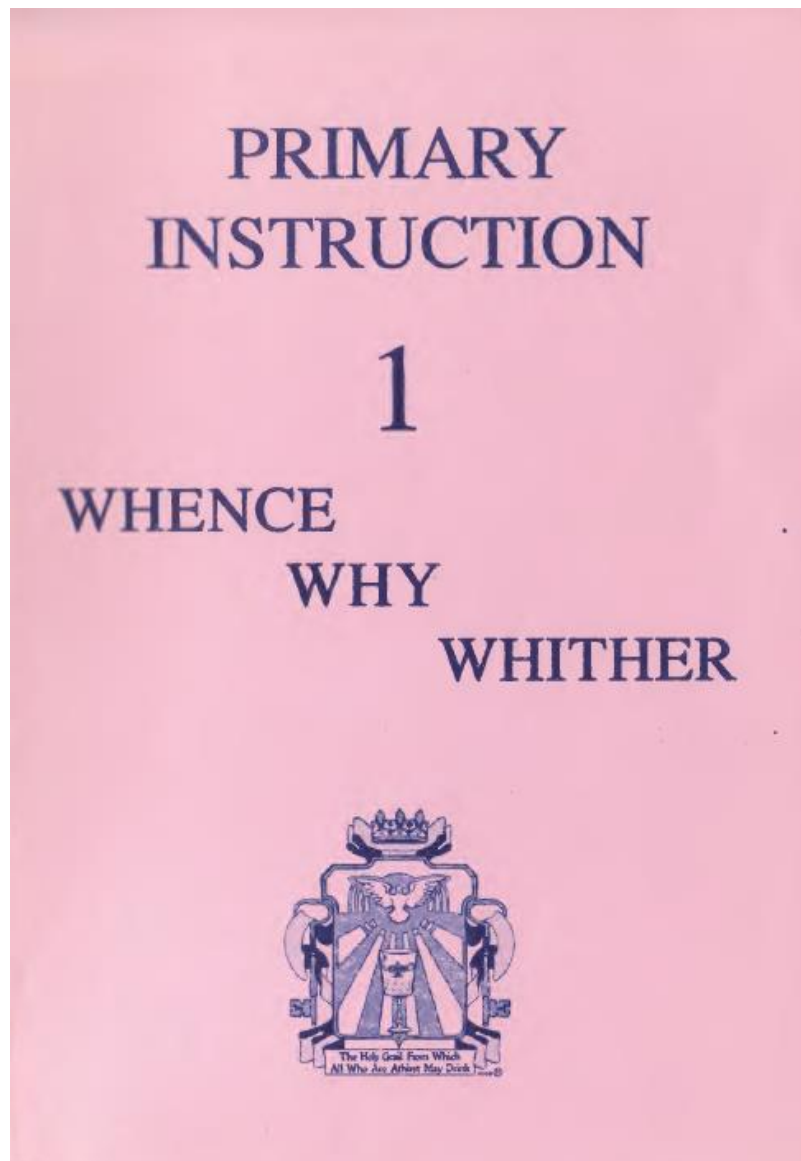


PRIMARY INSTRUCTION
LESSON NO. 1: THE THREE QUESTIONS

A Bridge to Spiritual Freedom Publication

The following is an “I AM” Free adaptation of the out-of-print Booklet originally published in 1989. The intention is to present the contents in a more user-friendly format to accommodate e-readers and printing. To find a copy of the original work, click on Path of the Middle Way.org. Please join us in blessing these Beloved Servants for preserving and expanding this precious Light.

NOTE: The entire series of the “Primary Instruction Booklets” were compiled and/or written by chelas based on their understanding of the “I AM Activity” and “Bridge to Freedom” Dispensations for the purpose of creating a Class Curriculum. To gain a better understanding of the ‘inter-connectedness’ on how all these “I AM” Teachings fit together, please visit <https://iamfree.co.za/free-books>.



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FORWARD

These Primary Instructions have been lovingly compiled to fulfill the requirement of Basic Instructions by the Ascended Masters for the illumination and general expansion of the consciousness of each sincere seeker after Truth and God Inspiration. Under the Supervision of Ascended Master Lord Maitreya within the Golden Flame of Illumination, the Ascended Master Kuthumi and all the Divine Beings Who represent the Golden Ray of God-Illumination, Radiate the full-gathered Cosmic Momentum of Their own individual and collective Illumination in order that it may be presented at this time in the language of the layman. This is done for one purpose, and one purpose only - to give opportunity to those who seek knowledge in order to free themselves and all imprisoned Life on the Earth, beneath the Earth, and in its atmosphere.

Without such knowledge, and the application essential after the knowledge is truly assimilated, accepted mentally, charged with the emotional BALANCED enthusiasm of the students, etherically recorded in their own etheric garments, and ACTIVATED BY THE PHYSICAL VEHICLES of the students upon the Earth today, we could not know that in a short period of time, redemption of the Earth and Her attendant evolutions is FACT, not FANCY.

We hope that all who seek may read!

Lovingly presented by
THOMAS PRINTZ (pseudonym of Beloved Ascended Master El Morya)

DEDICATION

Beloved chelas ever seeking Illumination upon your Spiritual Pathway, I invoke the descent today of the Flame of Illumination from the Heart of every Divine Being in Heaven to pour to and through you NOW. Thus, you shall sit at the Table of the Gods and partake of the VERY SUBSTANCE of Our Light which, in turn, shall be assimilated by your alert consciousness, expanded through your four lower vehicles (emotional, mental, etheric and physical), and then projected upon the Paths of others who walk yet in shadow. With knowledge comes responsibility! The use of the Sacred Truths of the Gods determines the amount of added Illumination which shall be given to you. Walk in the Light! Expand The Light! Project the Light! BE THE LIGHT OF GOD IN ACTION ON EARTH HERE AND NOW!

