**ADDRESS BY THE BELOVED ASCENDED MASTER LORD LING**

**Introduction By Thomas Printz**

*Excerpt from Bridge to Freedom – DICTATIONS FROM ASCENDED MASTERS – page 251*

Our love and gratitude extends to the “seed” of God-happiness which naturally abides within every human heart! It is the decree of God, the infinite Cosmic I AM Presence, that this “seed” shall be nourished, developed, expanded and bear manifest fruit now, in the beings and worlds of all the evolutions in the Earth, on the Earth, and in its atmosphere.

To this end, Lord Ling, the God of Happiness, Fun Wey, (one of his many assistants), and the Cosmic Spirit of Happiness from the hearts of Helios and Vesta, NOW direct into your feeling worlds that happiness which you have sought all through the centuries. Thus, the cosmic momentum of happiness expands that “seed” of happiness within you until you have become the full, manifest expression of divine happiness which can never be interfered with or destroyed by human creation of any kind!

**DEVELOPING THE SUSTAINED FEELING OF HAPPINESS**

**Address By The Beloved Ascended Master Lord Ling**

Dearly Beloved Children of Light!

I am come today through the gracious love of the great Cosmic Law to bring to you the vibratory action of the buoyancy of joy and happiness, which is within the use of life. The feeling of God-happiness is the feeling which you all had originally, when you first came forth from the bosom of the Eternal Father-Mother God and knew yourselves as individualized consciousnesses, with the power to think, feel, speak and act.

When, within that glorious I AM Intelligence, you felt the first stirring of life within your own mental and emotional bodies, and when you realized that you had been endowed with the Father's infinite gifts of life, (especially that gift of your use of free will), the first vibration to register within your auras was that of happiness—happiness in the realization that you had been given the gift of individualization! With such realization came the feeling of great joy in knowing that, through this gift of divine love, you had become a co-creator with the One Eternal Father-Mother of the Universe, co-creator with the seven mighty Elohim of creation, with all the Ascended Beings, to ever widen and expand the perfection of God and his kingdom.

Thus, dear ones, you dwelt at inner levels for aeons of time, in great innocence and happiness. You knew no disappointment of or disillusionment in the use of life—whether it was the First Sphere of Faith, the Second Sphere of Illumination and Wisdom, the Third Sphere of Divine Love, the Fourth Sphere of Purity, the Fifth Sphere of Science and Truth, the Sixth Sphere of Ministration and Peace, or the Seventh Sphere of Invocation of Rhythm and the Divine Alchemy produced by the use of the Violet Transmuting Flame of Cosmic Christ mercy, forgiveness, and compassion. In these spheres, you knew naught but victorious accomplishment. Therefore, the feelings of buoyancy and joy of life were strong within you!

**All Came Here in Happiness**

So, in happiness, you applied to your Source for the opportunity to embody upon this dear planet. In loving gratitude, you received this gift and so came to Earth through the gates of physical birth, for the express purpose of manifesting and expanding the glory of God, right here.

Your own beloved I AM Presence provided you all with perfect and beautiful physical forms, in which you were able to sustain and expand the perfection of life on the surface of this planet, where unascended humanity dwelled and where you took embodiment to serve. You were shown how to take a divine idea, fashion a beautiful thoughtform from it, then hold it in your mental body and nourish it with your feelings until it manifested as a lovely jewel, a flower, a song, or perhaps a lovely temple of light. Whatever picture was given into your consciousness which you wished to bring into outer manifestation, *just naturally* you had the power to bring forth, direct from the universal. Here, again, you were filled with the feeling of happiness through the experiencing of victorious accomplishment!

In the sight of God, that is still your divine heritage. It is a part of your original divine plan and is the reason why, in the consciousness of all those who are awakening from the soul sleep of the ages, there is the feeling that “something is missing” from their worlds. That which is missing is the sustained feeling of buoyancy and absolute certainty of God-accomplishment, right here in this world of form.

