

# THE ASCENSION TIMES

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AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

ISSUE 25: FEBRUARY/MARCH 2012

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## BELOVED ASCENDED MASTER NADA SPEAKS OF LOVE

### INTRODUCTION

OUR love and gratitude extends to beloved Lady Master Nada, whose spiritual service is to expand the talents, gifts, powers and momentums of all the members of the human race.

May her loving interest in every individual's development inspire all our gentle readers to develop a like capacity to love the good in all they contact, to nourish the endeavours of each child of God so that the fruits of

works well done may make a greater harvest to bless the race, to inculcate that selfless devotion to the promotion and expansion of divinity through every human heart.

Blessed Nada! Your experiences have been an inspiration to all who have known you. Now on these pages we write your words to acquaint others with your presence, and to encourage them to apply to you for assistance in developing a like love for their fellowman.

**Thomas Printz**

**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.

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Enjoy these delicious raw food recipes, designed to keep you in very good health!

## FRESH SUMMER SALAD

THIS is a great way to start your day.

1 Bunch of Radishes  
1 Cucumber  
2 Stalks of Celery  
2 Medium Carrots  
1 Red Bell Pepper  
1-2 Tbsp Raw Apple Cider Vinegar  
1-2 Tbsp Extra Virgin Olive Oil

A Little Fresh Ginger

Salt and Pepper to Taste

Slice all the vegetables and combine in a big bowl. Crush the garlic and chop or grate the ginger. Combine the rest of the ingredients with the vegetables, and taste it to see if it needs more vinegar or salt.



## ALMOND POWER

ONE handful of soaked almonds  
One banana  
Purified water  
1 Desert spoon raw Cacao Power  
Handful of pitted dates  
Honey if you like it sweeter  
Blend, Bless and enjoy!

## MAKING SNACKS WITHOUT A DEHYDRATOR

SOME of you might want to know how to make dehydrated snacks and crackers without a dehydrator. I thought I'd give you a few options to pick from, so you can experiment in the kitchen and have a variety of delicious raw treats and staples.

If you want to invest in a dehydrator, there are two main options. The first is to buy a low-end dehydrator (Round Food Dehydrator) and see if you like making raw treats and snacks. The second is the queen bee of dehydrators, the Excalibur Food Dehydrator. It comes with several levels, so you can dehydrate more snacks at the same time.

If you don't want to buy one, you can:

### 1. Use your oven

Start your oven on the lowest possible setting. Place the raw foods in a non-stick oven-ready pan or container. Put the pan in the oven and keep the door open. At this point I would like to recommend you use a fan if you have one. This keeps the air flowing so that there is no condensation.

The timing will be different when using an oven versus a dehydrator. You may need to "dehydrate" for as little as half the recommended time.

### 2. Use a mini-toaster oven

A good friend of mine told me about this trick. If you have a mini-toaster oven, then this is for you. If you're

planning on buying one for this, get an affordable dehydrator instead.

Place the foods you want to dehydrate on a plate or sheet in the oven. Set the toaster oven on the lowest possible setting, and prop the door open. At this point you may also want to put a fan in front of the oven so no water condensation takes place. This speeds up the dehydrating process and also makes sure your food won't get soggy.

### 3. Sun dry

If you live in a warm climate or have a big sunny window, you could sun-dry your dehydrator recipes. Keep in mind that the sun may get hotter than the 112-120°F degrees that is recommended for eating raw.

One thing to watch out for using this technique is that animals and bugs may decide to have a bite or run off with your food.

### 4. Make your own

Get a large box. Set it sideways, so that the opening can face the front of your counter. Place any food you wish to dehydrate on a pan or a plate in the box.

Now on the open side of the box, place a fan or if you're ambitious, a blow-dryer. If you're using a fan, you might want to put the box in the sun, to add a little heat and speed the process up.

*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'!*



# LOVE: THE HIGHEST MANIFESTATION OF DEITY

'Dictations by the Ascended Masters': address by ASCENDED LADY MASTER NADA  
(Bridge to Freedom Publications, pgs 132-141), August 15, 1954.



ELOVED friends of Light, so close have I grown to your hearts and spirits, here in this city of harmony and love, that it scarcely seems necessary to use the medium of words to convey to you the gratitude of my heart for the fidelity of your spirits and for the great inner strength that has manifested and sustained a force field of pure DIVINE LOVE. Oh, mankind thinks that love is a weak and sentimental thing! Love is the strongest of all the qualities of the Godhead. IT IS THE SUPREME MANIFESTATION OF DEITY, ITSELF! Those lifestreams who embody that love become "leaven" in the great "loaf" of mankind. Through them every blessing that is infiltrated from the kingdom of heaven enters the consciousness of mankind and becomes the property of the race.

Over the city of one of the New England states (U.S.A.), stands the Temple of DIVINE LOVE and Healing. Long ago, this temple was visible to the physical sight of all, but that was in the days of Atlantean greatness. In that temple, I was privileged to reside and those of you who have returned again to the site of that perfection were also a part in drawing primal life. We qualified it with DIVINE LOVE and then through that love, directed the powers of healing into the lifestreams who required assistance all over the planet Earth.

