

THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!
As you change yourself, you change the world

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CHART OF THE 'MIGHTY I AM PRESENCE'
COURTESY "ASCENDED MASTER TEACHING FOUNDATION" – MOUNT SHASTA, USA
For a description of the chart, please go to www.iamfree.co.za

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"Nothing will ever pay you such interest on your investment as the time and attention spent in acknowledging, accepting, adoring, blessing, and calling into DYNAMIC ACTION, the LIMITLESS LIGHT of your own "Beloved Mighty I AM Presence," to produce Perfection for you NOW AND FOREVER!" Beloved Mrs. G W Ballard – "Voice of the I AM" – April 1936



BELOVED SAINT GERMAIN

"The natural tendency of Life is Love, Peace, Beauty, Harmony, and Opulence, for Life cares not who uses It, but is constantly surging to pour more of Its Perfection into manifestation, always with that lifting process which is ever inherent within Itself.

"I AM"

"I AM" is the Activity of "That Life."

How strange it is that students with sincere interest do not seem to get the True Meaning of those two words.

When you say and feel "I AM," you release the spring of Eternal, Everlasting Life to flow on its way unmolested. In other words, you open wide the door to its natural flow. When you say "I AM not," you shut the door in the face of this Mighty Energy.

"I AM" is the Full Activity of God."

THE "I AM" DISCOURSES

BY THE ASCENDED MASTER SAINT GERMAIN

DISCOURSE I - October 3, 1932 SAINT GERMAIN



The 7th Ray and the Power of Invocation

BELOVED SAINT GERMAIN

ASCENDED

Address

Group Leader's Breakfast

April 17th 1954 (gratitude to Geraldine Innocente)

“POWER OF INVOCATION IS THE REDEMPTION OF THE RACE!”

Without the Art, Power and Developed Momentum of Invocation, Mankind on this Earth cannot return to their God-Estate. They cannot restore the beauty and perfection of the Planet, the Elemental Kingdom, their own bodies and all they have despoiled

“My Heart is filled with gratitude to see those in whom I invested so much Energy and Light being a ‘Heart Center’ made up of strong and stalwart Spirits who through many ages have proved their worth being in the forward line of every progressive movement that brought great Light, Understanding and Freedom to the people of that age. And who advanced rhythmically the fulfillment of the Divine Plan for the whole Planet and all evolutions by Service. It is comforting to know the lifestreams that stand holding My Vision within their hands and hearts. It is comforting to trace back through the ages the actions and reactions of those lifestreams under fire and under stress. And know that in times of crisis your Soul, Spirit and very Self – will stand, will face and will conquer. And that may be said of each one, ‘THEY DID NOT TURN AWAY!’ I thank You from the depths of My Heart, that you have stood, that you have heard the sound of the Rhythm of Freedom that beats My Heart and has drawn forth from you those Energies which you are weaving now into a Universal Pattern. Which will be the Ceremonial Activity for the entire Planet and all who come upon it in the ages yet unborn.

“Beloved Ones, I will speak to you today on the Art of Invocation. The Seventh Ray is primarily the Ray of Invocation. *Without the Art, Power and Developed Momentum of Invocation, Mankind on this Earth cannot return to their God-Estate. They cannot restore the beauty and perfection of the Planet, the Elemental Kingdom, their own bodies and all they have despoiled.* The Law that governs the Universe requires that the Intelligence using the Power of Invocation must be a part of the substance, Energy and consciousness of the Sphere to be Blessed. It is self-evident that Men and Women Who have attained Ascended Master Freedom, if it was in Their Power to redeem the race, They would have done so long ago. You have not in your consciousness the full remembrance of the Love and Devotion of the Beloved Buddha or Beloved Jesus, and Others Who have walked the Pathway into Freedom. But, if They were given the Opportunity by Cosmic Law, any One of Them would have completed the entire task of redemption for the race.

“There is no intelligence in the Higher Spheres that will not respond to the Invocation from the very least self-conscious lifestream in a Sphere to the blessed. But, the requirement of the hour

is to reach the consciousness of those who can become Priests and Priestesses of Invocation. Stir them sufficiently with interest in Mankind, convey to their mind and consciousness the Vision of what is to be accomplished, and then train them carefully in the Powers of Invoking the Sacred Fire. Then, directing it and dispensing it through the currents of Energy of their own bodies into the locality to be blessed. This is the Action of the Seventh Ray.

