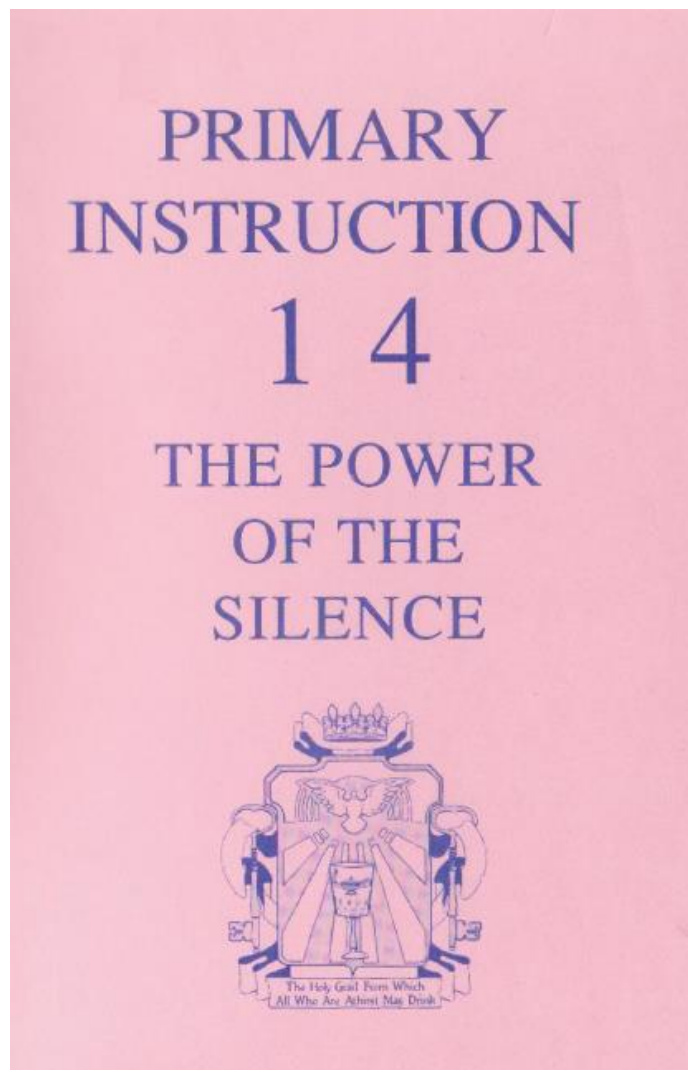


PRIMARY INSTRUCTION
LESSON NO. 14: THE POWER OF SILENCE

A Bridge to Spiritual Freedom Publication

The following is a transcription of the out-of-print Booklet published in. 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 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.



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PART I

THE POWERS WITHIN EACH HEART

Every human Being has been endowed by the Father-Mother God with the priceless Gift of Creative Power - the self-sustained focus of which lives within the human Heart and is known as the Immortal Three-fold Flame. Fully developed, this same Power is acting in and through every God-Free Being, and in allowing the expression of complete Mastery over all by the Christ-within, does one become an Ascended Master.

The Holy Christ Self abides within this Three-fold Flame in the Chalice of the Heart, and but awaits the opportunity to express Itself - releasing Its particular Gifts of Perfection for the Blessing of all. The hour has now come in the planetary and Universal progress where the Cosmic Fiat has been issued for each Christ Self to be given Full Liberty and Freedom of Expression. The Spiritual Hierarchy rejoices in the Divine Edict, and will, at your Call, give every possible assistance in helping every man, woman and child to become a Lord of the Flame in accordance with their Divine Destiny.

During the course of many lives lived upon the Earth, each individual has given more Power and Freedom to one of the three aspects of this Three-fold Flame than they have to the other two. Some have developed more POWER; some more WISDOM; and others more LOVE. Thus, no two Lifestreams are exactly alike in their expression of this Three-fold Flame through the outer form.

At the present time, PERFECT BALANCE of the emotional, mental, etheric and physical vehicles *must* be developed and each one should take a careful inventory of their own personal development and endeavor to expand that particular Virtue of this Three-fold Flame which has not been allowed to expand through the physical consciousness up until the present time. The Fiat of the Cosmic Law having gone forth for the setting aside of the destructive use of mankind's free will, the Ascended Masters are now able to teach the outer consciousness how to release the latent Powers within that Consciousness, as well as how to balance those which are already developed.