That temple was made in the form of an exquisite open rose, and every tier of those open petals was a room. As the initiates developed in



**'Every tier of those open petals was a room.'**

the great impersonal quality of love, they ascended from tier to tier until they entered the heart of the rose, and from thence many ascended into their eternal freedom. Many others, like yourselves, were given opportunity to achieve the ascension at that time, but in the fullness of love, they chose to remain to serve life as a radiating center in the world of form.

When Atlantean greatness was desecrated by thoughts and feelings of imperfection, when the glorious temples that had served the race for centuries were no longer sustained, those beings that had served in the temples entered into the etheric realm, and there they still abide. That pattern in the etheric realm contains within itself not only the designs from which the physical temples were drawn but all the full-gathered momentum of the prayers, invocations and all the activities that engaged the lives of those who worshiped there.

Building, growing and expanding with each successive victory, certain individuals drew primal life, releasing the qualities of God from within that life, sending it forth on a mission of victory. Then, on the return current of that energy, they drew back the gathered momentum of gratitude from freed

**'The temple was made in the form of an exquisite open rose.'**

life. Again now, in the physical appearance world, your beloved leaders and all of you here, have "tuned in" to the heart of that great temple and through your own lifestreams, you are magnetizing the momentums and the powers that are there. You are radiating them forth through the forcefield, which has been



sustained in remarkable harmony, considering the fact that the forces in the lower atmosphere of Earth are not conducive to the establishment and sustainment of the powers of love divine.

Many, many hundreds of years ago, I stood in consciousness where you stand today. As I look into your precious hearts, minds and feeling worlds, it seems as though it were but yesterday. I can remember my own experiences by which my victory and freedom were attained.

I was one of a large family, the youngest and the smallest member. Ours was a family talented to the point of genius. My three sisters were tall, stately and blonde, assured, and poised — they embodied dignity. My family was one of great wealth, affluence and position, and my father was desirous of making alliances with the great of Asia and the Near East, through the daughters of his family. The development of those talents of music (instrumental and vocal) and art was encouraged in our household, and among that family I, alone, seemed to have no developed grace of merit, nothing which could be offered in exchange for such an alliance as my father desired to make. Because of that, I was timid and retiring. Even the stature and beauty of my sisters tended to drive me deep inside myself. I remember when I was no more than four or five, sitting in the garden and admiring the beauty and the dignity of the family with whom I dwelt, but of which I felt no part.

Then, there came to me an experience that filled my entire life and took from me that sense of diffidence and of “not belonging”. One night as I lay in my small bed, which was close to the windows, as I was looking out at the formal garden a lovely lady appeared on the balcony, dressed in beautiful rose pink. Her long hair was plaited, one plait hanging over the shoulder, and she smiled at me such, such kindness! It was the first time in that embodiment that anyone had taken any special note of me as an individual. As I looked at her, I was filled



**Ascended Lady Master Nada.**

with the feeling of great devotion and love for the beauty that was so much a part of my nature. She had the appearance of a Goddess, magnificent, like unto that family of which I was the smallest member. Yet there was a tenderness, a sweetness in that consciousness, in that smile, in those great violet eyes, that I had never known on this Earth. There was a love that gave to me the nourishment that my small child’s heart required.

That night, she did not speak at all, and in the morning, I thought it was a dream — a fantasy of the mind and imagination. Yet, when I would close my eyes, again I felt so close to that personage. I felt a warmth and a reality.

As I always lived a quiet, rather abstract life, no one noticed my preoccupation. I often sat out by the pool where the flowers grew, and thought about my love-lady. Small as I was, “something” inside me told me not to speak of that experience — not to share it. Since I had so little to share, a portion of myself was eager so to do, grateful that at last there was something that I could give. I wanted to open my lips and speak, but I denied myself that passing pleasure.



Again and again the beautiful being came, continuing to pour a soft radiation of comfort into my world, for almost a year. As I grew to know her, and as I grew to await her presence, I became cognisant of music that always accompanied her, and of a fragrance like the rose. Sometimes in the daytime, when the experiences of life would be difficult, that fragrance would interpenetrate the atmosphere, and I would know, somehow, that my lovely lady was close at hand. Sometimes, even through the sound of other voices,

I would hear that beautiful music, and I would know that she was near. Then one day, it is as clear in my memory as though it happened yesterday, she spoke to me for the first time.

She said she was going to give me opportunity to develop a certain gift to life which would be commensurate with the gifts of my sisters, something which I,

**‘I sat by the pool and thought about my love-lady.’**



too, might offer to my heavenly Father and to all his children. That gift, she told me, would be the outpouring of pure, impersonal DIVINE LOVE. Of course, as a small child, those words did not mean too much to me, but that same night, for the first time, she took me by the hand and we walked out into the garden. From her own heart, she poured a beam of Light into the water lilies that had closed with the setting of the sun.

As the love and appreciation of beauty flowed from her heart and touched one of the lilies, it began to unfold, contrary to its natural propensity. From her body, that beam of Light, connecting with the lily, caused it to release a perfume, the like of which has never scented the atmosphere of Earth. The flower expanded, the petals became refined, and in its pure whiteness, it expressed all of a lily's perfection. Then, withdrawing that beam into her heart, she asked me to do the same thing. I looked at the flower, but was unable to pour to it the love that would cause it to move even slightly in its deep, night's sleep.

The lady said, "Now, at first you will work with nature, in the rhythm of nature. Tomorrow morning, when the sun rises and the first beams kiss the lily pods, use your love and amplify the Light of the sun. Then notice how much sweeter in scent the lilies will be, and more beautiful to look upon, because of your love for them and your appreciation of their perfection." With that, she was gone.