In LIGHT - "I AM"
LORD MAITREYA

PART 1 – PRELIMINARY

THE THREE QUESTIONS:

**FROM WHERE DID I COME?
WHY AM I HERE?
WHERE AM I GOING?**

Dear Friends, the Age of Freedom is at hand! The first faint signs of this Perfection are now dawning on Earth's horizon and soon an Earth, beautiful as a dream, will replace all sordidness and ugliness; where only Peace, Beauty, and Happiness will abide within each man, woman and child; where poverty, sickness, war, and even death itself will no longer exist. Do you think this cannot be? It is in the process of being born *even now* despite all appearance to the contrary!

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What is your goal in Life? For what purpose are you living? If you do now know, would it not seem wise to try and find out and stop wasting time? Can you lend your Life and energies to assist in bringing into outer manifestation this Perfection for our Earth and make of Her a Star of Freedom and the brightest in our System? Can you Love God and your fellowman enough to help in this worthy cause - to bring Permanent Peace and Freedom?

YOU CAN HELP MANKIND

If you ARE interested in bringing this greater Perfection into your own world and that of your fellowman, then read and listen with an open mind and understanding Heart, and TEST OUT that which you will learn, and remember always, whatever endeavors to RAISE and HELP ALL MANKIND; that which blesses ALL MANKIND; that which blesses ALL LIFE; that which brings Beauty, Peace, Freedom, Supply and Perfection to ALL - THAT IS OF GOD - THE ONE GOD who made us all - regardless of what our present religious convictions or beliefs may be.

Every Gift that mankind enjoys through music, art and inventions was first a THOUGHT - a vision in the mind and Heart of some individual before it was released into outer manifestation for the blessing of mankind; and this also applies to the vision of FREEDOM for our Earth.

The "I AM" ACTIVITY and BRIDGE TO FREEDOM TEACHINGS have come forth for the purpose of acquainting you and all mankind with a further understanding of God and His Messengers, and the Divine Plan for you and the planet; and that the Cosmic Moment of Opportunity has opened before you to show you how you may assist at the time of Cosmic Import.

GOD - A BIG BUSINESS EXECUTIVE

While it is true that there is only ONE GOD, it is also true that since God is ALL-IN-ALL in every part of Life, then God has many, many Messengers who assist Him. Every living thing lives, moves, breathes and has its being in the very Body, Intelligence, and Love of God at all times.

There are about ten billion people who use our Earth as a schoolroom, and when you look at the infinite number of stars in the sky, the infinite variety of fruits, grains, flowers, trees, vegetables, etc. - all a part of God - you must realize that God, like a great Business Executive, must have many helpers. The head executive of a great industry does not perform every single service of his vast organization - down to the sweeping of the floors; he has many trained and trusted individuals in charge of each department under him who report to him on their particular service; these in turn having others under them who do likewise; and so, on ad infinitum-according to the size of the organization.

And so does the great Godhead have many Messengers of varying grades in charge of each one of the different departments of Life Who report to Their Superiors..."as above so below". Every individual who ever lived on the Earth (or some other planet) and who graduated in the Victory of Their Ascension as Jesus did, became an Ascended Master and is a true Messenger of God - and there are thousands of Them! There is a great God Being in charge of every department of Life; some work with individual mankind; others with groups, nations, the elemental kingdom and Nature, the animals and every part of Life; others work with the Angelic Host, but each is a SPECIALIST in His or Her particular field of service.

THE GREAT WHITE BROTHERHOOD

Note: This title does not relate to any colour, creed or nation. It is based on a rate of vibration of colour - white being the purest colour of all.

Mankind en masse has forgotten the great Cosmic Laws that govern the Earth and Her humanity, and that there is a Divine Blueprint for each one which, when fulfilled, brings Love, Peace and Happiness into their world; and they have forgotten that there is a great Spiritual Hierarchy Who has guarded and endeavored to guide them for aeons of time to prevent them completely destroying themselves and the Earth. This great Hierarchy, known as the GREAT WHITE BROTHERHOOD, is composed of great Ascended Beings, many of Whom lived on this Earth in physical bodies even as you and I, and Who, by the understanding and application of the Laws governing Life, were enabled to 'graduate' into a Higher Sphere of service. They have foresworn serving in those Spheres of

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Beauty and Perfection and have remained 'prisoners of Love' in order to assist the struggling mankind of Earth when invited to do so - for, by Cosmic Law, They are not permitted to intrude upon the FREE WILL of even the least of men.

WHY THE "I AM" ACTIVITY AND "BRIDGE TO FREEDOM" HAVE COME FORTH

It is for the purpose of establishing this 'BRIDGE' from the human to the Divine, and again releasing to mankind the knowledge of their own God Presence - 'The Word' "I AM" and the LAWS OF LIFE in a simple format that even children can understand. It is also to bring again to mankind the essential knowledge and use of THE SACRED FIRE. It is for this reason that these two sets of Teachings, the "I AM" ACTIVITY and THE BRIDGE TO FREEDOM have come forth. The Teachings brought forth give God Illumination to all who desire it and the part they must play until all nations, creeds, races and beliefs have at least a tolerance and kindly feeling of Brotherhood - allowing each one the Freedom to follow their own Heart promptings and thus expand their own Light and fulfil the prayer: "Thy Kingdom come; Thy Will be done here on Earth as it is done in Heaven"!

