

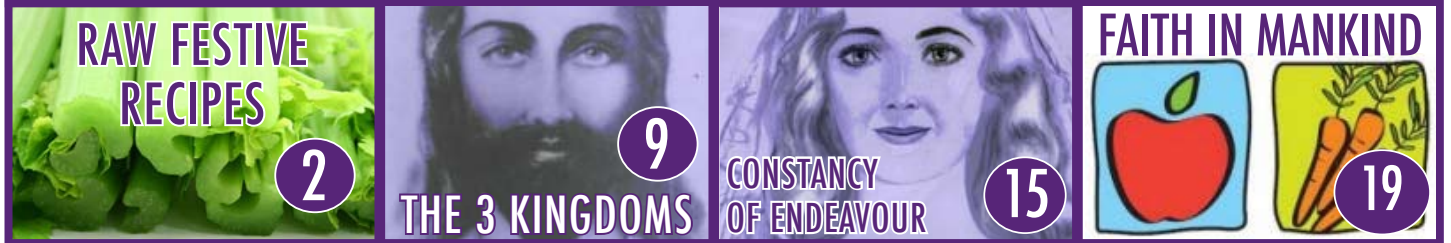
THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!

FREE!

AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

ISSUE 23: DECEMBER 2011/JANUARY 2012



This address, taken from 'Dictations', by the Ascended Masters, Bridge to Freedom Publication, AMTF (page 77-85), was given by BELOVED SANAT KUMARA in 1953.

Expanding the light

'Blessed be that Sacred Fire within your Hearts, the Light that is to illumine ... an entire planet, an entire galaxy.'



ELOVED Immortal Spirits of eternal Light and Life, I bow before the focus of the Sacred Heart

and the Sacred Fire of Creation that gives you Being. I Am drawn into your Presence in response to the magnetic pull of our own Heart's Light. I come because you, each one, are to become the Light of the World, and to fulfill through your own individual destiny the same purpose that I have cosmically rendered unto this hour.

Blessed be that Sacred Fire within your Hearts, the Light that is to illumine not only a city, but an entire planet, an entire galaxy. Never limit in your consciousness and feeling, the power of that Light which is your very life. It was my belief in that Light and in the ultimate desire that would rise within your heart to expand that Light, that prompted me to come to the planet Earth and remain as the guardian Presence until that hour and that day when the evolution upon the Earth itself would choose to assume its rightful

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ABOUT 'TAT': *The Ascension Times* is published online every month. Our mission is to impart knowledge that is positive and truthful, and that will assist people to live in more gentle and harmonious ways.

We are not affiliated to any religious, political or philosophical association but do impart knowledge directly from The Ascended Masters via Bridge to Freedom and St Germain Press material.

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These 'TAT' Christmas recipes come from the kitchen of raw food specialists The Two Traceys.



VANILLA NUT NOG

Equipment: Blender, nut milk bag.

INGREDIENTS

- 2½ cups brazil nuts
- 15 to 20 medjool dates
- 3 vanilla beans or 1 tablespoon vanilla extract
- 5 cups water
- 3 tablespoons honey
- ½ teaspoon cinnamon
- Nutmeg



DIRECTIONS

1. Blend all the ingredients (except the nutmeg) until smooth.
2. Taste and add more dates, honey or vanilla if desired.
3. Strain the blended mixture through a nut milk bag.
4. Pour the strained nog into glasses and sprinkle with nutmeg.

FESTIVE NUT LOAF

Equipment: Food processor, dehydrator (optional).

INGREDIENTS

- ½ cup almonds
- ½ cup pecan nuts
- ¼ cup flax seeds, ground
- ½ cup celery, chopped
- ½ red pepper, chopped
- ½ cup carrot, chopped
- 1 cup fresh herbs (parsley, origanum, sage, thyme, rosemary)
- ¼ cup sundried tomatoes, chopped
- 3 tablespoons miso



- ½ teaspoon salt
- pepper

INGREDIENTS (FOR COATING)

- 2 tbsp coriander seeds, crushed
- ¼ cup buckwheates, seeds or nuts

- Pinch of cayenne pepper
- Parsley, chopped

DIRECTIONS

1. Process the nuts in a food processor until fine.
2. Add all the other ingredients and process until well combined but not completely smooth (the

GRAVY

EQUIPMENT: Blender.

INGREDIENTS

- 4 tablespoons olive oil
- 2 tablespoons tahini
- 2 tablespoons miso
- 2 dates, soaked
- ½ cup water
- Pepper

DIRECTIONS

1. Place everything in a blender and blend on high until smooth and warm.
2. Can be warmed gently on the stovetop – only at a very low temperature.

mixture should be damp enough to hold together when squeezed in the hand; if not add a little water and mix again).
3. Spread the crushed coriander seed mixture onto a board and place the nut loaf mix onto it.

CHRISTMAS MINCE TART

EQUIPMENT: Food processor, blender.

INGREDIENTS (for the crust)

- 2¼ cups almonds
- 2 tablespoons maple syrup
- 1 tablespoon coconut oil
- 1 tablespoon date paste
- Pinch of salt

DIRECTIONS

1. Process the almonds in a food processor until fine.
2. Add the remaining ingredients and pulse until combined. Press into pie pan.

INGREDIENTS (for the filling)

- 1½ cups soft dates
- ½ cup orange juice
- 2 apples, chopped small
- 1 cup raisins
- 1½ teaspoons mixed spice
- Pinch of salt

Directions

1. Process all the ingredients (except the apple and raisins) in a food processor.
2. Add in the apple and raisins and process for a further five to 10 seconds.
3. Fill the pie crust with the filling mixture.



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Bless and thank all the beloved elementals that have brought your food into form and your mighty 'I AM Presence' for everything in your life – remember that we cannot lift a finger without the life given to us from our individualised presence of God – our 'I AM Presence'!



From page 1
responsibility. My faith, my trust, my confidence and my love have been proven this day by your response to my call. My Beloved Son, Morya, has chosen to set into motion this endeavour to accelerate the understanding and consciousness of mankind to a point where they may become consciously the Light and the aura of Spiritual Radiation required by the Cosmic Law to sustain the place of this small Earth in the solar system.



Beloved Sanat Kumara.

I HAVE LEFT VENUS BEFORE. THIS IS NOT THE FIRST PLANET THAT HAS WORN THE MANTLE OF MY LOVE. I STOOD ON OTHER ORBS, WITH OTHER EVOLUTIONS, AND I WAS RETURNED HOME VICTORIOUS IN EVERY CASE – sometimes one lifestream developing enough Light in his or her heart to pay my ransom, sometimes an entire evolution developing that Radiation required to meet Cosmic Law's demand. It is not numbers, but quality, beloved ones, that determines the Radiation of Light required to sustain the place of a planet in its evolution or to sustain the place of an individual in a planetary scheme.

What think you is the Light of the World? It is but a quality of feeling that can be generated individually, and sustained to a point where the aura, the inner bodies and the atmosphere, radiate the pure Light from the Unfed Flame, which is within the heart. It is not some metaphysical truth that is difficult to discern, some occult formula that can be evolved only by the ascetic. It is such a simple, self-evident truth and code of life and conduct, that the smallest child or the most orthodox consciousness can become that Light, first within the small narrow confines of the personal orbit, and then in a larger scale. The qualities that bring comfort, peace, harmony and balance externalise beauty, tolerance and understanding and are the ones that emit Light through the feeling

world. They will eventually make even the physical garment self-luminous, as it was when received first from the heart of the Electronic Presence. The feelings that generate happiness in the lives of those you contact make you a "Light Bearer. It is a simple as that.

