**HEALING THROUGH VISUALIZATION**

**By the Ascended Master Saint Germain**

*BRIDGE TO FREEDOM - THE SERVICE OF THE SEVENTH RAY - PAGE 67-69*

We come now to an opportunity for every chela of the Masters to assist in the work of the new day, the fullness of which has not yet dawned upon their outer consciousness. We, however, are deeply aware of the future service each student may render in the cause of freedom to the Earth, and through the up-raised consciousness of the aspiring one, we shall endeavor to assist in every possible way through counsel, radiation and application on his behalf.

The following little episode taken from my “memory book” may be of help to someone struggling with bodily handicaps, for it must be remembered that we, the liberated brothers, also walked the Earth in the more or less distant past and wrestled with the limitations of human conscious- ness and personal karma, even as humanity is doing today.

Once, in a “long ago” embodiment, my travels took me through parts of Russia and Siberia, where sanitation and hygiene were unknown commodities. One of my feet had become frostbitten and I had only a knotted rag to keep my flesh from the sharp, frozen ground. One night, as I lay groaning in a peasant’s hut, in close proximity to some pigs, an odoriferous goat or two and some chattering human be- ings of little spiritual or intellectual comfort, the smoke from the flue less fireplace filling the room, adding to the general chaos and discomfort, my foot and leg assumed larger and more important proportions in my consciousness, with each throb of blood through my veins.

I had been receiving certain instructions from a Master, whom I had visited in the flesh, and who was able, when necessity required, to project his thought and directions to- ward me. Suddenly, through my unhappy thought there passed a ray, which was like a commanding hand, silencing my human thinking. I realized he was trying to reach me and composed myself as best I could, emotionally. Then the familiar relaxation in my feelings told me he was near. He did not speak, but literally projected into my mind a picture of the most beautiful pair of feet I had ever seen, either with the inner or outer vision. Underneath the feet there seemed to be what looked like twin suns, one under each arch, that poured up in rays through them; the whole picture reminding me of the ACTION OF GOD, moving across the face of the Earth – in His name.

I became so interested in this vision that the room, the external environment – everything – faded away. Afterwards I realized that the Master was impressing the perfection of those feet into my mind, my feelings, and, through the visual sense, into the substance of my physical body, as well. Finally, after what seemed like hours of contemplation on just two feet, he spoke, “These are the feet which God endowed you with in the beginning. USE THEM.” With that, his ray withdrew and the vision vanished, but I was able to re- call it at will and I began to superimpose those God feet over the poor manifestations which I had humanly created, until they represented what looked to me like a fair replica of those heavenly feet that I saw in my vision on that cold night in the peasant’s hut. In later embodiments I was set to complete the task, and, would you believe it – at the time of my ascension, when my presence was revealed to me in its fullness, the first thing I became aware of was the FEET – and then the rest of the glorious self!

According to the Cosmic Law this is backward, but it shows the tremendous impression that visualization makes on the consciousness, and, in turn, that consciousness makes on the flesh.

It is more difficult for an individual to “conjure” up a vision of the perfection of the Presence, than it is to have the Master direct that perfect vision into the outer consciousness – but, if you will call on me or any other Master, we will help you to hold a perfect picture of the I AM Presence in your mind, and no matter what part of the body needs assistance, if you will see with your mind’s eye, that particular portion of your physical body transmuted into the perfect body of the Christ Self, you will have the same results that I had with my frostbitten feet. The whole secret of healing lies in the visualization, substituting the perfection of your own Christ-Self for the poor human manifestation. Try this both for yourself and others and let us rejoice together at the perfect result.

**COLOR
By the Ascended Master Saint Germain**

The different vibratory action of the various colors is a subject in itself. Suffice it to say that the colored spheres that surround the I AM Presence and form the spiritual aura, or causal body, are representative of the natural color vibration of the Seven Spheres.

Each individual on the planet has proceeded from one particular ray and his archetype or presence dwells in the particular sphere to which he belongs. It must be under- stood, however, that this individualized presence is not con- fined to any sphere, but may visit any one of them, at will.

The unascended individual will respond most favorably to the color which is representative of his particular ray. If he is in doubt as to the ray or sphere to which he belongs, he may, through contemplation of his habits and tendencies and through meditation on his own I AM Presence, find the answer. He will also find that he is almost irresistibly drawn to a certain color, which may be taken as an added confirmation of his ray and sphere.

As the outpouring from the Godhead emphasizes the color and ray of each successive sphere in the course of the seven days of the week, when the individual knows the ray to which he belongs, he will usually find his vital forces more stimulated on the day when the color and radiation of his ray and sphere are honored by the cosmic light.

The vestments, which are to be incorporated into the rituals of the future, will be designed to emphasize these particular daily outpourings, as well as any specific power of the activity of the Sacred Fire which is being utilized for the benefit of the race, through a particular service in the tem- ples and groups.

**PRIMAL ELECTRONIC LIGHT SUBSTANCE**

**By the Ascended Master Saint Germain**

The primal, electronic light substance of the universe is drawn into the atmosphere of Earth, through the Sun. It is concentrated through the Maha Chohan and directed into the facets of nature under his direction. Through the Chohans of the Rays, this same energy is dispensed as spiritual nourishment into the activities which engage such members of the human race as are participating in forwarding world progress on the rays – three through seven.

The angelic host and the devic kingdoms are natural conductors and directors of the vast seas of energy which form climatic conditions, etc.

Man now comes to a point where he must be illumined as to the power within his own individual to DRAW, FOCUS, MOLD AND DIRECT ENERGIES. This is the educational activity of the Seventh Ray.

The energy of man that flows through his heart responds to his thought force, his feeling and his qualifying power, as well as the passions and appetites of his bodies.

Energy has been directed by God to obey the creative powers in man. The condition of the world today is the result this “blind obedience” of energy to the untrained embryonic gods and goddesses which constitute mankind. Yet, on the other hand, in this very obedience of energy to act under man’s direction, is the hope of his redemption and freedom, for it requires but the training of man in the proper use of his INVOCATIVE, CREATIVE AND DIRECTIVE POWERS to undo the mistakes of the past and to build anew, according the God-design.

Energy is drawn and qualified through the following channels:

* By the instruments of consciousness (thought and feeling).
* By the invocative powers of mind and the spoken word.
* By the use of music.
* By cooperation among angels, men and elementals.
* By the use of the Sacred Fire.

It is, of course, evident that, in order to have beneficial results, the energy drawn through any of the above channels MUST BE HARMONIOUSLY QUALIFIED.