

# THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!

AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

ISSUE 9: SEPTEMBER/OCTOBER 2010

FREE!



RAW RECIPE

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THE LITTLE VIOLET



A GARDEN FULL OF BEANS!

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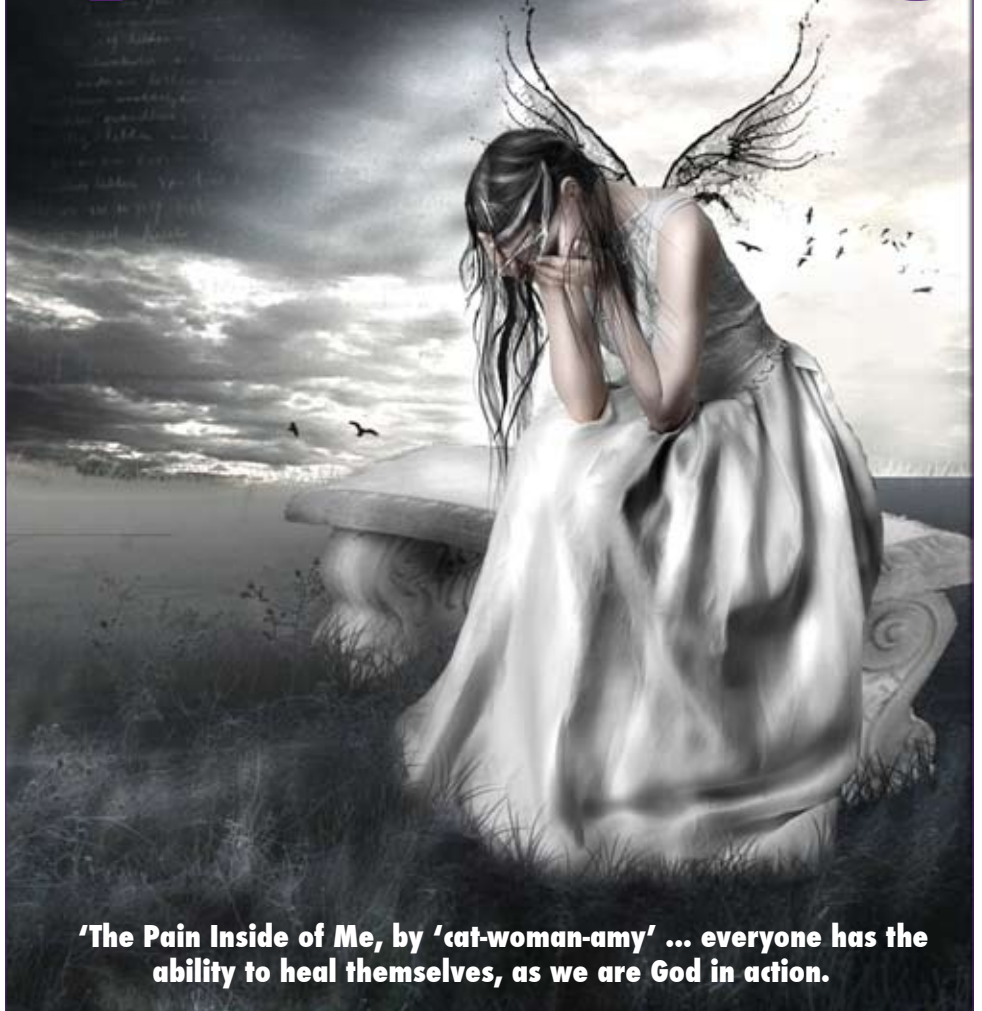
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TIME TO STOP BEING SELFISH!

'I AM the Sacred Fire Master Presence that gives blessings, thanks and love to everything in Creation and that forever prevents anything but perfection in my world. This article is part of a lecture given by Beloved Annette Schroeder of the AMTF, Mt Shasta USA.

**W**E, as God in Action, have the ability to heal ourselves! Few chelas know the following: The fully gathered healing cosmic momentum of the crystalline ray of beloved Elohim Crystal (the divine compliment of Elohim Cyclopea) can, when consciously invoked, in an instant wash away the accumulated karma of millions of years. Use this decree: "In the name of God that I AM I lovingly call on Beloved Elohim Crystal to pour the purifying essence of the Crystalline Ray into my four lower bodies and those of all of mankind this instant. Beloved Elohim Crystal see that your Cosmic Crystalline Ray washes away the karma of the ages – hold this action sustained until perfection is manifest! Mighty I AM x 3, By Cosmic Command x 3, Do it today! X 3 Call to Beloved Ascended Master  
Turn to next page

## Spiritual healing



**'The Pain Inside of Me, by 'cat-woman-amy' ... everyone has the ability to heal themselves, as we are God in action.**

**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. Our ethos is one of sharing and co-operation. We therefore actively encourage you to reproduce and share the information in this publication, as we adopt a "copy-left" policy. We do however ask that all material be referenced and the information not changed in any way.



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Lady Nada, Archangel Chamuel and Cosmic Being Victory to help you resist the temptation of negative substances like unhealthy food, nicotine, alcohol and drugs — do this for yourself or someone else!