“Among the masses who are under the beneficial Radiation of each Ray, there are always some Seventh Ray men and women who are naturally attuned to the Power of Invocation. And they, through prayer, decrees or whatever means of Invocation comes naturally to them, draw the blessings to that age, but they are in the minority. When the Cosmic Moment comes and the Cosmic Wheel has turned and the Seventh Ray plays upon the Earth, then all those lifestreams who have drawn forth a momentum of calling the Blessings, Powers and Activities of the sacred Fire through the ages are invited on the Screen of Life at the same time. So the Seventh Ray develops a Priesthood within the Devotional Activities of the Sixth Ray, which is still the religion of the masses. They begin to experiment with the use of the Sacred Fire and to learn the Method of Invocation to become Masters of Substance and Energy. Then, when they within themselves feel a ‘certainty’ that those Powers of Invocation when Called forth do manifest results; when they have experimented and know failure and success, and when they have achieved a Level of Mastery then, the Activity of the Seventh Ray is ready to begin its great Expansion into the religious Ceremonies of the masses. We are in such a Process now!”

As Chohan of the Seventh Ray, My very first Activity was to secure a consciousness among embodied Mankind through whom I might convey the Vision of the Future. Your Hearts were stirred and drew your presence here and brought to you a remembrance of the ‘Vow’ you had taken to become a part of this CHALICE OF FREEDOM. It is now Our desire to develop from the Group Directors and the Groups Leaders a HEART CENTER which can be strong enough to withstand the impact of the masses Energy when their attention is drawn toward Us and Our Activity. Lord Maitreya has told Me that it would be Spiritually suicidal to attempt to awaken the masses until We had a ‘Heart Center’ well versed in the Power of Invoking the Sacred Fire to render Assistance in holding these Energies in balance and healing the conditions of mind, body and Soul. Then, the Mastery of drawing the ILLUMINATION FLAME to give to the masses the necessary ‘Instruction’ and ‘Application.’

“You are grasping your capacity to ‘Invoke Assistance’ even from the Great Karmic Board and drawing forth Spiritual Dispensations that affect the masses. You have within your hands and consciousness a way and means of waving much of the ordinary karmic judgment which would be the Action of the Cosmic Law if unascended Energy had not wielded the Power of Invocation, sending up those Energies and those Mighty Decrees that reach into the Heart of the Inner Realms, and which bears conscious witness that the Priests and Priestesses of the ORDER OF ZADKIEL are again in Action in the wielding of the Sacred Fire. The individuals who have drawn the Power of Invocation through themselves through the ages have protected groups of people who were holding the Light for that era. Moses drew the Power of Invocation and protected the Israelites as they left the bondage of Egypt and turned toward the Promised Land. Beloved Jesus drew the Power of Invocation with Beloved John, Beloved Mary and Myself and set up the Initial Pulsation for the Christian Dispensation. Every great man or woman who has founded a monastery or convent has drawn through the Power of Invocation certain Spiritual Grace, which became the food and nourishment of the group. It is exactly the same now, Beloved Ones, through the Kindness of the Cosmic law, through the intercession of Myself and through the acquiescence of Beloved Sanat Kumara, Our Beloved Frances Ekey, has offered to take within her body the Power of Invocation and sustain the Rhythm of Our Endeavour without a break in its Pattern. And again the Light of the Communion flows and the Communion contains within it – Our Words, Our Instruction and Our Radiation.

“There is a difference between the drawing of the Powers of Invocation in the past and the present Activity. In the past the Powers of Invocation were used primarily to nourish Mankind on

Earth. Today, it is reversed; the Powers of Invocation are being used to loose the Blessings and Spiritual Benedictions that cover the Inner Spheres. It has affected the incoming lifestreams and has released thousands of Souls from the necessity of re-embodiment. Your Powers of Invocation, called forth, have opened the Doors of the Ascension Temples to individuals who by merit had not gained the right. Have you thought that through? Individuals with sullied garments, with darkened Souls, with no particular interest in Spiritual Truth, having those Great Doors to the Ascension Temples opened to them; and giving them the Opportunity to be free from the wheel of birth and death for Eternity! Through the Power of Invocation that you chelas, yet limited, have wielded – DO YOU SEE YOU ARE WORKING COSMICALLY? A full 300 years before We had hoped such Activities could take place through lifestreams still in need of Purification. Those Calls will be answered! Those Calls will bring release! You, a handful among Mankind can set into motion Cosmic Graces, Cosmic Benedictions and Cosmic Blessings that will affect millions and the entire Planetary Evolutions as well.

“Beloved Ones, do not let your ego and human consciousness limit what you can do Cosmically through the Great Flame of Invocation. Every time a Cosmic Dispensation is given, the human intellect says, “it’s too good to be true.”

