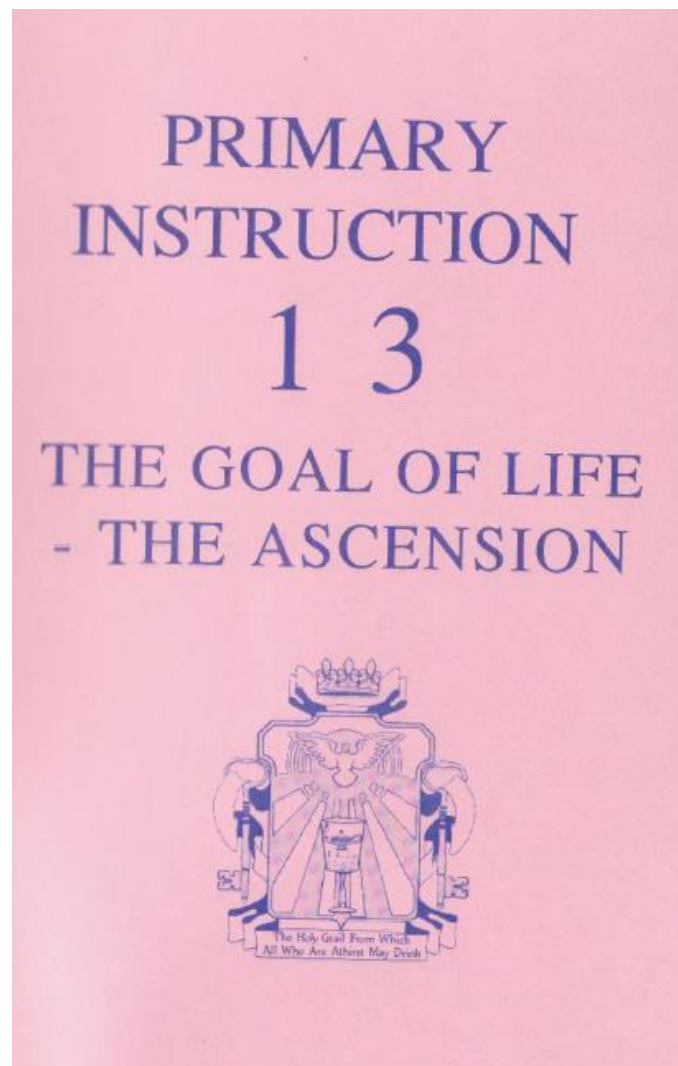


PRIMARY INSTRUCTION  
LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION

A Bridge to Spiritual Freedom Publication

The following is a transcription of the out-of-print Booklet published in 1990. The intention is to present the contents in a more user-friendly format to accommodate e-readers and printing. Great care was taken to preserve the original Booklet and only minor changes in grammar, spelling and graphics were made. Click on [Path of the Middle Way.org](http://PathoftheMiddleWay.org) to find a copy of the original work as well as other related free downloads. 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. Please visit <https://iamfree.co.za/free-books> to gain a better understanding of the ‘inter-connectedness’ on how all these “I AM” Teachings fit together along with updated information.



PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

**Table of Contents**

PART I.....	3
THE ASCENSION IS THE GOAL OF LIFE .....	3
THE ASCENSION FLAME AT LUXOR, EGYPT .....	4
THE MOVING OF THE ASCENSION FLAME .....	5
THE ASCENSION TEMPLE AT LUXOR .....	6
THE INNER TEMPLE - THE FOCUS OF THE FLAME.....	7
RETURN OF THE ASCENSION FLAME TO ATLANTIS .....	8
PART II.....	9
DISCOURSE BY BELOVED SERAPIS BEY.....	9
THE PATH TO THE ASCENSION.....	10
THE ASCENSION .....	11
BELOVED SAINT GERMAIN SPEAKS OF HIS OWN ASCENSION.....	12
BELOVED JESUS SPEAKS OF HIS OWN ASCENSION.....	12
JOHN, THE BELOVED, SPEAKS OF THE ASCENSION OF JESUS.....	13
PART III.....	14
GROUP DECREEING.....	14
PART IV .....	14
OUTLINE FOR CLASS DIRECTORS .....	14
LIST OF THE FOURTEEN PRIMARY INSTRUCTION LESSONS.....	16

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

**PART I**

**THE ASCENSION IS THE GOAL OF LIFE**

The Ascension into the Perfected State in the Realms of Light is the GOAL for every man, woman and child on the Earth. The Ascension in the Light is Essential for the Full Manifest Expression of the Divine Plan for every Elemental, for every Angel who, through Love for mankind, took temporary embodiment in the human race, as well as for every human being belonging to Earth's evolution.

It is well for those who desire to be a part of this Redemptive Process for the Earth to know that the Ascension Flame is practical and can be used in everyday activities of Life to change and raise the Quality of Energy in so-called inanimate objects as well as people. Call forth this Ascension Flame and see It rise through the Earth, the Water, the Air and the Fire elements, and see the change by the requalification of discordant Energy which comes from your application.

The Supreme and Ultimate Goal of every Lifestream is the Ascension into the Electronic Body of the "I AM" Presence where such a one becomes forever Free from discord, strife and limitation of every kind. If only the people of Earth would be willing to accept the possibility of their own personal Ascension instead of accepting disintegration, limitation, decay and death as the natural order of God's Divine Plan!

What is the Ascension? Merely the raising of the Purified Energies of the Lifestream into the Perfection of the individualized "I AM" Presence. It means that every thought, feeling, word and deed, and every atom of Energy must be transmuted into Perfection. This can be done quite joyously and painlessly by the dynamic use of the Violet Transmuting Flame of Divine Mercy and Compassion which has been given to us for this Purpose.