So, I worked with the rhythm of nature. Even the songbird, as I poured to it love for its life, sang more sweetly, the flowers would give a sweeter scent – all in accord with the rhythm already established by the great beings of nature

The next time the beautiful lady came, she said, "Now you must draw forth that same activity without the assistance of the nature kingdom. When the nightingale sleeps by day, you must pour your love to his heart and make that song come forth in the noon-day sun. When the flowers slumber at the close of day, then awaken them by love.

By that time, through practice, my love had grown stronger, and I was able to give that assistance to life, amplifying the natural perfection in



**Beloved Serapis  
Bey of Luxor.**

the seasons, opposite to their natural expression.

I passed through young childhood and came to the age of 10 years. Then, one day the beloved one told me her name — she was the great Cosmic Being, "Charity". She said, "Now you can begin your service in earnest. All of your family have talent, and with that talent, the natural pride of accomplishment. In the night hours, while their bodies sleep, you will stand by each one's bedside and pour the love of your heart through the talents of song, of poetry, through the talents of dance, or whatever their

particular gift may be. As the "selfless one," you will be the nourishment by which they will flower and **AS YOUR DISCIPLINE**, they **MUST NEVER KNOW** that it is **YOUR LOVE THAT MAKES OF THEM THE GENIUS OF THE DAY!**"



In loving obedience, I rendered this service for many years. The beauty and perfection of my sisters' voices, the exquisite poetry and prose that they wrote, the paintings and art they accomplished became famous over the then-known world. All of this was the result of my service, and no one outside of our immediate family and friends ever even knew that there was a "youngest daughter". The immediate family never knew of my endeavours with the help of Charity, to nourish the good that was theirs, in order that the fruit, the blossoms, the perfume of talent developed, might become the blessings for all men.

When my sisters were married, I remained at home alone. Then it was that my great teacher told me I would have a visitor from a far distant retreat. She said that I was ready to enter upon the service and activity that he would request of my lifestream, and

from that moment, the association with her would cease. It was not too easy when the beloved Charity withdrew her heart's flame and left me standing within my own soul's Light. Thus I had to abide, awaiting a timeless visitor.

However, one day he did come! He was the beautiful Serapis Bey of Luxor. He told me about the activities of Luxor,

**'Beloved Serapis asked me if I would help set them free by my love.'**



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# SPIRITUAL/ASCENSION MATTERS

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

the requirements of the chelas who wished to attain the ascension, the necessity of development from within the lifestream of every talent or gift which they had vowed to God to give to life before they returned Home". This is required of every individual who is to attain the ascension. Beloved Serapis asked me if I would be the embodied "incubator" of those talents and gifts for all the members of the retreat, setting them free by my love. After a little thought, I said I would do this. He said I would first have to pass through the initiations of Luxor, at a branch of that retreat which was not too far from my home.

I entered into that retreat and there I lived with lifestreams who found it very difficult to abide one with the other. They were in the process of training to develop their own mastery over energy and vibration, learning not to react to external or internal pressures that would qualify energy imperfectly. The aspirants were grouped in sevens. The hierarch of the retreat would see that those individuals were placed together who, in association would give the greatest opportunities for overcoming the outer self in the daily course of proximity.

From one group to another I went, always endeavouring through that pressure of love to melt away the pain, the hurt — always endeavouring to draw from within the heart center the gift, the power and talent of the lifestream. When I had served enough and found myself impervious to reactions that were not under the control of the God-flame, I was enabled to enter the Luxor Retreat. There I abode for several centuries, rendering a service and assistance which I still continue to pour forth to mankind, every one, everywhere, to all who choose to understand what a power love is to loose the good in their fellowman.

Here in the heart of ----, I find a natural affinity to my activity. Through it at this class, we are going to endeavour to establish within the heart of every student, every individual on the mystic path who desires it, a small individual pink rose, which is our gift of love. As the



love from the class flows forth, as the great rose devas carry that pressure, we shall endeavour through the forcefield established by your cooperative endeavours, to amplify the good. We shall endeavour to intensify and increase the talents of each one, giving every lifestream greater incentive to continue on the path, greater desire to unfold their particular divine pattern and plan. As this momentum grows, we shall make a beautiful garden of this entire planet Earth

— everyone's heart flame emitting its own perfume, everyone's aura a magnificent flower, everyone's energy radiating the music of the spheres. Thus, one completes in the physical appearance world the pattern and the divine plan for which he came into being.



Beloved ones, mankind does not understand the opportunities of class work. Mankind for centuries has come to schools for knowledge, in the world of secular activities as well as metaphysical and occult channels. However, **KNOWLEDGE UNUSED IS MORE DANGEROUS THAN IGNORANCE**, because with knowledge comes karma and obligation to weave out of the individual's energy a blessing to life commensurate with the knowledge given. Better man had not applied to the fount of knowledge, than to satiate the mind, the etheric body and the brain with more and more Law, then continue in the way of the senses, weaving out of beautiful life more of the dissonance which forms the blanket of atmosphere in which he lives, moves and has his being.

When one comes to a class, he brings his mental body filled, beloved ones, with centuries of the accumulation of knowledge — truth and fallacy. All of the various "isms" that have engaged the energies of one embodiment alone make a conglomerate mass of thought-forms. The Master must speak through that mental accumulation, endeavouring to anchor into the mental body even one thought that can be developed through the feelings into an improved nature and a greater radiation of perfection.