**First Awareness Of Disappointment**

In the many long ages which followed after your coming into embodiment, you lived, experiencing the happiness and full perfection of God's will for you. It was not until later, when you eventually accepted the radiation of the feelings of discord created by the “laggards” from other stars, that certain limitations made themselves manifest in your experience, because of your acceptance into your world of those shadows from others. It was then—and then only—that you first began to qualify your life energy with the feeling of disappointment. For the very first time, the perfection of your divine idea (which had been released to you by your Holy Christ Self) became blurred by the imposition upon it of the shadows in your thinking processes. Your feelings then pouring into that distorted image did not rush forward in the joy of conscious mastery to fill that form with light.

That was when you first began to experience the feeling of unhappiness. This feeling, being of too slow a rate of vibration to keep you in conscious connection with the perfection of your Source, made you feel a sense of separation in consciousness from your own God-self. After many ages of your living in a profitless way, the wisdom of the great Cosmic Law found it necessary to decrease the flow of primal life into your body, mind and world, which, originally, had been given into your keeping for constructive creation only.

Therefore, your “silver cord” was gradually diminished in size, and thus less and less of that glorious primal life flowed through you. Thus the shadows expanded and your creations became more and more imperfect. It was then that you entered into a compromise with the outer world of appearances. The result was that your energies began to slow down through the acceptance into your four lower bodies (physical, etheric, mental and emotional) of the feelings of discouragement and lethargy, rather than the positive feelings of creative power, with which power you originally had been endowed.

**Importance of Attention**

Now, beloved, the four lower bodies upon which you were presently working so industriously to purify and raise, are constantly absorbing the substance of the realms with which they are connected through your attention. For instance, your etheric body is, by nature, a magnet, and when the consciousness is raised to the ascended and angelic hosts, that etheric body will draw into itself the radiation of the higher spheres of light. Conversely, when the attention is turned outward into the world of destructive human creation, it will draw into itself the feelings and manifestations of discord which are in the physical appearance world.

This effluvia is then imposed upon and wedged in between the tiny electrons of God's pure light as they endeavor to spin around their central core in the atom. This slows down their vibratory action. Remember, dear ones! Within your etheric bodies is the etheric record of everything you have ever experienced from before the time of your first embodiment here, to the present. Thus, there is registered in your etheric bodies every constructive as well as discordant thought, feeling, spoken word and deed you have ever seen, heard, felt, spoken, or done during your embodiment in this physical appearance world, together with all your glorious experiences at inner levels between embodiments, and all the victorious accomplishment of every Ascended Master which you contacted at inner realms, which radiation of perfection you absorbed into your etheric body in which you abided in the inner realms between embodiments*.* This is especially true where your lifestream had worked with those Ascended Ones while they were still in physical embodiment here, before their ascension, or after their ascension, when you worked with them in your finer bodies while the physical slept, or when you were serving their cause in the inner realms between embodiments.

**Resurrection of Good Etheric Records**

Therefore, it would be very wise for you to call to your own beloved I AM Presence daily to resurrect form within your etheric body those records of the memories of the perfection you once knew and had with the Father “before the world was” (as Jesus prayed), rather than allowing yourself, through old habit, to go over and over again in your minds the hurts, disappointments, and seeming injustices of this life alone (not to mention those lives which have gone before).

You see, when you allow this to take place, you are actually drawing from the lower atmosphere of Earth in which humanity abides today, the discordant effluvia thrown off from other lifestreams, andyou are actually forcing it, by the power of your attention, to wedge itself in between the electrons of your etheric body, making it heavy and non-receptive to light. These “wedges” are actual substance, and have actual weight which slows down the speed of the electrons as mentioned before, shutting in their light and preventing the self-luminosity of the physical body which it had in the beginning.