Two major Dispensations were granted during the last century by the Spiritual Hierarchy governing this planet and our Universe to the Ascended Beings who are assisting our Earth, and who were determined to make a last attempt to save the Earth and its inhabitants from dissolution. The Cosmic Law requires a balance of Light and energy received, and the Earth, due to the iniquities of mankind has for millions of years not been emitting Light - it is known as the 'dark star' in our Universe. The first Dispensation granted to Saint Germain for the introduction of the "I AM" ACTIVITY was in the 1930's, and the second being granted to Ascended Master El Morya in the 1950's, namely THE BRIDGE TO FREEDOM.

The OBJECT of every true religion down through the ages has always been to help the sincere individual searching for Truth to find God right in their own Hearts and not afar off in the skies - to find God ALIVE within themselves - beating their Hearts and giving them Life and. Intelligence. Then once having found their Source, to allow It the privilege, honor, and courtesy of directing their lives so that God's Divine Plan might be fulfilled through them - the God Plan always being that which brings Blessings and Happiness to all.

MOSES, BUDDHA, AND JESUS STILL LIVE

In the Buddhist religion, they talk about what the great Gautama Buddha did 2500 years ago; in the Jewish religion, they talk about what Moses did centuries ago; the Mohammedans talk of what happened centuries ago; and even in the Christian religion, the Churches talk about what Jesus did 2000 years ago. Now all these Great Men were MESSENGERS OF GOD - that is, they were MEN - BRINGING A MESSAGE from God to man - and were acknowledged as such. What has become of these Great Men and many others like them? Did they cease to exist when they passed from the Earth after all they did to help mankind? NOT AT ALL! They are STILL THE MESSENGERS OF GOD on a Higher Plane and belong to this Great White Brotherhood - still trying to assist mankind as mankind will accept Their services - most of Them serving unknown and unhonored - except for the very few who know of Them. They achieved Their Ascension, even as Jesus did, one by one, and joined the ranks of others of God's Messengers who Love and serve mankind. They will continue this selfless service until each individual has done the same thing and the Earth expresses PEACE ON EARTH AND GOOD WILL TO ALL OF LIFE!

The conditions that exist on Earth today are quite different to what they were even fifty years ago, let alone hundreds or thousands of years ago. Therefore, the needs of mankind are different to those in ages past. Man thinks and feels differently as he has evolved from the ox-cart trough, the horse and buggy, the automobile, the airplane, and now the jet, from a tallow candle to lamps, gas, electricity, and now into the Electronic Age. Little children now live with, understand and use things which even the greatest minds of the past knew nothing about.

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**THE DIVINE PLAN FOR THE INCOMING GOLDEN AGE
OF SAINT GERMAIN AND WHAT WE CAN DO TO HELP**

The main difference between THE "I AM" ACTIVITY and THE BRIDGE TO FREEDOM and that of other religions of the past, is that again, the full knowledge of our individualized "I AM" Presence, THE LAWS OF LIFE (that never change and apply to all Life in all Universes) and the use of the SACRED FIRE has been released to humanity in Its FULLNESS. Never before in the history of this planet have such comprehensive Teachings come to us. The Occult Law was lifted in 1930, which has allowed this to happen. Furthermore, we have been given the EXACT same methods used by the Ascended Masters to achieve Their Freedom and Ascension, in simple and easy to apply methods.

In the many publications of the "I AM" Activity and The Bridge to Freedom Teachings, it is explained what the Ascended Masters are doing at this time, so that we may cooperate with Them and assist Them if we choose. It is not what They did in the past, but what They are doing NOW that Mankind needs to know and thus combine their energies for the Protection and Blessing of the Earth. The Ascended Masters need the cooperation of mankind to fulfil the Divine Plan of Peace and Harmony for this Earth, as Cosmic Law does not permit interference from those in the Higher Realms unless They are INVITED to do so by the ones in the realm that needs the help.

Through these two sets of BALANCED Teachings, these Great Beings have given to us the explanation of Creation, and have answered questions which all have asked at some time: "WHERE DID I COME FROM"? "WHY AM I HERE"? "WHERE AM I GOING"? The Ascended Masters KNOW the answers to these questions since They once lived here, and by the understanding and application of these same Truths that we are being taught, They attained Their Freedom. They know that self-conscious effort must be made by each one of mankind to attain that Freedom which They now enjoy, and They are telling us how to do it, for it is destined to come forth on the Earth once again when She becomes FREEDOM'S HOLY STAR, and the Golden Age is made manifest!

Therefore, truly "seek and ye shall find"; ask, and it shall be revealed to you"; "knock, and the door to your Freedom will be opened"! Enter in, dear students, and be at Peace!

PART II - QUESTIONS AND ANSWERS

MANY PEOPLE ASK: "WHAT OR WHO IS GOD?"

God is a God of Love, and that God is the both Masculine and Feminine in the One - Father and Mother God. And GOD a GOOD GOD and the WILL OF GOD is for every part of Life on the Earth to be happy and fulfil their Divine Plan.

IF GOD'S WILL IS PERFECTION FOR EACH ONE, WHY IS THERE SO MUCH SUFFERING?

The LAW OF THE CIRCLE/ CAUSE AND EFFECT is mathematically accurate, and that which each person SOWS in thought, feeling, spoken word and deed, he/she will REAP some time, some place, somehow, and thus each individual is the sole Creator of either happiness or distress in his/her world.

God has endowed each child of His Heart with the gift of freewill; with the privilege of being a Creator even as He is Himself. We are endowed with the same Creative Powers as our God-Parents. Each one is free to experiment with his Life energy and think, feel, say and do as he chooses. When these activities express something constructive (which is 'sowing'), the individual REAPS constructive things. When God's Law of Love and Harmony is broken and the individual expresses discord, either carelessly or with intent to harm, that imperfection will pass through his own world, and he REAPS distress of some kind.

