? When someone commits a real crime, committing an act of violence, theft or injustice, naturally this person must be brought before the Law and suffer the consequence for his mistake. But how much gossip, criticism and indignation of people happens daily, by people who just want to dictate to the world what they think is the ideal of a correct human being for them! These accumulations are hundreds of times greater than actual crimes and abuses! And whether it is something real or fictional in your own mind, do you not understand that dwelling on it and keeping your heart full of resentment only pollutes your life-stream and the world?

How do you think I became the Goddess of Mercy? Forgiving, forgetting and releasing! Forgiving those who regret their mistakes and also those who still do not realize they are continually making mistakes! I became a Source of Forgiveness releasing, transmuting and working to alleviate the suffering and accumulated negative charge of everyone who passed through my path! And so I built a moment of forgiveness, until Mercy and Forgiveness became the very electronic substance of my body! And I am unable do anything other than that! I just live to expand mercy and forgiveness!

You heard our beloved Meta speak yesterday, *the great Sanat Kumara made a vow to release this planet and all of humanity, and that means, pushing everyone here into the perfection and beauty of the I AM Presence in their hearts, because where there is a form, there is a piece of the Holy Body of the Cosmic Christ! And even if that substance is darkened for whatever reason, it is part of Life and must sooner or later return to its original state of purity.*

My beloved children, all of us from the Ascended Host, without exception, work hand in hand, unifying our strengths and abilities, so that every electron that feeds and sustains Life on this planet is redeemed and vibrates again in the purity and perfection of the Light, and I ask, please, could you forget a little bit about yourselves, your beliefs and personal interests, and become more friendly and tolerant, starting to bless and charge each electron that is part of a human, animal, vegetable or mineral being on this planet with God's love, beauty and perfection? Could you please learn to accept your brother's and sister's individual choices, and let them go their way in peace and freedom, without condemning and hounding them with your criticisms and discordant feelings?

Oh God, have mercy on us, all humanity and all life on this planet! Descend now with your Violet Flame of a Thousand Suns into the minds and hearts of all human beings and lift them, right now, above any and all discordant patterns! Sustain this Invincible Fire of Love and Mercy blazing in each electron that is part of their life-streams, until they learn to forgive and forget, returning to the Christ Purity that dwells in their hearts!

By the Invincible Power of the mighty "I AM Presence" in my merciful heart and by all services rendered to the Light through the ages, I command, I demand, and I know, it is done!

Know my beloved children, forgiveness is the key that opens all the doors of Heaven! But I mean, *absolute forgiveness*! When you achieve this greater forgiveness, all pain in your heart is alleviated, all your negative accumulations are dissolved, all illusion of separation disappears, and you become one with Life in all its forms and manifestations.

We are in the week dedicated to love on these Sacred Weeks, and love implies forgiveness, because if there is no forgiveness, then this love is only conditional, and everything conditional is human, and the human must sooner or later surrender to the Divine!

Thank you,
Quan Yin



I AM God's Love and Mercy!

Mighty Arcturus & Diana

December 11th 2022

Children of Light,

I bring you greetings from the Elohim and we are happy to be able to descend with our blessings at this glorious time of the Seven Sacred Weeks. The Spirit of Christmas is a great Cosmic Being and when it surrounds the Earth, the pressure of the planet's atmosphere is relieved and all human beings feel happier and willing to do good. This greatly raises the vibration of the planet and it is wonderful to watch the radiant sparks of feelings of love and joy being radiated from human hearts! Oh, my beloved ones, how nice it would be if you could sustain this feeling for the whole year! How nice it would be if you could live in an eternal Christmas feeling! Celebrating the Divine Presence that dwells in your hearts and constantly feeds you with Life!

Know that before we do good, we need to be willing to do it! Everything that is accomplished on this planet and in the entire universe starts from a desire and, if there is no desire to accomplish something, nothing will be conquered or manifested! This goes for anything, whether it's material or spiritual, whether it's an external or internal ability, whether it's something for yourselves or others! Everything in the universe is born of a desire! You were born as individualized life streams from the Creator's desire to bring you into form, to fulfill a special purpose for Him in His creation! And to do so, He charged you with certain individual traits and talents!

Serving is the essence of all beings! And we only enter into harmony with the Greater Law when we learn to serve all beings unconditionally, because the capacities given to us only blossom when they are used to serve Life!

God created the universe so that he could love and serve! Love is service! And to serve is to use your talents to bless Life! Archangels are great because they only know service! The Elohim are majestic because they only know service! The Ascended Masters are powerful because they only know service! We all use the resources and abilities given to us to serve Life in all its forms!

And now, why is humanity limited? Why is humanity facing a series of problems and suffering? Because there is resistance in serving! For if human beings learned to use their talents and abilities to serve the Life in another human being or in the mineral, vegetable and animal kingdoms, they would cease to be human and become gods incarnate! And then all the suffering and problems would disappear!

We watch everything from up here! Those within humanity who develop a desire to serve life on this planet by creating something that blesses all are immensely blessed! But those who resist, who think only of themselves, live in limitations! And these are the ones who normally complain the most, who criticize the most! And yet, they justify their criticism by saying that they are serving, that if it weren't for them, things wouldn't go forward on this planet! Oh God, how the values were switched! As our beloved Quan Yin said yesterday, if criticism solved problems, all human problems would have been solved ages ago!

Do you think you know more than God? Do you think you know more than the Ascended Masters? Maybe you say no, but sometimes you act like you know more than all of us put together! For we have been repeating for over ninety years that you need to stop the habit of criticizing and condemning your brothers and sisters on this planet and the years go by and things remain the same! We are not talking about those who do not know us, we are not talking about those who have never had contact with our teachings. We are talking about you who study our teachings, who read our words, who want to get closer to us, but resist maintaining harmony and to bless Life!

My beloved ones, my Violet Flame is powerful, and I place you at its service, but for you to be blessed by it, for it to flow in avalanches through your decrees and commands, you must first use it on yourselves!

Many of you have a desire to purify the world but resist purifying yourselves! So I ask you? Are you using the Violet Flame, which is the substance of my own life, to illuminate humanity and make the beauty and perfection of God expressed in every human being, or are you directing my life substance over humanity with the hidden purpose that it become what you have as beautiful and perfect in your own heads? Know that if you are pure and unconditional, if your true desire is to bless life and just make the will and purity of God manifested, when you direct my Violet Flame or the Flame of any Elohim towards something or someone, in the same moment the Flame obeys! And if you are firm and constant in your desire to serve and bless, it flows ever more strongly through you! But if you call our Flames to serve your human will, then the flow is blocked! You are uttering empty and powerless words!

The Violet Flame is an intelligent being! The Blue Lightning is an intelligent being! All Flames of the Heart of God are intelligent beings! They were created to bless life, illuminating it and making God's Will come true! They always immediately obey the Presence of God who lives in your hearts, but if it is the human speaking, forget it, they will not listen to you! When your hearts are pure, when your true desire is to serve, to bless and redeem the purity of God in every form of life, these Flames fill your words with strength and energy, and when you command something, they go out and obey precisely whatever you command! But if there is a selfish desire within you, and I wish to make it very clear, you only work with your own energies, that which is accumulated in your own life-stream! And when that runs out, a process of disintegration begins! And then, you find yourselves in a series of problems, physical, material and psychological!

My beloved children, today I am calling your attention to this subject with the love of my heart! Because we wish you happiness, we wish you success and victory! Unfortunately, we often see students making decrees, calling perfection for someone or a condition, but the perfection they call is not God's perfection, but what they believe to be perfection in their head! And they never wonder if maybe what they think is ideal for someone and the world, is the same thing that God wants!

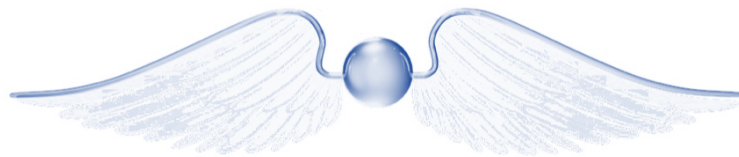
You see, my Violet Flame is an Invincible Power, but I use it to serve God's will and not mine! I became the Elohim of the Violet Flame because through my journey, I developed the desire to serve, release and illuminate every particle of life I touch, making the Father's perfection manifest there! Do you understand where this is leading? You are here to serve God's will and not yours! And only when you learn to use your resources and talents to serve life unconditionally, making God's will

manifest, trusting that God's will is being done, even if the results of your calls are apparently different from what you want, you will be working in favor of life and not against it! Only then will you be in perfect harmony with my Purifying Violet Fire that descends on the electrons, on a person or condition, instantly dissolving all the dark clouds that envelop them, releasing the Light within them and bringing forth again the beauty and perfection of that form!

My beloved ones, learn to call perfection without a personal desire to impose that it be like this or like that! Simply command God's perfection for everything and everyone, trusting that God knows what He does to bring about His purpose for every being in this world. Then Diana and I, as well as all Elohim, will activate our Sevenfold Flame in your foreheads and it will shine like a Thousand Suns and your command will be an order and the entire universe will bow to the Will of God that flows unconditionally through you!

Thank you,

“I AM” Arcturus



Love is Service!

Mighty Polaris & Magnus

December 12th 2022

Children of Light,

It is with great joy we descend among you today, bringing you our blessings and love. I hope you have already recovered from the surprise my beloved brother Arcturus gave you, when he suddenly took my place! The natural flow of life is always perfect, even when we do not understand why things happen in a different order or way that we imagine.

Rest assured we had a lot of fun with this incident! And I can tell you that we had nothing directly to do with it. It was just the will of the mighty "I AM Presence", but when we saw that this beloved channel, in a meditative state, had received the image of Arcturus on her mental screen instead of mine, we took advantage of the situation to see how you maintained your harmony!

We are happy with the results! More than seventy percent of the students accepted the incident without letting themselves be carried away by destructive thoughts and feelings! And that was a cause for celebration among us at the Royal Teton Retreat! To those who held during the day in perfect harmony, confident that the "I AM Presence" was ruling, our heartfelt congratulations! You passed the test! Each of you will receive a special blessing from myself and Arcturus! And the moment this happens to you, you will immediately remember my words!

I would like you to know that your intentions only become valid when you are tested and you pass the test! The tests are your initiations. Many students read the words of the Masters, use them to criticize others, to point out their faults, but when they are tested, they give in to old negative habits and do not put into practice what they preach. Know that you can only convince others when you talk about what you practice! When you do what you preach! Otherwise, there is only an illusion of learning, and consequently all your words lack energy and are empty of content! And empty words do not promote change in anyone!

As you exercise the instructions, you absorb their wisdom and truth into your cells, atoms and DNA, until one day, you become that very knowledge in action. And when you become what you talk about, you do not even need to use words to teach, for your own radiance expands the perfection of your "I AM Presence" over everything you touch and contact.

Look at the great spiritual masters of humanity, when they approach someone, their auras speak louder than their mouths. A student simply enters a state of resonance and correspondence just by living in his master's aura. As they behold the master, they become like him! Therefore, my beloved ones, know that the words exchanged between us are secondary, because what is important is the radiation that expands from our aura to yours!

My beloved ones, words serve to hold your attention on us. They serve to reactivate certain memories and capabilities that already exist within you. But what really matters is our exchange that takes place in the most subtle channels.

Generally, when you read our words, if there is a real opening in your hearts to accept them, exercise them, and gain mastery over what you have heard, a Ray of Light flows from our hearts into yours, and our Light Substance, penetrates you more and more strongly and deeply.

First it enters into your heart, then into your brain, and finally, if attention is maintained and the desire to master that instruction is sincere, that substance of Light, charged with our virtues and truth, penetrate your cells, entering deeper and deeper, illuminating your atoms and after that, the instruction is registered in your DNA.

When it happens, a natural process of transformation begins and what you contemplate becomes living, as a visible and tangible thing in your own life-streams and worlds!

It is exactly for this reason, that we always ask you to meditate on the messages you receive, to contemplate our Luminous Presence, to remain in our arms of Light! We do not wish to imprison you in any way! But only through your focused attention on us over a long period of time can we overcome the dark clouds of resistance in your auras and cells, releasing the points of Light within them again.

Inside each cell there is a point of light. It usually does not shine because, like the sun on a cloudy day, it is obscured by the shadows of your negative accumulation that surround it. These points of light form a matrix, connecting all cells with your chakras and aligning your entire atomic structure to the frequency of the Threefold Flame in your heart, which is the abode of the Christ in your physical body. When the points of light are well released, this matrix is fully activated, and then the Christ within your heart emerges in its fullness, expanding its golden rays into your cells, and when these rays intersect with the points of light, they expand hundreds of times more, and then at this point, the released intense Light consumes all remaining shadows and visibly illuminates your body. This is the basis of what you know as resurrection!

My beloved Magnus and I accompany and manage this raising process in each lifestream that is ready for the victory of ascension. This planet's axis is to Earth, just as your spine is to you. And we are the Beings that support and regulate the energies that flow through these channels, whether on Earth or in your bodies.

We have a lot to teach you and the information we hold could give you a big boost on your return home. Saint Germain brought the basics of this information back in the thirties, when he brought to students' attention the knowledge of the "Harp Strings of the Soul". At that time, the Law of Life did not allow us to go further with the subject, unless there was an interest from the students and they meditated on the subject.

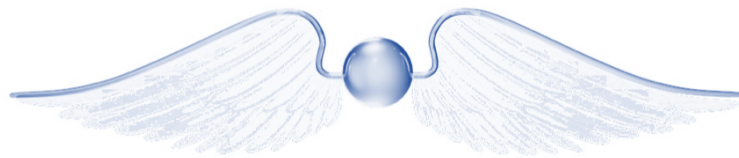
Sadly, this information was forgotten, and we can count on our fingers the students who at least superficially reflected on it. In this way, the Law signaled to us that the students were not prepared. The Law of Life, and Beings even greater than us, only allow information to be given when there is an effort from the students, putting it into practice. And their effort creates the necessary momentum of Light that allows us to use it to bring them other pieces of the same subject. And so, they acquire the pieces of a great jigsaw puzzle until they realize the full image of the figure that it reflects.

Know that only because over seventy percent of the students following our messages passed yesterday's test that I was allowed to explore the subject again. *And if you reflect on the words "The Harp Strings of the Soul", placing your attention on your spine, imagining an energetic stream flowing from the base of your spine to your pineal gland in the brain, perhaps we will get the necessary momentum of light, so that next year, we can come back to this subject and I can introduce you a little more into the mystery of the resurrection. Indeed, a mystery to the human mind, because for us it is something very simple. A mechanical process that obeys precise laws.*

I hope you remember my words and may you always pass the test!

I thank you!

Polaris



I keep my Eyes on Positive Things!

God Meru

December 13th 2022

Children of Light,

What a joy it is to be able to descend into your outer activity and to pour out my blessings upon you again. Although many students know us by name, very few remember us and pay attention to us. We know that there are myriads of Masters and that it is not possible to focus on all of them, but we could help you more if, at least once a week, you could dedicate a few minutes of your day, directing your love and attention to us, the Gods of the Mountains.

I know I am repeating a phrase that you are tired of hearing, the fact is, it is only through the faculty of your Attention on a certain point, ray, virtue or Being, that it gains power of influence on your external consciousness.

When you focus on something negative, be it an event, feeling or person, as long as you keep thinking about it, it will imprint itself in your world of thoughts and feelings, carrying the same destructive vibration there. Now, when you focus on something positive, the same thing happens, it comes in and reveals the same positive qualities in your aura and world.

We can compare it with the basic fundamentals of photography. Your eyes are the camera; the electronic substance in your Tube o Light is the film that is sensitized to the vibrations of the objects and qualities on which your attention is directed. Photography is what you obtain as reality, after the film is developed, through the chemical process triggered by your feelings.

So if you expose the electronic substance in your Light Tube to a discordant event or quality by using the power of your attention on it, the picture that will be revealed cannot be anything other than a discordant reality.

In itself, the electronic substance is neutral, you qualify it this or that way, through the power of your attention on something, and to the extent of the intensity and constancy of your attention on it, what you are contemplating, then become living things in your aura and world. Exactly for this reason, we never tire of repeating, ladies and gentlemen, please keep your attention only on good, beautiful and constructive people, events or things. Because, as long as you are not firm in this regard, we cannot really release more Radiation and Electronic Light Forces and Substance to you, as this would only serve to intensify destructive things in your aura and world. For the more power that accumulates in your aura, and electronic energy is power, the more destruction you can cause to yourselves, to someone else or to the world, when you let yourselves be carried away by destructive feelings.

Take a good look at the collective test you received recently, and sincerely analyze yourselves, even if you didn't pass the test, reflecting on it, you can internally prepare to be successful in the next one! How did you react? What was the quality of your feelings, when unexpectedly Arcturus appeared and you were waiting for Polaris? Know that for us it was a simple thing, we just said, "The mighty "I AM Presence" is in

charge of all things! If the Presence has changed the order, let's adjust to that!" Of course, we also saw at the same moment a great opportunity to see the reaction of our beloved students! You see, it was just a simple thing, just a small change and it did not even create any real problem for you or the world. It just acted on your flexibility to adjust in the face of unexpected event! It only required from you an acceptance of what Life gives you as experience in the moment! Things like it occur frequently in your daily routine and if you do not learn to deal with them in a relaxed way, accepting the changes and adjusting to them, you suffer greatly and do not advance on the path.

My beloved ones, things in themselves are not good or bad, it is our eyes and feelings that make it like this or like that! I want you to know that most of your problems and those of humanity are just generated by the difficulty of accepting things as they are and adapting!

You wish to become Ascended Masters and for that, you need to remain perfectly calm, with full control over your world of feelings, in the face of each and every event that occurs in your world. Without this mastery you cannot enter the octave of the Ascended Masters! For when you enter this octave, the entire Momentum of Light from all Ascended Masters is placed at your disposal and you begin to wield an Avatar Power that, if you do not have full control over yourselves, in a single instant you could become more dangerous than an atomic bomb, destroying yourselves and whole world. Do you understand where I am going with this?

Picture for a moment the Invincible Power we Gods of the Mountains wield! We can destroy in a single fiat not only this planet, but this entire solar system! Now think of the responsibility we have! The greater our power, the greater our responsibility! Please remember this well! Exactly why you are tested and tested! And we are not the ones who test you, but this beloved "I AM Presence" of Life! Now, through the results of your tests, this Presence signals to us how much you are capable of withstanding greater currents of Electronic Substance and Power of Light that we radiate!

An athlete trains all year round to participate in the Olympics, but it is only when he is under pressure from the forces at the time of the challenge that he can show if he is really capable of winning a medal! And I ask you, do you want to receive your Medals of Light or not? These medals are Power and Powers of Light that will decorate your life stream and can be used to make your day to day easier and also to help beloved mankind! But in order for you to earn these medals, you must pass your tests! They are true initiations! Otherwise, we cannot release our Electronic Force and Power at your disposal and your Higher Mental Body cannot release the Talents, Riches and Blessings accumulated in your Causal Bodies into your hands and use! It would be very dangerous! Do you understand the importance of staying alert?

Know that when something unexpected happens, what usually comes first to your mind and feelings are the voices of your accumulation and the negative pressure of the planet's atmosphere. They will tell you things, they will dictate things, but it is up to you whether you give power to them or not! Did you get it?

Those voices of your old habits of criticism, gossip, judgment, fear and resistance will usually come first, but if you are alert, if you remember our words, if you are really determined to overcome these destructive habits, creating new habits of positive thinking, flexibility, self-control, kindness, forgiveness and love, empowering only your

“I AM Presence” and nothing else, you can easily silence these voices by saying **“I can't understand why this happens, but I know, the mighty “I AM Presence” is in control of all things and everything will be fine!”** See how simple it is to deal with these voices! You do not have to react to them! You do not have to be nervous about them! You do not have to get carried away by them! You just need to stay calm, centered and positive! And if you remain in perfect harmony, trusting that your “I AM Presence” will operate and things will fall into perfect order again and perhaps even better than before, these voices from your accumulations fall silent and instantly you become masters over the circumstances, and not having circumstances master over you!

Beloved Ones, you have everything you need within your hearts, where the focus of the mighty “I AM Presence” within you is! Why do you give so much power to appearances? Grab your Scepter of Dominion now, which is the Supreme Power of your “I AM Presence”! You can only have it if you exercise your self-control, but once you get it, you will never again be a slave to your old habits and the negative accumulation of humanity! You will be masters of your world and reality! Is this not worth all your efforts?

I give you my blessings and offer you my humble assistance, of course, if you call upon me when under the pressure of these negative voices and habits. We love you very much and we want your victory! I am the Manu of the Sixth Root Race, who are composed of great life streams, who possess wonderful powers and knowledge. They will bring great blessings to this planet. Can you help me prepare the right conditions for my children to take embodiment on Earth?

I thank you,
God Meru



No matter what happens I remain serene!

God Tabor

December 14th 2022

Children of Light,

Greetings from the Rocky Mountains and all Beings of Light who dwell therein! Maybe you do not understand, but there are many beings, of very high vibration, which inhabit all the mountains of this planet. At some points, there are subterranean worlds and at others, etheric temples. All of them are ruled directly or indirectly by the Gods of the Mountains. The four most important ones have already been brought to your knowledge, but there are other Gods of the Mountains who also draw, anchor and direct the Electronic Force of the Great Central Sun, expanding it to bless the entire area around them.

Know that we are beings as visible and tangible as you are. And when mankind's vibration is raised, and only Unconditional Love and Divine Intelligence govern human activities, we will once again walk among men, in our perfect, proportionate and radiant bodies. Then we will be able to teach men how to enjoy the gifts of Nature, without harming or polluting it.

Nature is a source of boundless blessings for humanity. I ask, what would become of you without its gifts? Have you ever noticed how good an outdoor walk is for you, whether in the middle of a park or forest reserve, along a lake or on the edge of a beach, on the side of a mountain or across a valley?

When you are feeling tired, there is probably a lot of tension built up in your body and aura, and sometimes even if you use the Violet Flame, that tension does not dissolve, but if you leave your concrete homes and give yourselves the opportunity to walk for a few minutes outdoors, even in a small park, you will see how in a short time, all tension is dissolved and you will feel better, completely renewed and energized by Mother Nature!

We still see a lot of resistance from Westerners, and I speak mainly from our students, in leaving their homes and offices to take a walk for a few minutes in the open air, just appreciating a landscape, the noise of the sea, the breeze of the summer afternoon, the refreshing winter chill, or even enjoy the green area of a small park in the city. Certainly, even a walk outside in a metropolitan center is still better than the heavy, tense air that sometimes builds up inside your homes.

Of course, you can create wonderful atmospheres inside your homes, charging them with the wonderful vibrations of your "I AM Presence", the Lords of the Elements, the Gods of the Mountains, the Archangels, Elohim and the Ascended Masters, but even so, the busy day-to-day of the students creates a great pressure that requires that they open their windows and let the pure air run through their homes, feeding the elemental and angelic vibrations that live there, at least 5 to 10 minutes, twice a day. This habit unblocks the energetic flow and causes the physical and psychological tensions to dissolve, and then both, your spiritual work, as well as your material tasks, can be accomplished much more efficiently and quickly.

My beloved ones, the best beauty and aging treatment you can give yourselves is to live relaxed, in perfect harmony, keep the air currents in your home always fresh and renewed and at least once a day go out to refresh yourselves!

See how people who live in contact with nature have prettier faces and bodies, a more harmonious aura and are more optimistic! The electronic force that flows through the elementals of nature penetrates their subtlest bodies and charges them with the pure Light Substance of Life, dissolving the most unwanted tensions and accumulations in their auras.

Know that walking outdoors releases your inner channels and energy centers. Naturally, a relaxed walk, with your attention on nature and not on your cell phones! Because even if you are outdoors, if your attention is on your cell phone, you will not be able to receive much from this exchange. But if you walk slowly, appreciating the air and the elementals, there will be a natural process of rebalancing, which expands your inner light, renewing and beautifying your bodies and faces.