**Four Lower Bodies—Your Servants**

This same thing is true of your other lower bodies. The emotional body (feeling world) should be your servant, and not your master. It is only when you begin the conscious discipline of curbing the appetites of those bodies and the unlimited freedom you have given them in the past, that you will be able to observe just how lax you have been in holding your mastery over them. Lovely ones, your four lower bodies usually respond instantly, through habit of acceptance, to the pressures upon you of the feelings of the outer world, whatever they may be—anger, hatred, doubt or fear, or a host of others too numerous to mention. These low rates of vibration slow down the speed of your electrons to the place where you cannot and do not repel destructive feelings.

When the vibrations of your world are lowered to meet those of the discordant creations by magnetic attraction, those discordant creations enter your world and then you have become a prey to the destructive human effluvia which floats in Earth's atmosphere continually. When this occurs, your world outpictures physical distress in the body, lack of financial supply in the affairs, and many other disorders and limitations which come about as a result of the slowing down of the vibrations of God's pure light—the perfection of the electron. Those shadows imposed upon and wedged in between the electrons form the density of substance which prevents the drawing into and through your outer form of the glorious light and powers of your Presence.

This is also the reason why, when you speak to others to whom you wish to bring the light, your instruction falls on “deaf ears,” as we say, apparently making no impression upon them and seeming not to record at all in their outer consciousness. This is because the vibratory action of their worlds is so slow and the light (consciousness) of the electron, which knows the truth of your words, is so enveloped in the shadowed substance of human creation, that your words and the radiation of the truth spoken, cannot enter.

**Greater Faith Because of Greater Purification**

You, together with the other lifestreams in embodiment today, who have come to a point of illumination where you at least believe in Cosmic Beings, Ascended Masters and the angelic host, and in the ability of a God-free being to speak through one in unascended form who has been prepared to receive our words—you *today* have been freed from much of the accumulation of this psychic substance of discord before mentioned. Were this not so, your mental bodies would be so closed and locked against the vibratory action of the Ascended Host that for you we would have no reality at all.

Think of the millions of people who dwell in large cities, and yet the I AM student body in those places who believe in us, represent just a mere “handful” of people, as it were. So, you may know that your four lower bodies are much more purified than the mass of mankind because of your faithful use of the Violet Flame all through the years.

This purifying activity of the Violet Fire is much more scientific and exact than any of the so-called “sciences” in your outer physical world today. This Law is not only based upon but is actually God's truth in itself!

This instruction is simply the Law of Energy and Vibration. Energy, which is life, is the body of God, himself, and is everywhere present. Vibration sets that energy into action. The rate of vibration at which energy is caused to move, determines the type of manifestation it will produce. So, it is simply a matter of consciously governing the rates of vibration at which you allow your life to express, raising or lowering it by your attention upon that which you wish to draw into your world. Disease and distress of every kind (physical, mental, emotional and financial) are produced in your world by allowing your energies to vibrate too slowly.

On the other hand, the perfection which comes with God-mastery of your own life constantly flowing into and through you, can also be produced for you by keeping your attention upon the constructive activities and qualities of life which bring to you God-mastery. To this end are we (the Ascended Host and all who serve with us) ready and willing to give to you at your call (through radiation) our feelings and actual substance, qualified with our masterful feelings of victory*.* IN ORDER TO BE ABLE TO SERVE YOU THUS, WE MUST HAVE YOUR ATTENTION RHYTHMICALLY UPON US FOR A FEW MOMENTS EACH DAY, as your attention upon us is the open door into your world and gives us entrance into your energies there. Giving your attention to us and our perfection every day, together with your faithful daily use of the Violet Transmuting Flame, will keep the vibrations of your physical and inner bodies vibrating rapidly enough to repel the slower rates of destructive human consciousness.

To have the benefit of the full release of perfection from your Holy Christ Self, you must speed up the vibrations of each of your four lower bodies to their highest possible potential. Your emotional body is the largest of your four lower vehicles, and it contains about eighty percent of the energies of the outer consciousness. It extends the farthest out from the physical form and therefore is the first one which is touched by the energies of the outer world. Therefore, ofttimes you feel the pressure of emotional irritation long before thought itself is able to distinguish from whence that feeling came, whether it was from your own world or the world of another.