The greater number of mankind prefer to use the already developed Powers rather than to undertake the more arduous task of developing those Powers which have been more or less neglected through many ages. The accomplishments produced by the use of the already developed Powers sometimes tend to inflate the human ego which, of course, results in a lack of balance in the activities and affairs of so many well-meaning people - even at this hour. All the knowledge in the world will never set anyone Free unless it is applied. Knowledge becomes Power through use! The true teacher, ascended or unascended, encourages the students in the practical use of the instruction given, for upon the amount of constructive application made, depends the giving of more knowledge! You might ponder this!

The Ascended Masters will welcome any person who sincerely desires to manifest the Balance of the Virtues of the Three-fold Flame in his outer activities. No matter what the mistakes of the past may have been, everyone is free to Call to Them for what assistance each may require in their own personal development. It is not the egotist, but the gentle individual who is the Hope of the world!

THE SCIENCE OF INVOCATION

Invocation of the Powers of the Sacred Fire has been practiced on Earth ever since the time when the Holy Innocents first accepted the hospitality of the Planet. After the so-called 'fall of man', much of this Power of Invocation was misused by those who called themselves Priests, and much of the destructive activities called forth are still with us today. Now, through GOD Invocation, the students may undo much of the terrific chaos created by the willful and rebellious use of this Sacred Fire.

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Invocation of the God Powers is a True Science. It must be learned carefully and methodically. As the primal Life Essence flows from the "I AM" Presence of each Lifestream into the Three-fold Flame in each physical Heart, the BLUE FLAME Qualifies that Energy with the Power to do practical works in God's Name. The GOLDEN FLAME Illumines the outer mind as to the constructive use of such Power. The PINK FLAME directs the Illumined Power through LOVE for the Blessing of all Life. When only one or two of these activities are developed, the Science of God Invocation is not balanced and, without exception, the Lifestream endeavoring to use the Powers of Invocation finds himself in distress.

This unfortunate situation has caused many overzealous people to both invoke and manifest distresses for themselves and others, and create, temporarily, the chaos of the world. All logical minds will understand that the learning of the Science of Invocation is essential to redeem personal, continental and planetary karma in this hour of world crisis!

TALK BY BELOVED ASCENDED MASTER JESUS

BELOVED MASTER JESUS: "In My final embodiment, I constantly availed Myself of the Power of Invocation of Divinity through the use of the Name of God - "I AM" - for the Blessing and Benediction of the entire human race. Herein was My Safeguard because the Invocation of Powers less than Divine also brings a response from the consciousness so invoked. Intent upon building some manifest expression of their own outer consciousness for ages of time, and even in this present day, good people have invoked lesser powers than those of the God Presence and thus have been caught in the meshes of psychic creations.

"To all students upon the Spiritual Path, I offer INVINCIBLE PROTECTION from any further such mistakes - conscious or unconscious. Always calling FIRST to your own Individualized "I AM" Presence, and then using My Name - **The Ascended Jesus Christ** - (which Name carries all the full-gathered momentums of Perfection of My Lifestream) as a preface to any and all God-Invocations, will bring God Protection always.

"For instance, you may say: ***'In the Name of my own Beloved "I AM" Presence, and in the Name of the Ascended Jesus Christ, I now invoke whatever Powers of the Sacred Fire are needed here and now for the Blessing of my fellowman, the dear Earth and my own Being and world. Keep these Blessings ever-flowing and Eternally Sustained.'***"

TALK BY BELOVED ASCENDED MASTER SAINT GERMAIN

BELOVED SAINT GERMAIN: "How delighted I am at this time to have the services of those dear unascended Lifestreams who are proving themselves to be vitally interested in the making of our Planet Earth 'Freedom's Star'! Be assured that, at your Call, every possible assistance of the Violet Fire Temples and all of Our Legions will joyously assist you in the Redemption of the destructive karma created in the past by yourselves and others.