You walk the way of Earth! You rub shoulders with mankind daily and hourly, and each and every one of these men, women and children whom you pass in your daily association are

potential "Light Bearers" in themselves. When your spoken words, when your kindly smile, when your gracious gesture, when your radiation of feeling, beget a similar radiation of happiness, of gratitude, of comfort, of peace, in any one of these people, you have expanded the Light in your own world and expanded the Light in that of your fellow man. At that instant, there has been an increase in the mass Light of the entire planet. Do you see?



Walking along the street, in your department stores, the power that is within a smile to Light another's face is proof that it is adding to the Light of the World!

It is the homely things, the practice of the power and Love of God, that transforms mankind and an evolution from the selfish animal consciousness into the gracious divine kings and queens of Light which you were once and which you must become again.

You are entering into the glorious radiation of the Seventh Ray under my son, the Master Saint Germain, whose activity is known as ordered service, courtliness, kindness, dignity, and beauty of hourly and daily living.

Light, from the heart of the Sun God, as well as from the heart of the smallest elemental, is built on the rhythm, of the second, the minute, and the hour. The radiation that must come forth from those of you who have vowed within your hearts to love me

'The practice of the power and Love of God transforms mankind.'



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SPIRITUAL/ASCENSION MATTERS

• TEACHINGS FROM THE ASCENDED MASTERS • THE VERY INTERESTING HISTORY OF EARTH

free, is that Light that calls forth the dormant Light in others.

“Shamballa” means to “make sacred”. It is the name of the City of the Sun in the heart of Venus, which is my home. At the time when I attended the Cosmic Council and it was voted to return the Earth to nothingness, I returned to my planet, Venus, and into Shamballa.

There I told my Beloved and my council that I

would like to assist the people of Earth and help to sustain the place of this planet in her system. My beloved friends, the guardian spirits, the priests and priestesses of Shamballa, offered to come and build upon the planet Earth a replica of that blazing eternal City of Light – and so they did.

For hundreds of years, they labored before the hour of my visitation to Earth was come, and the Shamballa that was created out of the beautiful substance of the physical world was an exact replica of that City of Venus. Into the akashic records was built the perfection of that design, which remains there to the present day. For the scholars who are among you, Shamballa was built three times, and three times the physical buildings were destroyed. The first time, it was created and prepared for the hour when I should make my visitation. It was later destroyed and built again by sensitive spirits who tuned into the glorious pattern in akashic records. Again, cataclysmic action returned it to nothingness.

The final building of Shamballa, over sixty thousand years ago, is recorded in occult literature. That too, has suffered decay, but the etheric replica of the blazing powerful original city lives and breathes in the ethers over the Gobi Desert, and shall remain there until it is lowered again, permanently, into the physical appearance world as the Golden Age proceeds and mankind, individually and collectively, prove themselves worthy to sustain it for all eternity. It will be my gift to the evolutions that I have loved



‘We live but to love life free.’

and will remain a part of the star of freedom long after I have returned to my home, perhaps to go forth again to some further star, some more childlike evolution, some more innocent evolving life. That is love, and that is service and that is joy!

We live but to love life free. Now you have come forth desirous of understanding the law of your own Life, desirous of redeeming the energies of

your own world, and desirous of providing the Light from within your own feelings and that of your fellowman so that I may close my cycle and rise on the love of your hearts into the glory of my home. For that, beloved, blessed children, I thank you. For your love, I Am eternally grateful, and for your desire individually to know how you may contribute to the Light of the world. I pour to you today the concentrated radiation of my own consciousness. When you care to turn your thoughts and attention to me, I will show you individually how you may add to the Light of the World each day.



Opportunities are without limit, particularly when you are surrounded by seven or eight million potential Light bearers! Mankind thinks spiritual opportunity lies on the mountain top, in the hermitage, in the cloister, or in the monastery. However, if you are to radiate your own Light, if you are to become cosmic torch-bearers lighting the feelings of others, stirring enthusiasm within their hearts, kindling the fires of Faith and Hope, awakening the interest in brotherhood and selflessness and service, you must lift the mass consciousness to give that service, you must become the leaven willing to raise the masses through proximity. It is in the darkness that Light is needed. It is in the shadows that the flaming fire of one awakened soul is required.

I came to Earth because she required Light. Oh,

‘You must be willing to raise the masses through your proximity.’



this magnificent city, millions of souls walking in shadow! Use your power of radiation touching their feelings and making them radiant “Light Bearers” also! Experiment with kindly feelings and see the Light within the eye of the hopeless kindled to renewed faith! See the weary, bent shoulders straighten and the spine again hold the body erect as a daughter or son of the Most High Living God! See the bowed head raised so that the crown of immortality may rest with dignity upon the least of these. Do this, and you will know why I CONTINUALLY seek planets and evolutions to love them free.

Children! Spiritual service has been cloaked with a consciousness of severity and duty. It has built, unconsciously, tensions in the most earnest spirits who, feeling and sensing the responsibility of serving Light, neutralize the very activity which the Holy Spirit itself, through the heart, would release – namely, a happy, buoyant, joyous, controlled love. This brings a response from the Fire and Flame within the heart of those who seem yet so bound in shadow that they do not know how to generate that Light with is their freedom.

I Am the guardian of the Sacred Fire of the planet Earth. That Fire is within your hearts. It takes a matter of seconds for the primal essence from the Great Central Sun itself, to pour down through the Silver Cord into your flesh body, the Light which sustains the life and intelligence within the form in which you sit before me. That Life is the Sacred Fire of Creation, which is the ONLY power I have used to create and sustain the Light that has poured out from the planet Earth into the universe and given any semblance of luminosity to your star. The same Light, the same Sacred Fire, is within your physical hearts. I have no particular jurisdiction over it. That Fire within each one of you, is enough to hold the balance for a city, for a nation, for a planet. It is the same power that the Master Jesus used to heal the sick, to raise the dead, to perform every so-called miracle by which he REDEEMED the Light which was closed in by the shadows of limitation and



‘Know within you that your redeemer does live.’

distress.

That Sacred Fire is the redeemer of your own life energy imprisoned in human creation. I have been called “The Redeemer” of the Earth, but it would be best to say the Sacred Fire, by which I have being us that redeemer, and that same redemptive power is within you! PROVE IT!

In a simple illustration, if you are depressed (and in the atmosphere in which you move it is not impossible for such feelings to enter the emotional body from time to time), give your

attention to the Sacred Fire and know within you that your redeemer does live and then ask that Sacred Fire to change the quality of your feelings. Think of something for which you can be grateful to life, and you will see how powerful is the action of the Fire to change your feelings, and in changing your feelings, to give you an opportunity to emit Light, which not only repels, but dissolves shadow.

The Sacred Fire of creation within your heart is the redemption of every electron that you have drawn from the universe qualified imperfectly, and sent forth into this universe which, on its return current, comes back to its creator for freedom.