GOD IS GOOD, and THERE IN NOTHING TOO GOOD TO BE TRUE! There is no Response from the ‘UNIVERSAL FIRST CAUSE’ which can be limited in any way. ONE LIFESTREAM WITH GOD IS A MAJORITY! One man or woman standing humbly with the motive only to Serve Life can set into motion, Cosmic Currents, Waves of Energy that can stir the Karmic Board, stir the Great Central Sun, stir the Archangels from Their silence of the centuries and bring the Buddha into the atmosphere of Earth where he shall remain. THERE IS NO LIMIT TO WHAT LOVE CAN DO! Within your Hearts is a Focus of the THREE-FOLD FLAME; IT IS THE MAGNETIC POWER OF GOD! It is the Power the Beloved Helios uses to keep the Planet swinging around the Aura of Himself, and Vesta. Within the Great Central Sun is a Focus of the Three-Fold Flame which moves the entire Galaxy forward at such speed that the human mind could not conceive it possible. Within your heart is a Focus of that same Power. The Power of Invocation, which is Magnetic, is no less Powerful. When this Power is directed through the ATTENTION to any Activity in the Heart of the Invisible, which is good, there will be drawn back on the Flame the Blessings, Presence and Assistance to that lifestream. The difficulty is you do not stay with it long enough to allow the scientific accuracy of Its very nature to press your feeling world with Assurance and with Confidence.

“As Francis Bacon, when I joined that order which was dedicated to the Power of Invocation, we were given certain aspects of The Law which you have been given over and over again through the years. But we used it in individual Application, and where there seemingly was not manifestation, we asked for GOD ILLUMINATION, and then we were open minded enough to change our method and procedure until we did find the right Spiritual Formula and manifestation occurred. If the men of science were as easily discouraged as the Spiritual Aspirant, you would still not have those medical cures which have come forth and alleviated the distress of Mankind. If the inventor did not stay with the combinations, which he felt would bring the vision in his mind into form, you would not enjoy the airplane, telephone, etc. In things that you can feel and touch you have a certain tenacity of Endeavour, but with the subtle Spiritual Energy that requires the training of your minds, the Power of Concentration and the control of the Energy of your feelings, you are too easily discouraged. There is no such thing as failure of the Light of the Universe to Respond to the Sacred Fire within the Heart of every one of you, when you sincerely enter that Flame and Invoke the Blessing, Healing, Illumination, the Supply, whatever it is that is the requirement of the moment.

“Beloved Hearts, the POWER OF INVOCATION IS THE REDEMPTION OF THE RACE! It is only through it that We can draw those Healing currents; establish those Mighty Force Fields of the Sacred Fire and Specialize in the Activity which the group leaders choose to give as their Gift of Light. Eventually, these Mighty Focuses will be so powerfully charged with Energy that the Mankind of Earth will not need your words to convince them of the Truth and Efficacy of The Law.

When they touch that Energy they will feel the healing, Peace, Love, and Confidence in the Truth. ENERGY QUALIFIED SPEAKS LOUDER THAN WORDS! You know it! Touch the aura of any lifestream and though the lips may smile and the words be honey, it is the aura that speaks. It is the Energy Charged and Qualified from the Flame within the Heart, that is the silent witness of the contemplation of the secret hours. As you progress upon Life's path, you will know that what I speak is Truth. By reaching the consciousness of Beloved Godfrey, and then reaching the students, We began the Initial Impulse in teaching individuals how to Decree Impersonally to bless Life. From the metaphysical channels, which are so often charged with selfishness, the consciousness of the students came into an understanding of Serving Impersonally for the good of the whole. Then, through the Offices of Beloved Morya We were enabled to Focus the Powers of Invocation on the need of the hour and on certain crises which could be averted by the intercession of unascended beings whose Energies could be offered to expiate certain currents of force. You have heard of the Intercession of the Saints on behalf of Mankind. Is it not strange that We Who are called those Saints require the intercession of Mankind on Our behalf? Do you see that it is GIVE AND TAKE every step of the way? Neither the Beloved Maha Chohan, Beloved Morya, Myself, nor the Beloved Goddess of Justice, nor any Other realized the tremendous inroad We could make in the Activities governing the Inner Spheres through the Power of your Invocations.