"The subject of INVOCATION is very dear to My Heart. It is My Reason for Being. I assure you that on the Earth at this time, only the very surface of the magnificent Ceremonies and Rituals of the True White Order have been touched as yet. After the complete sublimation and transmutation of the chaos of mankind's destructive activities which have enshrouded the Earth, your Hearts will delight in the Beauty and Perfection of the NEW AGE - which Perfection shall take the place of the former unfortunate creations. This NEW AGE is much closer to outer manifestation than your dear Hearts realize. I thank you, Beloved ones, for persevering in Our service, and sometimes in the face of almost insurmountable obstacles, continuing in this Redemptive Process which is being made manifest in My Name. I Love you beyond the ken of human mind!

"These are days of great acceleration as the Earth's axis is being permanently straightened and the Planet moves rapidly forward at the same time. The entire System of which Beloved Helios and Vesta are Sun God

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and Goddess is also rapidly moving forward which makes it necessary for the vibratory action of your own bodies to be 'stepped-up' a certain amount every twenty-four hours, as much as you can comfortably stand. Again, let Me bring to your attention this IMPORTANT POINT! Because of this acceleration of the speed of your four lower bodies: your emotional (feeling) bodies; mental (thinking) bodies; etheric (memory) bodies; and even your physical (flesh) bodies, there is often the tendency to hurry.

"It naturally follows that the vibratory action of your world must accelerate as you purify yourselves more and more; and it accelerates as you accept Our assistance which comes to you through the Radiation of Our Light and Love. This Radiation which We give to you is Our very own Life, the actual Substance of Our Beings, and that Substance naturally vibrates much faster than that of the masses of the people. With the added acceleration of the planet itself, you sometimes individually feel the tendency to HURRY.

"HURRY always tends to bring distress of one kind or another.

"It is very necessary for the student to clearly understand this at the present time so that he will consciously control these feelings of hurry. Call to any of the Ascended Host (Lord Gautama if you wish) in the Name and Authority of your own "I AM" Presence and ask Us to charge your worlds with Our Feelings of Perfect Balance in all your activities and endeavor always to take the MIDDLE WAY! This will enable you to enjoy and benefit by this natural acceleration which must take place as the Earth moves forward into greater Perfection.

"Such a conscious watchful control of your Energies will enable you also to enjoy, in practical daily living, greater emotional stability, mental alertness, etheric clarity, and more physical strength and Energy. This will allow you to hold the feelings of Balanced Poise, Dignity and general Self-Control which are the God Qualities and real Nature of the Seventh Ray and all who sincerely serve Me and My Cause.

"Remember. you now belong to the Royal House of Freedom! You are accepting My Life and Love; using My Name and representing Me to the world. In this regard, I know that you will always endeavor to represent Me worthily to the very best of your individual and collective abilities.

"Oh, We are such happy Beings, and sometimes, informally, We laugh and just enjoy Life. However, there are other times when We are embodied Dignity and there will be times in your own personal experience yet to come when that magnificent Quality of Ascended Master Dignity will stand you in good stead were you to develop it NOW! There will be times in the future when the Qualities which are Mine as Lord of the Ceremonial (Seventh) Ray and which I would like you to allow Me to invest in you, will help you through certain experiences which you shall yet encounter.

"Will you give Me the opportunity to so help you?"

REMAIN CENTERED WITHIN YOUR OWN HEART.

Every Ascended Master, Cosmic Being and Angelic Being always works from the extreme Center of His own Godhood, and that is why the Virtue streaming out from Him carries a Blessing to all the Life It touches. He never allows the Energy of any of His vehicles to act independently of the Direction of Divine Intelligence; neither does He allow the Energy of another, no matter how it expresses itself, to draw Him out from the Center of His Being. He that abideth in the Secret Place of the Most High shall abide under the Light, Radiation and magnificent Presence and Power of the Almighty - even while unascended - and all things shall be done through that Presence which He IS!

When you are centered within the Heart of your own Being, you are in control of the vibrant Energies that flow from the Central Sun. The Three-fold Flame within your Heart but awaits your direction to flow forth carrying the Quality with which you were endowed at the beginning, and which was your Reason for having

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taken embodiment. Then you, 'resting in action' in the Center of that Secret and Sanctified Heart, become a Power that can never be thrown off Balance.