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WHAT IS THE "I AM" ACTIVITY" AND "THE BRIDGE TO FREEDOM"?

It is the instrument in the world of form through which the instruction is being given forth by the Ascended Masters on:

1. Our individualized God-Presence "I AM".
2. How to Invoke and use the Sacred Fire and learn the Laws of Life, the breaking of which is the cause of ALL our suffering.
3. How to Purify and Harmonize our four lower bodies (the physical, etheric, mental and emotional) through the use of the Sacred Fire, so that each one may 'sow' only that which brings Perfection into his world; and how to 'liberate' the CHRIST WITHIN and thus fulfil our reason for Being (our individual Divine Plan), and reach the Ascended State of Eternal Peace and Freedom. One with our "I AM" Presence.

HOW CAN THIS BE DONE?

By knowing of the INDIVIDUALIZED PRESENCE OF GOD - "I AM" - which enfolds every human being, and that this GOD PRESENCE is anchored in every human Heart; by understanding the immutable LAWS OF LIFE, and the Law of the Circle (Cause and Effect); and by applying the Divine Tools provided in Love, which FORGIVES and TRANSMUTES the mistakes of the past (which the Bible calls 'sin') back into Perfection.

CAN PEOPLE BE 'SAVED' BY VICARIOUS ATONEMENT?

It is not possible for ANYONE to 'save' another! The idea of a personal "Saviour" and that Jesus will 'save' those who believe in Him is NOT TRUTH! Jesus will give every possible assistance to those who love Him and ask for it, but neither He nor anyone else can 'SAVE' you, any more than someone else can get well for you when you are sick or eat for you when you are hungry! No one is born for you; no one lives for you; no one dies for you; and NO ONE CAN SAVE YOU; each must do that for himself! The belief that Jesus can save you comes through the misunderstanding of the sacred Word "I AM". The Christian religion has taken it literally, (through translations and some deliberate sinister force activity) - proclaiming that Jesus is the ONLY Son of God, and if we love Him, he will save us, regardless of how we behave. This cannot be, as the Law of Cause and Effect are inexorable.

What Jesus said was "I AM" THE WAY, THE TRUTH AND THE LIFE" - which is True, and if we follow the Teachings of Jesus, the Way of the Christ, which He came to show us, we will achieve our Freedom, but very, very few do, as The "I AM" is the Way, The Truth and The Life. He said clearly "I of myself can do nothing, it is 'The Father within' that doeth the Works" - referring to his "I AM" Presence. Jesus also stated that, "You will do as I have done, and greater things too", challenging us to use the Flames of Transfiguration, Resurrection and Ascension, and achieve our Freedom as He has done. And to learn of the Power Vested in us through the Flame in our Hearts, to issue Decrees in the Name of "I AM". He prefaced all His famous statements with "I AM" as He KNEW the Power of 'The Word' through Decrees, and that when used, He was calling forth the 'Father within' - this Almighty God-Presence "I AM" to do the work, and so He raised the dead and did many 'so called' miracles, which are in fact are a natural activity of Life, and which each and every one of us can also do, as He told us! The Christian religion has focused on the crucifixion, and the masses have brought that into their lives, instead of the Glory of the Resurrection and the Ascension as was the original Divine Plan for Jesus. **Mankind prefer not to obey the immutable Laws of Life and seek happiness in the outer world, which only brings misery and destruction.**

The words given to Moses on Mount Sinai have also been ignored, as when Moses asked the Burning Bush, who is speaking, and who must I say has given me these Laws, he was told; "I AM" WHO "I AM" and THAT IS MY SACRED NAME. Tell the people of Israel that "I AM" has sent you."

GREAT DIVINE DIRECTOR: *"There are no words in the vocabulary of any language which touch one thousandth part the Power of Those Two Words; They have come down since the beginning of time..."I AM."*

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That is why We ask all, please, in all reference to your God-head or to Divinity, use the Words "I AM" - or "Mighty I AM Presence"! Do not go on using your old terminology or the things which you have known. They do not carry the Same Power as the Words "I AM" - your "Mighty I AM Presence."

(The Beloved Great Divine Director "I AM" Discourses Book 8 pg. 149)

**CAN ANY RELIGIOUS MOVEMENT OR ORGANIZATION TRULY CLAIM
IT IS THE 'ONLY ONE' THAT CAN SAVE MANKIND?**

Most certainly not! The Earth has existed for aeons of time, and millions have lived on the planet. Neither a good parent nor a good person, let alone a GOOD GOD, would give LIFE to millions only to let them be destroyed and 'save' only a few. A different aspect of the same Truth is brought forth about every two thousand years. Christianity has been predominant for the past 2000 years; the Mosaic Law for the 2000 years preceding the coming of Jesus. The Buddhists of the Orient and the Mohammedans of Asia Minor have also brought forth certain aspects of Truth. We are now at the opening of a NEW 2000-year cycle where FEEDOM will come forth for every part of Life, under the Direction of The Ascended Master Saint Germain.

This new dispensation shows an entirely new approach. Saint Germain did not use, as a foundation, any established religious teaching, using it as a base and adding to it. He and other Ascended Masters made no attempt to revive Theosophy. Only sparingly, did they refer to the Bible; only in rare instances did they refer to the Vedic literature of India or the Quran. Starting totally anew, without relying on previous teachings, Saint Germain and other Ascended Masters explained Cosmic Law in clear terms. The method of instruction was based on logic and common sense. In addition, the Masters added Their Radiation, which has helped the instruction gain acceptance through the **feeling** nature of the students. Saint Germain gave out this new message in America (anagram: I AM RACE), which at this particular time period, is the leader of the human race. He presented to the world, a new style of Ascended Master Teaching.