The student who is about ready for his own Ascension usually volunteers to not only make the effort to transmute his own destructive karma, but also assist in the Redemption of the karma of the rest of mankind. It is when the student DESIRES to make the Balance that the Masters can give the greatest assistance. The Ascension is not so much a 'mystic' experience as It is a scientific one. The student is taught how to quicken the vibration of the atoms in all of his four lower bodies by the use of the Sacred Fire, by which process he consciously instigates the throwing off of the discordant vibrations.

The public Ascension of the Beloved Master Jesus was for the Express Purpose of showing mankind THEIR ULTIMATE DESTINY! The great Mercy of Life has provided the Violet Transmuting Flame, which is ALREADY QUALIFIED LIFE, to assist in the dissolving and transmuting of the imperfections around the atoms. Life provides WATER for our use, but it would be difficult if each individual had to precipitate every drop of water he used! So it is with the Violet Transmuting Flame. It is already provided; you do not have to create It; It only requires your daily dynamic use of It to bring relief from distress, thus bringing Perfection - and ultimately, the Ascension to each individual who uses It.

The more Joy, Happiness, and Enthusiasm you can release in your application, the quicker will your Victory manifest. Self-condemnation, self-pity and self-depreciation because of mistakes made are not in accord with the Law. Many are the experiences through which the 'Candidate for the Ascension' must pass so that each one can learn the Power of the Holy Christ Flame within the Heart and thus govern the four lower bodies.

All Life is built on the Law of the Circle, but the descent of Spirit into matter is only half of the process of Being. The ASCENT of the Lifestream should be an hourly and daily process. The Pure Energy that comes from the God Presence is amplified by the personality in all constructive use of the Life Energy. Thus, during every second of every day should the Ascension be a Reality to all, and the actual 'Process of Ascending' be part of the daily living.

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

When the flow of Life Energy from the "I AM" Presence to the human form is greater than the flow from the human personality back to the God Presence, the individual is 'grounded' or 'Earthbound' as most of mankind seem to be. When the flow of Energy from the personality is qualified with Perfection (the talents multiplied) and is greater than the 'down-flow', then does the Flame Ascend and Rise on the greater current. Thus It is that the Ascension takes place! Therefore, day by day, as you receive the Energy of Life from your God Presence and amplify it with GOOD, this adds to the original store, and you build the ladder upon which you will eventually Ascend to your Freedom.

The Ascended Master Saint Germain has said that when only fifty one percent of your energy is qualified constructively, your Ascension is assured. That is a small balance - one percent - more of energy going back to the God Presence qualified with Perfection.

The average individual uses about three percent of this Energy constructively; twenty-five percent destructively; and the balance of seventy-two percent is wasted force. This seventy-two percent goes forth helter-skelter on every passing thought and feeling. Every day you receive TONS of Pure Life Energy - Pure Primal Life from God. That is the 'down-flow'; and every day you send up a thin stream of good thoughts, decrees, efforts and intentions This is the 'up-flow. The Ascension is a scientific fact, the up-flow must balance the down-flow - *plus one percent!*

Check on yourself! Is your MENTAL BODY free from thought-forms of worry, distress and distortions regarding the image of your brother? Is it free from the trash and accumulation of your concepts of the ages? Is your Mental Body able to hold the Divine Pattern and Plan of your own identity as well as that of your fellowman - holding thoughts only of a Positive and Constructive Nature?

Is your EMOTIONAL BODY bogged down with depressions, with negative feelings that rise from the acceptance of limitation, age and disease? Is it heavy with displeasure? Or is your Emotional Body filled with Enthusiasm, Faith, Illumination, Understanding, and Love for God and your fellowman? Is it filled with Purity and Dedication and Consecration to Saint Germain's Great Age and Era of Freedom? Is it filled with the desire to minister to your fellowman, and to use the Powers of Invocation and Radiation to assist them?

Is your ETHERIC BODY clear of all hidden resentments and rebellions of the injustices of others toward you, with hidden hurts and imperfect memories? Or is your Etheric Body filled with the memories of the Powers of Light which the Ascended Ones use and you, yourself, once did wield?

Is your PHYSICAL BODY Vibrant, Alive, Young and Vital? Has it developed Dignity and Mastery, and refused disintegration, disease and decay? Is it charged with the Power of Endurance should you be required to go without sleep and yet be required to Magnetize the Light and Minister to those in distress? It is well to examine all of these vehicles!

You do not know the hour nor the day when you will be summoned - summoned for Great and Cosmic Service - going with Sealed Orders - north, south, east and west. The Ascended Masters need alert minds, calm feelings, peaceful Etheric Bodies, and Physical Bodies rested, vital and alive! The Masters have asked us to be ready when the Call comes - whether it is to have the Ascension or to give a Greater Service. Therefore, we must practice, practice and practice - daily and hourly, the Purifying and Harmonizing of the four lower bodies that they may be in Perfect Balance and READY! The Ascended Masters have said that there will come a day when we shall remember Their words.

### **THE ASCENSION FLAME AT LUXOR, EGYPT**

In the early ages, before the contamination of Earth's people by the shadows which the laggards brought here from other Stars, the Ascension was accomplished consciously and beautifully by every individual after

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

he had completed his Cycle of embodiments on the Earth. The individual spent some time on Earth during each of the seven 2000-year periods which make up the Cosmic Cycle of 14,000 years. The conscious Ascension into the Ascended Masters' Realm has all but been forgotten by the masses of the people of Earth. The Beloved Master Jesus came to bring to the outer consciousness of mankind the understanding that the Ascension was the Ultimate Destiny for everyone and that His was the Living Example for them to follow. Most people now consider the example of Jesus as an unusual expression of Mastery available only to Him, and fail to remember His words:

***"The things I do, all men shall do; and greater things than these shall ye do!"***

Beloved Jesus, His Mother Mary, John the Beloved, and many others, both before and since the time of Jesus, who have achieved the Ascension, had the Assistance, Instruction and Radiation of the Beloved Serapis Bey and His Brotherhood at Luxor, Egypt, in achieving the so-called miracle of overcoming 'death'.