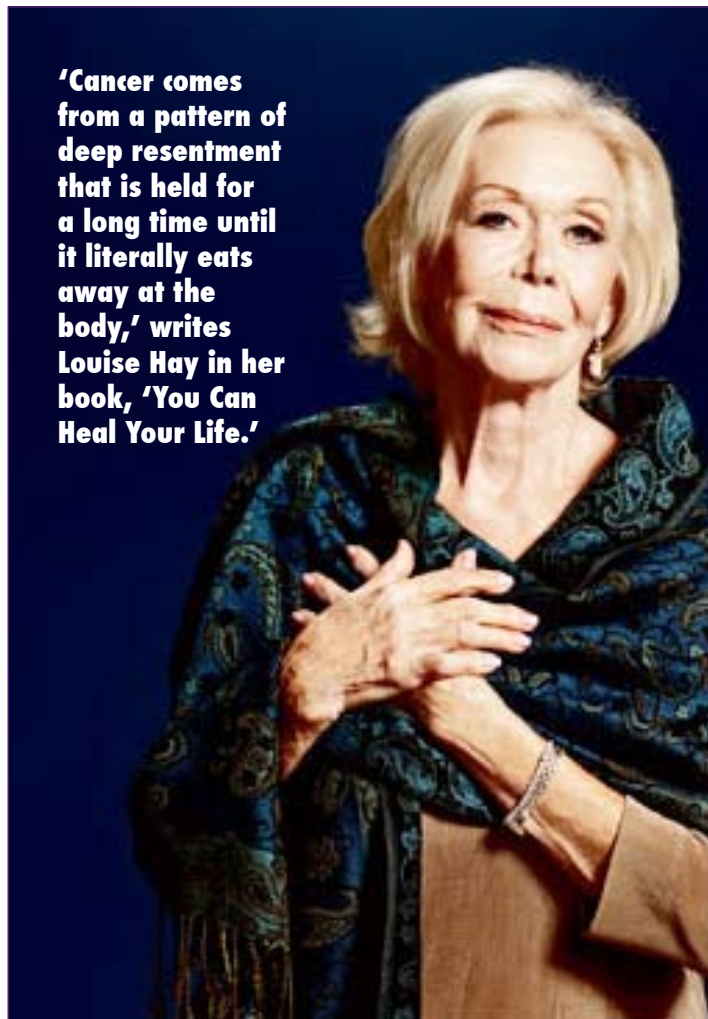
Every man woman and child must become the healing presence within himself or herself

### SPIRITUAL HEALING AND THE ASCENDED MASTERS

The much loved Serapis Bey says, “Healing in the New Age will have a new emphasis — it will be directed at dissolving the inner causes which brought on the disease or distress in the first place.”

What brings distress to our bodies? THERE IS NO LIFESTREAM WHO IS NOT CONSTANTLY CREATING! You are creating as you are sitting there reading this document. As you read these very words you are creating!

Thoughts and feelings are a great powerhouse – they are YOUR powerhouses. And if what one constantly churns out and projects into his or her world is discordant, it acts as a distress of mind or body — thoughts of anger, hatred, bitterness, envy, fear, doubt, irritation or resentment over a long period of time result in some form of sickness in the physical body. This includes acts, words and deeds motivated by these thoughts and feelings. Look around you to see the effects of a lifetime of irritation or anger — people of all ages manifest cancer, heart failure, memory loss and dementia. I know in my immediate circle of loved ones at least ten people I can mention who suffer from these illnesses. Disease in your thoughts and feelings are literally a disease! “Cancer comes from a pattern of deep resentment that is held for a long time until it literally eats away at the body,” writes Louise Hay in her book, *You Can Heal Your Life*. Please note Louise Hay cured herself of terminal cancer. We are all creators



**‘Cancer comes from a pattern of deep resentment that is held for a long time until it literally eats away at the body,’ writes Louise Hay in her book, ‘You Can Heal Your Life.’**

individualised — we must be careful what we think and feel.

How does raw thinking begin to take effect in our physical bodies? At banks there are alarms set up in the event that someone tries to rob them.

**‘Pain is a warning to the outer consciousness that at inner levels there is a cause and core of distress that must be removed.’**

The bells alerts the attention of those necessary to bring the assistance required. Pain in the physical body is like the bell — pain is a warning to the outer consciousness that at inner levels there is a cause and core of distress that must be removed.

When, during treatment of an illness, like cancer, the illness returns it is not

because the doctor failed in some way — it is because the patient HAS MADE NO MENTAL CHANGES AND IN ESSENCE RECREATES THE SAME ILLNESS.

The cause and core is invisible. The cause and core manifests as pain — it is here we should direct our attention

The electrons of our four lower bodies are in constant motion — what appears to be a leg or an arm is in fact a constancy of MOVING LIGHT circling in an orbit only being allowed to go so far and no further.

The circling electrons form what we call the members and organs of the body. THE MARVEL OF MAN IS THE COHESIVE POWER OF LOVE THAT KEEPS THE ELECTRONS ALWAYS CIRCLING IN THEIR PERFECT ORBITS. These electrons are conscious and intelligent and do not lose themselves — i.e. an electron forming the eye does not get lost in the formation of electrons forming the arm.

Between each electron there is a great distance, relatively speaking. As the electrons swing around within their atom they either expand their light or slow down because of the discord and pressures of the psychic realm in which we live!