WHY AND WHEN DID THE "I AM" ACTIVITY AND "BRIDGE TO FREEDOM" TEACHINGS COME FORTH?

The two major Dispensations were granted during the last century by the Spiritual Hierarchy governing this planet and our Universe to the Ascended Beings who are assisting our Earth, and who were determined to make a last attempt to save the Earth and its inhabitants from dissolution. The first Dispensation being granted to Saint Germain for the introduction of the "I AM" ACTIVITY in the 1930's, and the second being granted to Ascended Master El Morya in the 1950's, namely THE BRIDGE TO FREEDOM.

The first issues of "The Bridge" a monthly magazine, came forth in April of 1952, because of certain Cosmic changes which are to take place, not only on our own planet, but throughout the entire system to which the Earth belongs. Its purpose was to acquaint mankind with the various Ascended Masters, Their Homes and Foci of Light, and the Truth that will be the Code of Conduct for the next two thousand years. The Retreats, Homes, and Foci were once physical structures but were destroyed in ages past. The etheric replicas remained and have continued to pour forth Their blessing. Mankind may visit these Foci of Light at night while they sleep if they will make the Call to do so, and while there, will be charged with the Virtue of that particular Retreat and taught the Truth of Life, Then, from within themselves, they will be able to recognize and accept this Truth when It is presented to them in outer form, and thus be able to give their assistance.

GREAT DIVINE DIRECTOR: "Mankind has gone thru thousands of embodiments in the experience Life; and the people have not gained any Freedom thru it. Now today, when the Light of the World stands before you, in the Understanding of your "Mighty I AM Presence," and the calling of Its Power into action; then think what It means to you in These Wonderful Groups, (and individually) who are issuing These Mighty Decrees with dynamic energy; to go forth in the mental and feeling world of mankind! The Mighty Majestic Far-reaching Activity of Those Decrees, is beyond the fondest hopes of any human intellect."

(The Beloved Great Divine Director "I AM" Discourses Book 8 pg. 50)

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WHO ARE THE SPONSORS FOR THIS ACTIVITY?

The Ascended Masters and Cosmic Beings (of Whom the Ascended Jesus Christ is but one Member) known as the Great White (Light) Brotherhood, and specifically the Ascended Master Saint Germain Who is in charge of the Earth for the next 2000 years and is bringing in the Golden Age now dawning, which will bring a permanent ERA OF FREEDOM AND PEACE to ALL LIFE on our sweet Earth. The Cosmic Being Lord Saithru, (The Great Divine Director), Ascended Master El Morya and the Lord Maha Chohan (Who represents the Holy Spirit mentioned in all religious teachings), and ALL the Ascended host of Light are assisting in this gigantic task - both from this star Earth, as well as many others in the Galaxies.

IF THESE GREAT BEINGS EXIST, WHY DO THEY ALLOW WAR AND SUFFERING TO MANIFEST?

The LAW OF THE CIRCLE/ CAUSE AND EFFECT- that what each person SOWS in thought, feeling, spoken word and deed, he/she will REAP some time, some place, somehow, and thus each individual is the sole creator of either happiness or distress in his/her world.

God bestowed on each of His children the gift of freewill, and neither God nor His Messengers (the Ascended Host of Light) will ever intrude upon that, but the Ascended Masters will give every possible protection and assistance WHEN INVITED TO DO SO. So long as mankind CHOOSES to think and feel those qualities which set up a cause for distress, they will remain, and that is why they must, of their own freewill, desire and endeavor to express the constructive qualities of Light, Love and Peace in order to have them in the world.

WHAT IS THE MEANING OF THE WORD 'BRIDGE' AS USED HERE?

It means a BRIDGE OF ENERGY from Heaven to earth which is being built by the great Ascended Host of Light from the prayers, petitions and decrees of the students who are consciously serving with Them at this time. Everyone who BELIEVES in the Ascended Masters and CALLS TO THEM, strengthens this BRIDGE. There are students in America and throughout the world who meet in groups and issue POSITIVE PRAYERS (or decrees) - combining their energies in calling to their own God Presence and the Ascended Host of Light to remove the CAUSES behind all distress and bring about the illumination, purification, healing and perfection of all Life.

HOW MAY THESE ASCENDED MASTERS AND THEIR ACTIVITIES BE KNOWN AND CONTACTED?

In each Age, certain individuals who have been trained through the centuries for that particular service, take embodiment to hold this 'Bridge' of contact with the Ascended Host of Light, and are able to give Their message to the people. The 'prophets' were able to do this, and history records many instances of such 'contacts'. Some of them are able to SEE the Ascended Masters flash Their words before them; some HEAR Their words and repeat them; others receive 'promptings' which they put into words, but ONLY THOSE TRAINED FOR THIS SERVICE are able to give a clear and truly reliable message.

Many lines of Truth DO know of the Ascended Host of Light and endeavor to serve with Them to assist mankind, however The Teachings of the "I AM" ACTIVITY and THE BRIDGE TO FREEDOM, which bring the current activities of the Great White Brotherhood to the attention of mankind, are complete and untampered with by human concepts and opinions. This enables students to consciously cooperate with the Ascended Beings at this time of GREAT NEED and planetary crisis. These two sets of Teachings have brought forth detailed instructions never published before concerning the Creation of the planet; knowledge of the different Rays or Departments of Life and their Directors; of the Archangels, the Elohim, and many other things that people have thought they would never know about.