In your desire to serve, you rush forth from the Center of your Being and attach your Energies, through thought and feeling, to the consciousness of those who require help and assistance, thereby forfeiting your Mastery and the capacity to help and serve them.

Abide now in the CENTER of your Being and LET YOUR LIGHT and the Power of the Father beam forth and be the healing, the peace, the balanced control, and the MASTER PRESENCE of whatsoever is required at any given moment! Then there will be no fear, no uncertainty, and no doubt when you dwell WITHIN that PRESENCE! You can BE all things and DO all things when you dwell within Its Heart!

When you thus abide within the Center of the Great Heart of God, then does the Father move forth through you! Your eyes become beams through which His Light may shine; your hands become conductors of His Almighty Power; your lips become the instruments by which His words are fashioned and directed into the world of form; your feet become the feet of the Master Presence moving through the Universe; and your Energy becomes a Conductor of WHATSOEVER God desires to do through you at your Point in the Universe!

The PRESENCE OF GOD within man is the Hope of his ultimate personal salvation and individual Mastery over the Substance and Energy of any Sphere in which his consciousness is required to dwell. The "I AM" Presence signifies by Its very Name (PRESENCE) that It is here NOW! It signifies that It is not some ephemeral Being Who, in time to come (usually accepted as after so-called death) will transform, transmute and sublimate all the tendencies, conditions, effects and personal limitations of the individual. Contemplation upon the Truth that there is a Presence in man capable of such Transformation and Sublimation NOW brings the Hope of Glory and Peace from the 'sweet by and by' into the PRESENT. Jesus said: "*The Kingdom of Heaven is at hand*" (here now), and not in some far away mystic land!

HARMONY IS THE LAW OF LIFE

The Law of Life is simple in Its Essence. The Law of the NEW AGE - the Religion of the NEW AGE, will be so simple that no study will be required to understand it. IT IS THE LAW OF HARMONY! Some people call it LOVE but when you call it Love, you immediately begin to enter into variation of expression and interpretation that distort Its True Sense.

If the Energy given to you as your Life is not qualified harmoniously, your own Holy Christ Self will draw that Energy back into your world after it has accomplished that for which it was sent forth, and it comes back with the same qualification with which you clothed it on its outward journey - amplified by vibrations of a like quality which it has attracted to itself while absent from your aura. The reason for this is that the soul may learn first, the Nature of the Energy he is using; and secondly that the Guiding Intelligence within his own soul is an integral part of God and therefore LOVE IN ACTION. The outer self thus learns from this return of its own Energy that it is more comfortable to abide by the LAW OF HARMONY and enrich the Universe with the Life that God has loaned to him rather than to suffer the return of the unlawful use of God's Life and Energy.

THE POWER OF SILENCE

The need of the sincere student is to become STILL often throughout the course of the day to allow the Energy, Directives, Radiation and Powers of the God Presence - "I AM" - to flow into and nourish the lower vehicles and the outer consciousness. In the East, the practice of concentrated meditation upon the Supreme Source prefaces all activity. In the West, where the requirements of each hour seem to demand the attention and energies of the student, this period of Spiritual Communion is often neglected and confirmed by the self-

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righteous feeling that the service is so great that there is literally no time to *'Be still and KNOW that "I AM" – GOD!'*

Individuals feel that the demands of the four lower vehicles, their appetites and promptings, are the urging of the Inner Presence, and this delays the contact with the "I AM" Presence and the correct recognition of Its directions. The sincere student needs to purify and discipline these vehicles to their proper position as SERVANTS of the "I AM" Presence. This can best be done by stilling the Energies of the mental body; the quieting of the surging sea of the emotional world; and the refusal to allow the etheric body to bring up past failures and disillusionments; and to discipline the physical body. Of course, this takes time, patience, constancy and strength, When this is accomplished, then the 'still small voice' of the "I AM" Presence can be heard.