**Tube of Light—Protection and Magnet**

The protection one receives from the use of the Tube of Light is so important as IT shields one's world from the destructive creations in the atmosphere in which he or she must move in this octave. This Tube of Light is instantly and perfectly formed about you when you call to your own beloved I AM Presence to do so. Were you to remain wholly harmonious thereafter within it, that Tube of Light would be an invincible and eternal protection to you. However, since you have complete use of your God-given gift of free will, you may qualify energy any way you please. IF you are inharmonious in thought, feeling, spoken word and deed, it is broken through, and you are again vulnerable to those destructive creations made up of the lower vibrations of distress about you.

Your Tube of Light is not only a protection, but can also be qualified as a magnet of light which will draw to you any and all good you may require to make you able to fulfill your divine plan more easily and express more of the glory of God's kingdom, here on Earth. please experiment with this, dear friends! Stay with the project of magnetizing one particular God-virtue of expression until it has manifested through you and your world.

You may also intensify your protection by calling the Luminous Presence of beloved Jesus, myself, or any other Ascended Master in blazing white light to enfold your outer form. This not only protects you from the discords in which you move, but it also increases your feelings of mastery and acts as a magnet to draw to you the good you desire and require to fulfill your reason for being.

Always remember that the “drive” and power of the human will alone may bring temporary accomplishment for you, but that will may not be permanently sustained! However, you may freely express any God-virtue or perfection you desire by calling to the particular Master who is the victorious embodiment of that virtue and, at your call, he or she will fill your emotional body (feeling world) with his or her grace and feeling of that virtue so that, thereafter, that grace and virtue become your own! In this way, you more quickly build a pressure of the feeling of that God-virtue from inside yourself, which will radiate forth to the mankind of Earth, especially those whom you contact directly.

**Develop Feelings of Sustained Happiness**

In general, mankind are a very unhappy lot! If you could see from inner levels as we do, the tears which flow and the cries and feelings of despair which radiate out from just one large city in one day, you would know more of what I mean. Mankind has sought happiness along every avenue of emotional indulgence and pastime, in mental and physical impurity, but there is no permanent happiness for any lifestream until one finally comes again before the throne of his own divinity and humbly makes the complete surrender of his outer self thereto—until he asks the Father of life to illumine him as to his reason for being and allows his mental body to receive the reply from his Presence, which reply will flow forth as ideas and illumination to his outer mind.

Then, the emotional body should develop those ideas in loving, grateful enthusiasm, the etheric body should register them within its substance, and the outer consciousness, through the physical body, should make those ideas and instructions practical, bringing them into form which can be used for the blessing of all. We would appreciate it so much if you were to continue to call for the purification and illumination of the people of this planet, and ask your own beloved I AM Presence to make you actual radiating sunsof the feelings of God's divine love, light and happiness.

In this way, any and all who touch your aura (atmosphere) will be instantly and permanently assisted by the illumination of their consciousness, which will release them from their distresses, illumining them as to the cause of those distresses and then, being shown the truths of existence, they will be more easily able to accept those truths and thereafter make consciously endeavor not to repeat those causes again.

**Perfect Yourself on One Virtue at a Time**

Decide just what particular God-virtue you wish to embody, dear hearts, and then stay with the drawing forth of the virtue until it outpictures through you and you have become an example of that perfection to all life. For instance, if you wish to embody the God-virtue of happiness, which it is my pleasure and privilege to flood into your worlds while you are either here listening to me today, or later, when reading my words—THINK UPON THAT VIRTUE OFTEN, and, through your own beloved I AM Presence, call to me to give you my feeling of its reality and use, to lift the weight of discord from yourselves and from your fellowman.