Oh, beloved ones, those beautiful electrons that from your own Silver Cord! I look at them this morning! Each one of you manifests a definite and distinct pattern through those electrons that flow from your Presence into your heart, which life obediently takes on the quality of your thought and feeling and is pressed out into your world and then the helpless atmosphere which mankind must breathe. There your life, qualified by your own free-will, forms either part of the shroud of death, the depression and heaviness which weighs upon the people, or becomes part of that melting power of Light that consumes the shadows, that activity of redemption for which the Brotherhood works.

That life, having come forth through the door of your individuality, has no way to return home to the Father but through the Sacred Fire of your heart,

‘The Sacred Fire is the redeemer of your own life.’



through its own redeemer, by which it becomes purified. You call it karma. It is merely innocent life and on its return journey it simply carries back to you the same quality that you sent forth. When it touches your worlds (if it is uncomfortable), you repel it, and if you will not allow it to find its way back to the Father from whence it came,

it remains a part of your unconsumed heritage of karma until you can welcome it, redeem it through the Flame, and send it home happily and gratefully.

YOU KNOW THAT NOT ONE THING CAN TOUCH YOU, NOT ONE THING CAN ENTER YOUR WORLD, EXCEPT THAT WHICH YOU HAVE SENT FORTH PREVIOUSLY. In your knowledge of the Sacred Fire, in the knowledge of the Violet Flame, as that energy presses back for redemption, that much of the Earth's shroud, that much of the death garment will be transformed as it passes through the Sacred fire, and you, standing in dignity and in honour, consciously return it to the universal, and Light — as part of my ransom.

Mankind at large do not have to handle the return of their energy so rapidly, because they have not signified before life that they desire to complete their cycle, taking back, drawing into themselves and redeeming all that they have contributed in karma to the race and to the universe. You have chosen to do so. You chose like Lord Buddha, Lord Maitreya, and others, to make the great sacrifice. What does that mean? It means to make sacred the energy of your own life, whether it is pressing back as discordant circumstances, as ill health, as in harmony or as limitation. Oh, but you must not (like some people in the East) lie down under that energy,



'The Golden Man lives within the heart.'

for too, is an error. You are to call that Sacred Fire forth, in a great circle of Living Flame around you, and as that innocent life obeys your call and comes back for redemption, it will be purified, transmuted and returned to your Causal Body without discomfort to the personal self.

You have commendably used the power of the Unfed Flame

in expanding its Light. You have been told, and have accepted, that as you place your feet upon the spiritual path, the Unfed Flame within your hearts will grow, but in the mass of mankind that Flame has receded until it is less than one-sixteenth of an inch in height. Conscious chelas and students, as their attention goes to the Presence, find that Flame expanding. Finally the day comes when the little airless cell in which it abides no longer can hold it, the cap of that small compartment is burst, the Flame rushes forth, and there is born within it an exact replica of your own Holy Christ Self, which the Upanishads and the Vedic writings have referred to as "the Golden Man" that lives within the heart. This is the "second birth" of the orthodox world, and as that little Being begins to expand, you will feel the Unfed Flame taking more mastery through your human form and your inner bodies.



You have evolved the beautiful decrees asking the Unfed Flame to expand, to arise, to illumine you and to provide protection, and that is beautiful indeed, but have you thought upon the cohesive power of the Unfed Flame as an activity of precipitation, of drawing from the universal the good that you require? I SUGGEST YOU EXPERIMENT WITH THAT SAME POWER. After all, in its cohesive activity

'Think about the power of the Unfed Flame as an activity of precipitation.'



it hold your physical body together, keeping those cells revolving in their orbit, around their own central core. YOU WILL FIND IT ALSO HAS WITHIN IT THE POWER TO DRAW TOWARDS YOU EVERY GOOD AND PERFECT THING.



I welcome the opportunity of speaking to you this morning, because the great Shamballa has opened her doors again to the Brotherhood. Once every year, as the twelve-month cycle draws to it close, we play host to those great Beings who have offered to guard and protect the evolving mankind on the Earth and, wherever possible, teach them the way back home. For millions of years, this activity in Shamballa was a private one, and none less than high initiates, adepts, or fully free Masters, were among our guests, but through the widening of the interest of unascended beings, we are host to many, many thousands of lifestreams this year. Also, many millions of good men and women stand in their etheric bodies in the atmosphere around Shamballa, accepting our Light and Radiation, though they cannot yet participate mentally, in an alert, awakened consciousness, in the actual ceremonies of the Flame or enjoy consciously the Great addresses that are being given by the brothers and sisters who are members of the great Hierarchy.

I have chosen to come and give to you today a simple presentation of how you may be the Light of the World. I hope you will remember that it is an opportunity without parallel for you to establish within the hearts of the men and women and children you contact in your own orbits, in your business, in your personal activities, and – those of your who are connected with the public life, in your audiences – an understanding that the most perfect service that any unascended being can render (no matter what his creed, belief or religion) is to change the quality of his own feelings and that of others to a constructive endeavour. The early Christians are a marvelous

example of that – they tuned in so deeply to the consciousness of their leader and Master that they embodied his feelings and conveyed them on the instant to those with whom they were surrounded. In this manner, they made more converts and created a greater pattern of the

Christ way of life than all of the lectures and all of the speakers that have followed them in the centuries since the full impetus of Jesus' record was removed into the dissolution of the physical bodies of the last of the disciples and apostles who walked the Earth.

Now, again we come close. We shall return, as you desire us. Now, beloved children of God, in the name of the Great God of Light and Life, in the name of the Sun of the system, in the name of Shamballa, and the Holy Great White Brotherhood, which I serve, I give you my blessing. May the star of my own Light shine above your heads! May the love that I have felt



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'We return as you desire.'



'May every lifestream you ever contact be filled with the FIRE of the Holy Spirit!'

for your evolution fill your hearts! May you become such spiritual incendiaries that everywhere you move, LIGHT WILL APPEAR! May every lifestream you ever contact be filled with the FIRE of the Holy Spirit! MAY YOU NEVER, IN THE NAME OF GOD THAT MADE YOU, LEAVE ANY ENVIRONMENT, OR LIFESTREAM IN AS MUCH SHADOW AS YOU FOUND IT! THAT is your responsibility.

Eighteen years before my going (note: Sanat Kumara returned to Venus after only 3 years in January 1956 — much before the expected 20 year period — this was due to the Transmission Flame Service) I place in your hands the scepter of dominion, which I have brought from Shamballa, and which has remained the property of Lord Maitreya and myself until this hour. I ask that you use that scepter individually, and where this is sorrow, bring happiness, where there is limitation, bring freedom, where there is death, bring life. For this were you born, for this cause came you into the world, and for this DAY has life sustained you through MILLIONS and MILLIONS and MILLIONS of years.

You have come to a point where you have offered your hearts and hands to God, and you have asked, "How may I serve my fellowmen?" I say to you there is not an experience in your life, from the time when

your feet touch the floor in the morning, until your head rests upon your pillow at night, that you do not have opportunity to bring more Light to some part of life, animate or so-called inanimate, whether of the human kingdom, the elemental kingdom, the angelic kingdom, the four-footed kingdom, or nature as a whole. Watering a plant that is dry makes that plant happy and makes that plant emit more Light. Do you see? It is as simple as that!

Opportunities are all around you to emit Light.