The substance of the psychic realm forces wedges between the points of light created by the freely swinging action of the electrons

WHEN THE THOUGHTS AND FEELINGS DWELL UPON IMPERFECTION THE VIBRATORY ACTION OF THE ELECTRONS IS SLOWED DOWN — ALL THE DISCORD FROM THE PSYCHIC REALM RUSHES IN. IN THIS WAY ONE BECOMES EASY PREY TO DEPRESSION, POVERTY AND ILL HEALTH! NOT ONE ELECTRON OR ATOM ESCAPES FROM FEELING THE RESULTS OF THE VIBRATIONS SENT OUT BY THE INDIVIDUAL!

In the case of an injured or diseased



member, the more light consciously directed into the electrons of that member the more rapid is the healing!

Your God intelligence directs the electrons to whatever organ is in need of repair — BUT THE INTELLIGENCE WITHIN THE LIGHT SUBSTANCE DOES NOT ACT UNTIL SET INTO MOTION BY A SUPERIOR POWER, BY MAN HIMSELF!

Whatever organ needs repair — Recognize that there is a blockage of the flow of electrons. To unblock them see a wide stream of sparkling liquid golden electrons pour into that area travelling in an unbroken circle in a clockwise direction.

The healing will not be permanent unless we keep sustained and uninterrupted HARMONY and PEACE within ourselves!

Why is this so? As the stream of pure electrons travel down the silver cord from our God Presence I AM, and they meet disharmonious thoughts and feelings they are immediately thrown off centre, slow in vibratory action and as a result the effluvia of the psychic realm rushes IN AN INSTANT WE MUST LEARN THAT THERE IS NOTHING IN THIS WORLD OF FORM THAT WARRANTS THE BREAKING OF OUR INNER HARMONY NO PERSON, PLACE, CONDITION OR THING IS IMPORTANT ENOUGH TO DESTROY OUR HARMONY!

## SPIRITUAL HEALING AND HARMONY

How do we reestablish our harmony once it is disrupted or lost? Through celestial, classical and harmonious music, play the music of the keynotes of the Ascended Masters. Call to the Elohim of Peace: “Beloved Tranquillity, Elohim of Peace, I lovingly and gratefully invoke your presence.” Then, visualise this Mighty Being of Light enfolding you in His glittering embrace. Standing above you, see Beloved Tranquillity pouring a liquid golden stream of dazzling and sparkling light the colour of molten gold. See it pour over your head and then absorb into your body — into your



**The Violet Flame will act instantly whenever it is called forth. Use it for healing yourself and others.**

nervous system and then flowing out of your fingers and toes, never ceasing in its continuity. Consciously accept this golden healing light, call to your Holy Christ Self and your Mighty I AM Presence to keep it sustained and forever expanding in its potent healing action. The key is to FEEL THIS HAPPENING! USE THIS EVERY NIGHT BEFORE YOU GO TO SLEEP, IF YOU ARE SUFFERING AN AILMENT OR DISEASE. With a little practice and patience you WILL encounter miraculous result. Believe in it!



If, during the day, you are beset by irritability, quickly go to a secluded place and for three minutes repeat this action of visualisation and feeling.

You can use this too, on people who need assistance. Instead of being annoyed at a person who is not able yet to hold an aura of peace around them, use that conscious energy to visualise them enfolded in the golden light of the Elohim of Peace.

Help those who may not know how to help themselves:

The harmony rearranges the motion of the electrons in your four lower bodies into their original cosmic note.

**SPIRITUAL HEALING ITSELF**  
The BLESSED VIOLET FIRE OF TRANSMUTATION is an eraser that God has provided for us to eradicate

the cause and core of the diseases and limitations that lead to our suffering — the question is — DO YOU USE IT DAILY, AT LEAST TWICE A DAY AND IN RHYTHM i.e. every single day?

Use the Violet Fire visualizations and decrees for 30 days and prove to yourself the miraculous and irreversible effects!

You will feel yourself becoming lighter as the days pass.

**THE LAW IS: ENERGY BECOMES POWER THROUGH CONSCIOUS USE.** So it is with the Violet Fire. It becomes more efficacious in your use as you call it forth daily into action.

The Violet Flame acts impersonally and will act instantly whenever it is called forth. Use it for:

- Healing physical problems.
- Healing differences of opinions and feelings (which are usually as a result of friction between individuals and their associations in previous embodiments).
- Healing others.

The Maha Chohan points out that discordant patterns in any of the four lower bodies — emotional, mental, etheric or physical — repeated over periods of hundreds of thousands of years will need dedicated therapy by use of the Violet Fire in this embodiment. It can be done!

There is usually an emotional core of imperfect vibration — here one must direct his or her attention. These imperfect vibrations send out rays of discordant light that sit within the flesh and manifest as disease, illness and pain

The Violet Fire to the four lower vehicles is like washing a muddy body in fresh water — the treatment is the same. The Violet Fire gives COMFORT, PURIFICATION AND HEALING.

By the silent and discreet calling forth of the Violet Transmuting Flame you can in hospitals, or areas where there are people in distress, do great service and bring wonderful healing. The Violet Fire will surge forth from you, Beloved Saint Germain, Beloved Goddess of Mercy Kwan Yin and the Angels of Mercy

Your privilege is great — you can pay back the balance to life you owe.