Think often of the feeling of happiness, which floods your own I AM Presence whenever it remembers that this is your last embodiment here and that you will soon be coming home into its heart—to go out no more! Think upon the feelings of happiness of the beloved Sanat Kumara in his recent freedom from his exile of millions of years upon this dear Earth. Think also upon the happiness of his beloved Twin Flame, the lovely Venus, as well as the happiness of their people when at last their great Lord returned, triumphant, to his own star! Think of the happiness of the soul when it is freed from the heavy garment of flesh which it had worn so long!

Please, dear friends, please stay with the expanding of your feelings of happiness consistentlyfor, let us say, just seven days, and see what wonders it will work in your own world and environment. Your ability to hold the peace against the outer pressure of discordantly-qualified energy which you contact from day to day, will determine your mastery over your emotional (feeling) world. Be alert against allowing to act in or through your world, the feelings of sudden anger or depression, also do not allow yourself to resurrect from your etheric body (memory world) the hurts, seeming injustices, disillusionments and disappointments of this life alone, let alone those you have previously lived!

Permit entrance into your mind only of those pictures and ideas which will increase your capacity for happiness, and which will enable you to bless the life you contact with harmony and peace, thus also increasing your capacity to hold the immaculate concept for all you meet. This is not easy, because for ages your blesses senses have judged according to appearances.

Now, won't you please let me help you to arise into the dignity and mastery of feeling which completely controls those four lower bodies? So often we have seen the students making application in such a haphazard manner, endeavoring to cover too many points of mastery at once. It is far better to stay with one application until one has mastered that particular virtue*.* As a result of so doing, the feelings of confidence and victory which would enter those four lower bodies would be the reward in themselves for the endeavors made.

Now, for just a moment, let us return to a contemplation of the electron within the atom. Our beloved Saint Germain has been desirous for so long of giving you VISUAL instruction, for this is so much more efficacious. Also, were we now able to use the cosmic screen and project certain pictures upon it for your instruction, it would be so very helpful. However, until such future blessings to the race are available, we shall have to make use of the things of this world with which you are familiar.

If the attention of that individual is turned outward and allowed to rest upon and agree with the discord of the outer world in the mass consciousness of mankind, that attention draws those discordant appearances and radiations into the four lower bodies. Eventually this forms an accumulation of heavy, psychic substance which, by the very force of such feelings sent out by the lifestream, is actually wedged in between the electrons, slowing down their vibratory action so that they cannot spin at their natural rate of speed. This weight of discord has a very depressing effect upon the feelings of the four lower bodies which, of course, slows down the vibratory action of the individual's consciousness.

Dear ones, the naturally rapid motion of the electrons, and their balanced rhythm which was originally set up by your Holy Christ Self, is the vibration which makes and keeps your physical body buoyant, luminous and capable of wielding the powers of instantaneous precipitation, all the powers which have been stored within your own Causal Body which may be drawn forth into the use of the outer self when it has been purified enough. This also makes a channel for the release into this octave of every God-activity and gift from the heart of the Universal.

However, when the thought and feeling worlds of an individual are filled with the vibrations of heaviness and depression which are always floating about in Earth's atmosphere (especially in large cities), can you comprehend how much of that psychic substance is drawn into the four lower bodies, through the magnetizing power of one's attention?

**Insulate Your World Against Discord!**

I am sure you have all had the experience of leaving your home, feeling perfectly well and happy. Then, upon stepping out of your home and perhaps just walking down the street or entering some public conveyance, suddenly it seemed as though you were enveloped in a cloud of some unhappy pressure of energy which feeling was not your own, for you did not know its presence until you contacted the world of others.

When this has taken place, it simply means that the electrons within the atoms of your various bodies have been slowed down by the very weight of this pressure, and your whole world is thus uncomfortably affected. Should such a thing happen to you in the future, just square your shoulders and, holding yourself in a positive attitude, call again silently for your Tube of Light protection (explained with decree for its use in August, 1956 “Bridge”) and use the Violet Transmuting Flame up, in, through and around you within that Tube of Light protection. Of course, if uninterrupted harmony were to be consistently held within that tube, such light would be an invincible and eternal protection to you so that such “tramp” thoughts could not enter your world.