Do you remember the small boy that the Master Ariel was training in the control of energy? Sometimes when the experiences of life would weigh heavily, he would say within himself, "I hope my Master doesn't ask me to emit my Light today." I AM ASKING YOU NOW EVERY DAY, EVERY HOUR, EVERY MINUTE, TO EMIT YOUR LIGHT! I want lips to smile, hearts to sing, souls to have new faith, because you are my ambassadors. I want shadows to recede, sunshine to be present, fears and all the terrific agonies to which the human consciousness is heir, to disappear at your approach, so that when you walk the length of a room, that Light going before you will bring harmony.

Opportunity is yours, and NOW let me see your activity in LOVE. I thank you. — Sanat Kumara.

'You have so much opportunity to bring more Light to some part of life.'



THE THREE KINGDOMS

This extract was taken from 'The Angelic Kingdom' — dictated by Archangel Michael to Geraldine Innocente in December 1963 (compiled by W. Schroeder — AMTF).

HAIL, children of God! Living, breathing Fire Beings, representative of the three great kingdoms — guardian spirits from other stars and planets, angels wearing the robes of flesh, elementals presently incarnate to help the evolution of the race, and Earthlings, too!

Do you know then how much I love you, individually? Each one of you is part of my pledge to life! I have watched over your souls from the very first day when your sweet feet touched the planet Earth on the first lap of your great journey toward individual creative development and perfection. Whether you came as a guardian spirit, whether you came as an angelic being, a member of our own court, whether you came as one of the builders of form, or whether you were among the sweet and holy innocents for whom the planet was created and has been sustained to this day — I pledged my life to see you FREE!

Ah, through those long centuries that have been, have I walked by your side through incarnations in which the tears dimmed your eyes! Many times as your heads were bowed, and as you had seemingly lost faith in God and good and purpose, have I stood close and whispered, "Faith, little brother, faith, sweet sister," and again you lifted your head, straightened your spine, and moved forward, endeavoring in that Earth life to balance your debts and to conduct yourselves in a manner worthy of the God-life which is your heartbeat.

Many a time have I taken your weary soul (as the last breath was placed in the keeping of the Holy Comforter) into my own arms and brushed from your soiled garments with my own hands the spots and stains of the iniquities which you consciously or unconsciously had woven into the substance



'I stood close and whispered: Faith, little brother, faith, sweet sister.'

of your being! Many is the time I have answered a heart call from someone who loved you more than you loved yourself, and in that heart call turned you back from the brink of the "second death" to renew your endeavors to complete your journey in honor and in dignity. Many is the time I have kissed your brow as you took upon yourself again and weight of the karma allotted you by the Karmic Board and, passing into the realm of form, forgot for a time your friends — the angels! I am your friend, for my life is pledged to set you free!

I remember well when the priests in the temples were notified that the laggards of the other systems were to be given habitation on the Earth and were told to

'My life is pledged to set you free!'

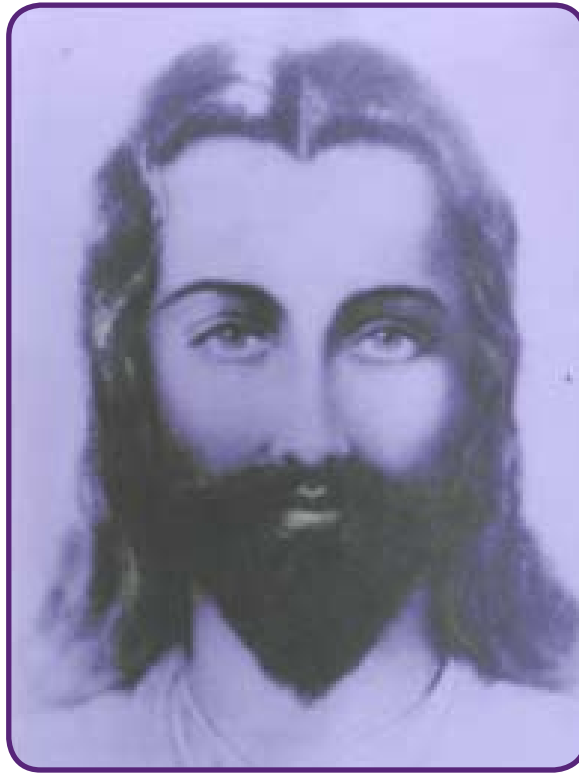


make the application required to protect the evolution that had been living in the innocence of the “Garden of Eden” from the effluvia and contagion of the thoughts and feelings of those who, in their own planet, either did not or could not control the energies enough to proceed with their planet into greater light.

I remember well in my own contemplation, pondering on how I might best serve in the ages that were to come. It was then I fashioned out of thought the Sword of Flame which has been with me all through the aeons since, and which has been constantly used to cut the souls of men free from the shackles of their own creation and to release imprisoned life caught in the thoughtforms of the humanly-created entities that make up the astral and psychic realms, which is my self-chosen home and habitation for twenty hours out of every twenty-four.

I fashioned that Sword of Flame by thought, for I knew that there would come a time when the souls of men would require more than the energies of their own lifestreams to cut themselves free from the shackles and creations into which they would weave their energies. I charged into that sword my love of men, my love of the heartbeat, my love of God. It is not a sword of which to be frightened, it is a sword of redemption, a sword of hope, a sword of freedom, and when the last soul has passed over the bridge into eternal light, when the last book of record has been closed and sealed, when the ascension of the last lifestream is completed, and every tiny electron that is presently functioning in distorted form is again redeemed and returned to the Sun – that sword will be no more. Then we shall sing our Hallelujahs together, “Glory to God in the highest and glory be to the light in the hearts of free men!”

May I bring to you (as it has been assigned to me by the great Lord Maitreya)



Lord Maitreya ... has a great understanding of the angelic kingdom.

a certain understanding of the angelic kingdom? As my illustrious predecessors upon your gracious platform have said, “How to describe the activities of the angels in the few short moments that we can be together?” But, I shall try!

Within man is the kingdom of the mind, where the elementals, responding to thought, become the form that is designed within the consciousness. Within man is also the great emotional world which is the kingdom of the angels, to which they respond, amplifying every virtue, every tiny pulsation of hope, purity, peace or kindness generated within the feeling world.

The mind is the magnetic centre for the elemental

kingdom. The feeling world is the magnetic center for the angelic kingdom. Within mankind, one day both shall be blended consciously, and man will be master, through controlled energy in the feelings, coupled with definitely-directed thought. That is why it is said that man is a “bridge” between the two great kingdoms. That bridge will one day unite the three kingdoms again — in worship, in service, in evolution, and in God-happiness for eternity.

The great angelic kingdom came to your planet Earth primarily as protectors, as amplifiers, of the virtues of God. They stand yet within the auras of men and women who are enmeshed in their own human creations and, through the power of radiation, help them to continue to place one foot before the other, moving onward and upward until the cosmic day dawns when more help can be given to this evolution and the Sacred Fire called forth will

redeem the mass accumulation of effluvia in the astral and psychic realms.

As the beloved Maha Chohan described to you recently, the elementals learn and evolve through imitation and controlled obedience. These small intelligences (the elementals) grow into devas and builders

**‘Angels
amplify God’s
virtues.’**



of form, into the great spirits that control mountains and hold them in their divine pattern. They evolve into great Elohim, creating planets and systems, and may even become Silent Watchers of a universe or a galaxy.