**‘Discordant patterns repeated over thousands of years, will need dedicated therapy.’**

**Summary:**

- Know that when you call the Violet Fire forth that it is a real therapy. There must be no doubt.
- You must visualise the VF flowing in, through and around that which needs to be healed and purified.
- We must use it rhythmically every day for at least 30 days in unbroken rhythm.

**VIOLET FIRE DECREES**

Beloved Presence of God I AM, Beloved Saint Germain's Angles of the Violet Flame, Violet Flame Temples over Cuba and the Realms of Light, Beloved Elohim Arcturus and Diana, Beloved Archangel Zadkiel and Amethyst seal, seal, seal me and every individual belonging to Earth's evolutions still unascended in a gigantic, blazing pillar of the Freedom Flame of Violet Fire in all cosmic transmuting power doubled each instant of each hour. Let this focus be eternally sustained, all powerfully active and forever expanding around each one day and night, sleeping or waking transmuting the cause and core of all destructive etheric records and all human mistakes cause, effect, record and memory — into peace, health, happiness and the limitless supply of every good thing God intended for each of His children to enjoy. I consciously accept this done right now with full Cosmic Power.

See the Decree Book for more decrees. Saint Germain suggests the following: Every night before retiring stand with your hands raised up to your Mighty I AM Presence, lovingly invoke the Presence of Saint Germain, Beloved Archangel Zadkiel, Beloved Elohim Arcturus and Holy Diana and ask them to charge your hands with the most potent activity of the Violet Transmuting Flame, and X-sweep your hands down over the body, covering as much surface area as possible — three times. With the left hand sweep over right shoulder arm and hand, with the right hand sweep over left shoulder arm and hand. Repeat three times, flicking the hands powerfully at intervals, as if shaking off mud. See discord in your body flicked into the surrounding pillar of Violet Fire. Command this energy by Cosmic Power to be transmuted into energy that blesses the powers of nature and forces of the elements. Charge it with the Great Central Sun's purifying and indestructible Sacred Fire Love.

**Before a healing, request that Archangel Jophiel, pictured here, and Elohim Cassiopeia charge you with the fully gathered cosmic illumination of the event about to take place.**



Night after night as you proceed, the astral substance clinging to your four lower bodies like black sludge will be transmuted.

**CONCLUSION**

Also call to the Resurrection Flame and beloved Jesus who said that the purification of our four lower bodies is our reason for being!



Connect to the opalescent Resurrection Flame or the pure white Ascension Flame as per the Rhythmic Breath.

Our Three-Fold Flame in our Heart is the way we can connect to any Flame or Cosmic Being of our choice. It all depends on the intensity of our desire to heal. The words I AM set the threefold flame into Cosmic and Dynamic action in an instant! I AM is the sacred name of God and carries His Radiation. So, when you make any Cosmic Call, use the name I AM!

**THERE IS NO DECREE THAT IS NOT ANSWERED BUT THE STICK-TO-IT-IV-NESS IS REQUIRED AND IS PARAMOUNT.**

See AMTF Decree and Song Book for various Resurrection Flame and Ascension Flame Decrees — it is a miracle solution for individual or group depression or financial lack/poverty.

The final healing prerequisite is to invoke the luminous presence of an Ascended Master when you

attempt to heal yourself or someone. However! Before you do this, request that Archangel Jophiel and Elohim Cassiopeia charge you with the fully gathered cosmic illumination of the healing about to take place — or to charge the person you wish to heal with the illumination of the healing. The illumination must reveal that it is the individual that his healing him or herself! Ascended Master Jesus can be called for this type of healing. Not requesting illumination to manifest together with the healing itself will result in punishment for the person doing the healing. This is evident when certain commercial "Spiritual Healers" charge large sums of money to heal people without illumining them that the source of their healing is due to their faith and I AM Presence! Misery usually follows such a selfish endeavour and such a person attracts massive karmic debt — this is because the suffering person must identify the cause and core of their illness themselves.

Love, thanks and blessings in the name of Beloved Ascended Master Saint Germain, Beloved Paul the Venetian, El Morya, Kuthumi and my Mighty Victorious I AM Presence, I give deep thanks to the Ascended Masters Teaching Foundation, Mount Shasta, California.

• *Transcribed by Iwan Jooste of Cape Town, South Africa (July 2010).*



## TAKE TIME OUT TO MAKE THESE FRUITY MUFFINS



### Ingredients:

- 2 cups oats, ground
- 1 cup walnuts, ground
- ¾ cup dates, soaked
- 2 bananas
- ½ tsp vanilla extract
- 1 tsp cinnamon
- 3 apples, grated
- ½ cup raisins

### Method:

1. Process the oats, walnuts, dates, bananas, vanilla and cinnamon in a food processor until well combined.
2. Stir in the apples and raisins.
3. Form into muffin shapes.
4. Dehydrate for about 10 hours.

Oats, bananas walnuts and apples go into making these muffins memorable.

## WHY GO RAW?

TO try to lessen the burden on the planet, without lessening the burden of our own bodies, is to look at only half the picture.

It is vitally important to have a healthy body if we are to give of our best and create the healthy harmonious planet we all want. It takes energy, a clear and balanced mind, a happy and contented disposition, and a great LOVE for all life if we are going to succeed in creating sovereignty and peace for ourselves.

We must start from the premise that we are all made up of energy and that energy vibrates, and the faster the vibration, the less dense the energy.