You see, it is much easier to bar the door to your consciousness and protect it by the use of the Tube of Light, than it is to get rid of such “tramp” thoughts once they have gained entrance into your consciousness.

Your Tube of Light can be of tremendous assistance to you by holding free from the discord of the outer world, all the substance and energy of your four lower bodies which must live, move and have their being in the lower atmosphere of Earth at this time. Then, the energies within that protective Tube of Light may be qualified with any God-quality you desire. You may ask your own beloved I AM Presence to completely saturate all the energies of your world with any God-quality and make you a radiating center of its presence and power to all you contact. As we have said, in addition to this, you may call to some Ascended Master to charge your world with his own consciousness, feeling, and fully-gathered momentum of that same quality (for instance, call to me for the quality of happiness, to beloved Jesus for the qualities of peace and healing, to beloved Kuthumi for illumination and understanding, etc.).

For a long time, you have been calling forth and using your Tubes of Light as a protective field of action, as a “negative” activity, shall we say—protection from the impact and intrusion into your worlds of the lower and astral realms of this planet. Now let us use it also as a “positive” radiating center to carry forth to mankind from your worlds the gifts and blessings they require so much. Thus, you become a sun of radiating Christ-virtue, right here while still unascended. Then watch your feelings, and do not allow them to go off on a tangent from their assignment of holding and radiating happiness, for, because of long habits, of themselves they may choose rather to play with those feelings of rebellion and resentment.

**Past Memories Sometimes Revivified for Divine Purpose**

Beloved ones, occasionally the great Cosmic Law allows us the privilege of drawing back the “veil” in order to reveal some of the memories of the past for just one reason—to give encouragement to the builders of the new world of today (which you are), by making them realize that the builders of yesterday had similar trials, doubts and crucifixions of the outer self. The foundations of the great religions of the world were laid by the builders of yesterday who, at that time, were unascended beings like yourselves. Yet, those great religions still stand today, drawing multitudes into their teachings, and therefore are a manifestation of the fact that humble and imperfect lives, sincere and willing to serve, while yet imperfect, can at least begin the impetus which will later develop into greater and greater glory to God by service to man, now and in ages yet to come.

You see, I personally know something about this, for I, too, was once such an “imperfect one.” I was born of strong spiritual parentage but raised, as you so well know, in the Egyptian court of great ease and luxury. Through that experience, I knew the comfort which comes with luxury and authority. However, during that time, there began to stir within my heart a certain restlessness of feeling which I later discovered was to arouse me into outer action to use certain powers of my own lifestream, in order to be able to accomplish the tremendous task of bringing Israel out of bondage, and the bringing of those people back to the worship of the one true God.

**Moses Visited by Angel of Unity**

You will remember that, after leaving the Egyptian court, I spent much time in restless wandering in the desert. I seemed unable to fathom either the reason for that feeling of restlessness within my heart, or to realize the real purpose for my being. One day, the great Cosmic Angel of Unity (beloved Micah) visited me in the desert. When he had parted the human veil for me and enabled me to understand the commands which were given me as to how I was to go before Pharaoh and his court to demand the release of the Israelites from their bondage in that land, I was not only amazed, but somewhat frightened as well, for, in that embodiment as Moses of which I speak, I was not eloquent of tongue.

Right there I fell to my knees and said, “Oh, Lord of life! Send someone more qualified than I to persuade the might of Pharaoh!” Yet, through my acceptance of the truth in beloved Micah's tremendous message of the hour, that the true name of God was “I AM” (“I AM THAT I AM”), I was filled with sufficient strength, courage and power to return to Egypt and utilize those powers which were mine. So, through the assistance of the great angel Micah and my use of his instruction in the performing of the various miracles which are chronicled in your Bible for your reading, the chains of slavery were loosed from those people and we were able to leave the land of Egypt.

Until we had traveled quite a distance into the wilderness, I had not realized that those Israelites did not come with me because they either believed my vision or because they thought I was a messenger of God. I found that they came out with me because they saw no other way out of bondage!