Then, too, there is that great sea of

**'We shall make a beautiful garden of this entire planet Earth.'**



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

emotion, surging constantly – never still! How rich would the student be if that great emotional world could be prepared for the reception, not only of the worded address, but for the radiation and all of those surging tides **COULD BE STILLED!**

If that etheric body wherein all of the grievances of the ages are stored, could also be stilled and that precious flesh rested and relaxed, **IN ONE ADDRESS** more could be done than in a hundred where the motion and the lack of individual preparation make it so difficult to reach through the energy, not only of the psychic and astral planes, but of the many selves.

You here today are one in harmony. Through that harmony, I am able to anchor the substance of my love, to assist you in your own particular mission to life, that your gifts and talents may come forth and externalise for the blessing of all. What I did those centuries ago, I promise you I shall do for you, once in each 12-hour period. I see your pattern. I see your part in the great eternal scheme of things. I see the design that the Ascended Master Saint Germain is endeavouring to weave from the energies of a few. You are among those whom he has chosen, those of you who volunteered to finish the course for him when he took his ascension. You volunteered to tie into your own bodies the gift of freedom and to weave out of the energies of your world freedom for the life you contact.

Do you know the happiness that comes when you can, kindly and impersonally, love the divine pattern in another's heart? In nature you can enjoy it, because you do not have the personality that aggravates. With very great relaxation you can enjoy a very beautiful sunrise, you can enjoy a calm lake at eventide, you can enjoy the song of a bird or the beautiful flowers of the garden. Yet, if you want it, I shall help you to enjoy in that same impersonal manner the timid shoots coming up from the human heart seeking the Light, endeavouring to reach through the turbulence of the aura, hoping for the magnetic power of love from some part



of life to give strength and vitality to those first efforts.

Oh, if you would only be that magnet and help to draw forth that pattern and that plan for others! Sometimes it seems foolish to you, sometimes the halting words of a new student seem silly to one of superior wisdom, **BUT WE NEVER FEEL THAT YOUR WORDS AND YOUR EFFORTS ARE FOOLISH!** Oh, that you would impersonally and kindly nourish any and all the good in all you meet — endeavouring to understand the disciplines through which another soul may be passing! Oh, if there were only one hundred such men on this Earth today, Saint Germain's victory would be closer, much closer indeed!

When the beloved Charity was helping me with my personal application, she saw within my childish heart a certain sense of frustration from



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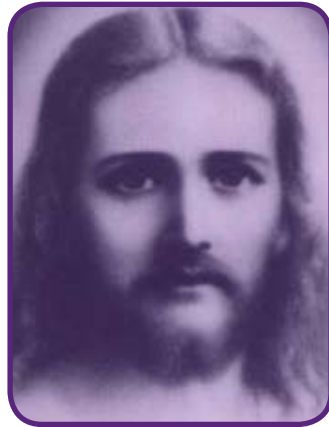


being the “wallflower” among so many brilliant and beautiful sisters. She said something to me one day that was so comforting and it stayed with me all my life. She said, “Now child, **IT IS YOUR ROOTS THAT MATTER.** When those roots are anchored deep in the knowledge of God and the love for God, when in the secret, silent places of your own soul those roots are developed in faith, purity and love of God, **THE FLOWER OF WORK AND THE PERFUME OF BEING WILL JUST BE AN EFFECT!** You need have no more concern about them than has the growing plant with the natural unfolding blossom. The energies of that plant are engaged in connecting with the earth and the elements which give it its nourishment, and in due time the flower appears as a natural result.”

From then on, I sought no longer for manifest works in themselves. I sought to set my roots deep, deep in the love of God, in that great surrender to his purpose, in the realisation that “one with God is a majority”. I embodied as best I could the same truth that Jesus again brought forth, “Seek ye first the kingdom of heaven, and all these things shall be added unto you.” It was so in my experience.

Today you, too, are planting your roots deep within the flame of your heart, whence comes the nourishment, the very life-beat of your body, whence comes the healing for your flesh, whence comes the supply upon your table and the very roofs above your heads. As your roots are anchored in God, seeking no external spiritual nourishment, so shall your flower be manifest to all men. That which a man does in secret is manifest to the world about him, that all who run may read.

I speak today heart to heart, in a homely fashion, because we are a family, because there is no doubt, because there is no energy required of me to convince you of our reality and our purpose. Therefore, tonight, we are one in consciousness, one great family of Light. So I speak to you, looking into the secret recesses of your heart, seeing there the strong roots



**Jesus ... ‘Seek ye first the kingdom of heaven.’**

### INVOCATION TO BELOVED NADA



IN the name and authority of the beloved Presence of God, I AM in me, I call to the beloved Lady Master Nada! With all my heart’s love and gratitude, I thank you for your gracious and loving willingness to assist me in the fulfillment of my divine plan. As a part of such a wonderful assistance, I ask you to place your beautiful pink rose in my physical heart, that rose which is the symbol and anchorage of your **VICTORIOUS DIVINE LOVE** and compassion through me, to bless all the life I contact. Every 12 hours, let there be an added impetus of your love and Light to make that rose expand, at the same time emitting the fragrance of its being and your feeling of our Father’s love for all life, animate and inanimate, to the human family and the four-footed kingdom (which has no words by which to pray).