The Ascended Masters tell us that the Invocation of the "I AM" Presence and the Ascended Host of Light is essential to magnetize a Direct Current of Their Energies through us. However, there comes a point where the individual, having made the necessary application should rest IN THE SILENCE and accept the Radiation invoked! Many times the student continues all through the period of application to make Petitions, Decrees, etc., which does not allow the inner bodies to become quiet enough to accept the Gifts invoked. It is necessary to BALANCE the giving of one's Energy to connect with the Higher Vibrations and accepting the Gifts that he has invoked.

The activity of truly entering the SILENCE cannot be over-emphasized. The consciousness must be kept positive. The emotional, mental, etheric and physical bodies must be trained to direct their Energies toward their SOURCE - the "I AM" - and should never be allowed to 'play' at this time with the various thoughts, feelings, memories, or physical lassitude that often accompany relaxation from actual positive work. It is usually easy for the student to make the Invocations, Decrees and Visualizations that actually employ the Energies of the lower bodies, but it is difficult to complete the Spiritual Exercise by holding the lower bodies in the Silence in order to RECEIVE the Blessings given. Many times he either goes happily to sleep or toys with numerous irrelevant thoughts and feelings and thus does not receive the benefits from his period of contemplation.

All Good, whether it is Supply, Health, Illumination, Faith, Strength, Love or Purification, COMES FROM GOD, the Source of all Life, and these Gifts are dispensed by the Great Beings Who are the Messengers of God. However, the student cannot receive the Fullness of these Gifts until he has disciplined his lower bodies and ALLOWS the Spiritual Grace which he has invoked to enter therein. Speak to these bodies, and say to them: *"Peace! Be Still!"* Practice communing with your God Self until you do receive Its Blessings!

Human beings have lost control of the rhythm of their four lower vehicles so that, instead of functioning in a harmonious vibration directed by the "I AM" Presence, they spin erratically, spurred on to greater speed or slowed down by any 'tramp' discordant thought, feeling, memory, or physical action that takes the fancy for the moment. The soul is unable to receive the Peace and Benediction from the "I AM" Presence and the Divine Beings when these vehicles are not controlled. Until this is done, the individual is unable to come forth from his Spiritual Exercise renewed in mind, feelings, soul and body as he should.

The Ascended Master Saint Germain once said that before His Ascension, His Teacher and Guru, the Great Divine Director (or Lord Saithrhu, as He is known today) asked Him to go onto a battlefield and do certain things in the Silence. Saint Germain did not think that He could do it, but He was willing to try. He eventually drew the Power of the Silence around Him so Powerfully that It actually deflected a physical form from running over Him. Saint Germain said that that experience did more for Him than anything He had done previously and from then on He went forward very rapidly.

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The SILENCE can become an actual Substance that can give Protection to a physical body as well as Illumination to the mind and Peace to the feelings. Many students have built a momentum in the giving of verbal Decrees, but there is also a need to BALANCE their activities by learning to work in the SILENCE as well. One can think in the Silence, feel in the Silence, speak in the Silence, and direct the Light Rays and the Service you wish to give from the Silence, but TELL NO ONE what you are doing! The results in manifest works will cause others to know that a Service is being rendered.

Beloved Ascended Master Jesus has said: "The demands upon the time, Energy, attention and service of the chela who is engaged in a Spiritual Endeavor from a great stumbling block to his individual progress unless he learns how to consciously quiet the Energies of his own world so that new Strength, Faith and Power may be supplied by his own "I AM" Presence and the Divine Beings Who are so willing to assist him. I know - from My own experience!

"During My Ministry, as today, the world and its peoples require so much assistance. There is a tendency to rush forth to serve without the necessary period of 're-fueling' at the Cosmic Fount. You will remember that I often '*went into the hills to pray*'. No chela can be of lasting service to the Spiritual work at hand unless he understands the necessity for taking time - *undivided* - from the world (which you will always have with you) to enter the SILENCE and draw the necessary Strength and Sanctity from the Source of All Good. This he can then dispense in Poise, Dignity, and Loving Solitude for his fellowman."

CONTEMPLATION PERIOD

Here, during a short period of Contemplation upon the Instruction given thus far, soft music should be played to allow the students to still themselves and concentrate their attention upon the activities of the Light that have been revealed to them not only during this Lesson, but through the entire series of Primary Instruction. Music should include melodies dedicated to Beloved Jesus and Saint Germain.