So if we are all "vibrational energy", what we put into our bodies will have an effect on their vibration. If we are going to put the vibration of "death" food into them we will create a "dead" body. An excerpt from third-century AD Aramaic texts explains that "if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes from life, and from death comes only death. Therefore, eat not anything which fire, frost or water has destroyed. Burned frozen and rotted foods will burn, freeze and rot your body also."

There is nothing more energising and cleansing than eating a diet that is unprocessed organic and raw. — Anthea Torr.



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# A garden full of beans

PAT FEATHERSONE of Soil for Life writes about how to grow climbing beans – and add another dimension to your garden landscape.

**S**OW plenty of beans for a late summer harvest. They provide you and your family with a good, cheap source of protein, vitamins (especially the Bs), minerals (including iron) and fibre. Green beans are legumes or pod plants — as are peas, broad beans, Lucerne, lentils, chickpeas and soyabeans. For the gardener they are the most valuable crops as they contribute nitrogen to the soil and should be included when you plan your crop rotations. You can also be sure that your own home-grown beans will taste better than the ones you buy from the shops.

Beans are a warm weather crop. They grow in almost any kind of soil but will give the best harvests when the soils are well drained and have plenty of organic matter. This is why mulched trench beds are ideal.

Although beans need sunlight, they are not happy in intense heat; temperatures between 20°C and 28°C suit them well.

Green beans are classified into two distinct groups:

- Bush or dwarf beans are preferred by some gardeners because, although they take up more space, they require less work in planting, staking, weeding and watering.
- Climbing or runner beans (also known as pole beans) grow easily up

single poles, trellises, “tepees” of three tied-together sticks, and maize stalks. They produce heavier yields than bush beans and take up very little space. They add a third dimension to an otherwise flat landscape. Have a look at the drawings that follow for ideas for creating some interesting effects in your garden.

## PLANTING

Work the top of the soil three or four times over a period of several days to destroy germinating weeds. Then rake the soil fine and very smooth. Try wide row planting for bush beans. In a space the width of a rake drop seeds about 10cm apart in all directions. Firm the seeds in the soil with your hand or a plank, and then cover them with 3cms of soil. Firm again. If the soil is dry, water after planting.

Climbing beans like to climb straight up, so avoid using chicken wire or horizontal strings, as these cause the vines to wind around each other and choke.

Here are some different ways that you can support your climbing beans:

Plant five seeds around each support, thinning out to the best three plants. If you grow climbing beans up maize or sunflower stalks plant one seed at every third stalk when the plants are about 30cms high. Climbing beans need more water than bush

beans, and also extra feeding. Just after the first pods have developed, dig in a little compost or well-rotted manure.

To ensure a continuous supply of beans, plant every two to three weeks and stop about two months before frost is expected. Harvest as soon as the pod is nearly pencil-thick, but be careful not to damage the vines or bushes. Young and tender beans have the best flavour and nutritional value when eaten soon after picking; that’s also a good reason for growing your own! Beans are a cut-and-come-again crop; the more you pick the more you get. So don’t leave the beans to get tough and fibrous on the plant. Pick them when they’re young and delicious.

Chop up the bean plants immediately after the last picking and work them into the soil – thereby adding valuable organic matter and nitrogen to the soil. Nitrogen-fixing legumes should have nodules scattered throughout the root system. The more nodules the better. These are little fertiliser factory sites that fix nitrogen from the atmosphere into a soluble form that can be taken up by plant roots.

## DISEASE PREVENTION

Keep a heavy mulch of leaves or dry grass on paths and walkways, as well as on beds, to avoid soil splash from



rain and watering. Do not wet the leaves if watering at night and make sure that

- you don't walk among your plants in wet weather;
- you rotate the bean crop each year;
- the soil is well drained. If the soil stays too wet, plant your beans in; and
- raised beds.

### GOOD COMPANIONS

Beans grow well with most vegetables, especially beetroot, carrot, celery, mealies, potatoes and strawberries. Try growing marigolds and petunias in the bean patch as these plants chase beetles away from the crop. Onions, garlic and chives interfere with the growth of beans (and peas) and should therefore not be grown with them.

