IMPORTANT INSTRUCTIONS BY BELOVED SAINT GERMAIN INCLUDING THE BALANCING ACTIVITY OF THE PINEAL GLAND FOR THE REST OF THE PHYSICAL BODY

*THE DISCOURSE IV*

*ASCENDED MASTER INSTRUCTION Vol IV*

Today is an opportunity to prove the atmosphere of God [the day was very hot]. Concentrate the attention on the region of the pineal gland, knowing that the attention focused there will cause to take place the balancing activity of all the centers, drawing and giving all power to the head center. From this center, the power of speech - which is but thought representation - will reflect back to the vocal center.

During this time of the contemplation, or conscious direction of the attention to the Highest

Center, be aware of the even, balanced, rhythmic breath. I do not mean to give it special attention, but breathe a few times consciously, and then just be conscious that you are breathing the rhythmic Breathe in on a count of eight; hold for eight counts; breathe out on eight, and hold eight. Then repeat. After doing this a few times you will get the rhythm near enough. The activity of this consciousness responds to the demand.

**The great God Principle is above and enfolding the form because of the Anchorage of God within the Heart.** The Seven Centers are the Points of Anchorage of the Individualization of God in the physical form. **The pineal gland is the Point of Anchorage and Radiation of the Great Central Sun**. When we realize this, we have come to the point where we do not consider any of the lower centers. Keep asking the God within what the correct activity

is to use at a specific time. Each must depend on the direction he receives from the God within himself.

All instruction is but worded attention upon certain things, and the Student should learn from the words instead of the presence of the one giving it. The Radiation will come through the words themselves; the words are but vehicles of conveyance of the "Presence." The feeling and thought will become just as accurate as the spoken word, as you depend

more and more on the Presence of God.

**It is necessary to use the Consuming Violet Flame at least once a day**. It is especially necessary among the Students because some unknowingly open themselves to discordant things due to mass pressure. In the use of the Rays, try to feel with intensity the Mighty Presence of God there, operating in whatever color you use.

**Very important. - Divine Love:** Keep the attention on the fact that Love is the Controlling Power in all conditions, always knowing it is Divine Love. This qualifies whatever human love is there and raises it in harmony with Divine Love. Know always that in any Demand God is the sustaining Power. You must keep aware of this fact in the use of all Law. Remember

that in all conscious use of the Law, you are at all times the determiner of the qualities you wish manifest and maintained! No two individuals are affected exactly alike; one has an irritation of mind, another of body, another anxiety, another impaired health.

The constant consciousness that **"God is my Perfect Health, Wealth and is Self-sustained,"** will take one into the full visible manifestation of these conditions. Know: "God in me is the Keeper of my Treasure House; then I know God produces in my visible use, great abundance, money as fast as I require its use, and that it is never late and that all my seeming obligations are taken care of on time.

"The joyous indifference of youth is really a letting go; and with Love prevailing, it is the most potent Power for Manifestation.

To Mrs. G. W. Ballard: Never let down your bars of protection to anyone. It is wise for all to use the consciousness that God's Activity is in this home and all about it, and there is only God acting. In thinking of the neighbors, know that God governs their every activity in regard to this home. Take a thing in the beginning, and with intensity reverse the negative action in thought and feeling concerning it. The seemingly deeper acceptance of the negative instead

of a positive condition in the human consciousness, is a mental gravity pull and is due to the density of the physical substance of the body.

A quick forceful statement: **"No, you get out of here! God Almighty is in control. "** This is true up to a certain point of Illumination: while the Inner "Presence" always stands ready to act, the consciousness of invitation within the Student's outer mind seems to be imperative. The Inner "Presence" does not intrude Itself; It must be invited.

The nature of the outer consciousness is to swing from one extreme to the other. The Eternal Balance is "the Middle Way"; and the desire to move in that activity, draws and holds you there. The desire to walk "the Middle Way" draws you and holds you in it. The deeper the recognition and living in the "God Presence," the quicker will the God Power act.

**Electronic Activity:** Wherever there is force, there is always some point of Electronic Activity, and from the higher standpoint it is very noticeable. The force released by the World War is still standing in the Earth's atmosphere, and is and will be redirected and used constructively.