PART II

AN ADDRESS BY BELOVED HOLY AEOLUS

When Beloved Holy AEolus held the Office of Maha Chohan, He gave a description of this Inner Realm of the Silence in one of the issues of His Bulletin, and it is reprinted here for your enlightenment.

HOLY AEOLUS: "I would like to describe to you the Heart of God. It is a task that I cannot faithfully put into words. However, I would like to at least stir your interest to the point where you begin to journey, through the medium of your consciousness, deeper and deeper into that STILLNESS which forms the Sacred Heart from whence has come forth into Being this Universe and ALL of Us - the great and small alike!

"It is HOME in its truest and deepest sense. It is Security, Safety, Understanding, Love without censure, and Peace without price. It is Light such as the most exquisite sunshine that your imaging faculties could conceive, and yet as restful as the twilight. It is SILENT as the Sun in the Heavens in the performance of Its Cosmic Duties, and yet It is filled with Sound in Perfect Harmony. You might say that It is every pair of opposites in their Perfect Sense, without dissensions of any kind. For every quality has two poles - silence and sound, activity and stillness, and mankind has falsely created in this world of form an opposite to Love - which is hate and an opposite to Silence - which is noise.

"However, within this great Cosmic Heart is a Realm; Saint Germain calls It the Great, Great Silence. Jesus called It the Kingdom of Heaven. Others call It the Sacred Heart. David called It the Secret Place of the Most High. I call It the Power of LOVE DIVINE. By whatever Name It is called , It is the Ultimate Goal toward which

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all Life is journeying, and It can be experienced by the evolving consciousness of any unascended being when he has become STILL enough.

"Once you have entered into the Heart of that exquisite STILLNESS where you will meet with every Being Who has mastered the outer self; where you can see the Full Design of God's Plan for every Creature, you will, like Myself, never leave It again. You will work from within that Heart - abiding in Perfect Peace. Your physical Heart is a replica of the Great Cosmic Heart of the Universe, and through the door of that Heart, you can enter the place of STILLNESS, and you will find It increasing and becoming more tangible as you practice the cultivation of that Inner Peace.

"I smile when I see the mankind of Earth so intent upon travel and vacation when they may go into this Inner Realm on a Breath and come back more restored than any resort, physical sunshine or water spa could manifest for them.

"Dear children of My Heart, I implore you to enter deep, deep, deep into the Heart of the Silence and KNOW for yourselves the Fullness of Life that is there for your Health, Enjoyment, Prosperity and Peace!"

CONTROL OF SPEECH

If you have difficulty in controlling your tongue and speech, invoke the great Archangel Raphael to help you CONSECRATE your speech. Ask FORGIVENESS for every word you have ever spoken that was NEGATIVE or did not expand Perfection. Say reverently: *"Father, forgive me for using Your Life to say unkind, impatient, or thoughtless things. Thank You for the Gift of Your Voice and Your Life. Re-consecrate the Power Center in my throat, my vocal chords and my tongue to carry only messages of Harmony and Perfection."*

Students of the Light particularly should watch their speech that they do not allow themselves to speak sharp words, or words of self-pity, self-depreciation, annoyance, or any other negative or imperfect words. Words, like thoughts, DO become things, and there was a time upon the Earth when the Priests and Priestesses of the White Order went through severe disciplines if they issued one word that was negative.

Be Grateful to Life and to God that you do have a tongue and the Gift of Speech, but watch with care what issues forth from you through this faculty. The Living Flame in your Heart can teach you all things, but if you enter meditation with much talking, the Teacher must listen to your outpouring rather than you sitting quietly and serenely at the feet of this Inner Light and letting It teach YOU the fullness of all things.

A FEW WORDS FROM BELOVED IMMACULATA

The Silent Watcher for Planet Earth

BELOVED IMMACULATA: "Only he who has learned the Way of the SILENCE; only he who has learned the Mastery of the Energy which flows in such magnificent opulence from the Heart of the First Cause into these bodies of yours; ONLY HE becomes the Conductor of the Gifts of God into the world of men. Energy is the Conductor. Energy and Vibration (which is Life) is what carries either Peace, Love and Perfection, or discord and inharmony into the world of form.