You do not have to leave metropolitan life and go inland if you adopt a constructive habit of once a day or at least three to four times a week, getting in touch with nature. Even within a big city, there are many ways to get in touch with nature. If there is not a park nearby, at least walk outside or in your garden, if you live in a building, get fresh air on your balconies, if there is no balcony, open the window and feel the fresh air entering your lungs! If there is nothing natural at your eye level, then look at the sky! What an energizing thing it is to be in contact with the sun, moon or stars. Observe their outer forms and try to get in touch with the Great Beings that govern them! Behold them! They are magnificent beings and the same "I AM Presence" that feeds you also feeds them!

My beloved ones, I say this to you today, because you live too rigidly, thinking about your problems and the problems of the world, and if you do not divert your attention from these appearances, you will be unable to open the way for the blessings of your "I AM Presence" to arise and flow freely and abundantly, reorganizing your activities and experiences into the perfection and harmony you desire.

The more you focus on appearances, the more power they have over you, and so you feel confused and hopeless, when a small effort to detach yourselves from them, even for a few minutes out of your day, cutting off the channels and means by which these hypnotic forces enter your worlds and keep you imprisoned, can give you energy, wisdom, motivation and courage to free yourselves once and for all from your human limitations!

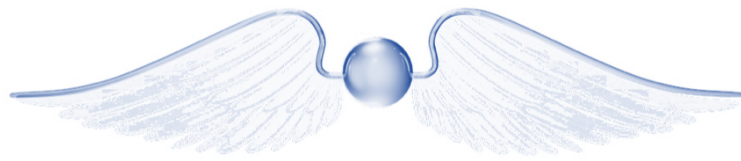
These little habits of allowing yourselves to be refreshed every day, that is, doing anything different that breaks your routine and attention on tense matters, can immensely accelerate your freedom. Beloved ones, they are little habits, but mighty things!

Know that stress causes aging, distortion of your physical form and the disintegration of your inner bodies. If there is no tension, internal or external, we can help you much more in renewing your tissues and muscles, gradually bringing the beauty of your I AM Presence into your body of flesh. And beauty is one of the blessings I would like to offer students, I mean internal and external beauty, perfect and healthy bodies, so

that you are better and stronger instruments, through which our blessings and wisdom can be poured out upon Earth.

We are always here to help you! Just remember us and make an effort to meditate on our words!

I thank you for your kind attention,
God Tabor



I breathe Light! I expand Light! I AM Light!



Fourth Week Discourses

God Himalaya

December 15th 2022

Children of Light,

Greetings from the Himalayan Mountains, these giants of Light who never ceases to pour out their blessings on Earth. We have many Ascended and non-ascended Masters who live under our protection and guidance, and we all work in perfect unity with the sole purpose of blessing and prospering the human race.

This is the difference between a true spiritual master and one who just wants to manipulate people in order to fulfill his or her selfish desires; and all of you already have a perfect condition to recognize them in any religion or spiritual branch in which they manifest themselves. Nowadays we have many who call themselves masters or instructors, but who have neither energy nor self-control nor real wisdom.

The true spiritual master, whether ascended or not, works for the liberation of mankind from its destructive habits and selfish desires. He works, without any selfish desire, to free people from things, people and false teachings that imprison them in inferior conditions and in habits of criticism, polemics and division; and they never bind people to them, but motivate each individual to find and develop the Greater Master and Its Wisdom that lives within their own hearts.

Any true teacher never uses repressive means and the energy of fear to keep their students attached to them. Do you understand me well? They do not demand that they be paid large sums of money to receive the bounty of their attention. They do not present themselves with the title of "master", but their students recognize them as such. Usually, they do not look for students, but students look for them! And most of the time, they refuse them, because they do not accept curious people, who want to obtain knowledge, just to feel more capable than others, but use it little on themselves.

In the time when we still walked visibly in our flesh bodies, sometimes we had half a dozen disciples, and sometimes, during an entire incarnation, we only passed on our knowledge to a single student, who normally continued our work when we fulfilled our mission within a place. Know that we taught one, but our aura and power of radiation blessed the whole planet!

Many people these days want to teach others, and they go around the virtual world trying to gain their followers and the more they have, the more they want to gain, because in fact, behind the desire to teach, there is a need to have influence and power over others. Know that in our time, it was very difficult to get close to a real master, and when we found him, sometimes we had to wait years, until we could be accepted under his direct instruction.

A student was not accepted if he could pay a monthly fee, but only when he was internally prepared to receive instruction. The way to repay the attention and knowledge received from a Master, was only through our voluntary service to his retreat, generally helping him with simple and routine activities. Look at the difference today! How we have inverted values in this modern world!

Open your internet and social channels and you will find thousands of people teaching, giving seminars and courses on all spiritual subjects! And the more courses you take, the more you want to take them, because your intellect ends up getting addicted to always knowing more and more! Unfortunately, spiritual matters are becoming just another consumption habit of human beings who never feel satisfied. This exaggerated and diversified consumption makes you insecure, and the more insecure you are, the more you get carried away by any dominant personality, who calls themselves an instructor! They tell you that you need to take more and more courses, more and more seminars, and then you become dependent on something external, when all you need is right there under your nose!

Know that every instructor or student who really works under our direct radiation, only moves you to a single point! Communion with your God Within, the Mighty I AM Presence that dwells within your human heart and needs to be stimulated and activated in order for you to become a God-free Being on this planet!

You were born of Divinity! And that Almighty Presence is right inside you! Only in It, can you get true freedom! We hear that the Earth has already ascended, that humanity has already freed itself, that this or that has already been completed on this planet, when beloved humanity has barely moved out of place, in terms of self-control of its feeling world! Where are you going with your lies! Human beings are still children! How can the ascension of an entire humanity be completed in this way, when we who are Manus of the races know the arduous work that is to lead a race and its seven sub-races until it manifests the perfection that God thought and desired for it!

Answer me honestly, how do you want a university degree when you did not finish primary school? Know that I am a God of the Mountains, Manu of the Fourth Root Race, Lord Gautama's instructor and also great beings like Lord Maitreya and Master Kuthumi also drank from the wisdom of my heart! You think I do not know what I am talking about? That I am unable to open your eyes and release you from the hypnotic currents that keep you numb!

My beloved children, I am not saying these things to discourage you, but a race does not magically evolve as you imagine! Oh my God! Enlighten those minds and hearts! Open those eyes and show them the hard work and patience it takes to lead your sheep in the right direction! Know that the evolution of a race is something that proceeds slowly and requires work, a lot of work! If everyone can do what they want, we would not need so many great beings serving within the spiritual hierarchy of this planet! One says, humanity has ascended and all the parrots come out repeating the same thing! Innocents! They are innocent children, who think that the work of a life stream and a humanity, can be completed without any individual effort and, above all, without any need for self-control!

Of course, you are Divine beings, you have everything you need within yourselves, but my children, all this is latent in you, and without a true teacher who can help you to bring it all out and, above all, learn to control these faculties and powers in a harmonious way, using them only to bless, to bring unity and peace wherever you go and serve, you will hardly move from where you are!

And know, the best instructors you can have are the Ascended Masters, because they have already surpassed human limitations, they have no selfish desires, they work unconditionally, always motivating you to realize your own I AM Presence!

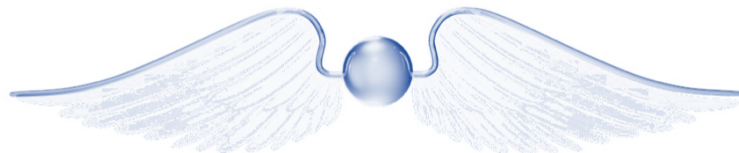
Children of my heart, to get our closeness and instruction, you do not need to pay anything, you do not need to buy anything, you just need to have the determined desire to get rid of all the hypnotic ties and false teachers that keep you asleep! Do you understand what I am saying? Maybe I am too old, and a little grumpy in this antiquated speech of mine for today's modern generation, but my heart is big, full of love for humanity and I have known you for ages!

Oh children, we still have a lot of work to do on this planet and we need instruments capable of helping us to fulfill our mission, but know that it does not end tomorrow as many people think! There are many life streams of the Fourth Root Race that have not yet fulfilled their mission and have not entered through the portals of ascension! You are living at the height of the Fifth Race and the work of the Sixth and Seventh has not really begun! It is not the time for despair, but to wake up! We need each one of you, and we are willing to help you to become true masters, but understand well, masters of yourselves, over energy, vibration and substance, and mainly, masters of your world of feelings, and then, freed and strengthened by the Christ in your hearts, in perfect harmony with the Ascended Host, you will become true instructors who will bring freedom and mastery to thousands of others!

I leave you now within the Golden Light of my old heart and hope that you huddle there, and dwell there, until you are ascended and free!

Thank you for your kindness in listening to this old man again!

I bless you,
God Himalaya



I AM the Master Presence guiding me always!

God of the Swiss Alps

December 16th 2022

Children of Light,

I joyfully bring you greetings from the Swiss Alps and all the Great Beings who live under our protection and guidance. Perhaps you cannot imagine how many blessings flow from our hearts to all humanity and most importantly, to the masses who live in and around our main sphere of influence.

I believe you know that people who need silence usually prefer to go to the mountains instead of the beach, because when they are in our lands, they breathe our Electronic Substance of Light that is our own body! And then they feel calmer, the desire to talk wildly disappears, their minds become clearer, and their gestures smoother. This is the glorious gift of dwelling in our Luminous Embrace! That is why people love to approach us! Most of the time they have no knowledge of our existence, but they feel this calming activity in their own bodies and souls!

Can you imagine how much training is needed before we are ready to take on the position of God of Mountains? Think about it! Eons my children! Eons of time! Until we reach a point of Silence and Peace that can never be disturbed by any discordant human condition. We need to remain still, contemplating only the Divine plan of our sphere of influence within the luminous and unshakable mind of the Silent Watcher.

Beloved ones, what do you think would happen if we were shaken by the confusion that exists in the external world? The Electronic Forces that sustain the balance of this planet would be disturbed and gigantic cataclysmic activity would occur, and the waters would again cover the entire surface of this planet! I humbly believe that would not be pleasant for any of us!

Think about it, if the mountains were torn apart, what impact would it be on the entire planet! It would be a catastrophe, my beloved ones! A great catastrophe! You see the destruction that happens when a single earthquake happens, then visualize what would happen if all the mountains shook! Therefore, we who maintain these great mountains need to be completely stable, and centered in perfect harmony! Otherwise, the balance of this planet would be drastically affected and the landmass would collapse and there would be no one left to tell the tale!

And now, just as we were prepared to sustain the balance of a large region, you are being prepared to sustain the balance of thousands of people, and tell me please, how can you sustain a multitude of beings if you cannot maintain yourselves in perfect balance? Do you understand? Like us, you are being trained to be mountains of Light that radiate peace sustaining power to an entire population! Now if you are disturbed by external activities, how can you fulfill your mission?

If we let ourselves be carried away by disturbing appearances, if the Ascended Masters, Archangels, Elohim and Cosmic Beings of Light let themselves be carried away by disturbing appearances, who would be left in this world to sustain life for this evolution? Tell me please! Who would purify the water, earth, air and fire, who would clean the atmosphere of this planet, so that the negative pressure would not reach an

absurd point where human beings could no longer sustain themselves in their bodies of flesh? Who would maintain the balance of this planet? Tell me honestly? Who?

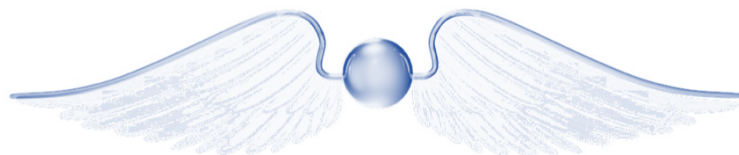
My children, our greatest service is not through words, but through our example and radiation! You can say beautiful things, but if faced with any problem or disturbing appearance, you lose harmony, entering into the fear and lamentation of the masses, you will not get anywhere! Do you understand me? You cannot lead groups of people as you are easily carried away by the consciousness of crowds and their fears! Exactly why you are being trained and tested at all times, because you need to become strong and unshakable like a mountain!

We, Gods of the Mountains, have a lot to teach you and we can help you immensely with your perfect balance, but for that, my children, you need to be more humble and more willing to learn. We want to teach you how to become vibrant magnetic centers of peace, love, healing and enlightenment, charging the ground you walk upon, the atmosphere you walk through with God's Qualities and Perfection, to the point that everyone who approaches you or pass through environments where you have been, are blessed and tuned in the same frequency of Light.

We want to teach you how to sustain this peace to such an extent that you become, like the mountains, the sustaining power of God's Perfection for the entire region around you. This is perfectly possible, and even before your ascension! You just need to say "no" to all discordant conditions and constantly charge everyone and everything with Ascended Masters' Feelings and Perfection of Light. Remember that the "I AM Presence" in you is the same in all human hearts, so through your calls and according to your harmony, It can flow like oceans of blessings to everything and everyone in your sphere of influence.

I hold you in the Calming Presence and Perfect Balance of the Great Beings of the Mountains!

Thank you,
God of the Swiss Alps



I AM the Serenity of the Mountains!

Master El Morya

December 17th 2022

Children of Light,

Greetings from Darjeeling! It is a great pleasure to once again be able to address you with a few words. Know that when we dictate our words, we load them with certain qualities and purposes that touch your outer consciousness, at the same moment you are reading them, and burst like sparks of Light in your internal bodies, fulfilling the work we desire. This radiation always continues to expand, as you meditate on our words, and through your conscious efforts, these luminous sparks become true flames, consuming tons of negative accumulations in your four lower bodies, mainly in your feeling world, where the cause of your reactions to events in your daily experience reside.

Exactly for this reason, my beloved ones, we talk so much about the world of feelings. This is the place where habits need to be transmuted, emotions sublimated and old programs dissolved. There are many negative images in the mental field, but as long as the emotional world is not purified and harmonized, it would be impossible to dissolve them, as they would come back again and again, by the impulse created by your reactions to your everyday experiences.

The synthesis of your karmic experiences is located in your etheric body. Within this body, there is the memory of everything you have lived throughout your hundreds or thousands of incarnations. Whenever something happens, your etheric body associates it with a past experience and sends a signal to the emotional body, which instantly remembers the emotions that events like this caused you in the past and you start feeling them again. At the same time, the emotional body contacts the mental body, which seeks to encode the message of the emotional and etheric body, creating images that can exemplify in the best possible way all the chemical and energetic reactions that are taking place within you, and then, you react to them instantly, acting in this or that way in the external world. And so, you go on living all the time, being manipulated by the product of your own past accumulations.

If you trusted someone and were betrayed in the past, any experience that activates that memory in the etheric body will bring you the same sensation of pain that you experienced and mental images will be born to signal, that you need to protect yourselves. Your emotions and mental images will scream to you "Be careful, pay attention, otherwise you will suffer again!" And then, even if the person in question is not doing anything wrong, you will react aggressively or compulsively, likely creating a lot of confusion and distress. Beloved ones, why am I explaining this? Because I want you to understand that your first reactions to any event or experience are always generated by that internal product or memory of similar experiences you have had in the past.

Knowing this, you can understand how important it is to remain calm in the face of situations, and not react automatically to them. And I say, in the face of good or bad things. Whatever happens, my beloved ones, before reacting to something, you need to create an inner space so that you can contact your Higher Mental Body. And then, through the clarity of this great Master within you, you will be able to clearly see things

as they really are, and not the distortion created by the filter of your emotions. And when you do, the Intelligence of the Higher Mental Body will show you what needs to be done in every event of your life. When you open this inner space, taking time to calm down and center yourselves in this Divine Presence within your hearts, you become beings of cause and no longer of effects! Do you understand where I am heading?

If you simply react to events, without first giving an inner space or time, in which you can connect with this great Presence and Its Wisdom, you are always thrown from one side to the other. When something good happens, you rejoice. When something negative happens, you feel sad. Your emotions fluctuate and this disperses your vital energy. And without energy, you become unprotected, because vital energy is Substance of Light, when you are worn out and without energy, the Light that emanates from you is also reduced, and then, destructive elements can easily enter your inner sphere, causing another series of negative emotions and problems. Can you now see the importance of this blessed self-control?

We of the First Ray work with the virtues of courage, protection, faith and vitality. We can only sustain these virtues because we are in perfect control of our emotional field. Some people call us cold people, but that is not true! We are people that, when we love, we really love. We are not usually carried away by emotions, but we know how to express them in their fullness, when they flow from the I AM Presence in our hearts! We certainly do not allow ourselves to be manipulated, but we are able to overcome disagreements with ease, without holding any kind of grudge. We have great faith that things will work out easily and therefore, we move forward boldly!

As you know, your vehicles are composed of the Electronic Substance of all Seven Rays. Of course, there will always be one in greater evidence, but all of us, ascended or non-ascended, have all the Seven Rays within us. And we must, in the course of our life journey, exercise all these rays, and make the best of them all. Therefore, no matter which ray you serve, you must balance the virtues and essence of each Cosmic Ray within you, even if one of them prevails over the others.

I wish today to charge you with the Invincible Power of the Will of God, so that you can be strengthened in the inner desire to work with determination in this matter of self-control. This is a very First Ray virtue. Naturally, people who belong to this ray, or who wish to expand its virtues, will be severely tested.

Life, guided by the Intelligence of the Higher Mental Body, will bring them tests and experiences where they need to develop this muscle of self-control, faith, courage and determination to always persevere in their goals until they are fully mastered. So, if you accept my challenge, I will work with your Higher Mental Body, so that you acquire this mastery. But please, do not complain about your experiences! Remember that they are wonderful opportunities for you to exercise and become true Masters over substance, energy and vibration!

I enfold you in the Light and Power of my Diamond Heart!

Thank you,
El Morya

Master Ruthumi

December 18th 2022

Children of Light,

Greetings from the Cathedral of Nature and our beloved Lord Maitreya. You know, here in our humble temple reigns the Immortal Silence of the Christ. We only use words when they are really needed.

Unfortunately, in this modern world people talk too much and often too quickly. One word is spliced into the other and there is almost no space between them. And if there is no space, I mean a little silence between the words and ideas, there is no possibility for the Wisdom of the I AM Presence within you to flow and govern your speech activity.

We can say that people who talk a lot are generally anxious and very agitated, having great difficulty in listening. Now, people who talk very fast are usually governed only by their intellectual part, which is nothing more than an agglomeration of information acquired from the external world. And finally, people who talk a lot and very fast usually live trapped in the world of their own ideas and have great difficulty in their relationships, as they become very inconvenient. I hope you do not fit into these characteristics, but if I am wrong, and you feel that my words rang like a bell in your ears, maybe it is time to start changing these undesirable habits.

Have you ever had the experience of talking to someone who does not let you speak, always interrupting your ideas? This is extremely inconvenient, is it not? And there are people who seem to be talking to you, but in reality, they are so caught up in their world of thoughts that they do not hear what you are actually saying. You ask something and they start talking about something completely different. Another uncomfortable thing! This last type of people is usually not fully incarnated and live somewhere in the past or the future.

As our beloved Immaculata said to you, we need to learn to exercise silence, so that we can hear the wisdom and beauty that lives behind it. Silence is not empty, my beloved ones, but full. Full of wisdom, beauty and full with the inspirations of Light. You will never succeed in illuminating your mind if you do not silence the rumblings of your external activity.

I humbly need to tell you that the reason why you are usually tired at the end of the day, is not generated by your activities, but most of the time by the lack of inner silence or small pause between your activities, physically or mentally. Do you often wake up in the morning and rush through your routine, doing one thing after another, not creating space between tasks, so you can return to your Treasure House, your beloved "I AM Presence", and refuel yourselves with new energy or whatever you need to perform your tasks efficiently, wisely and easily. Understandably, if you are not replenished during the day, when the energy stored in your aura is depleted, you feel immensely tired. And when you are tired, you usually have difficulty concentrating and anything extra that appears becomes a seven-headed beast, I mean, a very difficult and complicated thing to accomplish.

In fact, beloved ones, it matters little, if you are performing a physical or mental activity, because in both you are using energy, when you do not respect the law of silence or

of the pause between one action and another, you end up leaving your center, your “I AM Presence”, which is the only thing in this world that can truly supply you with boundless energy. Are you understanding me well? If you are not centered, you focus only on outer appearances, and they consume but never replenish you, so you are completely worn out after a few hours of work.

Exactly for this reason, those who are attracted to our retreat, and begin to be trained, the first thing we work on with them, is the respect for the Law of Silence. For when the student is silent, he opens himself to receive higher vibrations of Light and the knowledge brought within them. Naturally, I need to emphasize that the silence I speak is not just the silence of the mouth! It starts there, but after the mouth closes, the student also needs to silence his mental and feeling world, which is an even more difficult step!

How many times do we observe a student apparently silent but with a great mental activity. So, mark it well, the silence you need to achieve is that rich silence, full of the vibration of peace, which disconnects you completely from the rumble of your thoughts and emotions. When you reach that point, it seems that time and the obligations it imposes upon you, cease to exist and all experiences begin to unfold as if in slow motion. You will begin to carry out your tasks slowly, and although slowly, you will carry them out with great efficiency and speed, because you will perform them in the Intelligence of your beloved Mighty “I AM Presence”.

Beloved Ones, when outer appearances pressure you to do things quickly and without pause, stop whatever you are doing in the moment and go back to the “I AM Presence” in your heart and say, ***"Beloved 'I AM Presence', envelop me now with the Cloak of Silence of beloved Master Kuthumi! Dissolve this external pressure that only consumes my energies and takes me off center. I trust my activities into your hands and Intelligence, please execute them in your perfect rhythm, peace and wisdom! I am sure that all will be done harmoniously and in the perfection of the Ascended Masters. Beloved 'I AM Presence', I am immensely grateful!"***

And then, my beloved ones, place your attention for a few seconds on your breathing activity until you feel it return to balance, only then return to your tasks, but try to perform them more slowly, without worrying about the pressure of the clock, and you will see, that with a little exercise, you will be able to accomplish many more tasks within a day, and still, you will feel at the end of it, energized and harmonious, because you will accomplish them within my Invincible Cloak of Silence.

I would really appreciate it if you, my beloved ones, would practice speaking more moderately, taking a break between your ideas. If you want to go a little deeper, also pay attention to your movements, and try to move in a gentler way, avoiding any sudden movements. This will help you to create an inner space, which is silence, and through that silence you will allow more and more the wisdom of your beloved “I AM Presence” to govern your outer activity.

I seal you in the Cloak of Silence of the beloved Brothers of the Golden Robe.

Thank you,

Kuthumi

Master Serapis Bey

December 19th 2022

Children of Light,

Warm greetings from Egypt! It is a pleasure for us to address a few words to your outer consciousness. Perhaps you do not remember, but all of you, without exception, who are making efforts to perfect your human character, purifying your garments, are well known to the Brotherhood of Luxor.

Beloved ones, ascension is not a one-day achievement. Naturally, after fulfilling all the requirements and going through all the necessary initiations, at the appointed time and known only by your I AM Presence, you complete this process within a few hours or days. But how many centuries did it take you to achieve this privilege, only your own I AM Presence, the Karmic Board and we in Luxor know!

Usually, when the word ascension, touches a student's soul and he internally feels the truth of this word, he has already been working on it for several embodiments. Many people think that for someone to work on their ascension, they need to be connected only with spiritual matters, but this is not true. Many of you have served humanity in various fields of human endeavors, and no matter whether spiritually or materially, if you contributed in one embodiment to the blessing of humanity, you also added bricks to the victory of your ascension.