THE ANGELS EVOLVE PRIMARILY THROUGH THE CONTROL OF RADIATION. THEY LEARN THROUGH THE CONTROL OF ENERGY TO BECOME CHERUBIM, SERAPHIM, ARCHANGELS, AND FINALLY GREAT BEINGS THAT GUARD AND PROTECT PLANETS, GALAXIES AND LARGE SYSTEMS OF WORLDS.

The beloved Archangel Jophiel, in his temple, works with the angelic kingdom much in the same manner that the beloved Venetian works with the elemental kingdom. The small angels are taught how to draw radiation, how to emulate a feeling. The deva or teacher in charge radiates a feeling, we will say, of faith. The color and power of this quality passes out from his body and is instantly re-created in the feeling worlds of the little angelic beings, who disport themselves in it and, like the bees that cluster round a flower enjoying its nectar, they absorb the quality of the virtue, laugh in it and are joyous. As they grow, they go just a little way from the temple and the quality of the virtue passes out from their bodies without any restraint or control, making little sparkles of light, of quality and color in the atmosphere, something similar to the “sparklers” that are used in the celebration of your great Independence Day.

As they learn to hold within their bodies the quality under assignment for a longer period of time, they are evolving in controlled energy. They are then assigned to a ceremonial deva or some experienced member of the angelic kingdom who is about to proceed into the lower atmosphere of the Earthlings. They are



‘The human being feels the angel’s presence in a surge of hope.’

asked to hold the quality (of faith in this instance) within themselves until the directing angel points out some lifestreams who are in need of faith, and thus they sally forth on their mission.

Sometimes they are able to hold the radiation for the prescribed period and sometimes they are not. It is not too important in the beginning, but if they are able to follow through, they will come down into the atmosphere of Earth and the Silent Watcher of a city will direct them to a home where perhaps a mother watches by a sickbed or where there is an individual in distress of some kind. He will then instruct the little angel to release the quality it is holding within its

consciousness into the feeling world of the needy one, and thus render the service for which it was created.

The faith of the angel is its gift to the human being. The human being feels the angel’s presence in a surge of new hope, of confidence, but he neither sees nor knows his little celestial visitor and the latter (its mission accomplished) rushes back quickly to the protective aura of its director — the whole contingent finally speeding back into the Sun or temple from which they issued forth.

The angels grow in this wise, until they become invested with enough control of energy to be given the keeping or care of a home, a church, a hospital, or any asylum of some kind. There they remain, drawing down the energy of the Godhead to bless their charges, weaving out of the energies of the inhabitants thereof whatever prayers come forth, the people thus (perhaps unconsciously) giving back a balance and blessing for God’s love and light.

You see, the angelic kingdom is concerned primarily with bringing the gifts of God, and they are one-pointed in the extreme. If they are told to bring faith, that quality represents their entire consciousness. They are embodied obedience. They render the

‘Angels bring about the gifts of God.’



service allotted to them, and return home.

Now, another activity of the angelic host is to expand the virtues already present in mankind. They are not overwhelmed, however, by this service at the moment, because the vices of the race are not balanced by the virtues, unfortunately. In your great activity, at the commencement of this mighty service which will be universal in the future, when you gather together — oh, if I could only part the veil and let you see the presence and power of the angelic host as they work to build a spiritual edifice at every class and meeting! If you could only see the builders of form from the elemental kingdom, as well as the ceremonial angels that gather!

The Silent Watcher of the group sees each student who is to be part of the worship of the day and sends an angel messenger to each one's home who tries to weave out of that student's aura the highest possible potential light — hours before that one joins the collective group.

IF YOU COULD SEE THE GUARDIAN ANGEL THAT GOES DOWN THE STREET BEFORE EACH ONE, THAT HIS OR HER LIFE ENERGIES MAY NOT BE DISSIPATED, BUT THAT THEY MAY COME INTO THE GROUP IN THE GREATEST HARMONY AND BALANCE.

If you could see the great builders of form, who make the pattern for the particular activity of the night or the morning worship! These patterns are very seldom the same. For instance, the evening of the beloved Maha Chohan gave his address, the activity was a great white mountain, something like the "mount of attainment." The activity this morning is in a cone-shaped form, through which the Power of the Three Times Three is focused. There is practically never a duplication, for the Silent Watcher of each group looks upon the individual members who are to be a part of that group, looks upon the potential energy



'The angelic kingdom also expands the virtues present in mankind.'

that is to be released by that group and in this way can judge the service that can be rendered to the entire planet as well as the psychic and astral realm, and outlines his pattern accordingly. He also takes into consideration the blessings and benedictions the group draws to itself from the celestial heights for offering itself as a nucleus for the entire service. Therefore, we are constantly surprised and delighted ourselves at the size and diversity of the patterns.

That is why inspiration is so essential in the heart and consciousness of the leaders — that they may be receptive to the possible good that can be accomplished at any specific cosmic moment, dear hearts, for all is the eternal NOW.

As these great angels weave the pattern and form, and as you individually are prepared, if you would only be cognisant that your preparation, your conscious mental and emotional preparation, would assist that angel, you would enter into these sanctuaries in such reverence, in such sacred silence, and so one-pointed in your desire to be the greatest possible channel for the outflowing of a force to benefit and bless mankind, as well as the elemental kingdom, which is in such great distress, that there would be nothing in your mind and heart but that one desire.

These are the vestments that each of you wear, for every man and woman in this new activity is a priest or priestess, carrying within the heart the Sacred Fire. You also carry within the MIND the power to magnetise the entire elemental kingdom — within the FEELINGS the power to magnetise the entire angelic host and within the heart the connection by which the Godhead, himself, must respond in flashing tongues of flame to render the assistance required, to bless our planet FREE.

So you come beautifully prepared, each one. I commend you. You enter into the room where the ceremonial devas and the builders of form are already busy, they, of course being aware of the identity of the Master who will preside (and may I say, there

'Great angels weave the pattern and form.'



is always a Master or an angel present). It is not necessary that we speak to you always by the means we are using this morning. When any blessed child of God, man or woman, takes the platform in earnestness and sincerity he or she becomes the magnetic power that draws a member of the Brotherhood. May I say, too, that it is not always the mental release and comfort you receive in the words, but in the RADIATION you receive whenever a blessed leader officiates. That is the blessing of the light.



‘Let us understand that the blessings of life are ever-present.’

Oh, let us get away from form! Let us get away from the desire to be amused! Let us understand, in the name of the God of life we all serve, that the blessings of life are ever-present! Your Master Jesus said, “Where two or more are gathered together in my name, there I AM IN THE MIDST OF THEM.” It is true! No individual in his or her right mind and consciousness, should stand upon any pulpit or platform without sincerity in the heart. Where there is a sincere heart, seeking more light, there is always a Master power or angel present to be a blessing to the individual and the collective group.

You have come now, each one, carrying within the chalice of your heart the Unfed Flame of life. In the church, when they exhibit the power of the Christ within the chalice, the bell is rung and the knee is dropped in acknowledgment of that presence of God. Each one of you as you walk along the street, as you proceed in your automobiles, in your subways, in your trolley cars, or upon your blessed feet – each one of you carries the chalice in which is the living God! Move, then, toward this sacred place, or any sanctuary where some lifestream has anchored the flame of God, in reverence, one-pointed.