The Electrons in our atmosphere are the Emanation from the Great Central Sun. The White Fire Body of the "Mighty I AM Presence" and Its natural Element qualify the Electronic Activity, the same as each Element in itself qualifies the Electronic Activity. The Electron is a Universal Element that is the Spirit of God. Therefore, each Element applying or using the Electron qualifies it according to the Element's own sphere or activity. In the condensation at a former time - one on Atlantis and the other in the buried cities of the Amazon - one was a Consuming Activity and the other was a Life - giving Activity. All-consuming is but a re-ordering of the balancing of the atomic activity.

The Electronic Activity is always permanently balanced within Itself. All discord is but a loss of balance of a particular element or atom. It is only when the electron becomes clothed in a quality that discord is possible. The first activity of the atomic structure is the requirement of something to qualify it, or a need for a quality. Otherwise, it too would remain forever perfect, and no other quality could be imposed upon it.

Question: "Why does air in motion seem cooler than still air?" Saint Germain: Because the vibratory action is raised.

**The Mantle of Invisibility** can be thrown around one instantly, but the Students should establish It permanently and consciously by the practice of visualizing

the Mantle around them. We are consciously qualifying this Electronic Energy or Activity every moment.

**Instinct is a lower form of intuition**. There is only One Presence and Power acting everywhere, so really there are only different grades of consciousness and activity. Words are very lame to carry a meaning that is a feeling.

**The Cross-of-Christ Currents:** Recently there have been placed Divine Currents in North America in the shape of a cross or, in other words, in the shape of a sword; for in this case the Cross of Christ is the Sword of Currents. The crossbar comes just south of the Canadian border, the hilt going up into Canada; and the point reaches south, almost to the lower part

of Florida. Chicago comes at the strong part of the blade, just below the hilt. These are Currents that have been placed through the Earth by Mighty Messengers of God.

There will come a time when this Sword and another will cross, and Peace and Prosperity will be in America. Where the two Swords come together, the crossing will be almost over Chicago. These Currents are placed above and within the Earth itself. They penetrate about one hundred feet below the surface of the Earth and about two hundred feet above. This is why the surface structure of the Earth will change; and the very ground human beings walk

on, will be the Sword of Christ.

In Nature's formation of silver some of it is dense, and some of it is frosted and not dense. So it is with the Earth: as the Christ Force is liberated, the Earth itself will become much less dense. The atmosphere of the Earth will become the balance between cold and hot - or semi-tropical - and the moisture will be evenly distributed. In the new Christ Activity that is taking place, certain Dispensations are given; but to what extent They will be given has not yet been shown. There are times and points of activity where Dispensations have been given that have advanced civilization hundreds of years.

**Miscellaneous Affirmations:**

“I AM' God's Child and I can do everything God wants me to do, and I do it now."

"I clothe every atom of my world this day with Infinite Love and Wisdom. "

"This home is the Heart of Divine Love's Operation."

"My body is the Heart of Divine Love's Operation."

"My mind is the Heart of Divine Love's Operation."

''My world is the Heart of Divine Love's Operation."

" 'I AM' the Divine Plan of the Light in perfect physical operation now and for ever. "

**Be as faithful as you can to healing physical distress, but keep your Inner Eye on the healing of the wounds of hate.**

**God within you is alive**. Do not allow Him to be silenced by thought-forms of your sense perceptions or fears. Always remember that God and His Manifestation are One.

**Everything grows by use.** All things move in cycles. When the Cosmic Hour strikes, the whole combined Force of the Ascended Host can be used to accomplish a definite Purpose. There are a great many things in which They may not interfere between those periods; otherwise humanity would not be where they are today.

**When individuals look to Us, We may give Assistance without limit according to their readiness to demand;** but in the Cosmic Cyclic Action, We may not interfere.

**The night before any important action or before Class, always go into the Secret Heart of God's Great Love.** Mankind and Students do not prepare the way ahead. When one wakes in the night, one sometimes returns to the body to anchor in the outer consciousness something that is needed there, or that is to be called forth when a future need arises.

When we come to a certain point of achievement in the prevailing activity, we sometimes make contact with Wisdom gained in previous, forgotten experiences; and if there is a necessity, we call that Wisdom forth and use it. In most instances it is done unknown to the outer consciousness. If we require knowledge that we have been conversant with in previous, forgotten experience, it is many times easier to recall that knowledge than to reach into the Central Source and bring it forth from the uncreated.