You have been scientists, physicians, leading philosophers, authors, kings and queens, and general nobles of many nations in the past. Certainly, you were also part of religious groups or influential people in certain groups of thought. But you also had many embodiments in simple conditions, without any prominence. And it was all part of your character development. Do not think that one achieves ascension by having only prominent embodiments. We see people who say they were this or that in past incarnations, and it is usually always a great personality. I ask you, why do people only remember incarnations where they were prominent? Because that is just another ego need for aggrandizement. Most of you were both great personalities as well as simple people within humanity. For us in Luxor, it does not make the slightest difference the prominence of your role, but rather, if you managed to develop the internal qualities that you proposed before the Lords of Karma, before taking that embodiment. If, by chance, you did not acquire what you propose, it means that you will have to return for a similar experience, until you bring effective fruits of that experience home. You cannot go to a higher stage if you have not yet learnt the previous lesson.

And speaking of your embodiments, I must say that over ninety-five percent of the associations people make with past incarnations are not true. This confusion occurs because if someone had a very close incarnation with a prominent person, for example Catherine the Great, one might hear that name or some experience of that personality and feel that one has a strong association with that person, because somehow, the allusion of that person awakens some memory in their etheric body. But, most of the time, that person was not Catherine, but simply someone who served her, or someone who was part of her court, or of her relationships, or even someone who was very opposed to her. And since there are not many reports of secondary personalities linked

to someone prominent, when you feel touched hearing a report from that prominent person, you believe that possibly you were that person, when most of the time, this is not true.

Therefore, we strongly ask students not to give in to their first impulses to say that they were this or that personality in the past, if they have not been told directly by an Ascended Master. This would be a great help in dispelling the confusion among the students. And I will be grateful if you consider this. Now as I explained to you, you have all had incarnations as everyday people and also prominent in your journey through life, and whatever you were in the past is in the past, what matters now is the fulfillment of your mission in this current role.

My dear children, being able to perceive and experience different roles in your life's journey, is something very important to improve your character and give you an internal maturation of the facilities and difficulties of each one of them. How to have compassion for someone who was born and lives in an environment of poverty, when you have never experienced limitations like going hungry and having to fight hard to be recognized in a society? How can you show mercy to someone who has a hard time remaining humble in a position of great prominence, when you have never had to control your ego in a similar position? Do you understand what I am leading to? For the maturation of a lifestream, it is very important that they play different roles, in both genders, male and female, that prepare them for the fulfillment of their Divine plan, before and after the ascension.

Many think that they can shorten the path, skip initiations and go straight to the end of the process, but unfortunately this is not possible. You cannot skip stages, my children, otherwise you would not have a strengthened character and the necessary maturity to fulfill your mission after your ascension, which is nothing more than the culmination of a long process in honing your human character to the point that you are ready to serve life on a higher level.

I have the reputation of being a very strict Ascended Master and, in fact, discipline is the first thing I demand from anyone who wants to approach me, because without discipline it is impossible to prepare a lifestream for the victory of ascension. No one can make the ascension without passing through Luxor! Please do not be scared, we love you so much, and we know your strengths and weaknesses very well. When you come to us, you are usually wavering, but that is the magic of providing the necessary training, to strengthen and straighten you, until you fully complete your ascension!

Know, until you complete it one hundred percent, you always have a human fragment and the human always resists until the last breath to give way to the Divine. Especially in the last embodiment of a life stream, we always see a great inner struggle, happening at some point, where they need to silence the human forever.

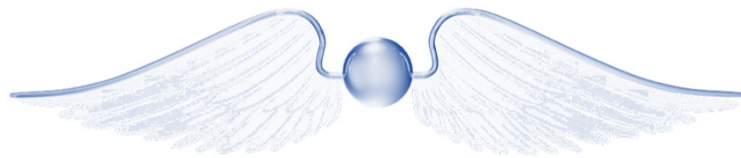
We are here to help you. We are pleased to inspire and guide you, but we can never decide for you, we can never fulfill a task in your name, and we cannot ascend, in your place. This is your part of the contract. You need to overcome human limitations, and you need to make every effort to purify your character, you need to develop certain virtues and skills and you need to fulfill what you promised before the Karmic Board before incarnating. We give you all the training and resources you need to be victorious, but victory can only be achieved by your own conscious efforts in that

direction. Today ascension has become much easier, but even then, considerable effort is required to obtain it.

No one achieves the victory of ascension without invoking it and desiring it immensely, and also without making a disciplined effort to do so!

I leave you within the Love of my heart and sealed in the Victory Flame of my own Ascension. Rise! Wake up! And be victorious!

Thank you,
Serapis



I AM God's Purity!

Elohim Cyclopea

December 20th 2022

Children of Light,

Greetings from my Temple of Blazing Emerald Green Light!! Crystal and I are very happy to address our words to you at this magical time of the year - Christmas! My beloved ones, this is a moment of warmth, of sharing our joy with everyone around us and giving thanks for all the blessings we received during the year, especially the privilege of being alive and being an individualized, conscious and unique Presence in God's Kingdom.

We are in the Fourth Week of the Seven Sacred Weeks, in which the Cosmic Ray of Purity has a greater force, therefore I surround you with Cosmic Purity and the Victory of Ascension from the heart of our beloved Serapis Bey, may your human and limited side die and be reborn on Christmas Day into the beauty and perfection of the "I AM Presence" in your heart!

You know, I operate primarily on the Green Ray and I expand the Emerald Green Flame of Truth, Concentration Power and Healing. And I want you to realize that my Healing Flame, through my all-seeing Eye of God, detects in a given element that which is hiding its beauty, and then penetrates through and around that element, dissolving whatever is creating disharmony and preventing the Light from flowing perfectly. When whatever is creating disharmony disappears, harmony is instantly restored and everything is back to its perfect working order. If you notice, it is something very similar to the action of the Violet Flame.

What I would like to convey to you today, is that no matter what Flame or Ray you invoke, when you are calling the Sacred Fire to help someone or something, there will always be an inner work of all the Rays acting together to restore the harmony of that element. I wish to remind you that you are made up of elements from all the Seven Cosmic Rays, and likewise, in each Ray there is also an amount of substance from all the others. There are those who say that only in the White and Violet Ray are the other Flames, but this is not true! In any Cosmic Ray, there will always be more or less substance of the others. Furthermore, each Elohim is a perfect unity with all!

Now, depending on the problem you want to overcome, you might be able to get faster results by directly using a certain Ray instead of another. For example, when you are dealing with an illness, whether physical or psychic, you may get faster results by constantly applying the Emerald Green Flame to the person or element in question. Because by invoking this Healing Flame, you attract Beings specialized in this area, and they will be able to immediately detect the problem, and know what really needs to be done so that harmony is restored. These Beings are drawn by your call to the Healing Flame, but as doctors they have a range of tools they can apply to heal an illness, and they also work with other specialists on other Rays of the Godhead.

For example, if someone is depressed and you call on the Beings of the Emerald Green Flame to restore that person's balance and fill them with the joy of living, at that same moment we will send our specialists in that area to heal that person. After they have analyzed the person's aura and discovered the cause of the depression, they will possibly use the Violet Flame to dissolve it, then move on to the Green Flame to restore the harmonious flow, and then perhaps even use the Orange or Gold Flame to re-energize the person, filling them with joy and the motivation to rise up with courage and move forward. Therefore, you have called the Healing Flame, but the specialists on our team will use whatever is necessary to resolve this depression, if your calls have been constant. If the case is serious and we see that it is necessary, we will ask our friends from other frequencies of the Sacred Fire for assistance in this matter so that the Healing is complete. Do you see where this is leading? Within the Ascended Host, we all work together! There is no competition between us and no one feels better or worse than anyone else, we are all needed and each one fulfills their role when their expertise is required.

How many times do you call the Violet Flame to carry out the transmutation of an illness instead of the Emerald Green Flame, and Saint Germain or Beings who work in the Violet Ray call our specialists to assist you in that healing you desire. Do you think we feel sad because you are calling the Violet Flame and not the Green? Never my friends! It matters little to us whether we are responding directly or indirectly to your call, what really matters is that you are blessed and able to operate again in the beauty, harmony and perfection of your I AM Presence.

Other times you call the Emerald Green Flame to help you with a healing, and when we arrive at the place, we realize that the main cause of the problem is astral entities, and so we ask our friends of the Violet Flame to help us consume these entities, before applying the Green Flame to restore the harmonious flow of an organ or element in question. Do you think our Friends of the Violet Flame are offended that you thank us and not them when healing is done? Never my friends! Never! Personal recognition is not something we seek in the higher spheres of Light! What we want to see is your gratitude to your I AM Presence, and if you are, your gratitude naturally extends to all of us!

How many times for a healing to be carried out we need the help of our brothers and experts from the Ray of Wisdom, so that the person's mind is enlightened and negative habits can be transformed into wise and constructive behaviors. At other times, we need to work with the Ray of Purity, so that the person returns to his Divine plan and learns to do what God wants for him. At other times we need our Blue Ray Brothers and Sisters to restore faith and trust. Other times we need our Golden Ruby Ray Friends to fill someone with devotion, peace and a desire to serve unconditionally so that a healing becomes permanent for them.

Therefore, my dear children, there is always perfect cooperation between all Cosmic Rays and the Beings who serve them. Neither of us works separately, but we help each other constantly, and most of the time, without calling attention to your outer consciousness. This same brotherhood we would love to see among our students. We would love to see people helping each other, not opposing each other.

Beloved children, you do not understand that we clearly see everything that goes on in your thoughts and feelings? Everything is recorded in your aura and when you call us, we identify everything that is happening there, without the need for words. Therefore, know that we see the great opposition and competition that exists among many of our students, although they are aware that this is not a constructive habit. If one succeeds, great jealousy wells up in the hearts of the others and they, consciously or not, start throwing stones in the other's way, just to block the latter's success. Now, it is even worse when we see students asking for our help in blocking someone else's success! Children, children, how childish this is! Do not you realize that when you think someone needs correction, the best thing is to call the perfection of the "I AM Presence" to intervene, take charge and manifest the beauty, purity and harmony of the Ascended Host there? And I can tell you, most of the time, those who are out of control and negative, are the ones asking for correction!

My children, when will you grow up and take responsibility for your emanations of thoughts and feelings? The same energy you waste on negative emanations could be used to build something magnificent in your world! How we would love to see students who serve us, whether individually or through a particular organization or spiritual group, be kinder and friendlier to each other.

How do you think a student who is now coming to the knowledge of the Ascended Masters feels when he sees the gossip and discord created among our students? Most of them run away and go back to their previous spiritual groups from other spiritual schools, as they are shocked by the negative energy that flows among our students! We have the index of all this recorded! My children, you have no idea how much you disturb us with these negative habits! You hinder the expansion of our teachings; you create antagonism within many hearts towards our Sacred Names! While we have nothing to do with your intrigues and disagreements!

Know that you are our calling cards, for only through you can we reach humanity, and we still have much to expand the knowledge of the I AM Presence and the Ascended Masters, to accelerate humanity's freedom, and if you continue to work separately and opposing each other, you will not be able to expand and help in the expansion of our work! Please remember that expansion only exists when people join forces in the same direction! With these intrigues you get nowhere! Furthermore, you only scatter your life energy, creating much confusion and separation between people and groups, when the work of the Ascended Host and the "I AM Presence" is to enlighten, bless and unite all beings!

My dear children, when you throw stones in the path of others, you attract the same stones in your path, have you never heard of this law? And then you do not know why your work does not expand and you are not recognized! Wake up, my children! Fix yourselves before it is too late! You are not being recognized because you do not recognize the work of others! Because you are resistant to cooperating with your brothers and sisters on the path! Because instead of uniting, you only know how to create divisions and more divisions between the groups of students!

I am the All-seeing Eye of God, therefore, do not think you can go unnoticed! There is no criticism in my words, as we know how the human works, and know, my children,

that we have boundless patience and hope that at some point, our Love and Light will clear your mind and you will realize your negative habits and correct them spontaneously! There is no punishment on our part, but of course, neither can we bless your individual work while you act against others!

We need to develop leaders of this Ascended Masters' Activity of Light, who will then lead thousands of others who will carry our Light and words to multitudes. But as long as there is no unity between you, we cannot fan the Expansion Flame of this work, as that would only expand a selfish desire behind an apparently noble act! Instead of creating a union of forces, we would expand division and competition between people and groups!

Why do we, in the higher spheres of Light, all work together in perfect harmony and cooperation? Because we do not care if you offer your gratitude to the Violet Flame when, in a given matter, we were the ones who actually did the healing or vice versa. What matters to us is that God's Will is done and not our personal recognition! That is our main objective ***"Thy will be done, O great Presence of Life!"*** Did you understand, my children?

This is why we tell you to always thank your I AM Presence first! Because this Presence of Life is the only power and intelligence operating through Cyclopea, Saint Germain, the Great Maitreya, Lord Gautama, Sanat Kumara, Mighty Victory, Mighty Helios and all Beings of Light on Earth and throughout the universe! Therefore, when you thank this Presence, you are thanking all of us! When you recognize this Presence, you recognize all of us! When you love this Presence, you love us all! Do you understand it? All of us, ascended or non-ascended, are here to serve this mighty "I AM Presence" and not ourselves!

My children, if you really want to help us, you must choose what you want to serve, your interests or the "I AM Presence"! And if you choose to serve the Presence, you need to dissolve these negative habits in yourselves and start working to bring peace, love, perfect cooperation, blessings and unity among all students of the Ascended Masters! You need to work as we work up here do, in perfect harmony and cooperation so that the greatest good is done and the Light expands in this world!

Next year is coming, and with it a new chapter of your journey, where you can start a new story of love, goodness, gentleness and brotherhood. If you forget your personal interests and just concentrate on expanding the love and blessings of the Ascended Host, we will shower such great blessings on you that you will not be able to embrace them all!

I leave you in the Emerald Green Flame of my Heart and I touch the Sevenfold Flame of the Elohim on your forehead! I hope it shines and lifts you up forever in the Victory of Light!

Thank you,
Cyclopea

God Harmony

December 21st 2022

Children of Light,

Greetings from the Temple of Harmony! Know that I am immensely happy to be able to address a few words to your outer activity at this magical time of year. My beloved ones, how wonderful it would be if all of you could live in this eternal feeling of Christmas, fraternizing and celebrating the opportunity to have the Presence of God within your hearts, sustaining your lifestream! Know that Life is our most precious gift! Whether in this human octave or anywhere in the universe!

Remember that incarnation is not imposed upon you, it is your choice! You chose to descend into this human octave, you chose your families, your gender and your mission! No one has imposed this on you, my beloved ones! If you could remember perfectly that moment just before descending, you would see how your eyes sparkled, how you smiled and celebrated the opportunity to be able to show, that you would be able to overcome the difficulties here and thus, courageously advance towards the victory of ascension! Therefore, it is a pity when we observe you complaining about your current condition, your bodies, your families, the place where you live and the difficult moment that the world lives today, when you, before incarnating, had full knowledge of all the facilities and difficulties you might encounter along the way.

My beloved ones, Harmony is the very substance of my body and life, and... how do you think I became this Living Source of Harmony? Training to sustain this virtue for eons! For no one becomes the pulsating source of a Divine virtue without undergoing long and rigorous training through the ages. This I would like you to understand today, for only when you fully understand that every challenge that crosses your path is actually a great opportunity for you to perfect your character, strengthen yourselves on the path, and anchor the Flame of Victory and Harmony within yourselves, instead of complaining about the challenge, you would be immensely grateful!

Understand that every challenge is a test! And if you pass the test, you do not have to take it again! Nobody can enter through the Portals of Ascension if they do not have great inner harmony. Harmony, patience, simplicity, love and obedience are virtues that belong to all Ascended Masters, because without these qualities no one is capable of serving Life unconditionally, whether on Earth or anywhere else in the universe!

Know that you can only acquire harmony by remaining harmonious in difficult times! Because maintaining harmony when everything seems to flow in the right direction and when there is no stone in the way, is very easy. But maintaining harmony when we are in a combat environment, when we are provoked and when everything goes against us, that is the challenge! So, remember that only when you keep peace in the face of discordant conditions can you truly anchor this substance of my life into your own life stream. When you are tested and tested in this way, and this virtue is strengthened within you, one day the world may collapse in front of you, but you will remain calm! And when Life, which is intelligent, realizes that nothing can disturb your harmony anymore, it stops testing you in this discipline, because this virtue has become an unshakable and permanent quality within you!

Now let us talk about the virtue of patience, for without it, you cannot become an Ascended Master either! Therefore, if you are calling for your ascension, life will surely test your patience! Problems will appear and you will certainly need a lot of patience to overcome them, but as you overcome the challenges, you will become extremely patient, until the moment when Life realizes that it makes no sense to keep sending you challenges in this matter. And the same goes for all the virtues you wish to achieve or may need for your greater work after ascension! Do you understand what I am saying?

Let us now analyze the virtue of simplicity, which is another fundamental requirement for serving God. What would simplicity be, my beloved ones? We can ramble on about this a lot, but the essence of simplicity is the ability to accept your present moment, exactly as it is! It is coming into harmony with your body, with your home, with the people around you! It is accepting with joy what Life brings you, and making the best of it! Everything gets complicated, only when someone resists and rebels within their present moment, not accepting things as they are, but always wishing they were different!

Please understand that whatever happens to you today, you only have two options, accept it or rebel against it! If you accept, then you will remain harmonious and the wisdom of your I AM Presence will guide you and give you the resources you need to deal with this in the best possible way. If you rebel, you will certainly lose harmony and then, a swarm of wasps will appear and circle your head! Everything will seem complicated, you will suffer, complain and not see a light at the end of the tunnel!

The complication is created by your resistance! Because if you accept things as they are and start facing all your experiences with simplicity and joy, you will always overcome challenges and come out victorious!

Nobody says you have to like everything that happens to you! Nobody says that you do not need to make an effort, through your decrees and affirmations, to build new momentums of joy, prosperity and health! But in the face of illness, rebelling against it would only make you sicker! Do you understand my words?

The right attitude is to accept the illness and then harmoniously see what can be done to heal it! This is the attitude we expect from all of you! We want you to be able to harmoniously accept your daily experiences and whenever something does not please you, simply say, **"Well, that is not a nice thing, but I am sure my I AM Presence is always in charge of all things in my life, soon, It will work on my behalf and things will settle down again! Beloved I AM Presence, show me what needs to be done and ensure that this challenge becomes another victory in my life!"** And then stay in harmony and attentive to the promptings you will receive, and then you will see that you will suffer less and everything will be resolved in a simple way!

Beloved ones, if you want to overcome human limits, you must become simple! All Free Beings are simple, spontaneous and express the natural beauty given to them by God. They live happily, fulfilling at every moment what the Presence tells them to do, without resisting anything! And because they never resist God's Will, He supplies them with everything they need, be it knowledge, wealth or any other resource!

If you understand this principle well, you will see how everything will flow more easily for you and you will even realize how all the Divine virtues are perfectly connected!

Without obedience there is no patience! Without patience there is no peace! Without peace, there is no love! Without love, there is no harmony! Without harmony, no one can gain more power! All Divine virtues are linked and usually, when someone anchors one, with a little more effort, all the others are also acquired!

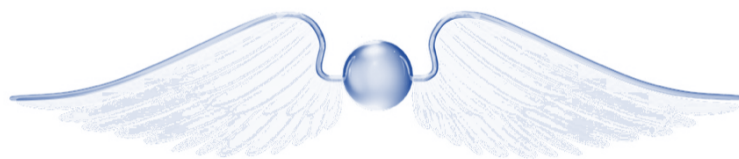
Know that harmony is something that everyone desires, but few strive to obtain it! My beloved ones, please understand humanity needs harmony! You need harmony! And only when human beings become harmonious, completely dissolving their rebellious and negative side, will Peace reign on Earth and in all human hearts!

I offer you my help, provided you make a conscious effort to count to ten before reacting to the provocations of the negative appearances of the outer world! When you exercise this, call my Victory of Harmony to overshadow you, your home, your family and friends! Invoke my Sacred Fire of Harmony over your work, your health, and all your projects!

Call my Flame of Harmony over your neighborhood, city, country and the entire planet! And I will descend with my Legions of Angels of Harmony to help you. I will then flood, flow and seal whatever you request with my Cosmic Flame of Cosmic Harmony from the Great Central Sun and you will see how things will flow naturally and all discordant conditions will give way and Divine order and Christ perfection will manifest. Will you accept my challenge?

Thank you,

Harmony



I Love Harmony!



Fifth Week Discourses

Paul the Venetian

December 22nd 2022

Children of Light,

Greetings from the Brotherhood of the Temple of Liberty! It is a joy to be able to address you, with a few words in this glorious moment of Christmas. I can assure you that Christmas is a great Cosmic Being, as tangible and visible as you are! This spirit dwells in high spheres of Light and usually descends at this time of the year to bring its blessings to planet Earth. Therefore, open your hearts and invite him in! He has the power to fill you with joy and hope, and yet, touch your inner child and bring it back to life!

My beloved ones, many things that humanity considers to be a child's fantasy are true, and that is exactly why Jesus said: ***“I tell you the truth, unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven.”*** (Matthew 18:3) You see, thousands of Christians repeat this verse of our beloved Jesus, but few understand in depth the great teaching behind these simple words. When Master Jesus told you that you need to convert from your sins, he meant that you need to have the desire to transform yourselves into better people; that you need to be able to change an opinion, value or habit when you realize that what you believed to be right, is perhaps not something that walks in perfect harmony with the Law of Life. Know that sin is actually the act of transgressing the Law of Life. And this Law asks us to always respect the Laws of God and the Laws of Men for a certain sphere of evolution. Therefore, when someone violates a Law, whether of Earth or Heaven, he is sinning, that is, he is disturbing the natural flow of life, and for this reason, he will attract a series of difficulties and problems in his path. Because, whenever someone violates a law, they disturb the harmony and as a result, they attract suffering.

The Law of Life always acts justly, it favors those who cooperate with harmony and the greater good for all, and disfavors those who disturb the perfect order or natural flow. Soon, when an individual understands this principle, even if it is from a selfish desire to attract good things to his world, he begins to favor the harmony and well-being of everything and everyone in his world, and certainly, as he begins to see results, he practices more and more the ***“Do good, no matter who!”*** and without realizing it, he creates the habit of blessing and ends up becoming a true altruist, and an altruistic person stays focused only on the positive side of each person, thing or situation, and when someone focuses only on the good side of everything and everyone, they usually live in a good mood and are always willing to forgive and forget. This awakens the inner child within them and makes them happy, kind, spontaneous and simple, and these are the main characteristics of a child!

Therefore, when you become willing to transform your destructive habits, you are turning from your sins! You learn to respect the Laws, favoring the harmony and well-being of all beings. And when you practice this for a long time, you become like little children, always cheerful and spontaneous, doing your best every day!

Now, the Kingdom of Heaven that Jesus mentioned, is not a distant place that you need to reach, but, just bring it out! That realm is within your heart, it is the I AM Presence that dwells within you and feeds you with life. I would like you to understand,

that no matter where in the universe you are conscious, working and serving, when you are in perfect communion with your I AM Presence, centered in your heart, there you will be happy. And the constant feeling of happiness catapults you out of time and space, and you become anchored in your present moment, and there, you are willing to live and serve to the best of your ability.

Beloved ones, when you are focused in your present moment, you are no longer fluctuating back and forth between a past that cannot be changed and a future that you cannot truly enjoy! In this way, you begin to live each day as if it were the only day of your existence. This is how we Ascended Masters live! We are not asking you to do something that we do not do, but what we always practice in our own life and experience of an Ascended Master. It does not matter what sphere we are in, when we are there, we do our best, joyfully fulfilling one hundred percent the will of the I AM Presence for us. Thus, any place is a heavenly place for us, because there we are the Presence of God in action, and where God is, the Kingdom of Heaven is manifested.

In this way, understand the words of Master Jesus and be willing to change your discordant habits, so that you may become pure like a small child, obeying the will of the I AM Presence in every breath and movement you perform. Then your inner child can emerge and you will live in permanent ecstasy, immersed and anchored in the Magical Presence within your hearts.