"He shall not speak in the Presence of God whose tongue has not lost the Power to wound!"

"Those of you who, in your Causal Body, have those mighty Storehouses that await externalization through your calm feeling world, shall render an accounting if the Energies of your world are not STILLED ENOUGH that you may conduct them NOW!

"This is the HOUR OF CRISIS!"

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"It is the hour when mankind must have the assistance of 'Conscious Conductors', and YOU have been chosen to be those Conductors!

"The words that leave your lips should be clothed in LOVE; your Decrees should be clothed in LOVE!

"The FORM is the MESSENGER; inside of It is the ESSENCE OF TRUTH! Remember to PIERCE THROUGH!"

CONTEMPLATION PERIOD

Again the students should still themselves while soft contemplative music is being played. During this exercise, the Leader should direct the Class in the activities of endeavoring to become AT ONE with all Life. Ask them to feel the Heart-beat of the Universe within their own Beings and worlds, thereby entering deep into the Silence for rejuvenation and blessing.



PART III

GROUP DECREERING - AFFIRMATIONS

(Class seated)

During the following Affirmations, the student should feel deeply within his or her own Being the Truth of the statements being affirmed. Here, the Leader should attempt to assist as much as possible in the exercise of drawing forth the positive attitude of the student toward the activities which he is claiming to have manifest in his world.

- ✚ **"I AM" a CONSTANT EXPANSION of the PERFECTION of the Beloved Presence of God - "I AM" - within me!**
- ✚ I now realize and accept my **UNLIMITED ABILITY** to do whatever I desire to do in order to establish and **EXPAND PERFECTION** in my own world, or anywhere upon the Planet where I desire to direct my Life Energy toward that accomplishment. **"I AM" the Mighty Balancing Activity of Life in, through and around every part of Life upon the Planet Earth - Eternally Sustained!**
- ✚ **"I AM" THE SILENCE! I Live in the Silence! I move in the Silence! The daily activities of my very Being are held within the Power of the Great Silence! "I AM" THE SILENCE - Eternally Sustained!**
- ✚ **In the Name, Love, Wisdom and Power of my own Beloved "I AM" Presence, I Call to You, Beloved Jesus and the Great Ascended Host of Light, to CHARGE (3X) the Cosmic Power of Light, Love, Illumination, Peace, Freedom, the Great Silence, and ALL PERFECTION into the mental and feeling worlds of ALL mankind. Hold this Forever Sustained until these Divine Powers MANIFEST in the Beings and worlds of everyone upon this Planet. We so Decree It in God's Most Holy Name - "I AM"!**
- ✚ **"I AM" enfolded in a Mighty Pillar of the Violet Transmuting Fire that goes before me - dissolving and transmuting every imperfect thing that I contact into God's Eternally Sustained Perfection.**
- ✚ **The Light, Love, and Protection of my own Beloved "I AM" Presence and the great Ascended Host of Light enfold me now and Forever Sustained.** As I proceed about the Father's Business each day, I **COMMAND** that everyone and everything I contact be Illumined and set Free from all human concepts and that these be replaced with the Essence of Cosmic Truth.

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✚ **"I AM" within the Great Silence!** I speak only when the Presence of God has something to say through me. Then is my every word charged with the Ascended Masters' Love, Illumination and Perfection - Eternally Sustained.

**"I AM" a LIGHT Bearer! "I AM" the LIGHT of the World!
Now have I spoken as God's Most Holy Name - "I AM"!**



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, 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! Come forth and take Full Command of each outer personality and let Your Divine Plan be externalized through each one RIGHT NOW!

Beloved Presence of God - "I AM" in us; Great Host of Ascended Masters and Cosmic Beings; the Seven Mighty Elohim and the Seven Beloved Archangels; Beloved Ascended Masters El Morya, Lanto, Serapis Bey, Saint Germain, and All Great Beings, Powers and Legions of Light, CHARGE us with Your Mighty Love, Wisdom, Balancing Activity and the Power of the Silence; and Blaze them through us to Bless all Life everywhere Eternally Sustained - as God's Most Holy Name - "I AM"!
We thank you.