### **THE MOVING OF THE ASCENSION FLAME**

When the Glorious Perfection of the Atlantean Civilization began to decline and the Power of Invocation was used for personal aggrandizement and selfish purpose, plans were made by the Great White Brotherhood to move the various Foci of the Sacred Fire to certain locations which were destined to remain above the waves when the last remnant of the Atlantean Continent would sink. Upon Atlantis, the Beautiful Flames of the Virtues of God were housed in physical, tangible buildings and the people would come to the Temple of the particular Flame whose Virtue they required, such as Healing, Illumination, Faith, Supply, etc., and they were charged with the Essence and Substance of that Flame; then It was carried back to their own locality for the blessing of themselves and the people in that environment. The Ascension Flame was ONE such Flame on the Continent of Atlantis.

When the last remnant of Atlantis, the Island of Poseidonis, was to sink beneath the waves, certain Priests and Priestesses who were unascended at that time, were allowed both, the privilege and responsibility of sustaining these Flames in the Temples and also of transferring them to their new locations. Beloved Serapis Bey (unascended at that time) was one such Priest who was given the opportunity and obligation of carrying the ASCENSION FLAME from Atlantis to what is now known as Luxor, in Egypt.

Beloved Serapis Bey and those with Him carried this Ascension Flame in an open boat across the ocean and 480 miles up the Nile River to establish It at Luxor. On the perilous journey, they guarded the Flame with their bodies and breathed upon it to sustain it - rowing against time - knowing full well that Cosmic Moments wait for no man. They had barely reached the shores of Egypt and placed the Precious Flame upon the landed surface when the Earth shook, and they knew that the Island of Poseidonis had sunk beneath the sea. The joy in their hearts at seeing the Ascension Flame still burning was accompanied by a feeling of sorrow for the Continent and all they had loved upon it, as well as for the other Brothers and Sisters who were likewise transferring Flames but did not have time to complete their journey.

At Luxor, Serapis Bey and His group began again the Rhythm of Magnetizing, Sustaining and Expanding the Ascension Flame. Beloved Serapis Bey re-embodied many times in Egypt for the Purpose of Serving His Beloved Ascension Flame - finally building a Glorious Temple around that Flame. Centuries passed and Egypt entered into its 'dark age'. The Temple of the White Brotherhood was camouflaged for protective purposes, and today, but one building remains which is the entrance to the subterranean chambers and the Ascension Flame, and the Presence of Its Mighty Hierarch, Serapis Bey.

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

**THE ASCENSION TEMPLE AT LUXOR**

Travelling up the Nile River for about 480 miles, you then come in sight of the Glorious Temples of Luxor that stand out from the sands of the desert proclaiming to the world a Magnificence of Splendor that is little understood by modern civilization. Great pillars line the avenues which extend around the base of the Temples built by Rameses II. Farther on, you come to a white stone edifice built in a Perfect Square that seems to be in very good condition. It is surrounded by a high wall, the four corners of which seem to end in huge towers. The entrance is through massive doors which open onto a large courtyard.

The Guide summons the Gate-Keeper by pulling a cord by the side of the gate, and as you hear the sounds of a melodious bell, the gates open. We enter into a Paradise of Beauty, and the contrast between the arid desert that lies within two feet of the outer wall and this Glorious Garden with its musical fountains, various colored flowers in bloom, and the brilliant plumage of the birds, brings admiration and delight to all.

Set back from the courtyard is the Sanctuary of Luxor which is known throughout the Spiritual World as the Host for those sons of men who are about to finish their Earthly Pilgrimage. From the Sanctuary, each student who enters is led to a separate cubicle which is the private room of each one who is to stay there. The furnishings of the room are a pallet, a small table upon which a bottle of water, an individual chair, and a covering which looks like an Eastern prayer rug on the floor. Within the room, there are no books, no pictures, and there is only one small window set high in the wall so that it is necessary to stand upon a chair if one wished to see the possibly distracting activities in the outer courtyard. Within this tiny room, the aspirant is forced to FACE HIMSELF. There are no props, no mental stimuli - NOTHING outside of his own Spiritual Guide Who lives deep within the Heart.

Shortly after being escorted to this room, the aspirant is summoned to appear before the Hierarch - Beloved Serapis Bey, Whose Name has spelled discipline to men through centuries of time. He is the One Who originated what is known as 'the Spartan Spirit'.

As you follow the Guide to the Library and the doors open, you see the Beloved Serapis sitting straight, impersonal and unsmiling, behind His great desk. The Messenger retires and you are left alone before the Hierarch. You wonder why you came when His piercing eyes look deep into your Heart. You have the experience of having your innermost thoughts and feelings pressed out of your inner bodies until they stand externalized in the room. Not only the present feelings come forth, but all the uncountable muddled reactions to experiences down through the ages, which you seem unable to suppress, seem to fly all over the room, filling it with your iniquities. Finally, ALL is uncovered, and you stand revealed in your human nature - expecting to be instantly dismissed. Then you experience indescribable relief and joy - the Great Master smiles.

How sweet is the Benediction of the Beloved Serapis, Lord of Love and Head of the Seraphic Host Who bear His Name! Instantly, all human creation disappears and secretly within, you vow to see that that human creation is dissolved and transmuted so that it can never be seen like that again! Thus - Vow Number One is taken - voluntarily! Beloved Serapis then explains that Luxor provides the opportunity for development of the Spiritual Nature, but that there is NO TEACHER other than the individual's OWN LIFE FLAME!