### RULES OF THUMB FOR PLANTING SEEDS

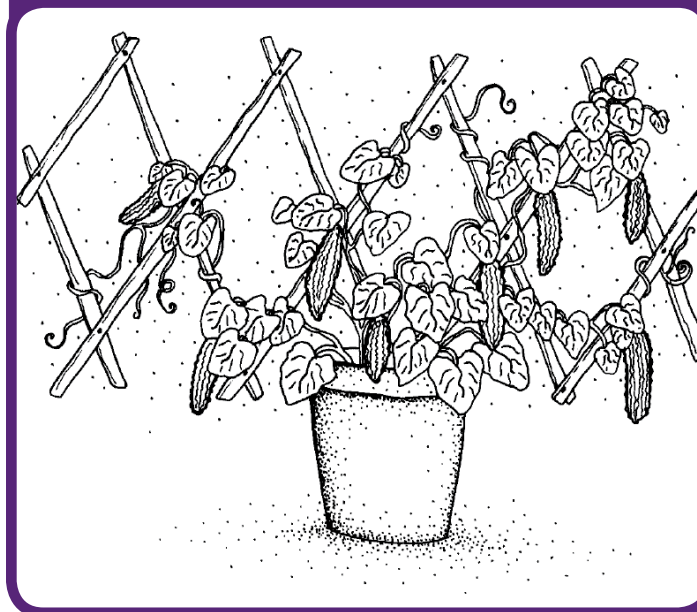
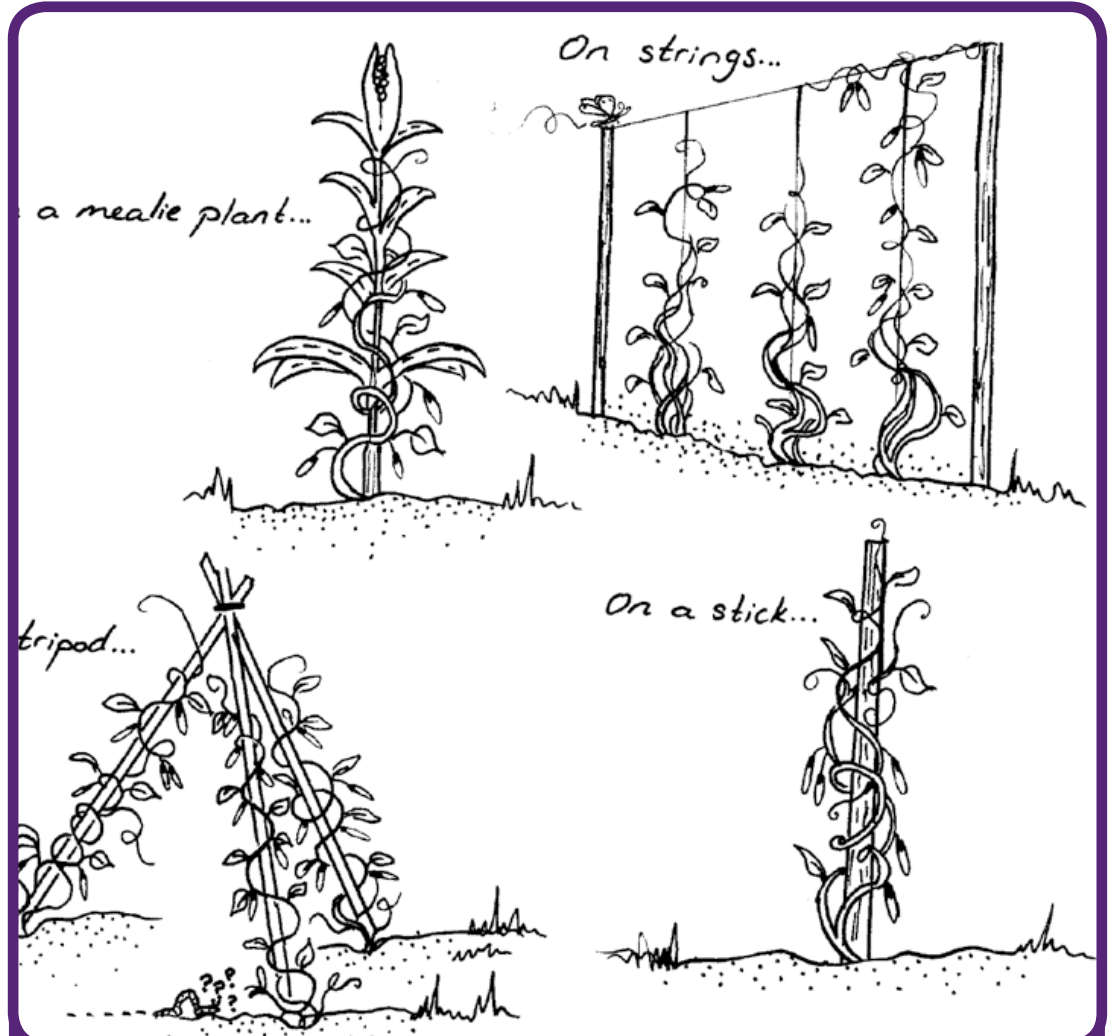
A few tips for more successful sowing of seed:

- Use fresh seed that has been stored in a cool dark place;
- Sowing depth is usually three times the seed width;
- Soak large seeds (beans, peas, marrow and squash, mealies) in water overnight as they will germinate faster;
- The top five centimetres of soil should always remain moist; and
- They should never be allowed to dry out. This will severely affect seed germination.

There are other climbing plants that will do well in your food garden in summer.

- Try growing cucumbers and gem squash in pots against a wall, and supporting them with trellising. Even butternuts are worth a try. However, you cannot let the fruits get too large and heavy. Eat baby butternuts instead.

- Some tomatoes have what is called indeterminate growth. In other words they keep growing upwards and need to be supported with twine.



**Plant five seeds around each support, thinning out to the best three plants. Climbing beans need more water than bush beans, and also extra feeding. Just after the first pods have developed, dig in a little compost or well-rotted manure.**

*cheapest) way to good health.*

*• Soil for Life is a Cape Town-based NGO which teaches people how to grow their own good, safe food. For more information about Soil for*

*Life membership, workshops and organic methods for growing vegetables, herbs and fruit, please phone Pat on (021) 794 4982. Have a look at the website for more information: [www.soilforlife.co.za](http://www.soilforlife.co.za)*

• Grapevines grow over pergolas and provide welcome shade from the glaring summer sun.

Have fun!