Beloved Lady Master Nada, I desire to be all that you are to all life, everywhere forever! Send me legions of your angels of Cosmic Christ Love and Pink Adoration Flame to make and keep me victorious by your love, every second, every day, in everything and every way, in all I do, think hear, feel or say, until all are wholly ascended and free.

I consciously accept this done **RIGHT NOW** with full power! **SO BE IT IN HIS NAME, “I AM”.**

in the centre and the newer roots that are going out from it. I see now in your aura the manifest harmony of that future flower. I say to you, dear hearts, be of good cheer! You are growing in grace, growing in Light and growing in love. Until your victory is complete, I stand by you and with you, and so does my great teacher, the beloved Charity, who is embodied love for life.

Mankind will come to you, bewildered and confused, with hope stirring in their hearts. Remember me — and **LOVE THEM FREE!** Love one another, as I have loved you.” Thank you, and God bless you. — Nada.



# SANAT KUMARA'S SACRIFICE

DICTIONATIONS BY THE ASCENDED MASTERS, BRIDGE TO FREEDOM PUBLICATIONS — ADDRESS BY BELOVED ASCENDED LADY MASTER META, DAUGHTER OF SANAT KUMARA (pages 142-152).

## INTRODUCTION

**B**ELOVED sons and daughters of God, I bring to you the particular and specific benedictions of Sanat Kumara (my blessed father) and the beloved Venus (my holy mother). I bring you also the blessings of all the ladies of heaven who are particularly interested in your endeavours to expand the radiation of healing through sustained harmony in your feelings.

It is many, many centuries (as recorded by human time) since my father returned from a conclave of the Suns of this system. I remember, as though it were yesterday, the day he divulged the information to my mother and our family, that, through cosmic vote and through divine justice of the impersonal universal Law the planet Earth had lost the right to draw any more energy or to be further sustained by the self-conscious sacrifice of elemental life — neither was it longer entitled to receive the release of substance, power and Light from the Sun, from the angelic host and those other beings who had guarded her thus far. It was thought by the Cosmic Law to be the part of wisdom and justice to return this Earth again to the unformed (to primal life) that its substance might be re-polarised and formed anew in the womb of some future Sun, to be a cradle for some other evolution, perhaps more willing and desirous of fulfilling the will of God!

My mother, as you know, feeling the love within my father's heart for the beloved Earth and its evolutions, gave him full freedom to offer his Light and his love to sustain the planet, if the Cosmic Law would accept his offer of assistance. Therefore, he went to the cosmic authorities of this system with a joyous heart, proffering his help, and as you are aware, his gift of love and sacrifice was accepted.

It was not long thereafter that the first group of volunteers left Venus to prepare a place for him on



Our Lord,  
Sanat  
Kumara.

## FIND INSPIRATION TO BECOME PART OF THE GREAT BROTHERHOOD

OUR love and gratitude extends to our Lord, Sanat Kumara, beloved Venus, and the Lady Master Meta, their daughter of light!

May all who read it, find inspiration to become a part of that great Brotherhood, whose service is to learn to consciously generate and project the Light Rays which dissipate the evils created by mankind before mankind, themselves, have to reap the imperfect harvest they have sown.

Blessed Meta, Your activities in the focusing of conscious students in the etheric cities has preserved mankind to this present day! We call now that unascended beings may open their consciousness, hearts and beings to these Light Rays and become spiritual "partners" with your trained students who serve at inner levels. We call also that every chela may master the magnetisation and direction of the Light Rays whenever and wherever needed to remove distress and to bring peace, healing, protection, enlightenment and God-control to their fellowmen. — Thomas Printz.



the Earth, a place befitting his great rank and his great and mighty service to this planet and the universe. These endeavoured in every way to recreate the atmosphere which he knew and loved so well upon our star, Venus. Then came the day when he, himself, was to take leave of our planet, to take leave of its people and us, and to rise into the atmosphere over Venus, as he had so often done before. However **THIS TIME**, he passed out beyond the periphery of our sphere of influence and entered into habitation in the atmosphere of Earth.

All through the history of Venus, the Kumaras had ascended into the atmosphere of the star on great occasions, such as cosmic feast days, or, at times when they wished to address all the population of the globe at one time. Like stars blazing in the firmament, they were able to direct an address that would envelop the planet through radiation, through colour and spiritual telepathy. This message would then be received by each individual in his own locality. Therefore, our people were neither surprised nor startled to see the great Sanat Kumara ascend into the heavens above our star.

Only a few of us — the immediate family, the council, the priests and priestesses of the temples — only these knew that the being ensouling the Light above our star would shortly begin a journey which would take him from our home and planet for a period which we thought **AT THE MOST** would be of but a few centuries duration! Sanat Kumara was the embodiment of all our hope and love, the greatest being evolved upon the star.

It has been a long, long time that the queen of love has reigned alone, acting as man and woman, a father and mother, to an evolution so magnificent and so beautiful that discord of any kind is unknown in her realm. Not one electron drawn from the universal has ever been qualified imperfectly there, by angel, elemental, or the evolution that is parallel to the



**'Earth in herself is sweet.'**

but because of the contamination they absorbed through radiation and contagion from the polluted consciousnesses of those who came here from other stars, to whom she (the Earth) had previously extended hospitality that they might complete the evolution which they had neglected in their native spheres.