Yours is the responsibility as much as that of the individual who has chosen to take the karma of the collective unit! Bringing that flame of God within your heart, place it within the focused flame in the heart of the sanctuary, and then, dedicating the developed faculties of your own visualization and your own feeling, your

own power of adoration and devotion, to the collective whole – open the door from below UPWARD, so that the release from above DOWNWARD may not only be for a localized unit the size of your city, but may be national or planetary.

You have done this many times, You are to be commended. I LOVE YOU. I am giving you encouragement, but I want to show you the design of which each one of you is a part.

The size of the channel through which the blessings from the higher octaves come into the lower atmosphere is determined

by the collective energies released by the student body directed through the leader, and by the quality of understanding within the consciousness of the leader and group as a whole. If you have an upward-reaching of invocation the size of a quarter, you have a downpouring of blessing of similar size. If you have an invocation the size of a city, you have a downpouring and a blessing the size of a city. Do you see?

May I point out it is not the volume of sound, but the quality of consciousness that determines the blessing! May I also point out that there is complete freedom given in the drawing forth of the energies from the collective group according to the feeling within the heart of the director of the hour, but the contribution of the energies of the group is essential, not only for the blessing of the individual part, but for the collective blessing of the planet, as well.

This morning the Elohim have come, the devas and builders of form that create your great mountain ranges, the God of every mountain range in the Americas, North, South and Central, the elemental kingdom, the Silent Watcher of the planet – these

beings have all come. Why? Because your hearts are magnets. Within that flame is a power that cannot be denied by life. You have chosen to call forth a blessing to life, and these beings have responded. They stand at attention, their energies controlled and directed through you individually and collectively, until at the close of our address

‘An angel will accompany a sincere heart.’



we allow them freedom, and they shall go South to Antarctica, North to the Pole, East and West, until they meet carrying the blessing from each of your hearts who have chosen to be a part of this service.

When you have placed your flame within the flame in the heart of the room, you have done exactly what Sanat Kumara did when he placed the brazier with the Unfed Flame from Shamballa within the heart of the Liberty Flame at Marseilles. Every Master who entered that beautiful, exquisite retreat, poured the flame of his love into the Liberty Flame, to intensify it. Then the collective endeavor is held until the moment of dismissal by the leader at the close of the meeting, and the release of blessing is carried by the angelic host everywhere that the sphere of influence and the forcefield created by the group activity will allow.

We have not yet brought out the beauty and perfection that shall come, when the angels, elementals and men worship together, but those of you who are leaders, will you remember before you close your meeting, to give that release to the beings who have served and who are gathered there, **AUDIBLY REQUESTING THEM TO GO AND CARRY THE BLESSING OF THAT CLASS EVERYWHERE!** When I say, “those of you who are leaders,” I speak to every student under this radiation, for you individually are being prepared to lead hundreds and thousands of people.

Why think you we are investing our time and our energies, drawing back the veil day after day, and giving you the details and intimate experiences of our lives, except that by weaving into the consciousness of your own worlds our feeling, understanding and illumination, you may be able to pass it on to your fellowmen! You shall no longer hide your light and understanding under a bushel! You shall carry that light forward from every meeting, a brimming cup that all the life you contact may be freed and blessed thereby!

Oh God, great heart of Creation, before whose throne I bowed and took the vow to serve the light within the souls of men! Oh God, in the name of life, I call! Awaken



‘Perfection shall come when angels, elementals and men worship together.’

mankind to their opportunity, and give them the love for the souls of men, which they had when they left the throne of your own gracious Presence and volunteered to set life FREE! SHAKE THEM LOOSE, OH GOD IN HEAVEN, from all thoughts of self! Let these, my legions, arise and move forward to set life free!

I thank you beloved ones, for your attention. I assure you my love for you is eternal! I have denied myself the joy of living in the world of the angels for you, each one. You do not know exactly what that sacrifice entails. You have not heard for a long time, the sound of the celestial choir

or seen the brightness of the Father’s face!

Mercy has dimmed your memory while karma holds you bound! You would like to remember, yes, but until your karma has freed you, until you stay from voluntary reasons alone, and not because your wings are clipped and you are pinioned round by the creations of your own accumulation, would it be wise for you to know the glory of that kingdom that “eyes have not seen and ears have not heard” — of the glory and perfection which lives there and which is your home, where your loved ones dwell as well as those Celestial beings who are in many cases, complements of yourselves.

Be content (if you wish it so) to have the Mercy Flame obliterate the veil that dims the memory of the shining light, but be not content to live in lethargy when the sons of men, and the souls of men CRY for freedom, when imprisoned life everywhere CRIES for its spiritual freedom.

I thank you for your patience with us and hope that we have not given you an undue sense of personal responsibility!

We want you to feel a sense of opportunity, for your opportunity is great. Upon you who still function in mortal bodies we depend for everything we wish to accomplish, as well as for the opportunity to contact the consciousness of the rest of mankind.

Now, may the love of the One Eternal Father enfold you, each one, unto your eternal freedom.

‘I assure you that my love for you is eternal.’



THE MASTERS SPEAK OF CONSTANCY OF ENDEAVOUR

A prayer, from the Bridge to Freedom Publications ('Journal Books 2, AMTF USA)

TO THE COSMIC SPIRIT OF CONSTANCY AND THOSE GREAT BEINGS WHOSE CONSTANCY OF PURPOSE, SERVICE AND ENDEAVOUR HAVE DRAWN THEM INTO THE ASCENDED MASTER REALM OF PERFECTION: We send our deep and abiding love to the Spirit of our Sun, whose constant, rhythmic outpouring makes possible the habitation of the Earth at this time! We direct our love and blessings to the Great Archaii, Constance, who, together with the beloved Jophiel, amplifies the virtue of constancy through the nature of mankind, when invited so to do.

We invoke the stimulation of the smoldering spark of constancy that lies hidden within the depths of the Immortal Flame in each human heart! Beloved Constance, Spirit of the Sun!



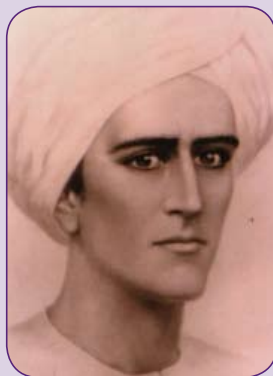
Play your constant light rays upon that spark, until every man becomes constant in his resolutions to return to God, in his present service to God and his fellowman, in his devotion to the development of his particular capacities and talents, which he may offer on the altar of humanity before returning to his Celestial home to go out no more!

We bless all the men and women who have walked the ways of Earth and, through constancy of purpose, have provided the benefactions which the masses have indifferently accepted but liberally utilised for personal pleasure and comfort! This month, LET CONSTANCY of endeavour, of purpose, of service, BE MANIFEST among our gentle readers, our co-workers in this activity and all mankind.

— Thomas Printz, Editor.