*• To all who must eat to live, there is hope. Grow your own food. It's the simplest (and*



# THE VIOLET: Little but greatly loved

MARGARET ROBERTS writes about the violet, used medicinally for hundreds of years, in her popular book, 'Edible and Medicinal Flowers'.



HE sweet violet is an ancient plant that has been grown and loved all over the world for centuries. It is native to Britain and widespread throughout Europe and Asia, and records of sweet violet from the first century AD in Turkey, Syria and Persia suggest that it is native to these areas as well. The violet was a favourite flower in ancient Greece and became the symbol of Athens, the flower of Aphrodite, the goddess of love, and also the flower of her son Priapus, the god of gardens and the male procreative power. Homer relates how the Greeks drank violet tea to 'temper their anger', made crowns and garlands of violets to save them from drunkenness and added the flowers to wine to add an extra bouquet.

## MEDICINAL USES

The violet was used medicinally by the ancient Greeks and Romans, and later in the fifteenth and sixteenth centuries violet syrup was prescribed

for coughs, colds, pneumonia and bronchitis. A tea of violet flowers and leaves soothes a headache and helps one unwind after a heavy and demanding day, and was popular as an after dinner tea in the eighteenth and nineteenth centuries. Violets have a relaxing and calming effect on the nervous system and a tea made of violet leaves and flowers will expel mucous from the nose, chest and lungs, clear mouth and throat infections, open blocked sinuses and will alleviate whooping cough and postnasal drip. To make violet tea use 1/4 cup flowers and leaves and pour over this 1 cup boiling water. Stand for 5 minutes, strain and sweeten with honey if liked. A strong tea can also be used as a wash for eczema and rashes.

The flowers and leaves can be chewed to relieve a headache — chew 5 at first and take another 3 1/2 an hour later. Violets also have a gentle laxative effect, and bruised violet leaves make a soothing poultice for skin infections and inflammations. In Africa violets are used as a cancer remedy and crushed

leaves are used as a poultice for skin cancer and growths. This remedy has also been used in Europe since the twelfth century!

## CULTIVATION

Growing violets is rewarding, as they demand little and give so much in return. They thrive in cool, partially shady positions in rich, well-composted, moist soil. The clump spreads by runners, which can be separated from the mother plant and planted elsewhere, 30 cm apart. Keep them moist and shaded until they establish. They reach a height of no more than 10 cm and so make a lovely border or groundcover. The flowers are at their best at the end of winter and early spring, and the more you pick the more they bloom. Water deeply twice a week and give them the occasional spade of compost.

• *Recipes for Chocolate and Violet Cheese Cake, Violet Liqueur and Violet Syrup appear in "Edible and Medicinal Flowers", which is published and distributed by Random House Struik.*



# Rise out of the tomb of selfishness!

'I plead with you, bring our Earth back home, bring your little four-footed creatures and all that lives, back home for Saint Germain's sake, that this Earth may be Freedom's Holy Star.' Beloved El Morya speaks in 'The Bridge to Freedom' Journal No. 5, page 186.



BELOVED friends of Light and Love eternal, I, like unto beloved Serapis Bey, am called a strict taskmaster. It

is that very will and desire for you to accelerate the vibratory action of your lower vehicles so that you shall quickly find your way back home, which is our love in our hearts directed to you and through you for one purpose — your GOD FREEDOM!

Here we have a stone, one of the few which remains of Tara's Halls, where long since both you and I served our Lord together. That "harp — that once through Tara's Hall its song of music sped — now lies mute on Tara's wall as though its soul had fled." Why? Because, except for myself, every one of you, and others dear to my heart got tired of the harp of Tara, got tired of the spiritual law, and went happily down the by-ways of life, seeking self-satisfaction through the senses.

I tell you that harp shall ring again, and around it shall be gathered, not only in heaven, but right here on Earth, the faithful, who have learned that the highways and the by-ways in the pursuit of happiness lead into nothingness, leaving disillusionment of soul etheric memories of imperfection, mental confusions and emotional chaos!

Almighty God, it has taken all the sons and daughters of heaven, these past seven years, to untangle, not once,



**A Mark Schragger Celtic harp ... the harp of Tara shall ring again and around it shall be gathered the faithful.**



but every day, the chaos in your four lower bodies. Every single day, during each twenty-four hour period, I take the time to go over those bodies and remove the emotional, the mental, etheric and physical chaos of one twenty-four hour period. Isn't that Love? I think, when you consider it deeply, it is, for love to many of you is an ephemeral thing, consisting of the kiss, the embrace, the handshake. Beloved ones, the love that the Great White Brotherhood, from our regent Sanat Kumara, down to my humble self, has for you is so great, that the forswearing of Nivana is nothing in comparison to the redemption we desire for each and every living thing.

I walked the ways of Earth not too long since. I know the love of beauty and I know the trials of the flesh. Because I am called the preceptor of God's will, from which many men shrink in heart, though not in intellect, you think I do not love beauty. Ah, beauty and order or heaven's first law, and in my home in Darjeeling there is, and shall remain, always, both beauty and order. Disorder is no part

of my nature, nor that of my particular Brotherhood. Disorder of person or disorder of surroundings is the externalization of the human nature of disordered mind, feeling and etheric consciousness, or just physical laziness.