Because the Earth in herself is sweet, because her evolving peoples are fundamentally harmless, and because the guardian spirits who came from other stars and planets to serve in sacrifice like unto that of my father, have served well, the great Cosmos Law has allowed more than ordinary assistance to be given this small planet at this time.



Thus, beloved ones, we continued on Venus without the presence of our King for a long, long period of time, and finally my mother suggested that I come here to give the assistance of my love and Light, until the victory of the Earth was assured. We had, of course, visited this sphere many times, having accompanied groups of envoys from Venus who entered the Earth's atmosphere on various occasions. The joyous intercourse, therefore, that existed between our planet and yours, gave us a certain freedom and, of course, all through the ages after my father's departure from Venus, we were in constant communication with the beloved exiles. However, you can see that this is not exactly the same as using the energies of your being to serve on a planet of your own choice and

**'After my father's departure from Venus, we communicated with the exiles.'**



evolution.

May I say, then, just in passing that we offer our extreme and personal gratitude to you, each and every one, who are interested in the cause of Sanat Kumara. Do you realise that for many centuries even his precious name was UNKNOWN to the mankind of Earth? Yet, when man hears that name, he invariably feels a thrill of happiness within his heart. I need not describe the sensation to you, for each of you felt it when the name of Sanat Kumara was first brought to your attention, either through worded expression or the written page — and we, who are serving life to set him free, we, who are endeavouring to help the Earth complete her course of evolution, are grateful to you — grateful beyond all words to describe — for your interest and your sweet co-operation in our cause.

In the freedom of life, each individual is allowed to choose in what manner he wishes to serve the universe. When I came into the atmosphere of Earth as a permanent resident rather than as a visitor, and when I saw the mighty chariots of fire return to Venus without me, I realised for the first time that my own exile was about to begin in earnest, and that my energies were to be used in the service of the mankind of Earth. It was then I asked for the privilege of studying the Earth's atmosphere through the medium of every sphere so that I might use the momentum of my own Light to the greatest possible extent for the blessing of Masters, angels, elementals, and evolving humanity.

I spent several hundred years, beloved ones, in this "spiritual research" and finally found my affinity of consciousness in the Fifth Sphere. I then asked the Cosmic Law for the opportunity of becoming associate Chohan of that sphere. My request was granted and, in co-operation with the great being who was then presiding Chohan, I held that office for some five hundred years. When he went on to

**'The service of the Fifth Ray is devoted primarily to healing.'**



greater heights of evolution, I was appointed full Chohan, and that position I held for several thousand years. This office is presently held, as you are doubtless aware by the beloved Hilarion.

You know without my telling you, that the service of the Fifth Ray is devoted primarily to healing. This is done through the direction of Light Rays by individuals especially trained for the purpose in the Fifth Sphere

and projected into the consciousness of embodied men and women who have a vocation for alleviating the distresses of the mind, body or spirit of their fellowman.

You must know that the healing of the spirit through the teaching of the word of God is as much a part of the activity of the Fifth Ray as the healing of the body through science and research. Therefore, in accordance with the service of this activity, I taught the beings of the Fifth Sphere the science of the creation and projection of the Light Rays.



You may not know that in each sphere there are Masters, angels, angel devas, cherubim, and seraphim — all of whom either project or carry the substance and radiation of that sphere to the sphere immediately beneath it. Here are messengers of living Light who work with devas, the Masters and the angelic host. Here also are disembodied lifestreams who, through affinity with the interests of a particular sphere, are assigned by the Lords of Karma to dwell there in-between embodiment, and there are the rare individuals who, in their sleeping hours, are assigned to schoolrooms within those spheres, to which their own consciousness and special interests draw them by the power of magnetic attraction.

You will understand, therefore, that we have a conglomerate mass of individual consciousnesses on whom we can work in each sphere, and my first assignment was to serve with the unascended

**'My first assignment was to serve with the unascended lifestreams.'**



lifestreams (both disembodied and those in the flesh who had sufficient development to be drawn within its temples during their hours of sleep). I decided that I would work primarily on developing within these people the capacity to recognise themselves as precipitated Light Rays and then I would enable them to create a beam of Light and project it to a given objective through conscious direction.

You may be aware of the fact that there are certain centres within the upper part of the body that are open doors for the drawing and conducting of concentrated light. You have seen pictures of religious figures wherein this is demonstrated. When the artist has a certain spiritual perception, he will usually emphasise these foci in the physical body that are the doors through which the Light Rays do pass. In the palm of the hand is such a focus that carries the Light from the heart through the hands. The Master Jesus is often depicted with a beam of Light passing from each hand in blessing. Of course, the heart centre is the concentrated focus of the Flame of Immortality, anchoring the life-giving ray from the Presence into the physical heart. That Light may then be passed through the hands, through the heart itself, through the throat centre through the eyes, or through the head (forehead) in directed energy to bless life.

When we take individuals for training who are interested in healing, we first call their attention to the silver cord and explain to them that they, themselves, are actually precipitated rays of light. We enable them to look upon the activity of the silver cord and observe the electrons passing from their White Fire Body into the etheric vehicle, which they have used to enter our sphere, either for instruction or service. As these Light Rays pass from the White Fire Body and are magnetised by the immortal Threefold Flame in the heart, the individual contemplating that activity sees himself as the very



**'In each sphere there are Masters, angels, angel devas, cherubim, and seraphim.'**

precipitating power by which he has continuity of consciousness and intelligence and by which he has life and the capacity TO BE as an individual identity.