CONSTANCY: MAHA CHOAN

ALL accomplishment of lasting benefit to the universe is based on the constancy of some self-conscious intelligence in sustaining the idea, form, mould or matrix, until the universal light substance fills it with the proper proportion of itself, according to its size, durability and potential service to life. For every fully-manifested precipitation, due to the constancy of its creator, there are millions of uncompleted forms which dissolve again into the ethers for lack of rhythmic attention through the feelings and the thoughts. In the nature kingdom, constancy is developed in



'Mankind must begin to practice constancy.'

the spirits who are to sustain the form of plant, flower, shrub, tree, mountain, lake or sea, before they are given an opportunity to draw these gifts into the world of form. In the angelic kingdom, constancy is developed before any angel is allowed to participate in the carrying of the virtues of the Godhead into the atmosphere of Earth. Mankind comes now to a point in their spiritual development where they must begin to practice constancy of application in order to know freedom.

• *Journal Book 2 (p 390-393), Bridge to Freedom Publication.*



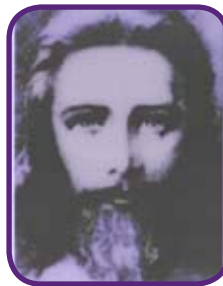
EL MORYA

THE will of God is to externalise all the beauty, opulence and perfection of the kingdom of heaven through the individualised consciousness of people of the Earth. The constant, rhythmic descent of ideas, patterns, forms and visions of portions of that perfection are often magnetised by men and women who are interested in the particular field of endeavour that will be benefited by the developed and externalised idea. However, to find the lifestream who is constant enough to hold that idea unwaveringly, before ridicule, scoffing, resistance of every kind, including personal limitations, is rare, indeed. Many are the enthusiasts who begin to externalise an endeavour or vision — yet few have the constancy to follow it through to ultimate fulfilment!



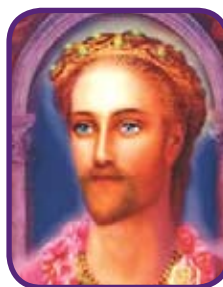
KUTHUMI

WHAT exactly is “constancy of endeavour”? It is the capacity to follow through a piece of work from its inception to its completion, the capacity to recognise a vocation in which the lifestream might be of benefit to the race and then to accept the years of training, discipline, learning and serving to become proficient in that vocation, the capacity to receive a divine inspiration, vision or pattern and to devote rhythmically a goodly portion of one’s life and substance to clothing that vision with form that is available to one’s fellowman (words, example, literature, etc). Constancy is the capacity to single out one particular service and then refine the mind, purify the feelings and etheric consciousness and discipline the flesh, so that the service receives the best of the developed capabilities of the individual consciousness.



PAUL, THE VENETIAN

IN the associations among mankind, the friend who is constant in his affections, faith and helpfulness, is to be cherished above all others. The “fair weather” friends are many, the constant friends are few. Our Brotherhood has chosen to be such constant friends to all mankind. It is our purpose for being! No matter what the temporary appearance may be



that dims the light of the Inner Presence, we know that Presence is within each soul and by warming the soul through kindly understanding, compassion and sincere interest, sooner or later the talents and capacities of the lifestream will break through the prison doors of indifference and lethargy, spreading their gifts upon the altar of humanity, for the enrichment of all life. God give me constant friends!

SERAPIS BEY

ONE of the requisites of an accepted member of the Brotherhood at Luxor is constancy of purpose. For the many vacillating souls that flit hither and yon, lighting like the butterfly upon the various aspects of truth and then seeking other facets of expression, there are very few who are constant in both purpose and design for living. When an individual applies for acceptance as a student at Luxor, he is subtly tested as to his power of concentration upon one aspect of the Law, to see if he is willing to make some virtue of God his own, through perseverance. It is better to Master one’s weakness, to become a radiating centre of one virtue, to follow a specific line of service through to successful accomplishment, than to have a cursory acquaintance with many aspects and be Master of none. Individuals bore easily — their energies seeking always the outlet into the new and untried. Candidates for the Ascension remain constant to the aspect of truth that their teacher has provided for them, until that aspect becomes a real part of the evolving consciousness. The road up the cosmic hill is travelled by the constant soul — his eyes upon the ascension, but his energies, service and capacities harnessed to the specific service at hand. Discipline of mind, feelings and body are required to become Master. This is the Law!



HILARION

WHY is constancy so important to spiritual development? It is because the feeling nature of God, Master, angel, elemental or man, provides the life that fills the form created out of mind substance. Many individuals, who receive an idea from the mind of God, cut out a fairly good form, or pattern, from universal light substance, through the use of the mental body. How-

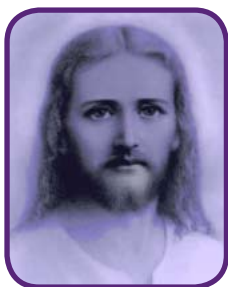




ever, this pattern will not live, unless it is led by the sustained enthusiasm of the feeling nature, which is the life-giving power of any cause, pattern, vision or design. Grasping the vision of a new world is not enough. That vision is but any empty cup — like the lifeless body from whence the soul has fled — until the feelings release the energy through practical and sensible means, to make that vision fact. Those of us in the God-free estate provide the vision, those of you in the physical world are required, by Cosmic Law, to make that vision live in the world in which you abide. If you are constant in your decrees, appreciation and practical works, that vision becomes fact. If the vision is merely an amusement of the moment, it finally departs to seek externalisation through a more constant lifestream.

JESUS

CONSTANCY does not mean “blind obedience” to outworn formulae of science, religion or education. This is bigotry, intolerance and a block to progress. Again, you have the thin “razor’s edge” between a constructive and required quality to manifest mastery and a puny excuse to avoid progress. The constant man measures according to spiritual values the pattern, design, vision or endeavour, which he is stimulated to serve. Then he proceeds to utilise the vast (mostly unharnessed), energies of his feelings, to develop and externalise that pattern and plan for his own good and that of his fellow-man. It is better for an individual to become proficient as a street-cleaner, than to be surfacely acquainted with the most difficult studies of calculus and accomplishing nothing of merit or benefit to himself or his fellowman. When an individual has developed his consciousness to a point where he can grasp — even faintly — the vision of a new world, wise is he if he chooses to direct his controlled feelings and the substance of his world into that vision — with constancy — not spasmodically. Upon these few, we depend for the externalization of the New Day!



SAINT GERMAIN

CONSTANCY of rhythmic, ceremonial service is essential before the concentrated foci of the Sacred Fire are drawn from the invisible, to become the radiating blessings of all mankind. In the early Golden Ages,



the Sacred Fire of the will of God, illumination, love, purity, consecration, healing and transmutation, was visible to the physical sight of all mankind. Why? Because individuals had sworn a vow of constancy in magnetizing, expanding, protecting and sustaining those foci in the temples of light.

According to their requirements, the populous was enabled to visit these foci and strengthen the particular virtue or gift which they needed to use in their individual lives. When there were no longer constant spirits to tend these concentrated flames, they gradually disappeared from the temples. To draw them forth again, the virtue of constancy must first be established among the men and women who profess to desire to magnetize and guard such flames. Many of the experiences of life are merely for the purpose of testing the constancy of the nature “under fire”.

For the many who enjoy the service of magnetising the flame, while there is no pressure opposed to human will, there are few who will manifest (or really can manifest) constancy under pressure of opposition, ridicule, doubt, fear or the many inviting experiences which lure the unguarded from their self-chosen vocation in magnetising and externalising some activity of the Sacred Fire for the blessings of mankind.