There are Great Libraries full of priceless volumes but there is no one to point out a single course of reading. Each one is left to the inspiration and intuition of the Heart. There are countless symbolic treasures of art, all containing the Secrets, Codes and Messages of Immortality, but no one ever suggests that you look upon them. All the Resources of the Retreat are yours for the duration of your stay, even as are the Glorious Opportunities of everyday Life...the proving ground of every man. Serapis Bey then bids you go and develop

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

your own course of study. If after a certain time, when you are called before Him again, there is even a slight improvement, you are invited to stay - otherwise, in Love, you must depart.

Today, in the outer world of everyday Life, each aspirant meets with similar experiences as he would find in this Retreat, and this allows the God Flame within his Heart to expand and direct him as he successfully passes each such Test or Initiation.

### **THE INNER TEMPLE - THE FOCUS OF THE FLAME**

Through Projected Consciousness, you may continue your 'trip' through the Sanctuary at Luxor.

The Sanctuary is built on the principle of columns which were used in Greece as well as in Egypt. They are laid out in a vast square, twelve mighty pillars to a row and eight deep, so that they make great squares - one inside of the other much like the small boxes that children play with. Each square gets smaller as you approach the Center, and it is in the Center Chamber that the actual Ascension Flame abides.

The forty-eight mighty columns forming the outside barrier of the Retreat are rather colorless in appearance - something like sandstone. The seven inside rows of columns are in the glorious colors of the Seven Rays. *Since this Sanctuary is the Focus for the Ascension Flame, the Colors of the Rays do not run on the general consecutive orders.* The pillars forming the innermost square are of pure crystal WHITE.

The colors of the consecutive rows from the outside toward the Center are as follows:

1. Blue
2. Gold
3. Pink
4. Green
5. Ruby
6. Violet

After you pass through the magnificent Violet Chamber, you come face to face with the Brilliant White Light enfolding the Ascension Chamber.

In the spaces between these rows of pillars are the compartments and corridors in which are housed the various aspirants and chelas. The outer corridor is where the neophytes are placed when they first come to Luxor. The mystic part of this Retreat is that there is no need for curtains to shut off the various corridors because the Light emanating from each one forms a barrier. While the occupants feel the Radiation of Light, they are unable to see through and beyond It.

The occupants of the outer corridor, looking toward the blue columns, see what they think is a great wall of sapphire Blue Light between each of the pillars. While you can feel and enjoy Its Radiation, you do not see within It. In the next corridor, looking towards the Gold columns, you see a wall of Golden Light, and so on - all the way to the Center. When a certain development is reached, you are automatically advanced - each step bringing you closer to the Ascension Flame. You know that there is an activity going on behind each wall of colored Light, but you do not know what it is, and the chela is invariably surprised when moved from one corridor to another to see that there are people like himself functioning therein.

In the Violet Chamber, you see that the four sides of the vast room are of an exquisite Violet Light, and while an unascended Being is not permitted to enter the Ascension Chamber, you can look through the Violet Light curtain and see the exquisitely carved crystalline columns that form the walls of the Inner Chamber as well as the magnificent three-tiered circular Altar which occupies the center of the room. On top of the high Altar is a beautifully carved Egyptian urn from which blazes the Beloved and Wondrous Ascension Flame!

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

When the Ascension Retreat is the one active for the thirty-day period in the Transmission of the Flame, the Hierarchy attends, but They all stand, for there are no seats in this Temple. The aspirant and student must always stand. This activity has something to do with the Light passing through the spinal column, and so everyone stands at the time of the Transmission of the Flame from this Temple.

The Brotherhood at Luxor has carefully marked every Lifestream upon the planet Earth who has a possibility of making the Ascension in this embodiment. It is hoped that each student will accept and acknowledge this activity and co-operate, through the buoyancy of their own feeling world, with the added impetus and upliftment which has been set into action.

**RETURN OF THE ASCENSION FLAME TO ATLANTIS**  
**BELOVED SERAPIS BEY, July 10, 1977**

**BELOVED SERAPIS BEY:** “Beloved Candidates for the Ascension, I am deeply grateful to you for having made possible a Cosmic Event!

“Oh, My lovely ones, you will never know until you are Ascended and Free what your Light has done to make possible the Transference of the Ascension Focus from Luxor in Egypt to Long Island!

“Some will remember the story which was related to you; how I had the Great Privilege, with some of My followers when I took the Ascension Flame from Atlantis to Egypt and there It has remained in Its full Power through the centuries. Blessed be that Holy Land which has been Our Host for many, many centuries.

“Dear God, how Grateful I am that I could have the Privilege of escorting that Flame back here to Atlantis, and you know, not many understand what the Ascension Flame does, or what It means. Most people think, “*I will be so glad when I am Purified enough to get off this Planet and can have the Ascension Flame enfold me in Its embrace and I shall not have to return.*” Oh, yes, that is a mighty ambition but for those who serve under Our Banner you shall stay as long as We require you. Be of good cheer, I am a Master of Love, and I shall give certain Directives which may seem very severe, but Discipline is Love.

“Well, at 12 o'clock last evening, the Ascension Focus and Temples at Luxor were etherealized, but in deference to the Holy Land of Egypt the Builders of Form have Created a small Temple in the Etheric Realms where I had the Privilege of leaving a portion of the Ascension Flame. You know so many people journey to Egypt to see the various Temples and what took place in the annals of history, so the Ascension Flame, although in a lesser Radiation, will still Bless every traveler to that beautiful Land.