So, when the Israelites came to the place where the blazing sun heated the desert sands so that they blistered the soles of their feet, and when we came to a place where that vast multitude had neither food nor water, I knew what it meant to feel the resentments of reluctant energies of the people and thousands of voices crying out in disappointment (feeling that they had been deliberately misled).

During those times when I was the target for so much of their resentment and rebellion, I knelt often before the Lord of Hosts and prayed for assistance with all my heart. In answer to those prayers and calls for help, the water sprang forth from the very rock itself, as you have often read, and manna fell from heaven! Thus were our physical needs immediately and satisfactorily met, and we were able to survive.

Beloved Micah told me that we were to spend some time in the wilderness, preparing for our entrance into the promised land. To this end, he instructed me to ascend to the top of Mount Sinai, where I would receive from God the Law by which to govern this people. When those who were willing to accept this purification and spiritual instruction were ready to enter the promised land, they would then come with a greater realization of the truth of the word of God, acceptance of his reality, and a desire to worship him only.

At the command of the Angel Micah, I obeyed and ascended Mount Sinai, where I received and recorded upon the actual rock which was there, the Law for that cycle. While I was thus engaged, right back into the thoughts and feelings of the world of form, the fleshpots of Egypt and the worshipping of idols which they had known—went my blessed people again!

Today, you stand at about the same place as I stood then. There are more than three billions of people in embodiment on this Earth today, chafing under the chains of sorrow, sickness, lack and limitations of every conceivable description, and all calling for relief from their distresses. Were you to suddenly loose them all from their chains, after a short while you would know what I mean when I say that you will remember me and my experience in the coming days! When the weight of the shackles is taken from their wrists, when they are able to stand erect again, and when the greatest of the discomforts are alleviated, THEN WILL YOU SEE JUST HOW FAR THEY WILL GO IN PLEADING FOR SPIRITUAL ENLIGHTENMENT! Because I know so well the tendencies of the outer human consciousness, I come to you today to offer my assistance in advance, so that where I suffered much, YOU NEED NOT, if you will heed my words and give me opportunity to assist you.

If you will so invite me, I shall move with you and bring you victory, beloved friends, helping you to be poised and controlled in my feeling of happiness, as you henceforth begin to create and endeavor to sustain an atmosphere of happiness about you at all times.

Perhaps you would like to use a decree something like this: “Beloved mighty victorious presence of almighty God I AM, right within my beating heart—I love your happiness! Help me this day, and always, to dedicate my life, all the energies of my entire being, to the drawing forth and surrounding myself with your Flame of God-happiness. Saturate my entire being and world with its substance and feeling, and help me to enfold all the life I contact this day in its glorious radiance of golden flame from the heart of beloved Lord Ling—God of Happiness. Keep this eternally sustained, all-powerfully active and ever-expanding until all are wholly ascended and free!”

If you will make this call earnestly and consistently every day, giving me your attention for a few moments so that I may answer it for you, I assure you that you will soon come to a point where, rather than allowing the discordant energies of the outer world to touch you when you enter the atmosphere of others, the radiation of your energywill be the MASTER CONTROL of all the life you contact.

**Feelings of Happiness Naturally Expand**

By some daily attention upon first your own beloved I AM Presence and then myself, magnetize the feeling of happiness, dear friends. Every personal victory of the Master Jesus over the limitations and distresses of this world contributed a radiation of happiness from himself, not only to his own life, but to all the life about him—his mother, his disciples, and then radiating out to bless all life.

Think of the happiness of the lepers whom he made whole again, of the so-called “dead” brought back to life again by his use of God's Resurrection Flame. All such feelings are just energy qualified by the very essence of joy. Since “like attracts like,” those feelings arise and are drawn into the sphere of happiness which it is my honor and privilege to guard, directing its substance and feelings to any lifestream who will call for them. In this sphere is contained the feelings of happiness of the angelic hosts and the laughter of the Gods (Ascended Masters and Cosmic Beings).