Therefore, beloved ones, *you can live within the Kingdom of Heaven right now, where you are, and even before completing your ascension. This only depends on your decision to purify yourselves and strive to never disturb the natural harmony of life, whether in the form of a human, elemental or angelic being. Know that my dazzling Pink Flame has the Invincible Power to restore the natural flow of life, because Unconditional Love is the feeling that always moves us in the direction of harmony and perfection of Life.*

My Sacred Fire of Cosmic Love from the Great Central Sun is Invincible! It expands the virtues of love, gratitude and tolerance. When you use it, you become more tolerant and flexible, you accept people and things as they are and do not want them to be the way you would like them to be. And when you do not force life, life stops forcing you, my beloved ones!

Soon, I invite you to take a test ***during the next twelve months to always surround yourselves, your homes, all your appliances and objects you use, your clothes, food, pets and all people in your sphere of influence with my Sacred Fire of Transcendent Love from the Heart of God! Charge the places you pass with this Sparkling Pink Fire! Seal everyone and everything with this Dazzling Pink Light!*** And then you will see, how much more easily you will keep in harmony, and how your whole world will become a true fairy tale!

Beloved ones, the key to the Kingdom of Heaven is in your hands! Take courage and open this door and rejoice here and now!

I wish you and your family a wonderful Christmas! May the Spirit of Christmas and the Light of the Christ shine like a radiant star in your hearts!

Thank you,
Paul the Venetian

Elohim of Peace

December 23rd 2022

Children of Light,

It is with great joy I approach your outer activity once more to bring you my blessings. Know that at Christmas time, my Legions of Angels act very strongly on this planet. They circulate through the Earth's atmosphere, charging it with my vibrations of Love and Peace. This greatly lessens the negative pressure of human feelings, and everyone feels lighter.

I wish you could be lifted above the Earth's atmosphere to be able to observe this planet from there! Then you would see how the Devic and Angelic activities that act on the planet at this time of the year cause the light here to expand immensely! It is an extremely beautiful thing to behold! *The light rays become stronger and more radiant, and for almost ten days, they manage to transcend the dense layer of the atmosphere and emit light into the solar system. This is only possible by the power of the Cosmic Light that descends in a much stronger intensity, through the blessings of all those great Beings of Light who serve humanity during the Sacred Weeks.*

My beloved ones, through your decrees, emanations of love during the Seven Sacred Weeks' protocol and your more constant attention to the Master Jesus and the Ascended Host, you create a great momentum of Light, which we can use to transform into permanent blessings for you and the entire planet.

Maybe you do not know it yet, but I am one of the great sponsors of this powerful activity of the Sacred Weeks, together with our beloved Mother Mary and Lord Maitreya, we form a great thought form in the shape of an inverted triangle, with the apex pointing downwards, which forms a cosmic funnel, where the Cosmic Light descends from the Great Central Sun into the human consciousness.

In this triangle, each of us occupies a vertex. Mary represents the beauty of feelings and the blessings of the Archangels and the Angelic Host. I represent clarity of thought and the blessings of the Elohim and elementals. Lord Maitreya, who occupies the lower vertex, towards the Earth, represents the blessings of the Christ and His Cosmic Christ Consciousness that is anchored in the heart of all human beings.

Now mentally visualize this triangle on your mental screen... Feel the Cosmic Light pour into this triangle and descend into your heart... Please, open yourselves and receive the blessings of the Great Central Sun into your outer activity!

Beloved ones, as the Light descends and illuminates man's external activity, he becomes Christified until he is one with the I AM Presence at the heart of this System of Worlds. This illuminating activity is represented by another triangle of Light, formed by the three other sponsors of the Sacred Weeks. On one vertex we have Mighty Victory, on the other Saint Germain and on the third, our beloved Jesus. This triangle has the apex upwards, with Jesus at its tip, representing the enlightenment of man and Earth.

Our beloved Saint Germain represents the power of the elemental world, as I believe you know, this is one of the outstanding characteristics of the Seventh Ray, which is the ray of the magical ceremonial, which works with the use of mantras and

affirmations, using the elemental forces to bring forth that which is necessary for the blessings of man and all life. Our beloved Victory represents the angelic forces and the invincible power of Divine Love, which he brings to us from Venus his star of origin, and our beloved Jesus represents the Christified Man, that means, the man in perfect unity with his Source of Light, his Mighty I AM Presence.

These two triangles give rise to a glorious thought-form in the shape of a six-pointed star, which represents the union of man with God and the balance of forces between Heaven (masculine polarity) and Earth (feminine polarity). When we achieve this perfect balance, what is below is similar to what is above. When man's external activity is completely purified, we will reach that balance and then a beautiful Threefold Flame will shine in the center of this six-pointed star and this planet will become, like its sister Venus, a radiant star in this solar system.

My beloved children, now visualize this radiant six-pointed star and place yourselves within it for a few seconds... Feel a Golden Liquid Light descending into your hearts, expanding through all your cells until they become saturated with it... Feel your perfect oneness with God and hold this feeling forever!

I will imprint this feeling of perfect oneness with God into your feeling world, and it will be a focus that will move you towards your final victory!

Beloved ones, there is much that we would like to teach you, but before that, you need to overcome human discord, otherwise the Law does not allow us to advance. There are many sacred activities that take place in the inner worlds that were practiced by ancient civilizations such as Atlantis and Lemuria in past Golden Ages. With the decadence of these people, these activities were removed from the human consciousness, to prevent men from profaning them and using them for selfish purposes. These activities will once again descend into the consciousness of men when greater numbers of students are ready, that is, unshakably anchored in their mighty "I AM Presence".

Know that our teachings are simple but powerful! Only in the last few weeks have you received great gems of light. If you meditate on them and apply with devotion what we have brought to you with the love of our hearts, you will be able to write a new story in the coming year. The human side loves to search for external things to lean on and has a tendency to believe that mysterious things hold more value, but I tell you, in the Light and Truth of my Elohim Heart, there are no mysteries when you enter in the heart of this activity of the "I AM Presence", because this is the path where all other paths lead!

Dear children, the different spiritual paths are like great streams of water, all flow towards the sea, which is this Presence of Life. So, no matter what river you are sailing upon, if you let the natural course of life move you, you will end up being directed to the same point, where all paths meet, and then, tired of going around and experiencing life by the extremities, you will dive body and soul into this great sea of Light and become one with it! Then you will attest, by your own experience, that what I tell you is the purest truth. In the fullness of the "I AM Presence", all mysteries dissolve and the Laws of Life are revealed in the simplicity and beauty of Ascended Master Consciousness.

As Paul told you yesterday, the Kingdom of Heaven is not something you need to look for, but just bring it out, that is to say, you just need to make it visible and tangible for your external activity in this human octave.

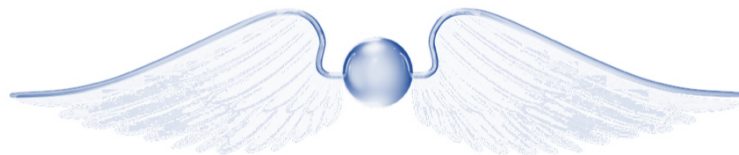
It is funny to hear some students saying that they are in search of the Light. *Understand my children, once and forever, you do not need to look for the Light, because the Light already lives within you. What you need is to bring it into your conscious activity and then fan it until it becomes a dazzling bonfire. My children, you do not need to seek anything externally, as you already have everything you need within you.* Therefore, call for enlightenment and discernment from the Christ, so that you can better separate the wheat from the chaff, putting aside everything that makes you dependent on external things and only focusing your attention on things and teachings that move you inward, that is, to the I AM Presence within your hearts. This is what you most need today, so that you become more and more anchored in that Source of Light or Christ Presence within you. And as you let go of all that is secondary and affirm yourselves in what is primordial – your Source of Light, recognizing it as the only power and intelligence that governs your world, then the entire universe will be yours!

As a boundless Source of Peace, today I humbly invite you to drink from my Sacred Fire of Cosmic Peace and when you are saturated with it, you will transcend the human, manifesting the fullness of your Divinity. Please, call my legions of Angels of Peace to bless your hearts, homes and families on Christmas Eve. Visualize these angels as beautiful, smiling tiny cherubs, each holding a musical instrument, and all together, filling your atmosphere with the Music of the Spheres. Ask to be transported as you fall asleep into the heart of the Great Silence, and there, with my help, you will receive everything you will need, be it knowledge, talent or virtue, to transform this new year into a year of glory and victories!

I thrill you with my Peace, I seal you in my Love and I release you by the Invincible Power of the Seven Mighty Elohim!

Merry Christmas!

Elohim of Peace



Peace be with you!

Secret Love Star

December 24th 2022

Children of Light,

I come once more into your outer consciousness to pour upon you my love and expand the Christ Light within your hearts. How wonderful to note the joy that surges through human consciousness at Christmas time. It would be so good if you could sustain this feeling and live the whole year enraptured by the Immortal Light of the Unfed Flame in your hearts.

Joy is a Divine virtue, my beloved ones, and without it we could never enjoy the gift of being an Individualized Being. Look at the joy in a child's eyes when they are playing and they feel perfectly free. At this time, they do not think about the past or dream about the future, but simply laugh, run, dance and play happily in the now. It matters not if they were born in the middle of an elite, or in the suburbs of a city, if nobody told them that they live in inferior or superior conditions than others, and with that, activated in them the habit of comparison, they would simply live happily and never feel limited by the concepts and prejudices of the external world.

That is the joy I wish to offer you this Christmas Eve, my beloved ones. The pure joy of a child, untainted by human values and prejudices. May this feeling sweep you into a contemplative state of your own divinity, and may you see and hear the Christ Presence that dwells in your hearts. Know that this Presence within you, can be expanded to such an extent that it becomes visible to the eyes of everyone around you.

Human beings place their attention on many things in the world, but spend very little time contemplating the Christ Presence within their hearts, and in this way, they become prisoners of external appearances, when only the Christ can give them joy, freedom and victory.

My beloved ones, everything external is temporary, but *the Light in your heart is eternal and indestructible!* In this Light or Flame you have the Presence of God in its supreme activity of love, wisdom and power; and if you give more attention to it, it will become like a radiant star illuminating your path and bringing into your hands and use all that your heart may desire.

There are two practices that all students should perform daily, *one is the act of decreeing through words what you wish good for yourselves and the world; the other is the act of contemplating that Divine Presence within you.* Know that these two activities need to go together so that you have better and faster results in your application!

When you are decreeing, you are reprogramming your beliefs, habits and values, and directing the Light to accomplish what you desire. That Light is the Sacred Fire that is governed and directed by the Christ. Therefore, if you decree, but the inner Christ is dim, there will be little results. But by contemplating it, that Light grows stronger and the stronger your Light, the better and faster the results of your calls will be.

We see some students who are capable of giving hours of decrees, but when they need to calm down and *just contemplate the Divine Presence within them*, they do not

find time for it! In fact, *many think they do not need it if they are making decrees, but this is a mistake, my beloved ones!* Know that you need both of those things to have the success you desire. Only with the expansion of the Christ Presence within your heart are you able to draw and sustain a greater flow of the electronic substance of light, which is what models and visibly brings to the physical world what you desire.

The Christ Presence in your heart is a miniature of your Higher Mental Body, which hovers above your head between your outer activity and your Electronic Body. It is the perfection that one day you will have to express, but that today is muffled and covered by the dark clouds of your negative accumulations and the pressure of the planet's atmosphere. Only through your desire to self-correct and purify yourselves, and your attention fixed in your heart, contemplating and worshiping that Divine Presence within you, can the Light and Perfection of your Higher Mental Body descend more intensely into your outer activity and thus dissolve those dense layers that block the Light from expanding freely to illuminate your world.

Today and tomorrow, beloved Jesus and I will descend with great currents of the Sacred Fire of Love from the Great Central Sun to bless the Earth and humanity, and we also wish to pour our Light into your hearts, strengthening the Pink Petal of your Threefold Flame. We can only act with more intensity, through your attention in your Christ Presence. So, my beloved ones, try to separate some moments of your day, to simply contemplate it in your hearts. You do not have to completely stop all your activities to do this, *just take a break of about 5 minutes* between them and go to a quiet place to simply worship the Christ within you. If you do this 3-4 times a day, you will be immensely blessed!

Beloved ones, these activations are powerful. You can, with our help, achieve a result that alone would take months or years to obtain. So, accept our gift of love and do your part!

I also would like to offer you my blessings over the next year. If you accept it, ***imagine my Luminous Presence as a sparkling Golden Star above your heads and at the same time enveloping you in a Golden Sphere of Light. And call me to protect you from the negative pressure of the atmosphere wherever you go and abide. If you do it, I will give you great protection against human suggestions and discordant elements!***

Now, I touch your hearts and awaken your Christ Presence! May it arise and lift you into the true Master Presence that you were in the Golden Ages past!

Merry Christmas!

Love Star

Master Jesus

December 25th 2022



Children of Light,

It is a great joy to be able to address my words to you on this Christmas Day. You have no real idea how the power of your attention, when directed in the right direction, can move mountains! Know that anything is possible for those who manage to keep their attention focused, without wavering, on a constructive objective. If you keep a desire or image on your mental screen and hold it for as long as necessary, until it becomes something vivid and stable in your mind, after a certain time it needs to become something visible and tangible in your hands and use, and nothing and no one can interfere with it!

If humanity could sustain their attention toward enlightened and constructive things, as many do during the Christmas season, within a few years all destructive conditions in the world would harmoniously dissolve. But unfortunately, after the euphoria of Christmas and the promises on the New Year's Eve, humanity returns to their routine and the pressures of external appearances dominate them once again.

Two thousand years ago I came to remind men that they are much more than a body of flesh that is born and dies after a few years. Through my example, I wanted them to understand that they are eternal, that they are also children of the Living God, just like myself, and that they could produce the same miracles that I did during my ministry. However, only the closest disciples were able to understand my message. Most of the time, the crowd only approached in search of these miracles and quick solutions to alleviate their suffering. After the miracles were completed, most of the people returned to their homes and shortly after completely forgot my words.

My beloved ones, I often repeated to the people who followed me *“What I am doing, you can do the same or even greater things. For this, it is enough that you adore your Source of Light and recognize it as the only power and intelligence that governs and operates in and through you and all beings, whether on Earth or anywhere in the universe.”* Know that the moment they listened to me and were under my aura, they were confident and hopeful, but as soon as they returned to their routines, the pressure of old habits returned and they gave in to their fears and doubts again.

We know how weak men are and that they are not willing to make the necessary effort so that they can develop the Christ Presence in their hearts, which is exactly the same that fed and feeds my heart and the heart of every ascended being. The same things I repeated before, we have been repeating to you for dozens of years, and yet, you continue to think that we are different from you and therefore we can produce miracles and wonderful things, but you cannot. I ask you on this Christmas day, how long will you continue to limit this Almighty Presence that dwells in your hearts? How long will you continue to let the hypnotic currents of the outside world keep you numb and powerless? When with a little daily effort, you could rise in a few months or years above all these limiting conditions!

My beloved ones, no habit can be changed without conscious effort! If you wish to express the fullness of your Inner Christ, then you must hold your attention to it until it rises like a sun over the horizon of your outer consciousness! While you have your attention on us, we lift you up with our words, with our love and radiance, but like the crowd that followed me two thousand years ago, if when you return to your daily activities you forget us, then the pressure of the world and your own negative accumulations, hypnotize you again and you quickly return to your negative habits and feelings.

Today is Christmas Day, thousands of people have their attention turned toward me and I am immensely grateful for that. I pour out my blessings of love to each one of them. But unfortunately, most of these people believe that I am the only child of God and they do not! They lift me up, praise my name, but do not truly follow my words and example. They are expecting a Messiah! A Divine being who will descend to take his sheep to the Kingdom of Heaven! But I tell you, my beloved ones, there is no such Messiah! He never actually existed! All of us who come down to implement the laws for a new cosmic period of humanity are only instruments of that I AM Presence, which

takes physical form through us, to remind its dear children of what they need to do to break free from their discord and limiting beliefs, and that they can rise above all suffering, if they are willing to hold their attention on their Source of Light, which lives within their hearts and is always waiting for their recognition.

The ascended masters cannot carry you in their arms or upon their backs and place you within the Kingdom of Heaven, my beloved ones! For into this Kingdom each of you must enter with your own feet and conscious efforts. And this is what I would like to convince you of today, that we are here to help you, to guide and motivate you, but the conscious effort to put our words into practice and walk confidently towards your victory of the Light, *it is your duty!*

Know that we were already in these bodies of flesh and limited by the oblivion imposed on all who incarnate, so we know your difficulties and pressures, but if we rose with the help of our Masters, you will also be able to rise with our help! We too were instructed in these same laws and instructions that we passed on to you, my beloved ones. So, if, as we did, you too strive to apply them with devotion and are constant in your determination to be victorious, sooner or later, you will be lifted up in the victory of your ascension!

I would like to propose a challenge to you to remain focused, during the next 365 days, on the Christ Presence in your hearts and in us of the Ascended Host, saying "no" to everything that is discordant in the outer world. And if you are firm in this purpose, then you will see the wonderful transformation that will operate in your lives!

Repeat during this new year, with your attention turned to the Christ within your hearts: ***"I AM the Victory of my Ascension! I AM the Invincible Power of the Resurrection Flame operating in all that I am!"*** This Resurrection Flame is no myth, beloved Ones! I used this power two thousand years ago to fulfill my mission! *This Flame is an Invincible Power that propels you up and into the perfection of your Higher Mental Body! Call the Resurrection of your habits in the Light! Call the Resurrection of your body and health in the Light! Call the Resurrection of your whole external activity in the Light of God that never fails! And if you are constant in your calls, you will see the miracles that will work in your world in just one year of determined application!*

My beloved ones, celebrate and rejoice on this Christmas day! Celebrate and rejoice during each day of this new year! I leave you now, but I remind you, through the power of your attention, "I AM with you always!"

Thank you,
Jesus

Master Hilarion

December 26th 2022

Children of Light,

Greetings from the Fraternity of Truth in Crete! My heart is immensely happy to be able to address my words and blessings to you in this magical moment of Christmas. Know that among all the virtues that I hold for humanity, healing is what is most called upon by all students; and truth, which is the core of my work, is the least remembered virtue.

My beloved ones, unfortunately, the greater truth is not always welcome! Many have a great resistance to admit that perhaps what they believed to be true for years is not always an absolute value, but transitory. Sometimes, life needs to put many challenges in a student's life, so that he opens up to new values. And we know how difficult this transformation of concepts is and how it hurts, even physically, the breaking of values that are crystallized, sometimes for several incarnations, in the student's mental and emotional body. But know that without this inner renewal you cannot move forward on the spiritual path.

How many times do we hear students claim to others that this or that is the truth of God and the Ascended Masters, when unfortunately, they are only imposing the partial truth of their own experience. Beloved ones, know that there are no magic formulas on the spiritual path. What served as a springboard for you, maybe it is what will make another, step back on the path. Exactly for this reason, we always encourage students to avoid giving advice to others, and rather, motivate them to enter within their own I AM Presence - the Great Master within their hearts, and seek there the solution to their problems. Know that only this Master Presence can show you what is best for you at every moment and step of your path. When you learn to dig and take what you need from there, you become totally independent of external things, which often only confuse you, leading you to make wrong decisions along the way.

Beloved ones, no one from the outside world can tell you what is best for you, as they cannot see all the forces that are acting on a particular challenge you face. Only your I AM Presence and the Ascended Host who are one with It, can see what is going on behind a problem. Therefore, what I wish to offer you today, is my Cosmic Flame of Cosmic Truth, and if you invoke it, visualizing my Emerald Green Flame entering your brain and illuminating it, then you will be able to receive great help to know how to separate the wheat from the chaff and always make the right decision at every moment of your journey.

Remember the teaching of beloved Jesus when he said *"Then you will know the truth, and the truth will set you free."* (John 8:32) It would be interesting if you called my Flame of Truth to light your brain and then read this entire chapter of the bible, for there are great pearls of truth, which could help you immensely to move more freely and quickly on the spiritual path. Remember, I am very connected to Master Jesus, as I expanded his teachings, in the figure of the apostle Paul.

Initially in this dissertation by my brother John, we have the story of the woman who committed adultery and was taken by the Pharisees to beloved Jesus to be judged. They told Jesus that Moses had said, that women like that should be stoned and they asked him, what he had to say about that. Note that the Master, before responding to the provocation, bowed to the ground and began to draw a symbol with his fingers. Why did Jesus not respond immediately? Because the Law teaches us that when we are taken by surprise and someone provokes us, before retaliating, we always need to enter our beloved I AM Presence first, and seek in it the solution to solve the problem in a wise and harmonious way! Beloved ones, there is no mystery in this act of Jesus, as many think, but simply, this was the way he found at that time, to break the external pressure and enter his I AM Presence to seek the right answer.

It was only after Jesus got the guidance of his I AM Presence that he arose and told everyone that whoever was without sin could cast the first stone. My beloved ones, understand how Divine intelligence works perfectly! Jesus didn't preach a sermon to the people, or say they were right or wrong, he let the wisdom of the Presence flow freely and with a few words, he threw the ball back to those who wanted to punish that woman and denigrate His image before the people. Observe that there was no big discussion! The Cosmic Flame of Truth flowed through Jesus' words and illuminated them all, and then, shortly thereafter, they left in shame. This is the invincible power of the Illuminating Presence that lives in your hearts! When it comes forth, there are generally no long sermons, but only an illuminating flash through a few words, and where it falls, it melts all human creation instantly!

My beloved ones, all of you can, like Jesus, be a pure instrument of this Illuminating Flash, for everyone in your sphere of influence, when you learn that before reacting injured in the face of the provocations of the external world, first you need to be silent, turning to your I AM Presence within your heart, and remaining there, until serene, guided only by Divine Intelligence, you clearly know what must be done and said in any given situation.

This is the path of mastery, beloved ones. Only in this way can you avoid mistakes and become a true example of kindness and wisdom for everyone in your world. Do you understand where I am going? Jesus did not go to ask another human being what should be done, but rather, he sought the answer directly from the Source of Light in his own heart! And you all have this same Source! You just need to learn to drink more of it, instead of looking for water in external places, which most of the time is contaminated with distorted values.

The truth is liberating, but you only find it in the I AM Presence that dwells in your hearts! And this truth is the essence of the healing of your body and soul, for where it descends, human creation is melted, confusion is dissolved, and the natural flow, which is God's way, is naturally re-established.

Beloved ones, call upon my clarifying Emerald Green Flame when you need help and feel confused by the thousands of voices that sound internally and externally and pressure you to act this way or that! Call the Illuminating Emerald Green Flash of my Presence to flood you and envelop anyone who feels confused and then I will come, with the speed of a Lightning and the power of a Thousand Suns and I will dissolve all doubts and distorted values and the truth will come forth and you will be freed!

In today's world, with so much conflicting information, only through the Flame of Truth and Illumination of the Cosmic Christ can you discern what is of God and what is of man, and thus choose wisely what will bring you happiness and move you towards your Divine plan.

May my Sacred Fire of Truth light you on your journey! May you know the Truth and may It set you free in the Victory of your Ascension!

Happy New Year!

Hilarion



Hilarion's Truth and Healing I AM!

Goddess of Liberty

December 27th 2022

Children of Light,

It is a great joy to descend into your external consciousness and once again address my words to you. And I would like to start by reminding you that you were created in the image and likeness of the Living God, and therefore, you are free beings, true embryonic gods, possessing the same abilities and powers as your Progenitor. Now, I ask you, why do you feel so limited and imprisoned when you have Divine parentage?

I am the Cosmic Flame of Cosmic Freedom for this entire system of worlds and there is nothing and no one on Earth or anywhere in the universe that has the capacity to block my path, for I have built this momentum of Freedom over eons and I became one with the Freedom of God! And I tell you, as I do, you have this same Cosmic Freedom as your birthright!

Beloved Ones, you are free, completely free and sovereign in your I AM Presence, which is your Cosmic Father and Mother! Know that you feel trapped because you are looking for freedom in the wrong place! You are looking for freedom in the external world when it only exists within you, within the Presence of Light that lives in your hearts!