If that precipitated ray were to stop flowing, the individual as a focus of conscious life, capable of thought and feeling, would cease to exist. Sometimes it takes hundreds of years for an individual to realise the fact that he, himself, through the magnetic power of the flame in his heart, is a precipitated, concentrated beam of light, and that this flame (which is the only part of himself cognisant of its relationship to God) is a magnetic pole of the precipitated and consciously-directed beam from

the heart of God, himself.

When the lifestream recognises and accepts this great truth, he immediately comes to a realisation that there is no reason in heaven or on earth why that beam of precipitated Light should cease when it enters the heart, but rather that it could and should be externalised at will, through the direction of the individual's thought force, and projected by the feelings through whatever centre (in himself or others) that is in need of assistance at the moment.



The lifestream is next taught how to project these mighty currents from the focus of Light in the heart, through the hands (through the fingertips also), but particularly through the focus in the palm of the hand. The same activity takes place through the heart centre, the throat centre and the forehead (which is the head centre). The beam at first extends just a few feet away from the physical form or the inner body.

When the lifestream comes to a point where he can direct and hold the beam upon a given focal point, he is given an assignment. His assignment is to qualify that beam with a specific radiation in order to render a particular service. Then the light rays become for him intelligent servants rendering the required

**'The lifestream is taught to project currents from the Light in the heart.'**



assistance while he, himself, abides within the flame of his own heart — master of energy — and, through light, regulating all outer conditions about him. If the assistance required be healing, that flame as it goes forth in a directed beam, is held by the consciousness upon the condition that expresses less than perfection. It calls forth from within the patient a like condition of perfection, releasing the God-design into action from within that shadowed form.

A triple service is rendered here, beloved ones:

First, it enables us to lower from the Fifth Sphere, into the realm of incarnate mankind, much of the perfection that would otherwise be too subtle for the outer mind to absorb.

Second, it gives the brother at inner levels a lesson in selflessness, because he who becomes the projector of perfection is taught to enjoy the reception of his inspiration by incarnate lifestreams.

Third, the individuals on Earth who are sensitive enough to receive these ideas from the higher realms, enjoy the spiritual as well as physical satisfaction of releasing these ideas into manifest form for the blessing and benefaction of their fellow man (although human beings invariably imagine that they, themselves, are the original creators of these ideas).

I would like to outline for you now an activity which is primarily my own.

After I had completed my work in the Fifth Sphere and had experienced the great delight of training individuals in the use of the Light Rays, I determined within myself to visit the etheric cities (situated in the etheric realm over the great oceans and deserts of your planet).

This I proceeded to do, requesting the great Master who presided over each of these cities, for permission to establish a temple there, where a group of selfless and nameless ones (both ascended and unascended) might carry on a 24-hour service in rhythm, directing beams of consciously-qualified energy through the



**'I called in the healing devas to assist me.'**

continent and particular locality over which the etheric city stood. This, I felt, would be helpful in dissolving and transmuting the mass karma that externalises as plagues, epidemics and disease in general, as well as the terrific discords that manifest in the minds, bodies and feelings of the race and its corporate history.

I was given the great courtesy and happiness of having my project accepted in each of these cities, and my next step was to call in the healing devas to assist me. They came, bringing builders of form, and in the beautiful locations allotted to us in these etheric cities we created temples, which were

to be dedicated primarily to the projection of Light Rays, (spiritual light-houses), one might say.

From the Fifth Sphere, I drew Ascended Beings and then drew volunteers from unascended mankind, making groups of seven. These individuals were already trained to project the Light from their bodies. (You have seen the revolving searchlights in airfields — the beams of Light that play back and forth in the night). That is a good visualisation of the activity that is performed by these groups of seven in the etheric cities. The same beings do not serve constantly through the ages, because as each one evolved a certain development in this capacity, he or she is released for greater service elsewhere, and another volunteer takes his place.

The procedure they follow is something like this. They either sit or stand in a circle, facing outward, so that their backs are toward each other, each one directing a beam of energy into the atmosphere. Then the entire activity revolves and so, like a spinning wheel, these beams of Light are playing constantly through the inner atmosphere of Earth.

You have heard it said that man could not live beyond the age of 12 years if it were not for the assistance of Ascended Beings, and I have been told by those in authority that the establishment of



**'We created temples dedicated to the projection of Light Rays.'**



these rhythmic purifying centres in the etheric cities over many thousands of years have been a great contributing factor to the evolution and protection of the race, and that through this activity the planet and its people have been saved from extinction many times, due to the recurrent release of destructively-qualified energy by mankind in general.

I am very well pleased, beloved friends, with the perception which has prompted you to devote the energies of your decrees to the removal of the CAUSE behind the disease.

In speaking to unascended beings, I never dwell upon the conditions of the inner atmosphere of Earth for any length of time, because the etheric bodies and outer consciousnesses are so receptive to discord and mirror it so instantly, that more harm than good is done in picturing these appearances. Yet, when individuals come to a point where they are interested in learning to project the Light Rays, and when I see an activity as magnificent as that which takes place through your co-operative decrees and visualisations (that same projection of the Light Rays being set up through a group of unascended lifestreams), it does allow me to open the door just a little and give you an understanding of what you are really doing to assist us.