“Precisely at one minute after midnight, a tremendous Paeon of Praise reverberated through the ethers and the Mighty Seraphic Host stood at attention, and with the Voices of the Angels singing the most Glorious Anthems, I had the Privilege of taking the Ascension Flame within a Glorious Brazier and holding It close to My Being - and like a mighty meteor We came through the ethers and arriving here on Long Island (Atlantis), We anchored that Flame within the Holy Ground.”

**CONTEMPLATIVE PERIOD**

*Here a few minutes should be spent in contemplation to quiet music and the import of the foregoing words. Music that should be included: “Liebestraum” by F. Liszt - Benediction of God in the Solitude.*





PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

**PART II**

**DISCOURSE BY BELOVED SERAPIS BEY**

**SERAPIS BEY:** "I say to all who apply for the Ascension: *'Candidate for the Ascension, what brings ye to this Retreat? I bring to you the Blessings of My Light and the Victory that is within It!'*

"It is My Privilege and Honor to bring to you some of the buoyancy of the Ascension Flame - that Flame which is constantly Rising from the Earth as a Ladder of Light and Energy upon which any man, woman or child may Ascend into the Realm of Divinity from Whence they came. Of what is this Ascension Flame composed? It is composed of the Magnetic Powers that were drawn by Beings who volunteered when the Earth first came into Being, to stay upon the Earth and Magnetize that Ladder of Light in the atmosphere upon which those who were ready might Ascend. It is composed of the Powers of Invocation and Magnetization by many Priesthoods in every Golden Age that has been; and of the Ascending Energies of all Prayers, Decrees, Fiats, Invocations and Aspirations of every Lifestream upon the planet Earth which is gathered up by the Brothers and Sisters of the Ascension Temple and by the Silent Watchers of all the nations upon the planet to become part of the Ascension Flame.

"The Ascension Flame, like all Flames and Rays, is dual in activity; it is the Descending Conscious Stream of Energy from the Godhead which is drawn and sustained upon the surface of the Earth through self-conscious co-operation of the Brotherhood at Luxor; and It is also the Ascending Energy of the mankind of Earth and all Life that is aspiring upward.

"Within this Ascension Flame is the record of every Ascension that has taken place upon the Earth. That is why it is such a Happy Flame! The First, Second, and Third Root Races and their sub-races all went Home on that Flame. After the laggards came, from time to time, individuals did persevere in the Purification of their vehicles and utilized the Ascension Flame. The Gratitude of a Lifestream when It is caught up into the INFINITE "I AM" PRESENCE and knows that it is Eternally FREE from bondage, limitation, fear, and distress of every kind, can hardly be described to the outer mind. Everyone who has become God-Free has utilized the Ascension Flame. Many of your loved ones have passed through the change and may have ascended.

"This Buoyant and Happy Flame should not be treated with a consciousness of fear or a negative feeling. The Fourth Ray, like the First Ray, is a very Positive Ray, and at times it affects people adversely, but only because Our disciplines at Luxor seem so severe, and since all recorded history seems to have shown up the weaknesses of unascended mankind, there has not been recorded the Joy of those who have utilized that Ascension Flame. When any Lifestream is ready for the Ascension, he is either summoned to Luxor in the inner body while his physical body sleeps, or a Sponsor, one of the Ascended Ones, goes to the individual and enfolds that Lifestream in a River of that Ascension Flame.

"The Ascension Flame is Intelligent, Beloved ones, and I have Loved It long and Loved It well. It can ascend ANY CONDITION in which you find yourselves. It can ascend any condition from limitation into Harmony; from distress into Peace from poverty in to Opulence; from discord into Perfection. It is one of the Activities of Divine Alchemy which the students have not thought about using. If there are heavy conditions in your world; if your soul is weighted down; if there are depressions in the group of people with whom you work; if there are financial depressions made apparent to you - then Call to the Brotherhood at Luxor to send the Ascension Flame and to bring into your Life the Ascendency, the Buoyancy which Resurrects that depression and brings it into a natural state of Happiness and Harmony.

"If you will Call to Me, to the Beloved Hope and Archangel Gabriel, and to the Powers of the Ascension Flame, We shall assist you in Raising that Vibratory Action into a Happy Sustained Vibration which is one with the Music of the Spheres. This is required so much on the Earth today where there is so much of depression

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

and fear, and the world speaking of wars, atom bombs, explosions, and the end of civilization. With the Etheric Bodies of so many of mankind bearing the ravages of wars which they have passed through in this embodiment alone, in the loss of loved ones, etc., the use of the Ascension Flame by you in, through and around those various areas and the people, will do much to help.

"My Feeling and My Virtue is that of IMMORTALITY; that of the certainty of the RESURRECTION and the ASCENSION of EVERY LIFESTREAM belonging to this planet. I CHARGE and CHARGE and CHARGE into you; into the feelings of all mankind; into the thoughts of all mankind; into their etheric consciousness and the flesh structure: THERE IS NO DEATH! THERE IS ONLY LIFE ETERNAL!

"The Ascension Flame can multiply substance and give physical nourishment to great numbers of people. It is practical and It is for your use! We have stayed within the confines of the Earth's atmosphere and guarded It. Now ASCEND the Substance of EVERYTHING in your worlds EVERYWHERE! Use the Ascension Flame to Raise all Substance and Energy into Greater Purity, Harmony and Perfection!

"ACCEPT this Ascension Flame in God's Most Holy Name and perhaps It will help you to remember Me happily. El Morya and I stand alone in the severe disciplines, and sometimes We are very much alone, but We can be very sweet for We know what the Ascension Flame can do for you. I want you Ascended more than you do yourselves, for you do not know how important it is - or the Glory which It is. I want you Ascended, and I want Saint Germain's Kingdom established on the Earth NOW! Those of you who have upon your breast: '**Candidate for the Ascension**' are the Blessed of all mankind today!"