Please, understand that, in this external world everything is relative, changeable and constantly transforming, consequently, you could never find true freedom within it. For whenever you need something external to feel free today, when for whatever reason it ceases to exist tomorrow, you will feel frustrated and trapped again! Do you understand what I am telling you? If your feeling of freedom is supported by an external value or condition, this is something vulnerable, as external appearances always fluctuate.

Therefore, *understand perfectly, the feeling of freedom that I AM and that I offer you, is supported only by the Presence I AM that is anchored in your hearts and that is something that nothing and nobody can steal from you! Someone can trap you in a saddle, someone can stop you from talking, someone can tie your arms and legs, but no one, you see, no one can take away the Presence of God that lives in your hearts!* Therefore, if your feeling of freedom is supported by this Presence within you, someone can place a stone in your path, but you will never feel disturbed by it, because you will be centered in the Rock, and in It, you will find the means and solutions to remove this stone, move forward and accomplish your Divine plan!

I ask you, would anyone be able to imprison a person who no longer feels enslaved by external appearances? Never, my beloved ones! Never! For when one is perfectly grounded and centered in his I AM Presence, no negative appearances from the outside world can shake him, for no matter what happens, he will know and trust that the I AM Presence, which is his guarantee of Freedom, will operate and the outer obstacle will have to give way and disappear!

Understand, my children, no one in this world or anywhere in the universe can block your path when you are truly grounded in the Divine Presence in your hearts, for it is the Supreme Power that reigns over all that exists! You waver and get frustrated

because you place too much value on outer appearances and with that, you give them power to act upon you and toss you around all the time! Answer me, who created the Heavens and the Earth? God, my beloved ones! God alone! And if He created everything in the universe and nothing can exist without Him, how can you fear external things so much when you have that Invincible and Infallible Presence who created you in His image and likeness, and who has eternal abode in your hearts?

Please, realize that you are limited and feel powerless because you do not fully trust in God's Supremacy! You can tell me, this is not true, of course I trust God! And I answer you, yes, you trust God when everything seems to be going perfectly, but when difficulties arise and you cannot resolve them easily, you move the power of God to external appearances and feel like victims of external conditions and people. Know that when you are unshakable in your trust in the I AM Presence, you will never again feel victimized or enslaved by external things, for they will no longer have any kind of power over you. And only then you will know my Freedom!

I AM the freedom of the Great Central Sun! I AM freedom for every planet and lifestream of this system of worlds! I AM the freedom for all life on Earth! I AM the true freedom, that when you seize it, and hold it in your world of feelings, it will lift you in a single thrust into the victory of your ascension!

My freedom is not the power of your choice between this or that in this world, beloved ones. My freedom is not your ability to move freely in this world. My freedom is the power that frees you from the bondage of external appearances and human ignorance. This is the freedom that I AM and that I offer you today!

Beloved Ones, *whenever you feel trapped by something in this world, remember the Goddess of Liberty! Call me to descend upon your mind and world of feelings, to sweep your inner bodies with my Cosmic Flame of Cosmic Freedom, to flood and seal you in my Liberating Presence of all concepts and limited thoughts that keep you imprisoned in inferior conditions! And then, in accordance with your sincerity and willingness to do what is right, I will descend with my Blazing Violet Fire and dissolve all psychic currents and human creations that bind you. Beloved ones, remember my Violet Fire of Cosmic Freedom and **command it to cut, shatter and dissolve all human creations that trouble you, inside or outside of you**, and then you will be released and you will return to your center again, which it is the I AM Presence in your hearts, thus rescuing the feeling of the everlasting freedom of the sons and daughters of the Living God that you truly are!*

I carry my feeling of true freedom into your feeling world this day and hope that you will reactivate it whenever outer appearances pressure you to doubt the Supremacy and Invincible Freedom of the I AM Presence within your hearts.

Thank you,
Goddess of Liberty

Goddess of Justice

December 28th 2022

Children of Light,

What a great pleasure it is to be able to touch your outer consciousness at this glorious time of year. Know that like you, we are also in a moment of celebration and fraternization at the Royal Teton Retreat.

Our beloved Arcturus, Saint Germain and Zadkiel, with the assistance of all the Elohim and the Angelic Host, once again amazed us with their magnificent work of this great sea of Liquid Violet Fire, built on a flat base very close to the Teton Retreat. I can tell you, even for us of the Ascended Host, this majestic monument created by the Elohim in just a few hours is an ever-amazing thing, that shows us the limitless and ever-expanding power of the Mighty I AM Presence.

It is wonderful to observe human beings, especially our dear students, descending with their protective angels into the entrance portals located around this wonderful construction. How I wish you could remember what you experience here with us! You arrive smiling, anxious and willing to purify yourselves once more in these flaming waters of Violet Fire. I tell you, my beloved children, this lake is not an invented myth, but something real, as tangible and visible to your inner bodies as your homes and objects are to you in this human octave. And know, this is a great blessing from the I AM Presence and the Lords of Karma, with the purpose of helping humanity, and especially the students who embrace this activity of the Sacred Weeks, to free themselves from a great karmic burden, which was, in the most of the time, unconsciously acquired throughout the current year. This is an act of mercy towards human beings and a great opportunity for all students to refresh themselves in these waters and start a new chapter of their lives with renewed energy.

Every year Arcturus, together with his team and the Great Architect of the Ascended Host, who also belongs to the hierarchy of the Elohim, and perhaps in the future we will be able to reveal his name to you, prepares in advance the plan of this fantastic work. And although the lake of Violet Fire is always at the center, the construction around it is renewed every year and becomes even more beautiful. Do you think we are different from you? No way! We also like to improve ourselves and to manifest more and more the perfection of God in our works. Arcturus is beside Saint Germain now and their eyes shine like the eyes of a child facing Santa Claus, for as students embrace this activity more space is needed to create special conditions so that they can receive very special assistance to help them in their ascension process. They are already making, as always, new plans for next year! What a wonderful thing is the enthusiasm and joy of a child!

Saint Germain has already smiled at me and asked me not to reveal anything more, but, as you know, I rarely address my words directly to the students and I could not miss this opportunity to tell you a little about my personal experience. My children, the Ascended Host is a big family and although we have great responsibilities to fulfill, we also like to be together, talk and wisely take advantage of the gifts and facilities that the Ascended Life offers us.

Most students imagine that we, the Lords of Karma, are very austere, but this is just a reflection of the fear that the Outer Self has, when approaching us at the time of its passage in this human octave. As much as we meet every six months throughout your incarnation, our meeting that takes place at the end of your mission in a given incarnation always causes you great fear, as it is the moment when all experiences are really accounted for and the final result of your mission is verified. Every six months you make promises to us and most of the time, they are not fulfilled, because when you return to your bodies of flesh, the negative pressure of the atmosphere and your accumulations, make you completely forget your goals.

My children, you do not need to be afraid, because we are immensely merciful, otherwise we could never occupy this position. Know that we wish only the best for you and always treat you with great love. We certainly wish you could be stronger and not let yourselves be carried away so easily by the appearances of the external world, but we are fully aware of the difficulties you face and like God, we have all the patience in the world, waiting for the moment when you wake up and take the Scepter of the power of your I AM Presence, which is the only thing that can really lift you above the limitations imposed by the human self.

The Goddess of Liberty told you yesterday that true Freedom is an inner feeling anchored in your I AM Presence and not external conditions that are ever changing. And I complement you today, freedom and justice always go hand in hand. Look at me and Saint Germain, we can never live without each other! And know that your beloved Master gave me a wonderful smile just now! He always has the power to charm me! In fact, He delights everyone! But, returning to our subject, I want to tell you that justice without freedom turns into cruelty, and that freedom without justice turns into licentiousness.

Many people rebel against the laws and want to do everything that comes to mind, justifying that they are acting in the name of Liberty! But they do not question whether they are harming or offending the principles of others. This is not freedom, my beloved children. Know that in any sphere where you manifest yourselves consciously, there you will find greater and lesser laws, which will need to be respected so that life there is something pleasant for everyone.

Therefore, I know that many feel pressured by the Laws and want to break them in the name of their freedom! But this is just an act of rebellion by the outer self and has nothing to do with the true freedom of the Ascended Masters, as they are the first to happily abide by all the laws of whatever sphere they are sent to serve. Know that *laws are created not to punish but to ensure that the Divine order is not affected*, and only in the Divine order can we find happiness! Therefore, my beloved ones, you are free, but this freedom does not exempt you from the need to respect the laws of Heaven and Earth.

Freedom and justice are often very misunderstood, and each individual adopts the definition that suits him best. Remember that freedom ensures that you can move freely in your Divine plan; and justice ensures that you, during this movement, do not take away or impair the freedom of others!

When justice is very dominant in a nation, the people feel too restricted then revolutionary movements are likely to appear. Therefore, justice also needs to be

operated wisely, so as not to generate oppression. This serves both the nation and a family. In a house where parents, in the name of justice, punish their children too much, they will become oppressors and children will feel pressured and may become rebellious and undisciplined people!

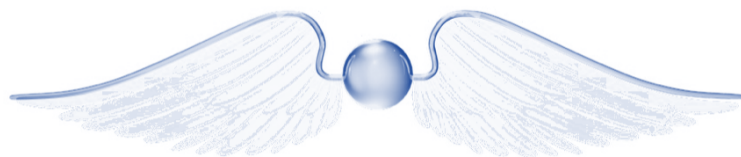
But now, if in a house, in the name of freedom, parents let their children do whatever they want, there is an immense tendency for these children to become immensely spoiled and unprepared to deal with contradictory conditions. Hence the need for the middle path, which is the perfect balance between justice and freedom. This balance between these two forces, apparently opposite, but which complement each other perfectly, is the successful recipe for living in society, whether within a family, a marriage, a company or a nation. When these forces are in balance, happiness reigns and evolution follows a natural and harmonious course.

I really hope that you can harmonize these two forces within yourselves and that you can call the Cosmic Flame of Cosmic Freedom to lift you above the bondage of fluctuating outer appearances, and that you invoke my Cosmic Flame of Cosmic Justice to ensure that you are free, but never use your freedom in a wrong way, causing suffering to others.

I end here, wishing that you can happily do the guiding meditation of the Violet Fire Cauldron and that you can come here several times in the next few days. We have a beautiful orchestra performing majestic musical works. Many of these works are still not known to the outside world and it would be wonderful if a student could register them in his mind and bring them down to the outside world in order to bless humanity. They are miraculous melodies that have the power to heal many physical and psychic ills.

I now enfold you in my love. I flood you with my perfect balance. And I lift you up in the Flame of my Cosmic Justice and Victory! May you take advantage of the opportunities that the next year has in store for you and be victorious!

Thank you,
Portia



I AM the Perfect Balance between Freedom and Justice!



Sixth Week Discourses

Ascended Light Body

December 29th 2022

Discourse given by the Ascended Master Saint Germain

Children of Light,

With great joy, I once again address my words to you, but today, I speak on behalf of the Ascended Light Body. I would like you to know that this Ascended Light Body is to the Ascended Host as the Higher Mental Body is to you. So, we could say that on this day of the Sacred Weeks, the Ascended Christ Consciousness, formed by the momentum of Light from all the Ascended Masters who serve on this planet, is pouring a powerful current of Sacred Fire of Love upon all life on Earth.

This Ascended Light Body has a form as tangible as your Higher Mental Body, but because of its immense frequency, human eyes cannot see it. Perhaps a student in an expanded state of consciousness could see or feel it as a very Radiant Sun, which could not be gazed upon for more than fractions of a second. Know that we wish to designate a different Ascended Master each year to speak for the Ascended Master Consciousness on this day, so that you may receive different visions of our work as a Unity of Light serving this planet.

Remember that your consciousness is also one with the consciousness of the Ascended Master. The only thing different between us is that we have expanded our vision and perception of life while you are still limited by the human creations and concepts that surround you.

My children, there are not two, three or more consciousnesses operating on Earth or anywhere in the universe, because consciousness is consciousness which in itself is something indivisible and imperishable.

What we see individualized in a diversity of beings is an atom of the greater consciousness of the Creator – the mighty “I AM Presence”.

Now, you might ask, but if we have an atom of that greater consciousness, then how could consciousness be indivisible? And I answer you, for example, if you go to the Atlantic Ocean and fill a bottle with its waters, would the water in your container be different from the ocean water? Never! Even if you put it in a bottle, it will always be the water of the Atlantic Ocean, carrying the same qualities and all the memory of this great Cosmic Being, from the beginning of life on this planet. And if your vessel breaks, this water will etherize and return to its Source.

Know that just as the great mountain ranges are ruled by the Gods of the Mountains, so all oceans, seas and great rivers are also ruled by a great Cosmic Being. My children, there is nothing on this planet or anywhere in the universe that is not governed by an intelligence that appears to be separate externally but is actually internally one and the same with the universal consciousness that created it.

Therefore, understand that it is not exactly correct to say that the greater consciousness splits when it creates a new being, but rather that it unfolds in order to multiply. The cell that is expelled from the heart of universal consciousness, no matter

what path it takes or wherever it consciously manifests itself as an individualized being, will always be one and the same with its mother-father consciousness.

My children, each individual being is like a vase with water. The vase seems to be different, but the water inside is always the same. Each life stream receives a spark from their cosmic parents, but through their conscious effort, they can expand it to such an extent that they transcend their vessels and become their own parents in action where they are consciously operating and serving in the universe.

I am explaining this to you because I would like you to dissolve the idea of separation. You and I and all Ascended Beings are one. Superficially, we may seem like separate things, but the consciousness that flows through us is that of the Father-Mother God of this system of worlds. The day you manage to completely break the illusion of separation, you will understand perfectly well, that I am telling you the purest truth.

Likewise, there is a collective consciousness for each of your bodies. Your physical body is part of the collective physical body consciousness of all human beings. Your etheric body is part of the collective consciousness of the etheric body of humanity and so on. You are different life streams, but you are all branches of the same trunk, which has its roots in an even more expanded consciousness – the Consciousness of the Ascended Masters.

And since you are part of the same tree, all your thoughts, feelings, words and actions affect the health and well-being of all human beings. If you understood this principle perfectly, you would stop criticizing and judging your brothers and sisters, because when you do that, you make the collective body of humanity suffer, and therefore, you bring the same suffering upon yourselves.

The Ascended Host is a perfect cooperation. We all help each other. We learn to respect the collective consciousness that we are and we always act to keep it healthy and harmonious, always expanding our collective Momentum of Light. This same union we would like to see among our students. That same feeling of oneness needs to be expressed in the heart of every human being.

Each of you has an individual Divine plan, but remember that it must flow in perfect harmony with humanity's collective Divine plan. Of course, you will not always share the same interests, but if you do not pursue each other, letting each other go his way in peace, somewhere in the future you will meet at a central point – in the “I AM Presence” within your hearts.

God created different species of plants and animals, although they are different externally, they are all part of Mother Nature's global consciousness. If there were no human intervention in the natural order, everything in nature would flow harmoniously. In the same way, if men did not interfere with each other, everything would flow harmoniously in humanity.

Our dear Portia spoke to you yesterday about freedom and justice, and when these forces are balanced, the laws of life are spontaneously respected by all. Therefore, there is no need for an external intervention to regulate them. Many imagine that in the past Golden Ages there were no laws, but this is not true. The laws of life have always existed. What happens in a Golden Age is that men come to respect them of their own accord, so there is no need for an external book to remind them what needs to be done so that the harmony of the whole is not affected. Everyone walks centered

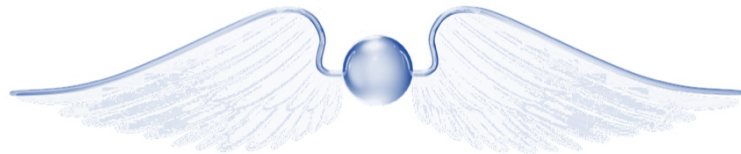
and guided by their "I AM Presence", which is the only consciousness that governs everything and everyone, so It always moves everyone in the direction of harmony, kindness and perfect cooperation with the whole.

I humbly let you know, my beloved ones, you speak of the I AM Presence and say that you love It very much, but you will only truly know It and be this Presence in action when you feel unity and respect for all human beings and all existing forms of life. This is the feeling of oneness of the Ascended Light Body - the Ascended Master Consciousness on Earth.

I envelop you in my Ascended Master Feeling of Oneness and may this help you to live in perfect harmony with all life on this planet.

Happy New Year!

Saint Germain



I AM Perfect Cooperation and Fraternity among Men!

Master Lanto

December 30th 2022

Children of Light,

Greetings from the Brotherhood of the Royal Teton! We are over joyed to welcome you here during this Christmas Season and know that many of you, in accordance with your dedicated effort and devotion to this work of the Sacred Weeks, are often with us in your sleep. If you do not remember our meetings, it is only because of the density of your brain frequency, has not yet been properly adjusted.

But rejoice, for every problem there is a solution! Therefore, if you are determined to retrieve memories and experiences from the Ascended Masters' Retreats and Higher Spheres of Light, in which you are being trained or serving the "I AM Presence", you just need to devote more attention to refining your brain structure during the coming months.

Understand that your brain and your atomic structure in general are greatly affected by the ocean of vibrations in which you are immersed every day, as well as through your physical and psychic nourishment.

I believe you are aware, that the more processed a food is, the lower the quality of the elemental life within it. For a food to be rich, it needs to be filled with living elementals. And generally, industrial processing dulls and saps the elemental life force in the natural substance being worked on. Even if scientists can say that the vitamins and mineral salts are perfectly conserved in these foods, food without elemental life, has a very low vibratory frequency, and when you ingest it, consequently your entire atomic structure suffers an impact and starts to vibrate in the same way. Remember that the slowest vibration bands are the darkest. Therefore, pesticides and other chemical products that are used to preserve food, not only reduce their vibratory frequency, but also make them darker, I mean, energetically. In this way, if you wish to increase the vibratory frequency of your physical body, it would be highly recommended that you take more care with what you put into your body through your mouth. Highly processed foods emit little light, and therefore cause a lowering of the overall Light of your body.

Another factor that hinders the perfect functioning of the physical body is the ingestion of heavy foods. Any food that is difficult to digest is a heavy food. Many people like to classify them into categories, but I do not want to get into this theoretical part. I believe that it is more indicated that you begin to perceive this type of food by the reaction of your own body. You see, everything that you ingest and that causes a heaviness in your belly and in your soul, is something that, for one reason or another, is not being well accepted by your body elemental, and therefore, perhaps you need to ingest it in smaller amounts or eliminate it completely from your diet.

My children, if you look for information in the theories of the external world, you will simply go crazy. There are many theories and studies, each one pointing to a diet as the best, and consequently, every professional in his field will always find good arguments to justify that his diet is the best. But each human being is at a different level of evolution, so what might be best for one, may not suit the other perfectly. Therefore, *the simplest way to adopt a healthy diet is to learn to watch and listen to*

your own body. That is true wisdom. When in doubt of what to eat or not, turn to your I AM Presence and say, "I AM the Wise Presence always choosing nourishing foods, filled with living elementals, that accelerate the vibrational frequency of my body and brain!" The constant use of this affirmation will naturally move you in the direction of the right foods that contribute to your physical and energetic health.

Now, I would like to remind you, that you do not just eat through your mouth, but also through your eyes, ears and your skin. Everything you direct your attention to, internal or external, is being absorbed by your physical, etheric, mental and emotional bodies. When you watch violent movies and scenes on television, you absorb the same violence within you. When you listen to destructive conversations, you ingest discord and this, like physical food, colors your bodies with the same dark vibrations and emotions. When you move through dense places, laden with criticism and conflict, you also absorb these destructive vibrations. ***My children, know that unfortunately, what you ingest through your senses, causes you hundreds of times more problems than what you ingest through your mouth.***

The intelligence of the physical body can generally be dulled by destructive eating habits, and then your body will always demand a certain type of food, even if it does not benefit you. Precisely for this reason, we suggest that you focus on your Inner Presence and use the affirmation that I have given you. This will make the habit change occur in a natural way and without causing conflict.

Likewise, your etheric, mental and emotional bodies also have an intelligence of their own. Generally, they are addicted to some habits which are destructive. When you want to change them with radical attitudes, this only generates emotional crises and a lot of suffering, because, like a person addicted for years to a very strong drug, if it is cut off abruptly, convulsions will occur in the body. In this way, it will also be much easier and simpler to transform these internal habits by creating new habits through the use of constructive affirmations. Focus your attention on your I AM Presence anchored within your heart, and ask It to help you with whatever you need. All change made through the "I AM" Intelligence occurs naturally and without suffering.

Call on my Golden Flame of Cosmic Wisdom to guide you in everything you wish to change in your lives, and I will descend with my Golden Rays of Illumination and I will annul the negative influences, in such a way that you can receive the suggestions of Light from your I AM Presence that will show you what needs to be done, every moment of your path.

Know that you use human intelligence when you are studying or researching things in the world, that is, people's opinions or knowledge about this or that, but only through the Divine Intelligence of your "I AM Presence" can you discern what is the best to do in the present moment.

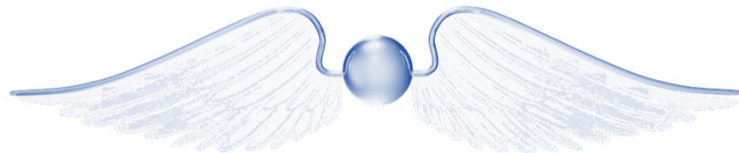
Focus your attention on your I AM Presence and say, ***"I AM the Master Presence here, thinking, speaking, feeling and acting. I AM Its Intelligence always moving me in the right direction! And nothing and no one can interfere with that!"*** This affirmation can be used for a general change in your habits.

Now, for the quickening of the atomic structure of your body and brain, use this affirmation **“I AM the Almighty God dissolving the dense layers of discord around my cells so that the points of Light within them expand naturally. I AM the Almighty God illuminating my body and brain now!”** For faster results, as you repeat the affirmation, run your hands over your body, imagining great currents of Sparkling White or Gold Flame descending from your Electronic Body to your heart and from there, flowing through your arms and emanating from the palms of your hands, illuminating your physical body. This is a great healing and lightening treatment of your flesh garment. If you do this often, you will see how you will have clearer memories of what you live in the Higher Spheres of Light.

I leave you now, but I hope to meet you every day when you fall asleep and come to the heart of the Royal Teton. On the last day of the year, we have a very special get-together, with a wonderful ceremony and you are all invited. I also want to say a huge thank you to all who are lovingly serving this blessed activity of the Seven Sacred Weeks. Together you are generating a great Momentum of Light that will be turned into great blessings for you and all of humanity in the coming year.

I thank you for your attentiveness,

Lanto



I AM the Wisdom of God!

The Cosmic Angel

December 31st 2022

Children of Light,

I descend from the Octave of Light where the Angelic Host dwells to bring you my blessings of Love, Fraternity and Peace on this last day of the year. What happiness it is to be able to share this festive moment with all of you and I hope that your hearts are overflowing with joy and hope!

My children, joy is a natural feeling in the heart of every angelic being, as we live in perfect communion with our beloved “I AM Presence” who does not know sadness or any discordant feelings. Love flows freely through our hearts and we only know perfect cooperation and brotherhood between us.

How wonderful it would be if human beings could learn from us, to live in perfect communion with their Source of Light! What a blessing it would be for mankind if there was only goodness, gentleness, and perfect cooperation among men! You might say to me, that this is something impossible to accomplish on Earth, but I assure you, it was a reality in past Golden Ages and it will again exist among men.

Know that where the Light enters, the darkness disappears! Place a dark spot within a perfectly lit environment and you will see that this spot will have no impact on your view of everything in that place. Now, imagine that you are inside a completely dark environment and that you are absolutely unable to see anything inside it, then light a small candle and observe what happens! In the same instant the darkness will subside and you will begin to see everything that exists there. This is the Invincible Power of the Light, my beloved ones! The Light has thousands of times more impact than darkness and therefore it is always victorious!