**The Great Law is not stingy, but it is conservative. It does not permit any unnecessary use of Itself.**

**The Divine Record:** Within the Divine Record of every individual there is registered all constructive experience. Therefore when a necessity requires it and the Wisdom is there to be used, naturally that is the first place to draw from. For instance, if you had a book giving certain formulas of activity, you would not go to another individual who had the same kind

of book, but you would look into your own book and save the time and energy. If mankind had not forgotten the Wisdom and Force stored within their consciousness, they would much more readily call upon that which is already at hand.

**In all the Universe there is no wasted energy**, except in the outer activity of mankind. It is not that the Universe can be in any way depleted, but in order that the Student may be taught the conservative use of that Mighty Energy. As the Student goes deeper and deeper into this Great Wisdom, this will become more and more apparent.

**The smell of sulphur:** Mrs. Ballard asked why the smell of sulphur was so strong in the night when there seemed to be no physical cause for it. It is a Cosmic Process now taking place, and We direct certain Force while you are out of the body, in the Assistance of the Cosmic Activity. The force released by Cosmic Activity through volcanic activity is a force that can be consciously directed. Those who are qualified for this particular activity while yet retaining their physical bodies, are many times instructed how to use this force when out of the body

during sleep- especially when a focus of it is required. The outer sense of odor is the conscious memory of the Activity which has already taken place at the Inner Levels. One is likely to smell the odor of wood, sulphur, coal, or incense. If the memory is of sulphur or wood, it is proof that the direct activity of the Highest Force within the Earth was

specifically required.

**Raising the vibratory action:** Do not let the outer senses form a habit or get the consciousness of anything except that all raising sensation comes in a perfect, harmonious, natural way. Release a person after treatment into the Wisdom and Activity of God, knowing that It is directing the controlling of the outer mind. When individuals are not aware of how to raise the body, it is sometimes much better to let them get out of the ruined temple and be free to go on.

**For the Groups to use for universal service**: "The Mighty Power of Divine Love and justice is now All powerfully operating in the minds and outer activity of every one of God's Children in Chicago, New York, America, India, and China. America will again attain the Mighty Focus, or Spiritual Power that She once had.”

This Instruction comes from the Ascended Light, and They prefer that no individuality be considered. Let each one meditate within himself, and then decide upon the particular Ascended Master to whom he wishes to direct his attention, and keep this a secret within his own Heart. The Highest of Attainment is always to look to the God within; and if you need help - assistance of any kind - call to One of the Arisen Host.

SAINT GERMAIN

DISCOURSE VIII

When the consciousness of the Student is held unwaveringly on the highest center, which is humanly termed the pineal gland and pituitary body, he is recognizing and inviting the Currents, the Rays of Light and Love, from the Electronic Body of his own "Mighty I AM Presence," and also the Assistance of the mighty advanced Individualizations, or Ascended

Masters, from that Sphere of Activity.

DISCOURSE IX

Visualizing the Harp Strings of the Soul: I would suggest - the individual should follow his or her feelings - that those who can, visualize these two Harp Strings of the Soul connected at the base of the spine, connecting again at the pineal gland in the brain: the one on the right side of a delightful Pink and the one on the left side an intense Blue. The Pink conveys Powerful Divine Love through the Positive Current; and the Blue String, the Negative Current, sustains the outer form in the Divine Balance.

This description given, I assure you, is very real~ quite as real as your harp before you when you sit down to play. The Knowledge of this and Its use, that is and will be given, will enable one to consciously hold a steady, calm balance in the outer contemplation of the Inner "Presence."

In Our-the Great Ones' -Activity at a given time of action, as so ably illustrated at the close of The Magic Presence, We often find the Great Wisdom from the still Higher Spheres completing an Action that We might hesitate to do. In that instance and the instance today, it shows the Presence and Activity of a very Great Wisdom that will not allow the outer to interrupt the progress. The time has come for definite, mighty Action.

DISCOURSE XXI

Saint Germain: At no time have there ever been beings with the Spirit of God within them, with but a single eye. Such an idea was a distorted view concerning the former state of those beings who still retained the full function of the Third Eye or Inner Sight, like the X ray. The All-Seeing Eye is the right conception of this state.