In the Divine Plan, both in the Heavenly world and on the earth, all has been divided into SEVEN Departments or, Rays. The activities and Directors of each of the Seven Rays is as follows:

FIRST RAY: The Color is Blue and represents the WILL OF GOD - Faith, Strength, and Power. The Being in charge of each Ray is known as the CHOHAN or DIRECTOR of that Ray. The Ascended Masters El Morya, Lady Miriam and

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Lord Sirius have served as Chohan of this Ray. The people who belong to this Ray are usually of the executive type and have limitless energy and ability to 'get things done'.

SECOND RAY: The Colour is a Golden Yellow which represents Wisdom, Balance and Illumination. The Current Chohan is Beloved Dwal Kul. This is the Ray of the Teachers and in its instruction features the Understanding Heart.

THIRD RAY: Its Colour is Pink which represents God's Divine Love, Adoration, Beauty, and Brotherhood. The Ascended Lady Master Rowena is the current Chohan of this Ray. People who belong to this Ray are usually gentle and full of Compassion, and love BEAUTY OF EVERY KIND.

FOURTH RAY: The Colour of this Ray is Pure White which represents Purity, Resurrection, and the Ascension. The Ascended Master Serapis Bey has fulfilled His duties as Chohan and Director of this Ray for 1000's of years. The people who belong to this Ray are usually artists, musicians, and architects and have great endurance.

FIFTH RAY: This is the Emerald Green Ray of Truth and Healing - the Exactness of the Law. the Ascended Master Lord Hilarion has been an exponent of Truth in His Service as Chohan of this Ray. Usually scientists, doctors, nurses, and healers belong to this Ray.

SIXTH RAY: Its lovely colours of Ruby and Gold represent Peace, Ministration, and Service to Life. The current Ascended Master John, the Beloved took over from Lady Nada as Chohan of this Ray. Jesus was also the Chohan of this Ray. All have blessed Life with Their Service as Directors of this Ray. Ministers, Rabbis, and those who have great devotion to God usually belong to this Ray, as do those who render service to mankind with little recognition.

SEVENTH RAY: This is the Violet Ray of Mercy, Transmutation and Freedom. The Ascended Master Saint Germain is the Chohan of this Ray. This Violet Flame is the Tool which TRANSMUTES all mistakes and imperfect energy back into Perfection, and its intense, dynamic use by mankind will redeem the Earth. The people who belong to this Ray have many talents to express on Earth and usually have a great Love of Freedom along all lines of activity.

HOW DO THE ASCENDED MASTERS GIVE THEIR INSTRUCTION TO THE CONTACT?

As stated before, some SEE, some HEAR, - according to the previous training of the individual, but there is NEVER any condition of trance or losing consciousness or losing control of the mind or body. Also, there is NEVER any glorification of the outer self by any TRUE CONTACT.

WHY DO WE NEED THE ASCENDED MASTERS? WHY CAN WE NOT GO DIRECTLY TO GOD?

No one has ever gained their mastery over all outer conditions without the assistance of the Ascended Host of Light. The calls that people make to God are actually taken up and answered by these Ascended Masters Who are the Messengers of the Great Godhead. The vibrations of the Higher Spheres are so fine and delicate that very few are able to receive them clearly enough to act upon the promptings received. When the Ascended Masters do have in physical embodiment a trained and proven Contact who is able to receive Their instructions, it makes it much easier for Them to transmit the Truth of Life to mankind through such a one. The "I AM" ACTIVITY was transmitted for the most part through 'Golden Letters of Light', which were projected in front of the appointed Messenger, Guy Ballard (Godfre Ray King his Ascended Name), and he read them, and it was recorded. His wife Edna Ballard was also an accredited Messenger and received Teachings. THE BRIDGE TO FREEDOM was primarily dictated to Geraldine Innocente during the 1950's and other members of the Philadelphia Group up to the 1990's. A visible 'Tube of Light' was used for this, for the most part, and the Ascended Masters spoke through this 'Tube of Light' which was created and guarded by Beloved Cherubim Lovelee. To create such a Tube of Light required a great deal of energy as it had to be literally chiseled through the dense psychic and astral realm and held inviolate.

There have been a few other messengers chosen by the Ascended Masters to bring forth Teachings, however these are few and far between. There are 1000's of new-age channels purporting to channel the Ascended

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Masters and most of them are not, they are channeling from the psychic and astral realm, although they are unaware of this. The Ascended Masters work with Their chosen messengers for lifetimes, preparing them for the task, and they are souls of great purity.

Examples of Ascended Master messengers are as follows. Peter Mt Shasta brought "I AM" The Open Door" in January of 1977 (<https://www.i-am-teachings.com/>). Mark and Elizabeth Prophet of Summit Lighthouse also brought in Teachings from the Ascended Masters. The book "Step by Step" is also from the Ascended Masters and was brought to 'Pearl and Bob' during the last century. Norman Blyth, from the Good Hope Sanctuary is also a messenger, and has given to this Sanctuary the monthly Ascended Master Retreats open since 2013.

ERA OF FREEDOM

We have now entered the present 2000-year cycle of time, which is to be the ERA OF FREEDOM. As the Ascended Master Jesus was in charge of what has been known as the Christian Dispensation over the past 2000 years, in May 1954, the Ascended Master Saint Germain became the Director of the Earth's Activities during this ERA OF FREEDOM. The Seventh Ray Cycle represents FREEDOM for every part of Life, (human, animal, elemental and imprisoned Angels) and there will be tremendous changes in the way of thinking, feeling, and in SPIRITUAL UNDERSTANDING. The Radiation of the Ascended Master Saint Germain and the Seventh Ray penetrates the Earth and her people during this current cycle...bringing the INNER TRUTH which Jesus knew and used, but which formerly was taught only in the Retreats of the Ascended Masters. Now it is available for ALL to accept, apply, and prove in practical everyday living, and it is to be LIVED NOW - every moment of the twenty-four hours of each day and NOT after so-called death!