### **THE PATH TO THE ASCENSION**

When the individual has determined, within himself, to consciously return to and abide with the Aura, Presence and Consciousness of the Father of Light, he must dissociate himself from the vehicles through which his Godhood needs must express. As the mother eagle, pushing the timid fledgling from the nest, spreads her great wings beneath him to protect his halting and spasmodic endeavors from the disaster of possible panic and destruction, so does the consciousness centered within the "I AM" Presence uphold and direct the vehicles (bodies) that soar and dive, turning them ever upward toward the sky. Again and again as one or another of the bodies plummets Earthward, drawn by the gravity pull of its own tendencies and momentums, the consciousness of the individual must halt its downward flight and, kindly but firmly, command of that particular body: "*Come, we shall arise and go unto the Father!*"

When the student finds his mental body entertaining impure or imperfect thoughts, he must Consciously Command the Mental Body to ARISE and enter the Consciousness of the Father which does not allow negative, imperfect Patterns of thinking. When the student finds his feeling world generating and Radiating disturbed, inharmonious feelings, he must Consciously Command the feeling body to ARISE and enter the Consciousness of the Father which Radiates only Harmonious, Peaceful, Happy, Constructive Feelings. When the student finds his Etheric Body conjuring up out of the past memories of unhappiness and distress, he must Consciously Command the Etheric Body to ARISE and enter that Consciousness of the Father wherein it may mirror and express the "*Glory which each man had in the beginning before the world was*". When the student finds his Physical Body registering disease and distress, passion, lust, or discord of any kind, he must Consciously Command the physical body to ARISE and enter the Consciousness of the Transfiguration of flesh into Light in the Presence of the Father.

Gradually, the vehicles are trained, as the wise parents train the children entrusted to their care. Impersonally, but determinedly, the "I AM" Self picks up that particular body which, from time to time, forgets the resolution and fiat of the Self to ARISE and REMAIN with the Father. Again and again the individual must patiently say: "*Come! Let us arise and go unto the Father!*" Gradually the Happiness, Peace,

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

Power and Perfection of the Father's Presence will be so engrained into the members of the household that none shall find any enticement for straying, even momentarily, into the disharmonies of the appearance world. THIS IS THE PROCESS OF THE ASCENSION!

### **THE ASCENSION**

During the course of centuries of time, each Lifestream who has embodied on the Earth has developed certain Talents and Powers of accomplishment through the voluntary investment of Life Energy in some specific interests. This is known as a 'momentum' of healing, teaching, musical, or artistic ability. It is part of the Lifestreams harvest woven out of the Heart-beat, and is the only heritage of human endeavor which is allowed to go into the Higher Spheres, and which ascends with the Consciousness at the moment when the soul is released from the Earth-pull at the time of the final embodiment.

When the Lords of Karma examine the individual for the last time preceding the Ascension, the full-gathered momentum of the Lifestreams' Service to Life is presented for consideration before the Karmic Board. If the Lifestream is found ready to be freed from the wheel of birth and re-birth, the disposition to which the individual puts his gathered 'momentum of Service' must be made before the actual Ritual of the Ascension takes place.

When the Christ Self of the individual signifies to the Cosmic Law that the individual is ready, the Sponsor secures a Hearing before the Karmic Board whose duty and responsibility it has been to weigh the strengths and weaknesses of the soul through the centuries. The individual's 'Book of Life' is examined; the Lifestream Itself has audience before the Karmic Board; and the assent of this Board is requisite to the freedom of the soul from further re-embodiment.

Because of the use of free will, the individual may refuse to accept Its Freedom - preferring to re-embody to further some particular Cause to which it has devoted its Energies through many centuries. If such a one does refuse the Ascension, it is always with the understanding that such forfeiture makes the Lifestream personally responsible for the Creation of any future karma that might enchain such a soul again, which would not allow the opportunity for Full Freedom when and if the soul should change its mind in the future.

Individuals who have been offered the Ascension because they had expiated their individual karmic debts and had gained mastery over Energy, but have renounced that Freedom to better serve mankind, are among the Holiest Sons of Heaven. They wear upon Their foreheads a Spiritual Identification in the form of an Open Lotus that is easily discernible to all whose inner eye is developed.

No other group of Beings, human or Divine, have this particular Spiritual Mark, and whenever they are encountered, the Supreme Intelligence of the Universe bows in acknowledgment of Their Presence, Their Sacrifice, Their Love. When these individuals do finally accept their Ascension, this Lotus is amplified, and even in Heaven's Highest Spheres It is a permanent identification of Their Love and Service to Life that all who run may read. The Ascended Master Jesus is One Who belongs to the Sainted Order of the Lotus Flame.

The Lifestream who decides to accept the Ascension stands at a forked pathway where again the free will decision must be made - whether the Lifestream taking the Ascension will pass on into the Peace and Happiness of the Higher Spheres, or choose to remain as an Active Worker in the Great White Brotherhood in actual contact with the lesser evolved sons and daughters of Earth. Those who choose the 'Bliss of Nirvana' turn over the Energies within their momentums of whatever they may be to Devas who incorporate them into the Beautiful Fire Temples whose Radiation and Powers serve the Earth and its people. They really 'will' their heritage to mankind, but take their own Conscious Selves into Realms that no longer have any connection with the struggles on the Earth plane.

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

Those Who have Ascended say that it is impossible to put into words the Joy and Happiness experienced when the fetters of Earth, the limitations of the flesh, and the veil of forgetfulness is removed. Yet immediately the Lifestream is faced with a free will decision - whether to soar upward with the Glow of Freedom still fresh in the feelings, or turn again to voluntary bondage, again working for centuries with the limited consciousness of mankind.