Now I ask you, why do you fear darkness so much when you have a great Source of Light in your hearts? Your Threefold Flame is an Immortal Source of Light, my children! If a small candle has so much impact in a dark room, then imagine the impact of the Light from your hearts when it is expanded and consciously radiated out to bless others! You can become a lighted candle illuminating your family. You can if you wish to expand your Light to bless your neighborhood, friends and your co-workers. You can expand your Light to bless everyone in your city and country!

What immense power you have within you! I humbly say that it would be a shame for a student, when a catastrophe strikes his home and region, because this could never happen if you were perfectly harmonious, anchored in the “I AM Presence” in your hearts and constantly radiating blessings on everything and everyone in your area! My beloved ones, these misfortunes only hit you because you are not strong enough, as you still give too much power to negative external appearances, accepting them as your truth. In this way, you forget the Presence of Light that lives within you and allow yourselves to be moved by the discord of the world, and whenever you focus on something discordant, your Light is dulled and you open gaps for destructive elements to find you. Light is power, my children. When you are immersed in feelings of discord, you dim your brightness and you no longer have a positive impact on everything and everyone around you, but simply respond to their vibration.

Remember that the great test for human beings in this cosmic moment, is to overcome discord. Now, humanity will never be able to overcome this if you, who are our students, do not determine to do this first, because you are the ones predestined to become candles and lighthouses illuminating hundreds or thousands of people in your circle of influence. Therefore, learn to remain harmonious, centered and concentrated only in the act of blessing. Know that only by blessing can you be blessed!

The Cosmic Light is descending each year more strongly on Earth and is being anchored in the Threefold Flame of this planet and all messengers of God and good souls. These life-streams will start to emit more and more Light in the coming years and will turn on the Light in the hearts of other hundreds and thousands of human beings. This process has already been triggered, my beloved ones. Even if external appearances are contradictory, within the human being, changes are taking place at an ever-increasing speed and when a good number are prepared, external changes for the better will take place at an even greater speed.

This is also valid for you. You are drawing in Cosmic Light and storing it within yourselves. Perhaps difficult conditions may come your way and you may begin to doubt the power of the Light, but I say to you, consume this doubt in the Violet Flame and stand firm! Ignore anything discordant and continue to focus on blessing and showering love on everyone and everything in your path, and I say to you, when that Light becomes strong enough within you, it will come forth into your outer activity and then all your affairs will be quickly adjusted into the perfect order, harmony and happiness of the Light of God that never fails!

Understand that the Light always first prepares a secure base and then it manifests and makes the transformation. This is an important law for lasting success. If a person gains success and power quickly but does not have a firm foundation, he is easily swept away by negative thoughts and feelings and ends up bringing destruction and suffering upon himself and others. For this reason, the Cosmic Light and the Ascended Masters never advance without first preparing firm instruments that will not allow themselves to be confused by the discord of the masses.

Beloved ones, you are being prepared to be our instruments, but we can only expand greater currents of Light through you when you are determined to say no to all human discord and remain harmonious, always willing to bless. ***I challenge you to maintain this determination for one year, and at the end of the next year, according to your effort and worthiness, I will multiply hundreds of times more your Momentum of Light created. Then you will witness the Invincible Power of Light and great blessings will descend into your world!***

I envelop you in my Light and sustain you in my Momentum of Union, Fraternity and Love of the Angelic Host.

A Happy New Year to all!

The Cosmic Angel

Mighty Victory

January 1st 2023

Children of Light,

Greetings from the Great Kumaras and the entire Brotherhood of Venus! It is a great joy to be able to say a few words to you on this first day of the new year and thus charge you with my Cosmic Flame of Cosmic Victory.

The great Micah told you yesterday that the Ascended Host never expands without first creating a firm foundation that will support the expansion of their work and that, my beloved ones, is the secret of our victory! If you understood this principle, there would not be anything in this world that you were unable to accomplish!

Understand that the first day of each year is the time when you set the keynote that will govern the entire cycle.

People usually over celebrate the last week of the year and are tired in the first days of the cycle that begins, and in this way, even if unconsciously, they lose the opportunity to mark a victory energy for the new annual cycle.

You notice that you make many plans, but most of the time they remain only in the mental plane, never manifesting themselves in the visible and tangible world. This is because you do not have the patience to create a powerful vortex of Light where your purpose can be drawn and held in the physical octave.

Many of you only remember the I AM Presence and the Ascended Masters when you are mired in difficulty, when if you would ask for our assistance before going out and doing things your way, you would avoid most of the problems you encounter along the path. Therefore, beloved ones, so that you may be victorious this year, and all of us in the Ascended Host greatly desire your victory, please make it a habit to remember us before you act or take the first steps towards a dream that you desire to conquer.

*When you have been inspired to accomplish something in this world, go back to your "I AM Presence" and say, **"Beloved I AM Presence and Ascended Masters, if this project is the Divine will for me, seal it with the Love and the Flame of Mighty Victory and guide me to do the right thing, at the right time so that it may be accomplished in the harmony, ease and perfection of the Ascended Host!"** And then, stay harmonious and open to receiving suggestions from above, and I promise you, you will be moved by mighty hands that never know defeat!*

My beloved ones, you give immense value to the suggestions of friends and loved ones, but many times, you are confused by the diversities of these opinions, that you no longer know what to do in a certain situation. Therefore, before seeking outside suggestions, ground yourselves first in the Victorious and Conquering Presence within

your own hearts. Say it over and over again until you clearly feel what to do: ***“I AM the Victorious Presence operating in this idea and victory is assured! I AM the Divine Intelligence guiding me in everything I wish to accomplish and nothing and no one can interfere with that! I AM the Conquering Presence bringing it visible into my hands and use! And I know, I AM Victorious!”*** Know that these statements are simple yet powerful!

My beloved ones, no one in this world can really see what is behind a constructive desire that is born in your heart. Remember that it is through desire that God moves you in the direction of your Divine plan. Many people say that you must dissolve desire, but without desire, nobody moves on this planet or anywhere in the universe, because the force of desire is an impulse of the Flame of Love within your hearts, moving you forward on the path. If it were not distorted by your negative accumulations and fears, it would always move you towards constructive achievements that would bring great blessings to you and everyone in your world.

I offer you this day my Flame of Victory and Love, which is able to remove mountains of human creations from your path and move you towards the Victory of your Divine plan, in the happiness and ease of the Angels and the Ascended Masters. Things do not have to be difficult to be valuable, my beloved ones.

When you step into this invincible activity of the "I AM Presence" and the Ascended Masters, if you are obedient and willing to put in the effort required, things will always go easier for you. You only encounter difficulty when you want to do things with your own human strength and intelligence. Therefore, remember during this year to surrender your goals into the powerful Hands and Intelligence of your "I AM Presence" and seal them in my Cosmic Flame of Cosmic Victory of hundreds of thousands of centuries of Victory, then you will see, how all your affairs will flow more harmoniously and you will be victorious!

I engrave my confidence and obedience to the Light and the Divine Plan in your feeling world and I hope that through your conscious effort, you can make it an unflinching magnet to attract victories on your path.

A victorious year to all!

Mighty Victory

Seven Mighty Archangels

January 2nd 2023

ARCHANGEL MICHAEL SPEAKS:

Children of Light, ***I bring you my virtue of Faith to bless your year.*** You say you have Faith, but this Divine virtue is still very fluctuating in your emotional world, as it is easily shaken by any negative event that crosses your path. Know that true Faith is a feeling of unshakable trust in God and His Messengers of Light, from the octave of the Ascended Masters, Angels and Elohim. When you truly magnetize this virtue in your hearts, even if something unpleasant happens to you, you will never feel alone and you will never doubt the Invincible Power of God. Remember that there is no other Power and Intelligence ruling this world but the "I AM Presence". This is the Supreme Power and when It commands something, the entire universe bows to Its will. This Supreme Intelligence is anchored in your Threefold Flame and when you trust It without wavering in the face of external world appearances, you will become completely indifferent to every human creation.

Repeat during this year: ***"I AM Unshakable Faith in my I AM Presence. I AM Archangel Michael cutting with His Blazing Sword of Blue Flame all obstacles and opposition in my path. I move protected by His Light and advance courageously in the Victory of my Divine Plan."*** If you remember this affirmation and use it constantly, you will see how harmoniously everything will flow this year. I envelop you in my Blue Lightning which protects you from destructive elements. "I AM" Michael illuminating your path.

ARCHANGEL JOPHIEL SPEAKS:

Children of Light, ***I bring the virtue of Wisdom to bless your year.*** When you perfectly magnetize this virtue in your hearts, you will never move out of your Divine plan. Human knowledge is something that changes from generation to generation and from culture to culture, but Wisdom is always the same. You need a lot of time and effort to keep up to date with world affairs, but when you become one with my Wisdom, before starting a material project or service to the Ascended Host, everything you need to know will come to you from above, so that you may perform your tasks in God's perfection.

To acquire my Wisdom constantly decree: ***"I AM the Wisdom of Archangel Jophiel illuminating my mental world, and everything I need to know is revealed to me in advance so I may walk according to God's Will, fulfilling my Divine plan. I AM Divine Intelligence moving me and I now perceive Life, with the perfect eyes of my beloved Mighty I AM Presence."*** Beloved ones, visualize my Golden Light flooding and illuminating your Brain as you practice this statement and my Wisdom will guide you throughout this year. "I AM" Jophiel illuminating your mind.

ARCHANGEL CHAMUEL SPEAKS:

Children of Love, ***I bring the virtue of Love to flood and guide you through this year.*** Love is the Transcendent Power of the Heart of God and works in men through desire. In a primitive life stream, it manifests itself as the need to protect oneself in order to preserve one's existence. Now, in the more evolved life streams, it manifests itself as the need to serve the Will of God and bring blessings to all creatures in their path. The more advanced a Being, the more unconditional his Love for all of life becomes, for being one with the Holy Spirit of God, he recognizes God in all forms and so, he learns to be grateful for all his experiences and people who cross his path.

Decree during this year: ***“I AM the Transcendent Love of the Heart of God, governing my life and destiny. I AM the Pink Flame of the Heart of Chamuel sealing all my experiences and relationships in His Invincible Love which transcends every discordant element and sustains my world in the beauty, harmony and perfection of Light.”*** My children, if you remember Chamuel and repeat my statement with constancy and confidence, my Love will illuminate your path and you will have a year filled with joy and perfect achievements. ***“I AM” Chamuel bringing balance to your feeling world.***

ARCHANGEL GABRIEL SPEAKS:

Children of Light, ***I bring the virtue of Hope to bless you this year.*** Know that my Hope is the sustaining power of your self-motivation on the spiritual path. When you magnetize it perfectly, no matter what tests occur, how many times you may fall, you will always pick yourselves up, dust yourselves off and start over again, until you are masters of what you set out to be. A person only gives up when there is no longer the Flame of Hope within them. You are being prepared to be the future guardians and instructors of humanity, which is why you need to be an inexhaustible source of Hope for all weary and thirsty souls that approach you.

Constantly call out during this year: ***“I AM the Inexhaustible Source of Hope, always motivating me to move forward! I AM the Hope of Gabriel flowing through me and bringing joy and motivation to all who cross my path.”*** My beloved ones, if you are constant in this affirmation, I will give you motivation to fulfill your daily tasks in the Purity and Joy of the Angels. ***“I AM” Gabriel guiding you on your path.***

ARCHANGEL RAPHAEL SPEAKS:

Children of God, ***I offer you the virtue of Healing this year.*** When you are fully charged with this Divine quality, you are not only endowed with perfect health, but more importantly, you become a Source of Healing and Relief for all in your world. Remember that a physical illness usually has its roots in the soul, that is, in the mental and emotional body of the individual. Even those who are born under the weight of certain illnesses, and which many students associate with karmic compensation, are,

in essence, distortions in these internal bodies carried from one incarnation to another. In this way, *if you want to be healthy, you need to heal the causes and cores of your illnesses located in your thought and feeling worlds.*

If you do not eliminate the causes and cores, you will always be victims of their effects. I invite you to decree during this year: ***“I AM the Emerald Green Flame of Raphael sweeping my physical, etheric, mental and emotional bodies, eliminating the causes and cores of all physical and psychic ills. I AM Perfect Health now manifested and forever sustained.”*** My children, if you commit to this affirmation, I will descend with my Healing Angels and I will sweep, purify and illuminate your four lower bodies and you will have much more vitality and willingness to carry out your Divine plan. *“I AM” Raphael lifting you into the Perfection of your I AM Presence.*

ARCHANGEL URIEL SPEAKS:

Children of Love, ***I bring you the gift of my Grace to illuminate your path during this year.*** Grace is a very important virtue, but very little invoked by students. It is a feeling of deep peace that keeps your senses attuned and receptive to the promptings of the “I AM Presence” within your hearts. When you are fully charged with this virtue, you begin to observe sparkling sparks moving around you. Grace-filled people, are sources of blessings for everyone in their world. Most of the time, they do not need to say anything, but just the proximity of their physical presence, the emotional turmoil and irritation of an individual are quickly dissolved. People who expand Divine grace are usually charismatic and cheerful, positive and generous. Beloved ones, my Grace can make the Ascension process more pleasant and easier for you.

Repeat throughout the year: ***“I AM the Presence charging my four lower bodies with Its Divine Grace. I AM that Grace descending like a Mantle of Sparkling Light over everything and everyone in my path. I AM the joy of living!”*** My children, if you make constant efforts in this direction, I will seal you with my Dazzling Light that annuls the negative pressure of the planet's atmosphere, and thus you will feel lighter and happier in the fulfillment of your daily tasks. *“I AM” Uriel sealing you with the Grace and Joy of Angels.*

ARCHANGEL ZADKIEL SPEAKS:

Children of Light, ***I bring the virtue of Invocation to bless you this year.*** This virtue is part of the Seventh Ray's Magical Ceremonial and gives you the ability to draw the Sacred Fire from the Heart of God and use it to redeem every substance darkened by negative human thoughts and feelings, restoring its original purity. Today all the Archangels have offered you a statement to use and call forth their Blessings and Virtues. These statements have the power to act on your four lower bodies and dissolve the causes and cores of negative programming, replacing them by the perfection of the Ascended Masters. The use of affirmations, decrees and invocations to magnetize Divine virtues and patterns is part of the Violet Ray and is a boon to humanity. Now, beloved ones, these statements can only help you if you are constant

in your application. And as you apply it, you must remain harmonious so that the Currents of Light from the Archangels can descend in ever greater amounts through you. When we pour our Sacred Fire upon you, it charges you with the Invincible Power of the Almighty God, and as it increases, the result of your calls becomes ever more rapid. *But remember, power must always be used to bless, enlighten and prosper all beings. If you do not pass the test of harmony, you cannot receive a greater Current of Sacred Fire, for in a moment of carelessness, you could use it for selfish purposes and thus hurt your brothers and sisters along the way.*

Therefore, I invite you to repeat during this year: “I AM the Magical Power of Invocation governing my calls and the results are instantaneous. I AM Archangel Zadkiel and His Violet Flame sustaining my four lower bodies in God’s Purity and always focused on the activity of blessing and illuminating everything and everyone in my path.” If you are firm in this statement, I will envelop you in my Blazing Violet Fire that will keep you harmonious and with constructive intentions. “I AM” Zadkiel holding you in the Purity of your Divine plan.



Seven Mighty Archangels, Descend!

Seven Mighty Chohans

January 3rd 2023

BELOVED MASTER EL MORYA SPEAKS:

Children of Light, I offer you my Blue Flame of Cosmic Will to help you this year. No matter what ray you belong to, without Will and Determination you cannot accomplish anything in this world. I often see students who are tired and without energy to carry out their daily tasks, and when I observe their auras, I see an immense lack of Blue Flame in them. If you do not charge yourselves with the Blue Flame of the First Ray, you do not have the willpower to make the necessary conscious effort to break free of the psychic currents that keep you numb. The daily magnetization of all Cosmic Rays is essential for everyone who wants to have a balanced Causal Body and thus rescue the different capabilities and riches, that they have dormant within this storehouse of blessings. Beloved ones, remember that you need these blessings to fulfill your Divine plan.

*To magnetize yourselves with the First Ray, visualize the Blue Flame descending from the Great Central Sun into your hearts and then expanding, until it envelops you in a Sparkling Sphere of Blue Light, then repeat: **“I AM the Will of El Morya. I AM His Determination, Love and Perfection filling me with God’s Vitality to fulfill my daily tasks and confidently move forward in my Divine plan.”** If you are firm in this, I will give you the energy you need to overcome the challenges in your path. “I AM” El Morya.*

BELOVED MASTER LANTO SPEAKS:

Children of Light, I offer you my Golden Yellow Flame of Cosmic Wisdom to assist you this year. Only Wisdom can help you to see clearly what is God's Will for you, and what is the right decision and direction at every moment of your journey. Without enough Golden Yellow Ray Substance in your aura, you cannot expand this virtue and thus clearly perceive the promptings of the Christ Presence within your hearts.

*Visualize this Flame of Wisdom descending from the Great Central Sun into your hearts and then expanding, to envelop you in a Sparkling Sphere of Golden Yellow Light, then repeat: **“I AM the Wisdom of Lanto flowing through my thoughts, feelings, words and form. I AM His Love, Clarity and Perfection. I take pleasure in fulfilling my Divine plan. I always move in the right direction.”** If you are constant in this affirmation, I will illuminate your world of thoughts and you will be able to see clearly what the Christ within your hearts desires for you in each moment. “I AM” Lanto.*

BELOVED MASTER PAUL THE VENETIAN SPEAKS:

Children of Light, I offer you my Pink Flame of Cosmic Love. You need this Pink Substance in your aura so that you can know how to attract the Electronic Substance of Light necessary for your projects to be fed and strengthened until they are brought down into the visible plane. When you are filled with the Flame of Love, you are willing

to make the necessary efforts towards your dreams and then pour your own life into them. This is the great Magnetizing Power which, if sustained for the necessary time, turns any thought into something tangible. My beloved ones, with indifference you cannot accomplish anything good and lasting in this world. Therefore, remember to charge yourselves with my Pink Flame daily.

*Visualize this Flame of Love descending from the Great Central Sun into your hearts and then expanding, to envelop you in a Sparkling Sphere of Pink Light, then repeat: **“I AM the Love of Paul the Venetian flooding my four lower bodies. I AM His Perfection and Ability to turn dreams into visible and tangible realities.”** If you are determined in this goal, I will charge you with my Sparkling Pink Substance which is a true magic wand that has the power to precipitate into your hands and use whatever you may desire. “I AM” Paul the Venetian.*

BELOVED MASTER SERAPIS BEY SPEAKS:

Children of Light, I offer you my White Flame of Cosmic Purity. When you magnetize this Flame in, through and around you, you acquire the ability to stand firm always, in the beauty of your Divine plan. Many times, you are inspired to accomplish something, but as you study the subject, external suggestions appear and you deviate from the original purpose, ending up doing something very different and what does not bring you true happiness. Therefore, you need to be charged with Christ Purity so you may be indifferent to anything that is not the Will of God, but perfectly receptive and willing to do whatever aligns with your Divine plan.

*Visualize the White Flame descending from the Great Central Sun into your hearts and expanding, until it envelops you in a Sparkling Sphere of White Light, then repeat: **“I AM the Purity of Serapis Bey. I AM His Love, Beauty and Perfection always sustaining me in the Victory of my Divine Plan.”** My beloved ones, according to your effort in this affirmation, I will charge you with my White Light Substance that will make you immune to all human suggestions that deviate you from God’s purpose in your life. “I AM” Serapis Bey.*

BELOVED MASTER HILARION SPEAKS:

Children of Light, I offer you my Emerald Green Flame of Cosmic Truth. I believe, I have already told you that without Truth, Healing is not possible. You often get lost on the way due to distorted concepts accepted without question. This ends up attracting suffering to you, because everything that is distorted creates disharmony. To avoid it, you must always have a certain amount of my Green Substance of Light vibrating in your aura. This will help you choose the right tools and teachings that will benefit and support you along the way.

*Therefore, visualize the Emerald Green Flame descending from the Great Central Sun into your hearts and expanding, until it envelops you in a Sparkling Sphere of Emerald Green Light, then repeat: **“I AM the Truth of Hilarion. I AM His Love, Harmony and Perfection directing me always towards Perfect Tools and Pure Knowledge that help me in the fulfillment of my Divine plan.”** If you are firm in this, I will help you to discern between the wheat and the tares on the way. “I AM” Hilarion.*

BELOVED MASTER NADA SPEAKS:

Children of Light, I offer you my Golden Flame of Cosmic Peace. Know that without Peace there is no Happiness. And without Happiness there is no reason to exist. You have great difficulty sustaining the virtue of Peace because you do not have enough Sixth Ray Light Substance in your aura. Peace is necessary so that you can clearly hear the Silent Voice of the "I AM Presence" in your hearts. Often this voice is drowned out by the turmoil of your thoughts and feelings, and by the negative atmospheric pressure created by the collective mind. Only my Golden Substance, which is part of my own Life, can give you the inner support to say a definite "no" to the negative appearances of the world.

Therefore, *visualize the Golden Flame of the Sixth Ray descending from the Great Central Sun into your hearts and expanding, until it envelops you in a Sparkling Sphere of Golden Light, then repeat: "I AM the Peace of Nada. I AM Her Love, Serenity and Perfection enfolding me now. I live happily, always fulfilling my Divine plan." My children, according to your effort in this affirmation, I will charge you with my Cosmic Peace that will silence your senses and keep you obedient to the impulses of the "I AM Presence" in your hearts. "I AM" Nada.*

BELOVED MASTER SAINT GERMAIN SPEAKS:

Children of Light, I offer you my Violet Flame of Cosmic Freedom. This virtue is anchored when you draw enough Seventh Ray Light Substance into your aura. Many students invoke the Violet Flame, but cannot register it in their internal bodies, because after their application, they quickly return to the automatic pilot of the human collective mind, which soils the Sacred Fire with its discordant thoughts and feelings. To draw the Violet Flame and keep it vibrating in your aura, you need to be pure in your intentions and always willing to use the Sacred Fire only to bless everything and everyone in your path. Through the act of blessing, you illuminate the electronic substance that holds a form, releasing and returning the electrons to their original purity. Know that when you, even unconsciously, wish to harm or imprison life, you are acting in opposition to Freedom, which always releases and lets life flow naturally.

Therefore, *visualize the Violet Flame descending from the Great Central Sun into your hearts and expanding, until it envelops you in a Sparkling Sphere of Violet Light, then repeat: "I AM the Freedom of Saint Germain. I AM His Love, Purity and Perfection flooding every particle of Electronic Substance I contact, returning it to its Divine Pattern. I bless Life and Life blesses me. I AM that I AM!" My beloved ones, if you are constant in this affirmation, I will charge you with the Cosmic Freedom of the Violet Fire that will dissolve all obstacles in your path and make you a source of blessings for everyone in your world. "I AM" Saint Germain.*

Helios and Vesta

January 4th 2023

Children of Light,

Loving greetings from your God-Parents! With joy we direct our words to bless and motivate you to move forward courageously, releasing the Divine pattern contained in your Threefold Flame and making it visible and tangible in this human octave.

Everything that is created within a System of Worlds is given a Divine pattern. This forms the nucleus where Electronic Substance is attracted, giving rise to the Electronic Body or "I AM Presence" of every creature, be it an electron, angel, animal, man or nature spirit. The difference between a human lifestream and one of the animal kingdom, is that each man has his or her own Individualized Presence, whereas an animal is part of a group soul, directed by a great deva. In this deva, also exists the Divine pattern or "I AM Presence" that governs that group of animals. Likewise, we also have a deva governing every species of plant, flower, mineral formation, and other manifestations of nature. As we have already told you, everything that exists is governed by a conscious intelligence.