Have you thought upon the happiness of every lifestream who has been given the ascension under the dispensations which have been granted by the great Cosmic Law, having rendered during their embodiment here on Earth certain impersonal service to life to the best of their ability, through the giving of the tremendous “freeing decrees” for some years past? Some of these lifestreams left the Earth for the last time, from bodies which were wracked with great pain and suffering. Would that you could know of their feelings of gratitude when they knew themselves to be eternally free!

The carefree laughter of every child on Earth and the joy from every soul to whose happiness you have contributed in your personal associations—all of that energy has come into our realm and become part thereof. By your faithful and loving service to the cause of freedom all through these many years, you have made much life happy, not only here on Earth, but in the higher realms, as well. Just think for a moment of the joy which is felt by the beloved Alpha and Omega when you sing your loving gratitude to them in your song to the “Great Central Sun!” Many who now sing those words had never even heard the names of those Great Beings before!

You have also made your God-parents happy—beloved Helios and Vesta in your physical sun. Think of the happiness in their hearts when you are cognizant of them and send them your sincere feelings of gratitude.

Do you realize that you have added, too, to the happiness of the beloved Saint Germain, Jesus, Mary, Morya, and all who are serving together to raise Earth into freedom's star? Now we would like to reverse this procedure and give these feelings of the actual substance of happiness back to you, qualified and amplified by our feeling of that God-virtue!

Remember! When your inner bodies are completely happy, your physical forms will be buoyant and luminous, expressing perfect health, eternal youth and beauty. YOU SEE, THE PHYSICAL BODY IS BUT THE REPOSITORY OF ALL THE VIBRATORY ACTIONS OF YOUR INNER BODIES. Therefore, if you are sincere in wanting to be an exponent of eternal youth and beauty and the magnificence of the divine expression of perfection of your own God-self, please remember me!

Keep your mental body alert to refuse acceptance to some “tramp” thoughts or feelings of discord, should they come knocking at the door of your consciousness for admittance. These may be just something floating in the atmosphere—they may come from a friend, from the radio, from television or newspaper! Be alert and give admission to your world *only* to that which will keep you happy, free, buoyant and poised in God-mastery at all times!

In the name of the Most High Living God, I AM, in the name of all life which has ever contributed to the cosmic happiness of creation since the beginning of time, I now pour my Happiness Flame through this group of beloved students of light who desire to radiate God-happiness to their fellowman. I now pour my Happiness Flame through their physical, etheric, mental and emotional bodies, and, since all life is one, I pour my feeling of happiness through them into the people of Earth, as well. According to your acceptance of this blessing shall it manifest for you in daily expression*.*

Just know that I shall hear your every call and shall happily answer it instantly with my feeling and flame of that happiness which I am! LORD LING

**DECREE TO SUSTAIN HAPPINESS**

Beloved mighty victorious presence of Almighty God I AM, right within my beating heart—I LOVE YOUR HAPPINESS! Help me this day and always to dedicate my life, all the energies of my entire being, to the drawing forth and surrounding myself with your Flame of God-happiness.

Saturate my entire being and world with its substance and feeling, and help me to enfold all the life I contact this day in its glorious radiance of golden flame from the heart of beloved Lord Ling—God of Happiness. Keep this eternally sustained, all-powerfully active and ever-expanding until all are wholly ascended and free!

I consciously accept this done RIGHT NOW!

**Explanatory Note**

As our beloved Lord Ling has told us, he did not achieve the victory of his ascension in his embodiment as Moses. He returned here again in embodiment in India, as Ananda, becoming the heart-friend and beloved disciple of our blessed Gautama, who at that time became Buddha. Beloved Gautama has now become the Lord of the World, taking the place of beloved Sanat Kumara, as he returned to his home on Venus recently. We give you here the words to our song of devotion to the blessed Gautama, whom Ananda loved so well, and from whom he received such tremendous assistance to his own ascension