- 3. READ PARTS I, II, III.**
- 4. BENEDICTION**

Now SEALED in the Mighty Power of the Great Silence, we Love, Thank and Bless You, Beloved Ascended Host of Light, for Your ministration unto us this day. Help each one of us to put into practical application and manifest works the Illumination that we have received. Guide and Direct us; Guard and Protect us; and hold us all in uninterrupted Harmony NOW and until we reach that great Perfection in the Victory of our Ascension. We so Decree It in God's Most Holy Name - "I AM"!

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 upon your Spiritual Pathway toward Enlightenment and Freedom.

Beloved Uriel and the Angels of Ministration and Ceremonial, we Love, Thank and Bless You for Your wondrous Service to us this day. Take up our humble efforts and amplify them with Your Mighty Love. Take then North and South, East and West, and COVER our dear Planet Earth with Love and

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Light, with Peace, with Illumination, Healing, Freedom, Victory and the WILL OF GOD made manifest through every Electron belonging to this Planet and Its evolutions in any way.

THIS SHALL BE for I have spoken as God's Most Holy Name "I AM"! We thank You.

5. EXTINGUISH CANDLES

Class should disperse quietly and reverently while soft music is being played.



A WORD TO CLASS DIRECTORS

Think of yourself and each one in your group as ONE HEARTBEAT. Feel the Perfect Harmony and attunement with each individual, and feel that at-one-ment as a giant Flame. Send forth the Light from the group to all mankind, and once again feel yourself ONE with the HEARTBEAT of ALL mankind. Now see the whole Earth enveloped in the Light and Love from the entire group and then EXPAND that throughout the whole System.

Now feel your unlimited ability to do whatever constructive thing you desire. Visualize that which you desire and let the Light and the Love from your Heart flow into it - filling it with Light and then see it manifest through the Power of Harmony.

Do not think, feel, or speak that which does not expand GOOD – only that which is constructive and will Bless all. As much as possible keep your attention away from the various reports of imperfection brought to your notice through modern media. KNOW that they have NO POWER TO ACT in the world and COVER them with the Light and Love from your Heart. Now see the Earth and all upon it enveloped in that Light and Love. Think, feel, speak and MANIFEST only PERFECTION in all you do, and constantly EXPAND that to the whole SYSTEM.

Acknowledge ONLY GOD acting in every person, place, condition and thing, for it is true - GOD IS EVERYWHERE; GOD IS ALL IN ALL. As you feel the God - "I AM" - in you take more and more command of your Being and world, the Joy and Happiness of serving hand in hand with the Ascended Host of Light - acknowledging and expanding only Perfection - will fill your world and carry you forward to the Victory of your Ascension.

The students of the Bridge to Spiritual Freedom MUST be the examples to the rest of mankind that GOD'S WAY brings Love, Peace, Joy, Happiness, Beauty, Protection, and Perfection of every kind and description. No longer shall the idea of suffering be allowed to be known as God's Will! Many students of the Light render their service in a somewhat laborious way - many times through fear. This is no longer the Code of the Day. Let your God Presence - "I AM" - come through and a glimpse of the Inner Realms and all Its Perfection be given to mankind. Let the Joy and Happiness of the SILENCE blaze forth from you and give Its Blessings to every part of Life you contact. Thus will you fulfill your Reason for Being and be able to see the manifestation of the Service which your dear Hearts have so longed to give.



A FINAL WORD TO THE STUDENT

Having now come to the end of this Series of the Fourteen Primary Lessons, we cannot think of any better advice at this point than to quote our Beloved Lord Maitreya's remarks of Dedication given in Lesson No. 1 of

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this Series. For the student who wishes to continue in the development of his or hers Spiritual Powers and Attributes, we do, of course, point that one to the full series of transcendent books on Spiritual Law which are available through the channel of THE BRIDGE TO SPIRITUAL FREEDOM, INC. and which, when studied conscientiously by the student, will assist him in drawing ever closer to that great Goal of all Life - the Ascension.

In Primary Instruction Lesson No. 1, Beloved Lord Maitreya said: "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 yet walk 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."



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