The great Ascended Master known as El Morya has long served mankind. He brought forth the BRIDGE TO SPIRITUAL FREEDOM TEACHINGS to assist Saint Germain in the gigantic task of SETTING ALL LIFE FREE from that which has bound it for so long. ALL the Ascended Host are working together in Love and Harmony to bring this about.

IS THIS ACTIVITY CONNECTED WITH SPIRITUALISM?

NO - definitely it is not! While Spiritualism has rendered a great service by PROVING that THERE IS LIFE after so called death, the individuals usually contacted by the 'medium' reach only the so-called 'dead' who really have no more wisdom about how to live Life than when they were on Earth. It is also very harmful to call people back after they have passed on because it delays their progress. The TRUE CONTACT for Ascended Masters is able to RAISE THE CONSCIOUSNESS TO MEET THAT OF THE ASCENDED BEINGS. When you contact the Ascended Masters, since They have overcome the world and are now the fullness of God's Love and Wisdom, Their instruction is TRUTH and when followed, will set mankind FREE. The TRUE CONTACT is always in control of the mind and body, and the Ascended Masters NEVER work in the dark, but ALWAYS IN BLAZING LIGHT. They never exalt any human personality and accomplish all through the Power of Divine Love; and They are absolutely SELFLESS!

Many individuals both see and hear on the inner levels of consciousness, and also receive many promptings which prove advantageous for the GOVERNING OF THEIR OWN LIVES, but these individuals have not been chosen by the Ascended Masters to be an instrument who is QUALIFIED to bring forth a WORLD-WIDE INSTRUCTION for an ERA OF TIME!

WHERE DID I COME FROM? WHY AM I HERE? AND WHERE AM I GOING?

You, and every one of mankind came forth from the Heart of God, and truly "YE ARE GODS" in embryo! You have chosen to take embodiment on the Earth for the purpose of learning Mastery over all energy and substance, which means your own thoughts, feelings, words and actions. When this is accomplished, and you have purified and harmonized all the Life loaned to you by God, and charged yourself with enough Divine Love, you will become a candidate for the Ascension. Then, at the close of your embodiment, you can become an Ascended Master, even

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as Jesus did - forever free from imperfection. This is called going HOME to the HEART OF GOD from whence you came!

PART III - APPLICATION

Now dear students, before we put into practical use that which has been presented to you, will you please CENTER YOUR ATTENTION upon your Heart area. Now **THINK** - GOD IS ALIVE within your Heart or it could not beat! Feel your Heart as a blazing Golden Sun of Light expanding until it fills every part of your body. See that Light flow into your mind, your feelings and then Radiate out - filling the room with your LOVE and GOODWILL. Now let that expand to enfold your locality, and then the whole world. Now place your attention upon the picture of the HOLY TRINITY which is a representation of your relationship to your God Presence.

THE HOLY TRINITY PICTURE - THE CHART OF THE "I AM" PRESENCE

Note: Holy Trinity Picture courtesy of AMTF – thank You!

The Upper Figure in this picture represents the INDIVIDUALIZED PRESENCE OF ALMIGHTY GOD - the Electronic Presence - which is the enfolding Presence of you and every human being on the Earth. It is GOD - individualized - the One sent forth by God, the Father, in the beginning, and that which is the SOURCE OF YOUR LIFE. It is your REAL SELF!



The Lower Figure represents the physical form which is animated by the Stream of Light and Energy flowing from the Great God Presence "I AM", through what is called the "Silver Cord". This stream of Life comes down from the "I AM" Presence via the HOLY CHRIST SELF (Bible) or GOLDEN MAN (Vedas) which resides between the human form and the Mighty "I AM" Presence. This Being is in a lower vibrational frequency to the "I AM" Presence, and was created by the "I AM" Presence as a so-called 'step-down transformer' to be able to understand the human consciousness and relay to the "I AM" Presence the need, through our calls, but does not take on any human limitations.

The Stream of Life enters the human form at top of the head and is anchored within the heart. Here it manifests itself as a miniature form of which is referred to as the GOLDEN MAN or THE HOLY CHRIST SELF, it is the anchorage of the CHRIST or GOD within the human form. The Christ Self is "One" with the "Presence" and is in Harmony with all Life, and wants Perfection for the outer (human) self. The Three-fold Flame of Life, is the 'garment' of the Christ Self or Golden man, the HOLY TRINITY within the human form:

1. The Father is the Blue Flame on the left side of our chest = the Power, Faith, Protection and the Will of God, from our Mighty "I AM" Presence – the masculine or MENTAL aspect of our God Presence – The Divine Mind.
2. The Son/Sun is the Golden Yellow Ray is in the center = the Wisdom and Illumination of our Mighty "I AM" Presence – within in this Flame in our Heart, resides our Christ Self – or the Golden Man/Woman, directing our outer activities in life into ever greater perfection and mastery – IF WE ALLOW IT!
3. The Holy Spirit is the Pink Ray on the right side of our chest = the Unconditional Divine Love of our "I AM" Presence, it is the feminine or FEELING aspect of our "I AM" Presence within our lower bodies.



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It is this Power that enables the Heart to beat; that gives intelligence to the human form; that enables you to walk and perform all the activities of life. When this God Power is withdrawn from the human form, the body lies in so-called death. The CHRIST SELF is therefore also individualized.

Since God has endowed you with free will, you CHOOSE whether you desire to place constructive or destructive qualities in your Life. All the Life (or energy) you have qualified with an imperfection in thought, feeling, spoken word or deed, becomes a pressure of human creation (which the Bible calls sin) and this stands in the aura around the physical form until transmuted by the Sacred Fire.