**BELOVED SAINT GERMAIN SPEAKS OF HIS OWN ASCENSION**

**SAINT GERMAIN:** "On a May Day, I took My leave from all further physical embodiments upon this sweet Earth when I finally accepted the full Victory of My Ascension.

"I remember that day so well - the sweet fragrance of the flowers in the garden of that home in Transylvania as it came on the soft breeze through the open window of the room where I was. I remember well experiencing the feeling one has when he is obliged to leave a task not quite completed. You see, at that time, My 'Utopia' was only a book; My dreams only written into the lines of the Shakespearean plays and upon the Hearts of a few faithful students. If it had not been that My Superiors thought it wise for Me to take the Ascension at that time, I think that I could not have left the Earth in that hour with My Vision still unfulfilled.

"Grateful indeed am I to you, My faithful students who have embodied again and again since that time - taking that Vision into your own consciousness and endeavoring to make it real and tangible and practical here - in this world of form. The establishment of the Reality of this Vision is taking place first in your beautiful United States of America. It shall expand until it is world-wide a great SPIRITUAL FREEDOM which has no regard for the differences in nationality, creed or color - having regard only for the Light which is endeavoring to illumine their souls.

"We are now coming into the day when World Brotherhood SHALL be understood as an activity which raises each soul to where the individualized Christus is externalized by the Expansion of the Flame of Truth through that soul into outer manifestation."

**BELOVED JESUS SPEAKS OF HIS OWN ASCENSION**

**BELOVED JESUS:** "My public Ascension was for the Express Purpose of showing mankind their Ultimate Destiny. More and more, as the New Age comes into manifestation, shall I endeavor to impress upon the consciousness of every unascended Lifestream the feeling of My full-gathered Cosmic Momentum of the Ascension in the Light as possible of achievement for every one of the human race. As I came under the same Law as all Lifestreams who choose the planet Earth as a schoolroom, it was necessary that I kept the vibrations of My four lower vehicles harmonious at all times.

"Throughout My Earth Life, I had to be consciously on guard so that I did not accept, through the avenues of the senses, the appalling human appearances with which I was surrounded. It took tremendous effort to not accept these appearances as real, but if I had allowed My consciousness to tie into the appearances of distress and imperfection around Me, the vibratory action of all My vehicles would have been lowered, and the resultant density of those vehicles would have shut off the flow of Spiritual Vitality required to achieve the public Ascension. You each choose, hourly and daily, the type of Energy which you allow to enter into your minds, thoughts, feelings and actions.

"You are either ascending or descending - according to that to which you allow your attention to flow. In your final hours, your Ascension will be determined by the vibratory action of your inner vehicles as well as that of your flesh body. This I say - your Ascension does not manifest as the result of a moment's Grace - but of entire embodiments of Vigilance, Self-control, Self-mastery, Aspiration, and Service to God!"

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

**JOHN, THE BELOVED, SPEAKS OF THE ASCENSION OF JESUS**

**JOHN, THE BELOVED:** "I was one of those who witnessed the Ascension of Jesus. Beloved Jesus, His Mother Mary, and I, all knew beforehand of the coming of that magnificent Accomplishment. I was there when the Beloved Master arose early in the morning after making prayerful preparations for His Eternal Victory. Beloved Mary arose early as well, and in Her Great Kindness and Wisdom, She gathered around Her the disciples and those other Lifestreams who were interested in the Ministry of Jesus.

"I watched the Shining Figure of Jesus as He began the ascent of the Hill of Bethany for the last time unascended. I watched to see the Sun shine on that fair head as He reached the peak of the Hill and then knelt there with the Angels hovering all about Him. There He took His personal adieu from the Earth; from the Beloved friends who had assisted Him; and from all which had helped Him to enjoy Life as a young and vital man.

"I saw the Heavens open and the descent of the Divine Beings Who were to help Him in achieving the Eternal Victory of His Lifestream. I saw the Great Lord Maitreya (now Lord Divina, the Buddha) standing in the atmosphere and Jesus speaking to Him. The Great Maha Chohan (now Holy AEolus, Cosmic Holy Spirit), Lord Michael, Beloved Saint Germain and many of the Heavenly Hosts; all of these were present in the atmosphere.

"The skies opened early that day - long before the noonday Sun had reached its zenith, and there was a period of suspension in space between the two Realms - the man Jesus taking His adieu from the world of form; and the Christ Jesus cognizing Divinity. This made a shining, strong and beautiful Bridge of Light between the human and the Divine.

"Then, when We knew that He had finished with those necessary Spiritual and personal preparations, Mary and the others began to move toward the base of the Hill, from the peak of which the Ascension was to take place. Mary had kept this group together only by the Energy of Her tremendous Love and the capacity which She had to weave the stories around the Life of Her Son - thus keeping them from taking from Him those few final moments of privacy

"As the Beloved Mother and the rest of Us ascended the Hill toward the Presence of the Master Jesus, one could almost see in the grass which had been trodden and by the marks upon the surface of the rocks upon the path, the many, many footprints made during the trips up Bethany's Hill which Mary had made during Her times of prayer. This Energy formed a part of the actual ascending current which Beloved Jesus was to use in this - His final Moment of Victory.

"We did not go too close to the Presence of that Magnificent One, for as His attention began to turn toward 'Home', His body began to Blaze with more and more Light. Through Him, His Holy Christ Self became more and more apparent, and that effulgent Light signifying to the others that something of unusual import was about to take place, also stirred within them the fear and uncertainty of the unknown.