There was a time when those which are known today as the pineal gland and pituitary body were one. They were the All-Seeing Eye. The skull or brain structure, which was of denser substance, was in nowise any obstruction to the use and activity of this Inner Eye that really looks in all directions. To the All-Seeing Eye, no form is an obstruction to the Vision. At all times the All-Seeing Eye has the form of an eye as you know it today. The greatly dimmed

activity of that function, even today, causes you to sense a presence behind you as well as 'head of you.

At this previous time as the Soul drew into denser form, it required the activity of an arc, as it were, by which the two activities in conjunction stepped down the activity of this Inner Vision. This sparking broke the image of the vision, the same as an arc breaks up the current; and instead of a steady flow, it was in intermittent jumps. This causes the present intermittent activity. This became necessary as the outer form reached a certain density not wise to explain at present**. If there could be a continual flow or connection of Light between the pituitary body and the pineal gland, we could see everywhere and through**

**all things at all times. This is really the Inner Sight!**

This would be the same activity as when they were one-or in other words, unite them into their oneness again. When one can visualize the two as the All-Seeing Eye within, wonders might take place.

The child with the X-ray eyes: In this case the pulsation between the pineal gland and the pituitary body has become so frequent that the flow is almost continuous. In all forms where the Power of the All-Seeing Eye is used, the shape of the human eye is retained as we have it today. In any thought of this, think of it always as the All-Seeing Eye, complete, in the top of the head- taking the place of the pineal gland and pituitary body, or as having these two

organs within it.

In this Eye within is the Perfect, Eternal Sight of Almighty God. A mental picture of anything, with this power back of it, must be propelled into outer form because it is God Power moving through it. This is how the images we see with our physical eyes are registered on the brain. Therefore, make your pictures within. Your eyes are the camera of the Soul. The activity of the vision in the mind acts just the opposite of the activity of the eyes, or physical

sight.

The secret of manifesting things into the world without, is in using the Spiritual Power to take this picture. Then the Great Silence precipitates it into form through the visualized picture. Through the activity of visualizing, you print the form or picture upon the Great Silence; and the Great Silence, which is the greatest Power in the Universe, propels it into outer expression and experience. Now you can understand how impossible it is for a picture registered on the Inner Silence not to come forth. It is the business of the intellect and will, to hold the picture steady until the impression is taken by the Great Silence. If it is not held steady, the result is the same as if you moved your camera while taking an outer picture in ordinary photography. This is the Power of true Precipitation.

You do have all power within your consciousness to mold your mind and body or any of its parts or attributes into anything you wish. Meditate on this incessantly. Contemplate this matter of vision often enough to set it in mind-in action-and use it. This release of Truth and conviction is tremendous! Never forget it! Use it more and more all the time. This is the Inner Power that knows Its own and is waiting to do these things for you all the time. A tremendous Power has been generated here today. This conviction you now have, you can use with great power.

Warning: After I have given the Explanation of the Law and you have received the Inner Power and conviction, do not discuss it, for you scatter the Power which would accomplish the full Manifestation. You have the vision, the power, and the ability to apply this. Now do it! The Power of Precipitation is one of the mightiest activities of this wonderful Presence who is radiating to you today. You have been shown how Precipitation through vision takes

place.

Use: "Great 'Presence,' completely and entirely reveal this Activity of Visualization and Precipitation into physical form to me now. Teach me all about This, and see that I always use It to fulfill the Divine Plan, to the Glory of God and the Blessing and Service of all His Creation. "

BENEDICTION: Thou Mighty "Presence," We leap forth to Thee in great devotion and recognition of Thy Presence with Us. We know, feel, and have the full conviction of Thy Presence eternally with Us, and that Thou wilt teach us the fullness of Thy Activity

manifest in form.

DISCOURSE XXIII

Spend at least three to five minutes every night, making your clearest visualization of the

All-Seeing Eye-which is the highest, yet normal means of causing the pineal gland and pituitary

body to act in Perfect Balance. This will naturally

cause other centers of the body to act in harmonious

accord with It. In this manner Divine Love and Wisdom

are naturally caused to act upon the lower

centers, raising their activity in a manner and grace

not otherwise possible. This will bring splendid results.

Each Student should for five minutes in perfect

quiet sometime during the day, claim the full power

of perception and its full activity in his or her Life

and world. This will enable everyone to have Insight

and Foresight concerning their activity and affairs,