In your own realm, in your own life, your will find that when you bring order and beauty into your world, you will progress more happily, for order and beauty bring grace, and that grace brings perceptions that you never knew you had, and those perceptions, externalized, make you God-men, women and children in action, here on Earth. We know that there are times, naturally, during the course of your daily living, when you become a little lax through the sue of the various media of your magnificent service, but this can be rectified in the matter of moments and those moments can be spent in invoking the will of God for man, woman and child on this Earth, invoking, the will of God to make his kingdom manifest now, invoking the will of God for this sweet Earth and it's redemption NOW, invoking the straightening of the axis of the Earth,

the preparation for a class, wherein the Ascended Master Serapis Bey and myself should not have to supply all the energies required to be of a worldwide blessing.

Are you going to do that with the type of energies released of the vehicles in the condition in which they are? I think not! How about the little men in the voodoo countries? How about the lone souls of Scotland and in England too? How about those way off in Asia, Malaya, Hawaii? Think you that the energies, beloved hearts, of your songs, alone, could reach to Hawaii where those blessed and earnest Boerrigters hold their focus of Light for the Easter Season? Your energies don't even reach down the rugged road to the so-called macadam.

Now awake — come out of your soul sleep. ALMIGHTY GOD, awake, and let enthusiasm again spin within your vehicles, spin within your emotional, mental, etheric and physical bodies setting those little electrons spinning around the atoms and preparing for the Holy Mother of Jesus and Brother John and Jesus. For

**'Bring this Earth back home, bring it, oh bring it back home, with all its lovely spring flowers, with all its summer grace, with all its saddened mankind, with all those who have left the former compound and roam yet in the psychic realm.'**





myself I have the name, I have the brand, I care not, except as I fire you with the enthusiasm for the love of God, to bring this Earth back home, bring it, oh bring it back home, with all its lovely spring flowers, with all its summer grace, with all its saddened mankind, with all those who have left the former compound and roam yet in the psychic realm.

I plead with you, bring our Earth back home, bring your little four-footed creatures and all that lives, back home for Saint Germain's sake, that this Earth may be Freedom's Holy Star. Why should I have gone to Helios and Vesta to ask for a dispensation to help you? Because I love Saint Germain, because he has the faith in you all and all his chelas, through they fall by the wayside and desert him right and left — a faith which I, perchance, do not share, having served so often with mankind, both through the Theosophical Society, with Mrs Bailey, with the "I AM," and "The Bridge" activity. But his faith - he is like a child, your beloved Ascended Master Saint Germain. He is so happy when any one of you ascends, when any one of you shows the tiniest bit of Light. He rushes to the Karmic Board with that Light and your achievement and he covers over every error that you make, either consciously or unconsciously, and when we talk with him, he can talk only about how beautiful you are. Even the great Maha Chohan, smilingly knowing, listens, and too, in love, does not dissuade him from that faith.

Saint Germain pleads your cause and the cause of all that lives and we, the fiery ones — Serapis and I — are DETERMINED that his faith shall be realised through you, BY GOD, even though we may not seem popular to your outer self, yet one day, when you meet us face to face, we wont be so difficult. I can play the harp, if you want to listen — and I can love enough,



**Saint Germain pleads your cause and the cause of all that lives.**

love enough to plead for the Ascended master Saint Germain's vision of Utopia manifest on this Earth.

It is Easter time, ah yes. We come again to the Holy Season, today, to the Feast of the Last Supper, and tomorrow to the agonies of the cross — Saturday the waiting for the unfaithful disciples and the faithful Mary and John and Sunday brings us to the Hallelujah's, when Jesus burst the tomb and Magdala knelt by his feet and he told her to go and tell his disciples that he was risen.

.....  
**'Why seek ye the living among the dead?'**  
.....

Then Jesus asked, "why seek ye the living among the dead?" I love that phrase. When I come in here, and I come in more often that you know, I love to say to myself, to cheer myself up, "Why seek

ye the living among the dead?"

Now, come on and LIVE, in God's name live – live to every ounce of your mind and body, souls and spirit, in the service of the beloved Ascended master Saint Germain and make his star a star of freedom NOW!

Another cycle has started. How many cycles do we have to begin and turn again and again and again and again before you all decide to take off on the Ascension Flame?

NOW I INSIST AND COMMAND, BY THE POWER OF ALMIGHTY GOD that you, individually, who have had the privilege of my company, wanted or not, do something about making this Earth Freedom's Holy Star – and I NEVER TAKE 'NO' FOR AN ANSWER! It is not my nature. I'm a terrifically persistent fellow, so persistent that I've followed you all, some of you into the

compound and dragged you out, literally, by the hair, or out of the sleepers' realm, where you were enjoying a fine respite, and have literally SHOVED you through the Board of karma and begged Mother Mary, on bended knee, to give you your embodiment today when there are two others who could have taken embodiment, making them stay in heaven's realm, just so YOU COULD. I knew you had it in you to help the Ascended Master Saint Germain bring the Earth home.

I did this for no other reason that that. In persistence and constancy of service, you shall have your individual freedom, the Earth shall have her freedom, Saint Germain shall have his Utopia, and the Ascended Host shall have an open door, through which to convince you again, again and again that we are real beings.

COME OUT OF THE TOMB OF SELFISHNESS INTO THE LIGHT OF THE NEW DAY, FOR IT HERE!

Welcome to Darjeeling for the gentle side of my nature.