You know how microbes and mould develop when the sun or heat plays upon some decaying object? Well, precious hearts, the thoughts and feelings of the people in a large city, during the 24-hour cycle, would cause you to faint were you to see them with the sight. Mankind desires the restoration of the inner sight so much, but I tell you it is the greatest mercy in the universe that you do not have that veil removed until you can learn to master the Sacred Fire and arrive at a point where you are able to instantly remove all the imperfection you might see.

Otherwise, were you to observe all that is out-pictured in the atmosphere around you, the fear and



**'You can arrive at a point where you can remove all imperfections.'**

recoil of your own energies would be such that far more harm than good would result therefrom.

In large metropolises like London, New York, Paris and others, where millions of people reside, their discordant thoughts and feelings are constantly passing into the atmosphere and coalesce there into terrific vortices of evil, which pulsate like gigantic, moving jelly masses. Any lifestream that opens itself to a discordant quality of any kind, even for a moment, magnetises that substance and draws some of its discord into his vehicles where it manifests as great distress of some kind.

These great wheels of Light created by the forcefields of the group endeavours, are constantly laying upon these evil vortices, dissolving and melting them away, thus relieving elemental life so that mankind is literally enabled to stand erect, breathe in the air, and actually exist in physical form.

When you go into action in your groups, making tremendous calls for the Light Rays to expand and to remove those causes of distress, you render a service that you will never fully comprehend until you are ascended. That is why the cities where sanctuaries of Light are established are more pure by far than those that are not so blessed. **OVER FIFTY PERCENT OF THE ACCUMULATION OF DISCORD AND EFFLUVIA OF MANKIND IN A CITY OR VILLAGE IS HANDLED BY A SANCTUARY WHERE A DOZEN PEOPLE (OFTTIMES LESS) ARE ACTIVE — IF THEY ARE EARNEST AND SINCERE!**



It is a magnificent service to life, one that your outer minds cannot conceive as possible. I certainly thank and commend you for the assistance you give. Do you see how close you come to my activity, and how interested I am in your service, when you go into action on those causes? Remember you must go back through the outer cause to the inner CORE OF

**'Permanent healing comes only by changing the nature of the individual.'**



THE CAUSE, which is the quality in the thoughts and feelings that have spewed them forth. Therefore, you render a service in changing the natures of people because then these masses of discordant thoughts and feelings are removed by your calls.

It takes away their pressures upon the emotional bodies of mankind that prod them to more and more discord. Thus you are helping to change the natures of people and permanent healing comes only by changing the nature of the individual. Every type of moral, mental, emotional, or physical disease is due to a flaw in the nature of the outer consciousness.

When that flaw or defect is transmuted, the distressing condition disappears! This is mathematically exact. It is scientific. Call to me. Call to the brothers and sisters of the etheric temples, and we will give you the assistance of our beams of Light. At your call, I shall send you a brother or sister from the Temples of Healing and then, if you accept from that one the beam of his or her energy, you may develop the capacity to direct the Light Rays yourself. We are coming into strange days, beloved ones, We are coming to the end of an era. From the Great Central Sun (sometimes called "The Sun behind the Sun"), more Light is being released to each one of the Seven Spheres. Why? Because the Cosmic Law has asked that the whole universe increase its Light.

Every Ascended Master and Cosmic Being is increasing and intensifying his or her own individual aura and gifts to life at present. The Cosmic Light becomes an increasingly greater pressure in the lower atmosphere, because unascended beings like yourselves are calling for Light. As that Light comes, it presses the psychic and astral realm closer and closer to the Earth. Of course, in time, the Light descending will transmute it. Meanwhile as that pressure of Light increases, the causes of distress set up by mankind will endeavour to find their



**'The whole universe is increasing its Light.'**

way back to redemption and perfection through their creators. That is why at the end of an era, before the Golden Age comes in, you will find tremendous cataclysmic action, as well as the release of plagues and many other discordant conditions that prey upon and frighten their creators to a terrifying extent, but these can and will be dissolved by the use of the Light Rays.

This is one reason why I asked for this opportunity to speak to you, because I want you to know that those energies, as they go back through the bodies of mankind,

will cause great fear and distress, unless they are transmuted before they find manifestation in the feelings, minds and flesh. Therefore, if you choose to make of your own sweet sanctuaries, foci for the melting and transmuting of these activities, we shall be glad to assist you. I am the servant of your Light!

I am willing and desirous of pouring my Light Rays through you, helping you to experiment with the conscious direction of those beams of Light, in the privacy of your own room or Sanctuary. Will you please ask opportunity to direct a specific beam of consciously-qualified Light into some particular condition that you feel is in need of adjustment, holding that beam steady upon that goal? Ask me to give you the pressure of my flame, and then enjoy what the Light will do, **WITHOUT THE PRESSURE OF YOUR PERSONAL WILL!** It is a wonderful experience, and one you will enjoy, once you have tried it, because there is no time nor space in the wielding of the Light Rays. Hundreds of thousands are prepared at inner levels for service in this endeavour. If you wish to serve in this way, remember Meta!

I SHALL REMEMBER YOU! Thank you for the opportunity to speak with you. God bless you, each and every one! — Meta.

**'Call to us and we will give you the assistance of our beams of light.'**