What, exactly, would the physical, visible manifestation of a focus of the Sacred Fire mean to the Earth? It would mean the transformation of unbelief into sound acceptance of the truth of life. It would provide a radiating center into which the weak, the halt, the sick, the confused, could come and renew themselves, each according to his own requirements. It would free elemental life in the atmosphere, in the bodies of mankind and in the nature kingdom, from imperfect manifestation. It would spur the less constant ones to like accomplishment. This manifestation of a focus of the Sacred Fire is possible of accomplishment in this century! Let us see how constant those that love me prove to be!

RHYTHMIC APPLICATION

ONCE you have a firm thought picture and have energised that thoughtform with strong feeling, it is necessary to constantly nourish it over and over, through repeated application. This is called establishing a RHYTHM. A rhythm is doing the same thing at a certain time, day after day. This rhythmic attention to





your thoughtform prevents its disintegration.

When is the best time for repeating your visualisation? It is when awakening and when retiring, at night.

After a night of sleep, the consciousness is, for the most part, free from the limiting tests and vibrations of the day. Night time is also a very good time in that a full impression and recording is made on the human consciousness during the many hours of sleep, when these impressions become charged with regenerating forces, that help in manifesting your plan.

The beloved Ascended Master Mary (pictured on previous page) commented that she had to hold the Immaculate Concept of Jesus once every hour of the day, protecting him from the thoughtforms of disintegrating forces. Her previous training, in temples for elementals, had prepared her for this task. Therefore, we must do likewise. Now, however, application at least twice a day is sufficient, since we do not have to meet these vicious forces at their full intensity.

• *The Law of Precipitation, p 39, Bridge to Freedom Publication.*

THE NECESSITY OF PERSEVERANCE

BY repetition of your application, you are driving energy into your thoughtform. This action is similar to that of a battering ram, breaking down walls and limitations.

Elohim Vista, in an article entitled, *Greatest Obstacles to Successful Precipitation*, stated, “Now, what are the obstacles which are encountered, in the unascended state, that delay your endeavours at instantaneous precipitation? They are mostly discouragement and doubt. When that upon which you work and which comes from the seeming “invisible” does not appear, according to the outer mind’s reckoning of a time limit, sometimes the project is abandoned, just as it is ready to come “through the veil”, into the physical appearance world.

“I have seen men and women, on the verge of great financial mastery, stop working on their project within an hour of receiving their financial freedom! I have seen individuals draw currents for healing, over quite a period of time. Then, because that healing seemed not to completely manifest quickly enough for them, they wholly abandoned their work, just five minutes short of a cosmic manifestation! Often, such a manifesta-



tion, had it had been sustained in faith and constancy, would have revealed much truth to the consciousness of the race, as a whole and would have been of great help. The ‘invisible’ realm is almost filled with uncompleted prayers, with beautiful forms, which have never been brought into outer manifestation.”

Elohim Vista continued: “We cannot urge you, too strongly, to follow through with the concentration upon the pattern you desire to manifest, to contemplate that pattern in its completeness and then to practice, practice, practice, until that precipitation is made physically manifest, outpictured as the perfection of the design which you have been holding in your mind.”

El Morya: “There is no such thing, Beloved Ones, as ceasing application, until you have accomplishment. If your ideas and plans have not yet been fully externalized, please do not be self-condemnatory nor discouraged. Remember, in such a case, you would just require more training, to learn how to precipitate these ideas into practical form and use, more quickly.”

We can also call on the Brotherhood of Precipitation, located in the Teton Retreat, to help manifest our design. The patience of its Brotherhood is endless!

Let us look at the law of mathematics. If we make an error in addition or multiplication, we don’t blame the law of mathematics. We go back and try again, until we have it right! In a similar manner, if our manifestation does not occur right way, let us not give up. As one of the seven Elohim said, “Practice, practice, practice!!!”

Withdraw all power from the outer personality as the doer. Trust in God! Know that with Him, all things are possible!

• *The Law of Precipitation, p40-41.*

TEN PROVEN STEPS IN OBTAINING PRECIPITATION

1. EXAMINE your motive. What is the purpose of your desire?
2. Become still. Meditate upon your wish. With the scissors of the mind, cut out a clear-cut picture of your thoughtform. Write down the preliminary pattern of this thoughtform in all detail.
3. Sleep over it. Refine, if necessary, the thoughtform. Once you have decided upon your final thoughtform, do not make any changes. Write down the final thoughtform of your desired manifestation, using a pen or a computer.
4. Now visualise your final thoughtform and say with



deep feeling: “I AM the Precipitating Presence in action and I AM the full manifestation of this desire. I ask my desire to be fulfilled in the name of the Ascended Master Jesus. Repeat this three times. Mean it with all your heart!

Remember when you say the words “I AM,” you are saying “God in me.” Know that you are connected with God through your I AM Presence and that you are at one with the only constructive power in the universe. Know and feel that the fire of creation flowing through you, is ONE with the Creator of the Universe.

Resist the temptation to change your thoughtform. Hold on to your original design, tenaciously. If there is an obstacle, deny the tempter. Refuse to accept the evidence of the physical senses. Shut out every negative thought that enters into your consciousness. Be more positive than ever. Know that the light of God is ALWAYS victorious. Believe and know that, with God all things are possible, for God cannot fail anymore than the sun can fail to shine. Accept that in your feeling!

If you are attempting to bring about a healing, either for yourself or others, invoke the law of forgiveness, for whatever has caused this condition. As a protection for yourself, visualize the Luminous Presence of Jesus above yourself. Send love to the object of your visualization. Thank God for the blessings already received. Now, let go and let God!

5. Ask the Brotherhood of Precipitation and beloved Cosmic Being Victory, to protect your thoughtform and to energise it with their fully-gathered momentum of Ascended Master feeling, mastery and confidence. In return for this assistance, be prepared to offer some impersonal service (a constructive deed that improves the well-being of the human race). For example: Choose to serve as a group leader, a sanctuary director, to participate in the Transmission Flame Service as an individual or in a group, or to give decrees for the improvement of world conditions. For more information, see the AMTF Publications “Songs and Decrees” and “21 Essential Lessons”.

6. Decide upon a pattern of repetition. Repeat your application in the morning, when awakening and in the evening, just before retiring.

7. Keep your feelings in a state of harmony, until manifestation occurs and thereafter!

8. Do not discuss your plan and application with anyone.

9. Repeat steps 4 through 8, until manifestation occurs. Be determined to hold on to your plan, even if the heavens fall.

10. Write down your successes in a little book. This builds your momentum of victory.

• *The Law of Precipitation, p 42-43, Bridge to Freedom Publication.*

FIRST THE CHALLENGING NEWS, THEN THE GOOD NEWS — THEN THE REVELATION!

FIRST the challenging news: Burglars stole about \$2 000 worth of food from the Rainier Valley Food Bank in Seattle on November 18.

The food bank provides assistance to low-income residents in south-east Seattle.

Now for the good news: In the succeeding two days, local residents, organisations and corporations donated at least \$100 000 worth of food and money.

Responses were immediate and meant that



the Food Bank could meet the demand for the Thanksgiving weekend.

Sam Osborne, executive director of the food bank, said: “The depth of generosity and compassion that we’ve seen in the last 48 hours is unlike anything I’ve ever seen in my life.”

Watching the donations pour in, Osborne said, was deeply moving.

“I will never doubt the innate goodness and compassion of the human being ever again,” he said.