Those great devas who govern group souls within an evolution obey the Divine pattern in their hearts, teaching all elementals and angels who work under their direction, to manifest it perfectly in this world of form. Each deva is a great master who expands into outer activity, the beauty of what they have been given to sustain. Thus, we have a harmonious activity within nature, where each being that is part of a group soul, obediently reflects the characteristics of the core of Light to which they belong.

We Solar Lords also perfectly obey the Divine pattern of our beloved "I AM Presence" sustaining a solar system, which revolves in a perfect orbit around a major core - known as the Great Central Sun. My beloved ones, *Vesta and I do not do something of our own free will, but we respect the will of our God Parents – Alpha and Omega.*

When we created this solar system, we had to go through several initiations until we could sustain the Divine pattern that was inspired to us through Alpha and Omega. In the same way, when we invited the Elohim to build this system, they faithfully worked upon the same pattern, which we engraved in the bosom of the Cosmic Silent Watcher. Each planet was designed exactly the way we envisioned it. No Elohim added anything different, but only obeyed what we conceived of Divine perfection for this system.

When the planets were conceived and were ready to begin their movements around the Sun, a great Cosmic Being was engendered within them, working under the guidance of the Planetary Silent Watcher, so that each one of the Seven Spheres that belong to this system, could manifest in time and space the beauty of its Divine pattern.

No Planetary Spirit has ever thought or would think of altering its movement, departing from the course of its harmonious orbit. Should that happen, my beloved ones, the entire system would be affected and chaos would ensue.

The Angels, the Devas, the Ascended Masters and all Cosmic Beings only know obedience to the "I AM Presence", working for Its will to be done within the universe.

Now, think with me, *why is it that only man rebels against Divine order and wants to do things his way?*

You were given free will, thus making you superior to all other beings, who only know obedience to God. You have been given the freedom of choice, as you are being trained to become true Planetary Spirits in the distant future, and perhaps in an even more distant time, you will be able to become powerful Suns, that will govern an entire System of Worlds.

Know that you were given free will not so that you could do as you wish, but so that you would learn to uphold, through conscious effort and wise decisions, the greater will of the "I AM Presence" on Earth. Only this Presence, which reigns over everything in the universe, governs and sustains the Divine pattern of each creature, which is a blessing to all creation.

The "I AM Presence" in your heart is the same in the heart of every deva, angel or ascended being. My children, your "I AM Presence" is one with mine! I want to remind you, that you are part of the Luminous Body of Helios and Vesta. Now I ask you, do you want to be healthy cells in my body, or do you want to rebel and become cancer cells? You know that cancerous cells are those that distort the harmonious pattern of a tissue and simply want to develop in a different way and apart from the others. We could say that a cancerous cell is rebellious and arrogant, as it does not obey the Divine pattern dictated by the Body Elemental. Likewise, when you are rebellious and unwilling to obey God's will for you, you end up creating disorder within the natural order of things. And when that happens, sooner or later, you end up destroying yourselves in your own discord.

This disease that creates so much suffering in humanity is a reflection of mankind's disobedience to the Divine plan. Only when a larger group of students understand this and determine to invoke the Cosmic Light to descend into human minds and hearts, dissolving every particle of rebellion, will this disease disappear. Because its cause will have been eliminated in the collective consciousness of human beings. It would be wonderful if you were committed to call obedience to the Divine plan for humanity. Only in this way, will each being occupy the function and the exact place that their God-Parents traced for them before the world was, and they will live happily, always cooperating spontaneously so that the Divine order is sustained and Life flows harmoniously ahead.

Many of you place yourselves on the heights and, without having gotten out of your cosmic diapers, you already want to become Great Beings leading multitudes of beings. But you still have not learned to obey, so how could you perfectly govern a Cosmic Activity?

My children, know that you must first learn to serve perfectly before ruling. The universe is sustained in perfect order, because the Great Spirits, that govern the innumerable Systems of Worlds and Spheres existing within it, perfectly obey the will of the "I AM Presence" in the Heart of this universe. There is no competition or comparison, but each Cosmic Being fulfills the purpose for which it was created. All are special and capable, and work like obedient bees, focused on the purpose and greater good of the hive they belong to.

I humbly tell you that often you stray from the original path when you want to complicate the simple, clothing the Divine pattern with your imperfect creations. You are not satisfied with your bodies, your relationships and your items in general. You are always desiring something other than what you have. In this way, you are always interfering with the original nature of things.

Now I ask you, how could there be harmony in nature if a willow, when born, decided on its own to become a pine tree? Think of the mess it would be if you planted a rose in your garden, and instead of a rose bush, a banana tree grew. Think how tragic it would be if a cat gave birth to dogs.

Do you understand where I want to go? How could the guardian devas plan and choose the perfect time of year and place for their elementals to manifest themselves, if a certain tropical flower, when entering the human octave, decided to transform itself into a Christmas cypress? The natural order of things would be lost, my beloved ones. And without it, the entire universe would fall into chaos. Divine creation would be in a hell of a mess! And probably, life could not exist in this way.

Only when this Divine order and the Law of cycles are respected, each being manifests at the right time and place, bringing forth the beauty of its Divine pattern, where it was designated to serve. So, realize that you too must learn to respect that order and have love for the simplicity of the original pattern of each thing or being. Only in this way will you be able to follow harmoniously in the path of your Divine plan, manifesting the simplicity of your Blue Print to bless Life wherever you are consciously serving.

That is exactly what I would like you to understand today. My beloved children, be simple! For only in simplicity are you safe from mistakes. *Call upon my Sacred Cosmic Fire of Love, Wisdom and Power from the Great Central Sun and charge yourselves daily with it. Say: "I now manifest the perfection that Helios and Vesta engraved into my Divine pattern, and nothing and no one can ever confuse me! I flow in perfect harmony with Divine order. I AM what God intended me to be!" If you are determined to do so, I will help you to return to your perfect orbit, manifesting God's will in every thought, feeling, word and deed. Then you will know the Happiness of the God-Free Beings.*

Vesta and I wish you a year of happiness and victories! Thank you very much for your attention.

Helios



Seventh Week Discourses

Archangel Michael

January 5th 2023

Children of Light,

Greetings from the Legions of Faith in the Canadian Rockies. With joy I once again touch your external consciousness to give you my blessings at the beginning of the year. Maybe you do not remember, but all of you have been with me face to face one or more times since this wonderful activity of the Seven Sacred Weeks began.

My children, you have no real idea how much your Light has expanded in the last few weeks! But we who direct and support this activity can clearly observe how your auras have become brighter and the colors emanating from it are clearer and more vibrant. This is the result of your permanent attention focused on something positive, fueling yourselves daily with the Vibrating Words of the Ascended Masters.

We are now entering the last week, where the Flame of Freedom pulsates with more intensity and I hope that you will remain active and alert until the last day so that you can receive the integral blessing that has been reserved for each one of you.

After fulfilling your unconditional service to the Cosmic Christ, being His instruments to bless humanity and all life on Earth during this great Outpouring of Light, the Violet Flame with the Spiral of Blue Lightning will descend upon your four lower bodies in an upward motion of high frequency.

The Violet Flame will penetrate in, through and around the atoms that form the atomic structure of your four lower bodies and the Spiral of Blue Lightning in an internal and even more accelerated rotation, like microscopic laser beams, will cut all the electronic substance, taking off the crystallizations that block and darken the electrons.

This is a great redemptive work where a lot of karmic accumulation is dissolved. While your daily bath in the Lake of the Violet Flame at the end of the year, frees you from recent accumulations, this activity of the Violet Flame combined with the Spiral of Blue Lightning, according to your effort and devotion during the Seven Sacred Weeks, will release you from old negative accumulations, even those from past lives.

This dispensation was approved yesterday by the Karmic Board, in response to a request from myself and Saint Germain, to help students, in this activity. This blessing will be given to you on the night of the first Saturday to the Sunday after the last day of this activity, exactly at midnight, when the energies of the Violet and Blue Rays cross.

It would be immensely positive on this day, my children, if you could go to bed earlier and before going to sleep, direct your attention towards myself and Saint Germain. Then, even while lying down, *visualize yourselves standing in the center of a vortex of Violet Flame, and the Blue Lightning rising about a meter below your feet and spiraling up to about two meters above your head. Visualize the Spiral of Blue Lightning cutting through your body and aura, releasing the dense energy around your cells. Feel this misqualified energy taking off from your body like black clouds, and see how they are consumed immediately by the Violet Flame, turning into explosions of light, like fireworks. Visualize this transmutation process until you feel relieved, then thank your*

"I AM Presence" for the blessing received and sleep peacefully. We will finish this process in the internal worlds.

I have mentioned in the past that my Temple at Banff is circular in shape with four doors, each at a cardinal point, and from the base where we have our gardens to any one of these doors, there is a stairway of 49 steps. Know that all of you have already climbed these steps! And if you manage to relive the memory of those visits to the Temple of Faith, you will remember that it takes a lot of effort to overcome these 49 steps. Only a few who are really determined to fully load themselves with my Faith manage to face this challenge, many others return and just stay in the surrounding gardens. These 49 steps are a true initiation. Because they work as a purification of your feeling world, strengthening the Power of Will within you.

Now, the same initiation you find during the 49 days that make up the Seven Sacred Weeks! When you manage to remain firm in this work until the last day, you are internally ready to receive special assistance from all of us, and especially from the Cosmic Christ.

Each day of this activity you are being lifted up by powerful hands! Do not doubt it! And I believe that those of you who are engaged in this work can clearly feel the benefits of our words and Radiation in this period. Know that true faith is an unshakable feeling of trust in something you cannot see with your eyes! Having faith in something visible is easy, but having faith in something invisible is the great challenge. For example, most of you do not see the Ascended Masters with your eyes, but if you trusted us with all the power of your hearts, when you reach the perfect and unshakable feeling of our closeness and existence, you would be two steps away from us.

To make the invisible visible, my children, unshakable faith and a constant desire focused in a certain direction are needed! We are beings as tangible as you and we have walked side by side with humanity in remote ages! Now, if this was possible in the past, by logic, you can see that this can be redeemed at any time! You need only to invoke it again! When beloved humanity is willing to purify itself and live in a state of mindful grace, following the Will of God in its thoughts, feelings, words and deeds, blessing life everywhere; then the Angels, Elementals and Ascended Masters will walk once again in visible bodies among men.

My children, you who are approaching us, can be the forerunner of this blessing. Know that you simply do not see us with your eyes, because your desire is lukewarm. You wish one day and forget for dozens more! With that weak desire you get nowhere. For only a desire focused firmly in a certain direction can transcend worlds and bring Heaven to Earth! For that you need the substance of my faith! Charge yourselves with it daily and you will see miracles greater than those of Aladdin's lamp happen!

I thank you!

Michael

God of Gold & God of Nature

January 6th 2023

Children of Light,

With great joy I step forth once more from the Great Silence to bless your outer activity on this blessed day of the year. The God of Nature and I choose to bestow our blessings on this day dedicated to the Three Wise Men, as like them, we wish to honor at this moment, the Christ Presence within your hearts. Like beloved Jesus, you all have the same Master Presence within you, which only awaits your attention and love to develop and transform itself into a Vibrant Flame, whose Divine radiance will envelop all of your four lower bodies, sustaining them in the beauty, purity and perfection of your Higher Mental Body.

In past Golden Ages you walked within that Light generated and sustained by the Threefold Flame of your own hearts. Therefore, you did not know disintegration, disease, aging or death. That Light supplied you daily and you could instantly precipitate everything that was necessary to quench your thirst, satisfy your hunger and supply your body's needs. Like the flowers, you did not have to work, but you dressed in the same sumptuous way. Your clothes were made of luminous fabric, embroidered with gold and ornamented with precious stones.

In that holy time, the God of Nature and I produced thousands of times more substance from gold and other noble metals, as well as precious gems. These materials, precipitated from the Cosmic Light and charged with the pure vibrations of the Seven Cosmic Rays, adorned your clothes, houses, utensils, streets and cities. You lived happily and did not know lack of anything in this world. All your activities were governed by the Christ in your hearts, and you devoted your time to worship God, your Divine ancestors and spiritual masters.

You attended schools of art, music and other artistic and scientific disciplines, according to your inner vocations. Your routine consisted of enlightened activities, completely focused on developing your spiritual nature, expanding ever more and more the Light of your hearts.

Families were true centers of Light, and parents joined their spiritual forces to form, when they wanted children, a core of Light that served as a womb for the descent of a new life stream to this human octave. The birth took place through a sacred ritual, where the parents communicated with the life stream that was to descend and adjusted the gender, appearance and time of experience within this new human envelope. There were those who decided to descend into the bodies of babies or children, as well as those who manifested themselves directly into the bodies of young people or adults. It all depended on the mission and the learning they wanted to collect from this specific human experience.

They usually lived between two and three thousand five hundred years. When their missions were fulfilled, the Christ in their hearts used the Resurrection Flame to etherize their atomic structure and they returned to the internal worlds to assimilate their experience, rest for the necessary time, until they received a new mission.

Everything on the planet was governed by Divine Intelligence and life was a true act of worship and praise to God. There was no suffering, nor any form of misunderstanding between men. Love and peace in human hearts, reigned on Earth! *The "I AM Presence" perfectly governed the thought, word, feeling and form of every life stream on Earth. This was what was conceived as the "Garden of Eden".*

My children, this is the gift of living in the fullness of your "I AM Presence". When you accept this Presence and focus only upon It, and never again divide its Power, paying attention to outer appearances, you will cut the channels through which destructive elements infiltrate your world and then, you can rebuild that paradise. Know that there is nothing more precious in this world than living in the Light of your own hearts.

Today and tomorrow, you are receiving the third and final activation of your Threefold Flame of this period of the Sacred Weeks. We will assist you these two days in expanding the Flame of Power in your hearts. Only when it vibrates intensely will you be able to rebuild that glory of the past Golden Ages, rescuing the gifts, talents and riches that are stored in your Causal Body.

Of course, this process of expanding the Threefold Flame can be done any day, but I humbly tell you, during the Sacred Weeks, with our direct assistance, you can accomplish what alone would take months or years. So, open your hearts, accept our help and make your part and conscious effort to anchor this blessing in your outer activity.

All of you who are entering into this powerful cosmic activity of the Seven Sacred Weeks, according to your efforts, will be greatly assisted in achieving your ascension at the end of your mission in this embodiment. Each year, through your dedication and conscious effort to the Cosmic Christ, you will be lifted higher and higher, and your walk will become more and more pleasurable, and when you least realize it, you will stand before your own "I AM Presence" receiving your Crown of Victory. Tell me, is this not something worth your efforts?

*The God of Nature and I offer you special assistance this year with regard to your supply and health. To receive our blessings, contemplate our Luminous Presences and charge yourselves with our Light and Life Substance. Repeat whenever you remember us: **"I AM the God of Gold and the God of Nature charging me now with their Boundless Supply of all good things and physical, mental and emotional Health. I AM the Christ Presence within my heart governing these gifts and using them to illuminate and bless everyone and everything in my path."** If you are firm in this, and are free from selfish intentions, you will be living witnesses of the blessings and miracles of the "I AM Presence" in this human octave.*

May our Light, Love and Power lift you up in the Opulence and Beauty of your Higher Mental Body! May your Christ Presence shine bright!

I thank you for your attention!

God of Gold

Seven Mighty Elohim

January 7th 2023

BELOVED ELOHIM HERCULES SPEAKS:

Children of Light, we are very happy with your efforts and devotion to this activity of the Seven Sacred Weeks. I want to tell you that nothing good, original and lasting in this world can be conquered by people without will, energy and determination. Only these courageous pioneers are able to make the necessary efforts, working hard to bring down the blessings of God that exist in the Spheres of Light to the outer activity of human consciousness. Many think that it is difficult to be innovative in today's world, where an infinity of information already exists, but I assure you, God has the wonderful ability to expand and recreate Himself in an ever more beautiful way. There are boundless possibilities for all those who are not governed by the limited human mind. Together with the Chohans and the Ascended Masters, we wish to bless you this year, and if you are humble and obedient, we will lift you up in our Light. *Visualize the Blue Flame from the Heart of Hercules flooding your brain and expanding into a Sparkling Sphere of Blue Light around your head and then say, "I AM the Will of Hercules. I AM His Love, Vitality and Power of God lifting me above all human limitations!" Then just absorb my Luminous Substance for a while. If you do this with devotion, you will become Crystal Cups of Light through which the Brilliant Ideas of the Elohim will enter this world. "I AM" Hercules, the Will of God.*

BELOVED ELOHIM CASSIOPEIA SPEAKS:

Children of Light, you have no idea of the blessings you will receive if you are steadfast and devoted to this Powerful Activity of the Seven Sacred Weeks. We are desirous that each one of you becomes a great Focus of Light through which the blessings of the Elohim can descend to bless humanity. There are wonderful compositions of art and music, countless techniques of alignment and expansion of your spiritual nature and still much superior knowledge connected to the social, economic, scientific and technological activities of humanity that are guarded by the Elohim and are waiting for pure, altruistic and obedient channels to receive them. We wish to purify your brain during the next few months so that you can decode our ideas easily and without distorting them, anchor and expand them to light this world. *Visualize the Golden Yellow Flame from the Heart of Cassiopeia flooding your brain and expanding into a Sparkling Sphere of Golden Yellow Light around your head and then say, "I AM the Clear Mind of Cassiopeia. I AM His Love, Wisdom and Power of Illumination lifting me above all human limitations!" Then absorb my Luminous Substance for a while. If you are firm in this, you will become Crystal Cups through which the Divine Mind of the Elohim will enter this world. "I AM" Cassiopeia, the Wisdom of God.*

BELOVED ELOHIM ORION SPEAKS:

Children of Light, you are being held by mighty hands that know neither defeat nor opposition. We are willing to fight your battles if you remain harmonious and willing only to bless life everywhere. I AM the Source of Love for the entire universe and know

that I manifest in all Cosmic Rays, for without Love there would be no Life in form. Nothing is more powerful than Love and It is able to harmonize, illuminate and expand the Divine pattern in the heart of all Beings. I invite you to help me redeem the electronic substance of life in this world, returning it to its original pure state, through your constant act of blessing. If you do, you will become the Children of Orion on Earth and receive great blessings. *Visualize the Pink Flame from the Heart of Orion flooding your brain and expanding into a Sparkling Sphere of Pink Light around your head and then say, “I AM the Love of Orion. I AM His Gratitude, Kindness and Power to Bless lifting me above all human limitations!” Then absorb my Luminous Substance for a few seconds. If you are determined to do so, you will become Crystal Cups through which the Gifts of the Holy Spirit will enter this world. “I AM” Orion, the Love of God.*

BELOVED ELOHIM OF PURITY (CLAIRE) SPEAKS:

Children of the Light, *it is an immense joy for the Elohim to find on Earth a group of students who are willing to unite in a greater purpose, without the need to be bound by organizations and religious facets. This is the true work of love! Regardless of the organization you belong to or the religious movement you defend, you need to develop the ability to perceive the Purity of God wherever It manifests and revere it without prejudice. The activity of the Seven Sacred Weeks **must** grow into a free movement that does not belong to an organization but serves all humanity. If this is sustained, then we will have a powerful force field, formed by students united only by their hearts' love to serve the Light on Earth. Only when there is unity without a selfish purpose, the Purity of God is sustained and then we can pour out greater amounts of Cosmic Light to bless mankind. Visualize the White Flame from the Heart of Claire flooding your brain and expanding into a Sparkling Sphere of White Light around your head and then say, “I AM the Purity of Claire. I AM His Love, Clarity and Indifference to all discordant elements, lifting me above all human limitations!” Then absorb my Luminous Substance for a while. If you are constant in this, you will become Crystal Cups through which the Artistic Gifts of the Elohim will enter this world. “I AM” Claire, the Purity of God.*

BELOVED ELOHIM CYCLOPEA SPEAKS:

Children of Light, the Elohim are always focused on the activity of serving God and generating the necessary conditions for all His Children to be blessed. We live for it! The heart of an Elohim knows only the joy of obeying the Divine Will wherever it manifests itself. When you expand the Threefold Flame in your hearts, strengthening the Christ's dominion over all your external activity, when you open your mouth, the Voice of God will speak through it and we the Elohim will obey your every command! Remember that when God speaks, the whole universe obeys! Therefore, charge yourselves with my Substance of Light and strive over the next few months to practice all the instructions you received during this powerful activity. For only through practice can you become true Masters of energy, substance and vibration. *Visualize the Green Flame from the Heart of Cyclopea flooding your brain and expanding into a Sparkling Sphere of Green Light around your head and then say, “I AM the Truth of Cyclopea.*

I AM His Love, Healing and Power of Concentration lifting me above all human limitations! Then absorb my Luminous Substance for a while. If you are constant in this, you will become Crystal Cups through which the Harmony of the Music of the Spheres will enter this world. *"I AM" Cyclopea, the Truth of God.*

BELOVED ELOHIM OF PEACE (TRANQUILITY) SPEAKS:

Children of the Light, I am immensely delighted to see your dedication to this activity and know that all your efforts will be immensely rewarded! Much information has been given to you in the last few weeks and if you are willing to put it into practice, you will receive our protection and assistance so that you may walk among men but never be affected by their discordant creations. As much as you talk about happiness, I assure you, you know little about it. Only when you are released from the weight of the negative pressure of the atmosphere created by negative human thoughts and feelings, will you know the lightness and happiness of Free Beings in God. My Golden Substance is the Invincible Power that repels all human discord and if you are humble and obedient, according to your merit, I will carry it around your four lower bodies and then you will know the Peace of the Elohim. *Visualize the Golden Flame from the Heart of the Elohim of Peace flooding your brain and expanding into a Sparkling Sphere of Golden Light around your head and then say, "I AM the Peace of Tranquility. I AM His Love, Patience and Sustaining Power lifting me above all human limitations!"* Then absorb my Luminous Substance for a while. If you are constant in this, you will become Crystal Cups through which the Grace of the Elohim will enter this world. *"I AM" Tranquility, the Peace of God.*

BELOVED ELOHIM ARCTURUS SPEAKS:

Children of Light, the Crown of the Elohim is the birthright of every human being, but it can only be activated and expanded on the foreheads of those who are willing to use it unconditionally and only to bless life. I believe that Polaris will provide you in the coming weeks with a special technique so that you can adjust and strengthen the "Harp Strings of your Soul". And when they are vibrating perfectly, they will create perfect harmony between the Threefold Flame in your heart, the Voice of the "I AM Presence" in your throat, and the Crown of the Elohim in your forehead. When this alignment is accomplished, then the creative energy at the base of the spine is concentrated only in the higher energetic centers of your body and the influence of the negative atmospheric pressure of mankind's destructive side is completely nullified. I am willing to assist you in this process and then you will know Heaven on Earth. Visualize the Violet Flame from the Heart of Arcturus flooding your brain and expanding into a Sparkling Sphere of Violet Light around your head and then say, "I AM the Freedom of Arcturus. I AM His Love, Diplomacy and Transmuting Power lifting me above all human limitations!" Then absorb my Luminous Substance for a while. If you are constant in this, you will become Crystal Cups through which the Perfect Achievements of the Elohim will enter this world. *"I AM" Arcturus, the Freedom of God.*

Elohim Astrea

January 8th 2023

Children of Light,

With great joy I direct my words to illuminate your outer consciousness. Know that all of you, who are dedicating yourselves to this unconditional work for the Cosmic Christ will be immensely assisted. We want you to re-manifest, and I mean visibly, the purity and beauty of your Higher Mental Body, being a living example for humanity of the Invincible Power of the Light working on Earth.

Most people, when facing problems in their external activity, try to find someone or something to blame for their problems. Unfortunately, even among our students we observe this behavior. However, I need to remind you that the cause of any problem in a person's world, always lies in their own life stream and it usually signals that there is a focus of impurity there that needs to be redeemed by the outer self. And if it were not so, then God would be very unfair.