The VIOLET FIRE that is seen blazing up, through and around the lower figure represents the Divine Tool which the Ascended Master Saint Germain has brought to mankind by which each one may painlessly TRANSMUTE his mistakes of the past back into Perfection once again.

All the CONSTRUCTIVE QUALITIES you have placed upon your Life become part of the great Reservoir of GOOD and PERFECTION which is shown as seven concentric Circles of Color around the "I AM" Presence. This is known as the CAUSAL BODY, and it is within this Body that is stored the 'treasures in Heaven which can neither be stolen, rust or decay'.

The White Garments of the "I AM" Presence will enfold the individual at his call and will protect him from imperfect thoughts and feelings floating in the atmosphere of Earth.

The Rays of Light emanating from the forehead of the Upper Figure represent the Rays of the Seven Elohim of Creation and being charged with the Light and Love contained within the Qualities of these Mighty Beings, go forth to bless and assist all Life at your Call.

Contemplate this great "I AM" Presence which enfolds you, and the tiny part of Itself anchored within your Heart. FEEL "I AM" THAT "I AM" and visualize this Christ within you expand until you BECOME THAT CHRIST manifested in the world of form. Try and realize that all of God's Perfection is waiting for you to draw It forth into your world, and through you into the world around you by the Power of His Love within your Heart!

CEREMONIAL SERVICE

SUGGESTED DAILY DECREE SERVICE FOR INDIVIDUAL AND GROUP ACTIVITY

1. (*For group Service*) Three candles may be lit denoting The Holy Trinity: pink (Love), golden yellow (Wisdom) and blue (Power) by the Group Leader before the students arrive. If possible soft music should be played for 15-20 minutes before the Service commences. To have a quiet meditation time for ±15 minutes prior to the Decree Service, allows the group to quieten their minds and visualize and feel the Light within their Hearts, and to connect with deep Love and Gratitude to their own "I AM" Presence and the Great Host of Ascended Beings.
2. After greeting the students, the LEADER may like to give a short visualization, and then follow with the group saying together the following Decrees: (these same decrees may be said individually if group activity is not possible at the time)

INVOCATION

In the Name and by the Power of Full God Reality - "I AM", the Source of all that is, everywhere present, anchored within each one of our hearts, we Love and adore You! We acknowledge You to be the Owner and Giver of our Life, Intelligence and Substance - OUR ALL! Seal us in Your mighty Love, Wisdom and Power of Victorious Accomplishment! Blaze Your Light and Love before each one of us and prepare the Way so that we always walk in the Path of Light. Guard and protect us; guide and direct us; and give us the Illumination of the Truth that will set us free. Let us manifest and BE Your Divine Love at all times, and let It flow forth from our thoughts and feelings, spoken words and deeds, to raise all Life everywhere.

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By the Love, Power and authority of The Flame within our Hearts – our “I AM” Presence we invoke: The Great Ascended Host of Light, the Messengers of God; the Ascended Masters, Cosmic Beings; Cosmic Light; the Seraphim, Cherubim and Angelic Host; the Directors of the Elemental Kingdom; and all The Great White Brotherhood; we send our deepest Love & Gratitude to You. Come and be with us in this Service! Pour through us Your Light and Love, and do for each one here, that which You see they need the most, We thank You!

FOR PROTECTION: THE GARMENT OF WHITE LIGHT

"I AM" (3x) The Victorious Presence of Almighty God that now clothes me in my blazing, dazzling Garment of White Light that makes and keeps me invisible, invincible and invulnerable to all human creation now and forever! What I call for myself, I call for my loved ones, and all constructive people, places, conditions and things on our Earth. Thank you!

(Visualize this Activity)

DECREE FOR THE VIOLET FIRE

"I AM" (3x) The Victorious Presence of Almighty God that KEEPS THE VIOLET FIRE OF FREEDOM' S LOVE BLAZING through every part of my being and world, and SEALS me in a Pillar of That Sacred Fire, and TRANSMUTES all human creation in, through and around or driven against me into Purity, Freedom and Perfection – right back to the beginning of time, setting all life free from that which was never meant to be. For myself, all mankind and life on this sweet Earth, I make this call.

(Visualize this Activity)

THE MIGHTY STATEMENTS OF JESUS

"I AM" the Resurrection and the Life of my perfect health!

"I AM" the Resurrection and the Life of my limitless strength and energy!

"I AM" the Resurrection and the Life of my limitless supply of money and every good thing!

"I AM" the Resurrection and the Life of my Divine Plan fulfilled!

BENEDICTION

May the Benediction and Blessings of the Most High Living God and that Peace which does surpass the understanding of the human mind, be with you each one. May the God of Mercy protect and guide you on your Spiritual Path toward Enlightenment and Freedom. SO BE IT!

(Extinguish Candles.)

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LIST OF THE FOURTEEN PRIMARY INSTRUCTION LESSONS

BOOK NO. 1 - The Three Questions: WHENCE did I come? WHY am I here? WHITHER am I going?

BOOK NO. 2 - The Violet Flame

BOOK NO. 3 - There Is No Death

BOOK NO. 4 - The Blue Ray of Power

BOOK NO. 5 - The Golden Ray of Wisdom

BOOK NO. 6 - The Magnetic Pink Ray

BOOK NO. 7 - The Immaculate Concept

BOOK NO. 8 - The Green Ray of Truth

BOOK NO. 9 - The Ray of Peace

BOOK NO. 10- Saint Germain and the Era of Freedom

BOOK NO. 11- MAN - His relation to the Angels and Elementals

BOOK NO. 12- Sanat Kumara - The Saviour of our Earth

BOOK NO. 13- The Goal of Life - The Ascension

BOOK NO. 14- The Power of the Silence