"Thus many who were present at that Cosmic Moment did **not** SEE the Wonder when Heaven and Earth met for a moment; when a Son of God and of man triumphed over everything of this world - rising visible and tangible to the physical sight, into the Glory of His Father's Arms.

"And so it is- always, Beloved ones. Cosmic Moments come and a few grasp them and their opportunities; then they go, and many who have been 'CALLED' do not witness the magnificence of the Event!"



PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

**PART III**

**GROUP DECREERING**

(Class standing)

**Beloved Presence of God - "I AM" in us; Beloved Ascended Masters Saint Germain and Serapis Bey; and All Who Serve on the Seventh and Fourth Rays; COME (3x) and BLAZE (3x) Your Cosmic Flames and Rays into the cause and core of all fear and grief connected with so-called death.**

**TRANSMUTE (3x) it all and replace it with the FULL POWER of the ASCENSION FLAME, Eternally Sustained, All-Powerfully Active, Ever-Expanding and World-Enfolding until all Life is wholly Ascended and Free! We so decree It, Beloved "I AM" and we thank You!**



**Beloved Presence of God - "I AM" in us; Beloved Ascended Masters Saint Germain and Serapis Bey; and All Who Serve on the Seventh and Fourth Rays; COME (3x) and BLAZE (3x) your Cosmic Flames and Rays into the cause and core of the atom of the entity called death; and all its tentacles presently embedded in the emotional, mental, etheric and physical consciousness of mankind, imprisoned Angels, the Elemental Kingdom, Animal Kingdom, and all Life imprisoned everywhere.**

**CLOSE in upon it NOW and TRANSMUTE (3x) it NOW; and replace it with the FULL POWER of the ASCENSION FLAME Eternally Sustained and Ever-Expanding until all Life is wholly Ascended and FREE! We so decree it in God's Most Holy Name - "I AM" and we thank You!**



**Beloved Presence of God - I AM" in us and in all mankind; Beloved Serapis Bey and Your Brotherhood of the Ascension Flame; KEEP THE ASCENSION FLAME BLAZING (3x) through our feelings, our minds, our etheric bodies, our homes, our business, our finances, and our affairs; and let this stimulating Raising Activity raise everything in our worlds into Love, Happiness, Opulence, Victory and Perfection of every description to be Eternally Sustained and Ever-Expanding.**

**We so decree It in God's Most Holy Name - "I AM" and we thank You!**



**PART IV**

**OUTLINE FOR CLASS DIRECTORS**

- 1. DIRECTOR lights three candles BEFORE students arrive.** Soft music should be played for at least a half hour before the Class commences, and all should be seated for fifteen minutes of this maintaining SILENCE and ABSORB the Radiation.
- 2. DIRECTOR greets students, gives short visualization and INVOCATION.**

**INVOCATION**

**Dearly Beloved Presence of God "I AM", the Source of All that is, everywhere present, and anchored within each one of our Hearts and that of all mankind, we Love and Adore You! We acknowledge You to be the Owner and Giver of our Life, our Intelligence, our Substance, our ALL! Keep us sealed in Your Light, Love, Wisdom and Power of Victorious Accomplishment. Blaze Your Light and Love before**

PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

each one of us and prepare the way that we may 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 in the Victory of our Ascension.

**Beloved Ascended Masters, Great Cosmic Beings, the Seven Mighty Elohim, the Seven Beloved Archangels, the Seven Beloved Chohans of the Rays - especially our Beloved Saint Germain and El Morya, Beloved Serapis Bey and the Brotherhood of the Ascension Flame, Beloved Lord Divino; Beloved Holy AEolus, Cosmic Holy Spirit; Beloved Maha Chohan, Paul; Beloved Jesus, Mother Mary and John the Beloved; and to the Beloved and Mighty Ascension Flame Focus;** we send our Love and our Hearts' Call to You! Give each one of us whatever assistance we need to assure us of our Ascension at the close of this embodiment. Blaze the Ascension Flame through every part of our physical, etheric, mental and emotional bodies and all our affairs to raise everything into Thy Great Perfection Eternally Sustained.

**We thank You for the instantaneous answer to this - our Call to Light.**

**3. READ PARTS I, II, III.**

**4. BENEDICTION**

**Sealed in the Seven-fold Flame of the Seven Mighty Elohim, the Seven Mighty Archangels, and the Seven Chohans of the Rays, in the Name of the Presence of God - "I AM",** we thank You, great Host of Light, for Your Outpouring to us.

**We thank and Bless You, Beloved Serapis Bey and Your Brotherhood of the Ascension Flame,** for Guarding and Sustaining the Flame of the Ascension by which we may all go back 'Home'.

**We thank and Bless You, Beloved Jesus, for Your Mighty Service** to us and to all mankind.

**We thank and Bless and Call to our Beloved Mighty Hercules** to place His Invincible Guard around us to Protect us until the Victory of our Ascension is complete.

**We so Decree It in God's Most Holy Name - "I AM"!**

**5. EXTINGUISH CANDLES**

**6. SING CLOSING SONG**

*(MELODY – ORIGINAL)*

*"I AM" - THE ONE Be Still and Know  
"I AM" the One Reality - the Holy One.  
You were before and shall again become!  
Come now to Me in Listening Grace  
And see again My Holy Face;  
And then to know you are "I AM" - the ONE!*

*"I AM" within this Heart of thine;  
And long for you to claim "I AM"!  
Come join Me here in Love Sublime;  
Return now Home and Be Divine;  
"I AM" - the ONE; you really are "I AM"!*



PRIMARY INSTRUCTION  
**LESSON NO. 13: THE GOAL OF LIFE – THE ASCENSION**

A Bridge to Spiritual Freedom Publication

---

**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