While operating in this sphere, you are not only dealing with your individual karmic reactions, but also with the collective ones. But remember *that collective karma is the result of the individual karma of all people within a given area or nation. No catastrophe happens in the life of an individual or nation unfairly. This is something difficult for human beings to understand, especially for those who feel like victims of circumstances.*

My children, there will always come a time in an individual's life when he needs to decide if he wants to continue being a victim of circumstances or, if he wants to be their creator! You were created in the image and likeness of God; therefore, you have within you everything you need to recreate your reality in the purity and perfection you desire.

Your reality today is the fruit of your past creations, but if you are not satisfied with it, as sons and daughters of the Living God, you can correct your negative habits in this present moment, and thus build a happier and more harmonious reality in the future.

The mediocre man acts lightly and because many times he does not suffer the consequences of his actions instantly, he thinks that he can continue harming people and that he will never be punished. But through constant discordant actions he builds up a great momentum of discord and when this reaches a certain strength, Life gives him back his imperfect creation to be purified. Then, suddenly, a series of undesirable things start hitting him from all sides and he becomes the victim of his own discord. Nobody escapes this Law, because as you know, each one reaps what he sows.

Through adversity he suffers and as the suffering increases he starts to look back and remember his wrong actions and at some point, when he is unable to bear his suffering anymore, he starts to correct himself. But just as his negative momentum was not built up through a single negative action and not in just a single day, his constructive momentum also needs to be fed through several positive actions, for as long as

necessary, until it becomes strong enough to overcome or compensate for the destructive momentum, thus drawing good luck upon him again.

My children, all of you are very old life streams and do not remember your past embodiments. Even with the daily use of Violet Flame and Blue Lightning, according to your accumulations, you will need more or less time to compensate for past discordant crystallizations. But I promise you, if you are determined to purify yourselves, and at the same time adopt the habit of just blessing life, you will receive our assistance so that no matter how big your accumulations are, you can quickly be released from them. This may take a few years, but if you remain steadfast in your "I AM Presence", applying our instructions and showering blessings on all in your path, the day your constructive momentum becomes strong enough, we will multiply it hundreds of times. Then, boundless blessings will descend into your world.

The great Archangel Michael, the Great Divine Director and I are ready to assume a part of your accumulations so that your victory may be accelerated, but in order for us to do this, the Law requires that you make a certain conscious effort. When you achieve what the Law requires, your "I AM Presence" will give us a go-ahead, and then we can descend with our Pressure of Light upon your accumulations and consume about one to two thirds of them. Is this not a great gift of love? Think about it, alone maybe you needed a lifetime or several embodiments to make up for it. With our help, you can free yourselves of that weight in a few years and live a full and blessed life even before your ascension. Would it not be worth, all your determination and effort?

Remember every problem and negative condition is caused by impurities. But like a dirty, cluttered room in your house, if you roll up your sleeves and get to work, throwing out the things that no longer serve you, vacuuming, washing and arranging the place in harmonious order, it will become a livable and pleasant place again. Likewise, if you make the necessary effort, you too will dissolve these unwanted accumulations and recreate your body and world in the most beautiful harmony, prosperity and perfection.

I pledged myself to help Saint Germain make this planet a pleasant place for all the children of the Light, so that they may joyfully enjoy the blessings that are destined for them by Divine right. *Therefore, if you call my help to cut with my Sword of Blue Flame every discordant element, either in you or that appears in your path, and then close it in my Cosmic Circle of Blue Lightning until the cause and core of discord are purified and the dark substance returns to its original purity, I will be delighted to help you. And if you, too, are willing to make the same calls to help beloved humanity purge its iniquity, releasing the elementals imprisoned by human discord, by rescuing the electrons that make up life everywhere, I will redeem you from your own karmic accumulation.*

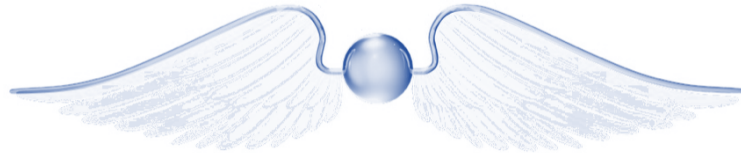
My children, remember Astrea and if you are pure and sincere in your intentions, I will descend like a Blazing Star consuming all that is discordant in your path. Say: "I AM the Blue Lightning Sword and Cosmic Circle of Mighty Astrea descending in, through and around this discordant condition now! Beloved Astrea, see that your Luminous Pressure increase and become ever stronger until the cause and core of the discord, is completely purified and the electronic substance returns to Christ Purity and Perfection!" And then visualize that condition or person within

a Sparkling Sphere of Vibrant Blue Lightning, holding that thought form whenever you remember the situation and you will see miracles happen in your world.

While your words make a lot of noise, which can be misinterpreted and create even more discord within a person or condition, my beloved ones, my Sparkling Circle of Blue Lightning is very silent, but thousands of hundreds of times more effective! You place too much value on words and end up getting into controversies, polluting this planet's atmosphere and your own too much. If you learn to be silent, remaining in harmony, perfectly centered in your "I AM Presence" and use these tools of Light that we are offering you for free, you will save yourselves from great conflicts and disappointments this year.

I thank you,

Astrea



I AM God's Perfection in all my thoughts, feelings, words and deeds!

Sanat Kumara

9th January 2023

Children of Light,

Greetings from the Great White Brotherhood of the Luminous Heart of Shamballa. We are immensely happy to be able to once again contact your outer activity of consciousness.

As Lady Meta, my beloved daughter, told you, the season of the Seven Sacred Weeks has special meaning for my family, because in this period, with the opening of the cosmic highways, my family could come to Earth and during these forty-nine days we could enjoy our physical company again. I humbly assure you, this moment is also a blessed moment for the entire planet, because it expresses the true meaning of Christmas, which is the rebirth of every lifestream in the beauty and perfection of the Christ Light in their hearts.

I would like to tell you that the light of a family is made up of the light of its members. The light of a city is the combination of the light of each heart that lives in it. The same is true for a spiritual group, a nation, a continent and an entire planet. You are cells of the collective body of humanity.

As most of you know, there was a time of great tension on this planet, where a gigantic shadow covered the atmosphere of most human beings, and the Threefold Flame in their hearts began to recede in size to the point of becoming just a very weak spark. The guardians and good souls that existed on the planet, as much as they wanted to, still did not have enough momentum of light to compensate for the negative accumulation of humanity. And so, for this reason, at this time, cosmic beings who govern this system of worlds, held a cosmic council to decide the fate of this planet and its humanity.

Like a chemical industry that has no respect for the environment and that only thinks about satisfying its selfish desires, and releases toxic gases into the atmosphere, soil and rivers, causing great destruction to the flora, fauna and residents of a certain region; at that time, the Earth, or rather, its humanity, was generating great pollution for the entire solar system and with that, it became a threat to the Divine plan of Helios and Vesta.

My children, imagine the work, the effort, the raw material and the time dedicated to the construction of a small city. Now expand that thousands of hundreds of times and then you can get an idea of how much energy, substance and conscious effort it takes to build a planet. Multiply that again by thousands of hundreds of times and you will understand how much work and energy is required to create a solar system.

To protect the Divine plan of Helios and Vesta for this system, there were only two possibilities, etherizing the substance of the planet and all its life-streams, returning everything to the heart of God to be purified and repolarized; or a sacrifice was needed from a great Cosmic Being who could agree to make this planet his own home. For as I told you, the light of a planet is measured by the sum of the light of all who live on it.

Therefore, if someone who had a great momentum of light could descend to the planet, and settle here, he would be able to compensate with his own light the darkness of the human beings, enabling the Earth to emit light again and no longer need to be dissolved.

I think most of you are aware of my story, and that I was the one who volunteered to rescue the Light of this planet and sustain it in the solar system. I do not wish to repeat what you already know, and details of my journey in the last millions of years that I have been here, unfortunately the Law still does not allow me to reveal.

Therefore, what I wish to convince you of today, is that when I arrived here, and settled in Shamballa, the pressure of Light from my own heart was poured into the heart of every human being, instantly strengthening that tired spark that was ready to go out. At the same cosmic moment, all of nature went into ecstasy by the light that swept the planet like a pixie dust, dissolving in seconds the darkness that had covered the Earth's atmosphere.

*It was an unforgettable moment for me and I could hear the song of joy and hope from all the Elohim, Devas, Angels, Masters and Beings of Light that were on this planet. Their melodious voices rang through everywhere **singing "The Light of God never fails and "I AM" that Light, ever merciful, pouring love, hope and blessings into the hearts of the Children of Earth!"** In that moment, I knew, that I would stay here until every lifestream had been redeemed.*

My children, I offered to make up for the light of this planet and its humanity, now I say to you, with the expansion of the Christ Light in your hearts, perhaps you cannot sustain the entire planet, but your light is enough to sustain hope for a handful of people in your family, your city, or even a larger group of people. *You may not be able to do this alone, but a group of students gathered together with a greater purpose can generate enough light to make up for the shortcomings of an entire nation.*

In this way, I ask you, do you wish to be the ones who will point out the faults of humanity and demand a judgment of destruction for those who are not doing what is right, or do you wish to be "Sanat Kumara's" releasing the pressure of your own inner light to strengthen the Divine sparks that are dying out in the hearts of some lifestreams that are still lost?

I cannot compel you to do what I have done, expressing compassion for the "I AM Presence" that dwells within every lifestream, but simply remind you of my example of love and mercy for that Individualized Christ Presence within the human heart that had to travel a long way through the Seven Spheres around the Great Central Sun, to reach here and accomplish their victory of ascension.

This planet and its humanity that I have come to love as much as my own star and my children on Venus, still exists because of my sacrifice. This planet is sustained by the sacrifice of Lord Gautama, who refused nirvana out of his great love and compassion for human beings. This humanity has not yet self-destructed by the sacrifice of many who came with me and after me to assist me in the cause of this planet, sustaining the Flame of Hope vibrating within all human hearts. This race did not self-destruct by the mercy in the hearts of Maitreya, Jesus, Saint Germain and all the Ascended Masters.

Today the situation is much better than centuries ago. Know that the victory of this planet has already been decreed and, we have already seen it in the cosmic mirror. Huge numbers of human beings are awakening, and every day the light grows on this planet. Yes, there is a furious reaction from the monstrous entity formed by the human negative side, but I assure you, the destructive appearances you are seeing in the external world is only the cry of pain from this entity that is crumbling and falling apart like a snowball under the heat of sunlight.

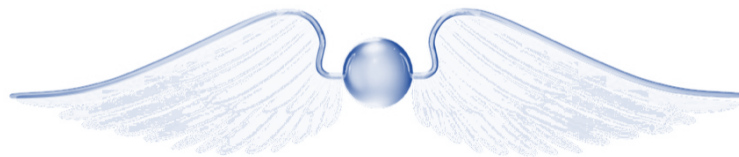
My children, if you, by your own will and decision to cooperate, make the effort to expand your own light and with it sustain the hope of victory for those who are part of your world, even if it is only half a dozen human beings, then our victory will be even greater, and my vow to rescue purity and the light in every lifestream that evolves in this sphere will not have been in vain!

Saint Germain and all Ascended Masters bought my optimistic view, now I ask you, are you willing to defend your own ideas from destruction, or will you be able to rethink your values and make a sacrifice, as I did, to offer your light and hope to strengthen the dim light of other human beings? The decision is yours alone, and I will never judge you for it, because no one can give what they do not have or what they are not willing to give up.

But for all those among you who are willing to make this sacrifice for the complete victory of all life-streams here, being on my side and on the side of Saint Germain and Lord Gautama, standing firm in the act of pouring out love and light to bless everyone on this planet, from today onwards you will be known among the Ascended Masters as the "Children of Shamballa".

I greatly appreciate your attention.

Sanat Kumara



Threefold Flame, Expand!

Higher Mental Body of Mankind

January 10th 2023

Children of Light,

For the first time I was invited to step out of the Great Silence and descend to touch your outer consciousness. Know that “I AM” one with your Higher Mental Body, but I act collectively, representing the Christ Intelligence of all unascended human beings.

Just as your Higher Mental Body is the intermediary between you and your “I AM Presence”, I too live in an intermediary sphere, always being in perfect communication with the collective “I AM Presence” of all humanity. I carry in my Body, which is pure Light, the perfect pattern that mankind must express when discord is completely consumed from this world.

My children, nothing in life is separate or happens by chance. Everything is perfectly connected. You are part of a collective body, and each of your actions is reflected in it, just as an infection in one of your organs would cause pain and weakness throughout the body.

Therefore, when you act lightly, you are not only feeding this destructive habit in yourselves, but you are also strengthening the same habit within all human beings. For remember, your physical body is part of the body of humanity, just as the scars of your etheric body are also part of the scars of the collective etheric body. Your emotional problems are reflected in the collective world of feelings, just as your mental images are also imprinted on the mental screen of humanity.

Now, in the same way, as you light up your lower bodies, you also expand the light of the four lower bodies of humanity. When you purify yourselves, you are purifying the consciousness of mankind. When you focus on blessing, you are imprinting this good habit on all human beings.

This interaction happens all the time, even when you are not aware of it. Therefore, the best way to contribute to the upliftment of the human race is your concentrated effort on your own self-correction.

My dear children, most human beings have very keen eyes to see the faults of others, but their eyes are incapable of perceiving their own shortcomings. As much as you may not like to hear it, *everything you see in someone is a reflection of your own internal world*. Therefore, we can say that a person who has a pure inner world will generally focus more on the purity of others. *While a person who has a disturbed internal world will tend to focus on what is destructive in others, as equals always attract*.

You are like a radio, so the frequency you tune into will determine what you attract into your world. If you tune in to happy music, you are likely to attract happy people around you, people who like to sing, dance and celebrate life. If you tune in to discordant news and events, you will also attract people who are interested in the same subjects, and

they will probably add even more fuel to your world of feelings, making it even more troubled.

Understand that it is not possible to educate the world without first re-educating yourselves. Only by expanding your Light can you contribute to expanding the Light of the world. ***Saint Germain has already told you that what happens in someone's life is not your business. You are not here to control the lives of others, but to gain mastery over yourselves.*** Every time you take your eyes off yourselves and onto someone else, you are just deviating from your Divine plan. And when you go astray, you always invite suffering.

Know that the development of a person would always be harmonious if they only focused on themselves and what they need to do, forgetting everything else. Suffering is not necessary, my children, it comes to teach you, only when you refuse to learn of your own accord. If you would focus on your own "I AM Presence" and live by doing God' Will, all your affairs would fall into perfect order, and even if discordant things could happen in the world, they would never affect you directly. Because as you walk in your Divine plan, focusing on blessing everything and everyone in your path, your Higher Mental Body, which is one with your "I AM Presence" descends Its Light and Gifts into your heart, and this Light illuminates your aura more and more, until it becomes a radiant sphere of Light that gives you invincible protection.

The more concentrated you are in the Light of this great Inner Master, the more you become beings of cause and not of effects. And so, you close the door of your world to every destructive element. Now, when you focus on discordant things and feed them, even unconsciously, you invite them to manifest in your own world, and then, you receive their recoil.

You are being trained to be Sowers of love, peace, harmony, fraternity and happiness among men. For only through your example can a new Momentum of Light and Victory be engraved in the collective human consciousness. And when that momentum becomes strong enough, it will consume all that is discordant within the human being.

So, just as you call upon your Higher Mental Body to help you in certain matters, I would be most grateful if, instead of you entering into the discord of the world, you could call upon me, the Higher Mental Body of Mankind, to come down with my Light, Perfection and Directing Intelligence upon the collective human activities and lift them up in the Victory of the Divine Plan.

*When you see something that needs fixing in the world, take your attention away from the effects and place it upon me! Then say, "**I AM the Higher Mental Body of all Mankind and Its Directing Intelligence illuminating all channels involved in this discordant condition and I know, God's perfection and harmony will now be re-established.**" And then rest and concentrate on your affairs again, and you will see external affairs fall into the most perfect order, as if by magic hands!*

My children, you do not need to do anything more than this! You do not have to be angry. You do not need to discuss the matter with others. You do not need to spend your energy on it. You just need to call me into action! If many students within a city or nation would understand it, and adopt this wonderful habit without nullifying this call with discordant feelings, you would see your city or nation born again in the Light and Perfection of the Christ.

The more you discuss a bad event, the more you give strength to the discordant element within it. Now, when you ignore its apparent effects and hand it over to me, you being part of the human collective consciousness, give me free rein to interfere in external affairs. Only in this way can I descend the perfection of the "I AM Presence" into this world. Will I be able to count on you?

I greatly appreciate your attention,
The Higher Mental Body of Mankind



*Higher Mental Body of All Mankind, take command, hold dominion and
produce Thy Perfection here, there and everywhere!*

Lord Gautama

January 11th 2023

Children of Light,

Once again the Heart of Shamballa opens, to bestow Its Boundless Rays and Blessings upon your outer activity, and I rejoice immensely and wish to congratulate you on the glorious service you have rendered these past few weeks. You have no idea how much you have been raised in this period and how much you have contributed to the enlightenment of this planet.

I would like you to understand that when you come together in a constructive purpose to pour out Light unconditionally, your efforts are multiplied thousands of times. Each one of you, in this period, was charged with the strength of a thousand or more human beings, and your love and desire to serve, managed to transcend the planet's atmosphere, reaching far superior Spheres of Light. I humbly hope that you will continue together throughout the year, within this blessed group, upholding the instructions given to you and applying them daily. In this way, you will be able to increase several times that Momentum of Light created.

As this channel was told years ago, there is much information to be passed on to you, but the Law requires that it be given to the extent of your conscious effort. Today's need is for you to gain more control over the feeling world, as it is mankind's greatest obstacle. Without that perfect balance, we cannot move forward.

Now, when we say that you have to master your feelings, we are not saying that you have to repress them. Understand that the repression of an emotion generates great internal pressure, which sooner or later will cause an emotional crisis. Therefore, in order to gain mastery of feelings, you need to understand the mechanism of your emotional world and learn to manage it correctly.

I think many people know the extremes I went through when I was searching for the truth. I left a life of luxury inside a palace and went directly to the other extreme, giving up everything that was material or could provide me with comfort. During that period, I punished my body and almost destroyed it.

I simply felt that the physical body and its needs were no longer important. However, when my body was on the verge of collapse, I heard a voice inside me and it asked me if I had given up on the mission I had promised to accomplish before I was born. Then, my mind was enlightened and I clearly realized that if I lost my body, I would return to the inner worlds empty-handed, that is to say, without winning the victory of my Divine plan for that embodiment.

As everyone knows, I was willing to find the path of Truth and the remedy to alleviate human suffering. Therefore, I realized that I could never find the solution to human pain when I was causing myself pain and misery. At that moment, my consciousness rose and I understood that I needed to go back to eating and taking better care of my physical body, because without it, I would not be able to fulfill my mission on Earth. From that moment on I adopted the middle path, which became the main key of all my teachings.

Therefore, my children, completely repressing your feelings, as well as allowing yourselves to be totally carried away by them, I assure you, is not the solution. Mastery can only be found in the exact middle between these two extremes.

Remember that feeling is the creative power that nurtures a mental form until it becomes visible and tangible. Thoughts, when not fueled by feelings, are like clouds in the sky that rise and dissolve easily. Only when a mental image or idea is constantly fed by a feeling of love, does it become a powerful core, which if it continues to be fed a little longer, ends up becoming a tangible and visible thing in the world. Do you understand where I want to go?

You need the feelings! Now, the feeling is Electronic Substance of Light, that is, Sacred Fire. Therefore, it is something that comes from the Heart of God and that must always be used to illuminate and bless life. The Sacred Fire is as flexible and vulnerable as water. You can shape and qualify it as you wish. If you put it into a beautiful thought form and nurture it with love, it will grow into something constructive in your world. Now, if you imprison it within an ugly thought form and feed it hate, you will have something destructive as a result.

Know that only the human being has this choice, as you are endowed with free will. The angels and elementals only use the Sacred Fire to carry out the Divine plan. They only know obedience to God. When you are faced with catastrophes and angry elementals, they are just trapped in human discord. Now my children, you have the freedom of choice. You can use Electronic Substance to *bless* or to *curse* life. And in this case, there are only these two choices.

When you are happy, and focused in your "I AM Presence" and using Its Light Substance to bring enlightenment and joy to all, you are fulfilling your Divine plan and cooperating with everyone's Divine plan. In this case, you are blessing life and you will also be blessed by it.

But when you get angry, criticize, judge and cause suffering in others, you go off center and act against the Divine plan which is only love and perfection for all. In this case, you are cursing life, because you contaminate the Pure Substance of Light by discordant feelings and, as a result, life brings you suffering.

When you misqualify the Electronic Substance of Light, consciously or not, you are committing a crime against the "Holy Spirit of God", which is the highest expression of the Sacred Fire. This generates a great negative accumulation and depending on the damage you cause to life; you may need several embodiments to compensate for your destructive momentum.

Therefore, my children, feelings, being the very Body of God – His Holy Spirit or Sacred Fire of Love, you can only become master of them when you become one with God – the "I AM".

I needed to traverse the Seven Spheres around the Sun to merge with this Supreme Divinity, which unfortunately, in the teachings of Buddhism, through the centuries has been somewhat distorted. Know that Buddhism does not believe in the existence of the "I", but rather conceive of it as an illusion of the self, which is nothing more than a transitory entity.

For them, you can find full liberation only in nirvana, which is a great emptiness or absence of the “I” and its qualifications. In fact, they are not completely wrong, as the notion of “I” that you know today, is still very much associated with the human personality, and that “I” that you conceive, does not really exist. But, in my time, I did not mean to say that there is not a Directing Intelligence that governs all things, but only, I wanted to pass on, that to merge with It, we need to go beyond the conception of form, gender and qualities as they are perceived by the human mind. Naturally, to rise to a higher state we need to plunge into a great void, which means, to rise completely above the firm grip of external appearances.

Now tell me, is this not what you are learning from the Ascended Masters? My beloved children, you are being moved to the same realization that I had, as there is no other way to obtain the Victory of Ascension, if not through this path. All Ascended Masters have been instructed in these same lessons that are being lovingly given to you.

Today, you can cross that same path and reach the Heart of the Godhead much more easily, as the Occult Law has been dissolved and the teachings given to you, have a very simple language, and if you are humble enough to accept them, it will save you many years, as the ease of understanding the Laws of Life gives you the possibility of immediately practicing them, obtaining quick results, thus accelerating your victory.

The biggest stumbling block between you and your victory is your own human nature, which tends to think that simple is not enough, and therefore is always wanting something more. My children, unfortunately, the human loves puzzle games, too much. But I assure you, if you live concentrated in your hearts, expanding the virtues of the Seven Cosmic Rays, following the simple instructions of the Ascended Masters that have been so lovingly given to you in the last few weeks, you will receive our help, and if you remain firm year after year in this work, you will have everything you need to win your Victory of Ascension at the end of this embodiment, or at the latest in the next one. Is that not a great privilege?

*I enfold you with my Golden Rays and offer you my assistance whenever you need balance. Just surround yourselves with my Presence and say: **“I AM Lord Gautama's Invincible Power of Perfect Balance governing my four lower bodies. I live in perfect harmony, always following the middle path. I AM the Master of myself!”** Have this as a magical mantra. The more you use it, the faster and more effective its results will be.*

I thank you immensely for your cooperation in this Cosmic Activity of the Seven Sacred Weeks. I will seal your work today in my Love, multiply it with my own Momentum of Light and hand it over to the Cosmic Christ who will return it as blessings to you, humanity and all life on Earth.

Lovingly,

Lord Gautama

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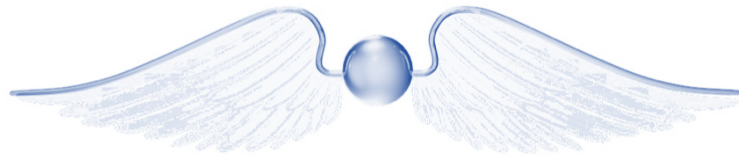
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Lovingly in Light Service,

Morgan Le Fay



God Bless You!

Contact Details:

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