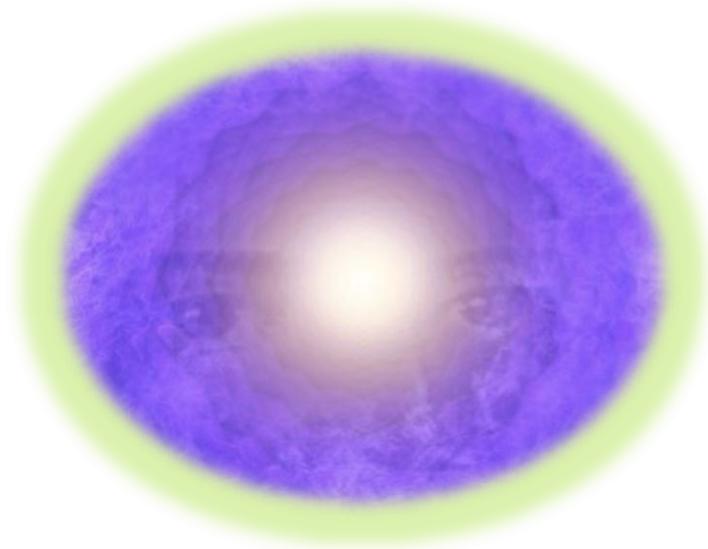
"In the Seventh Ray during the 2000 year period, the Priests and Priestesses will use the Power of Invocation in cooperating with the Great Karmic Board, by setting into motion Energy Currents which will do more to transform the Earth than has been accomplished at any time since Atlantis' and Lemuria's Light was dimmed. It is required of Us to secure in the compound, a lifestream who will, through the Power of Invocation, draw the Flame into those individuals who are bound. It is required of Us to secure the attention of a consciousness who will enter the astral and psychic realms and abide there. Why do you think Beloved Jesus descended into the collective human consciousness? So that, He might 'Invoke' and use that Power in that Realm. The Sacrifice of the Descent of an individual into Sphere below that in which he would normal function, in order that his Energies become a Magnet of Invocation is wonderful indeed. Such a Sacrifice was made by Buddha, every Avatar, and some of you again and again. I have stood by your side when you were offered Your Freedom and you said: "If I take that Freedom, who then shall return and Serve?" then, renouncing that Freedom, you took upon yourselves the heavy cloaks of flesh and came again into form.

"For many years I have desired one thing and many times The Brothers have said: 'Saint Germain, what would You like?' I usually say: "The Freedom of mankind." and They say: "Yes, but just for Your Cosmic Anniversary, let us give You something Personal." I would like the opportunity, as I have drawn you into his room this morning, to draw forth individuals who wish rhythmically to use the Powers of Invocation; to speak to them and show them My Vision and repeat again and again the way and means their consciousness' can Master those Powers of Invocation within themselves. Beloved Ones, it is from such a group, trusted, tried lifestreams, who have disciplined themselves, who LIVE TO SET LIFE FREE, that We shall bring forth those Master Powers, which will be the absolute Proof of The Law to Mankind everywhere.

"You have done well! You have established these Sanctuaries in My Name. You have Served Life, but you have not done anywhere near what you can do to 'Regulate' your own worlds, and in experimenting with these Powers to become the Master of your own Consciousness and Energies. I implore you in the Name of Life, as One Who has Loved you long and well, do not allow human feelings to act within you that either interferes with The Law manifesting, or that you do not properly apply. The Law always works and you as PRIESTS AND PRIESTESSES of the ORDER OF ZADKIEL are to be MASTERS OF THAT LAW, setting into motion and bringing release and relief to all people.

I thank You

SAINT GERMAIN



OUR PHYSICAL BODIES

OUR BODY IS THE VEHICLE OF OUR 3-FOLD FLAME IN OUR HEART. So it is the 'TEMPLE' in which God, individualized in each one of us "I AM", abides here on the physical plain.

There are Laws that we need to abide by, that relate to 'energy and vibration' in order for the FULL activity of God, the "I AM Presence" in each of us, to be able to act in and through our physical vehicles, as well as the other three subtle bodies (etheric, mental and emotional) and therefore fulfil our Divine Plan, which is our reason for Being.

Everything in life has a vibrational frequency and so this applies to what we put into our bodies. The Ascended Masters have told us that; *"the soul withdraws from its temple of flesh, when it realises that the human-self cannot withstand temptation."* The importance of what we put into our physical bodies cannot be stressed enough, as well as the GREAT IMPORTANCE of KEEPING OUR MINDS AND EMOTIONS HARMONIOUS NO MATTER WHAT THE OUTER IS PRESENTING TO US TO MASTER AND TAKE CONTROL OF! Everything that comes our way, we have created, and we have to set straight. The Ascended Masters have told us, we avoid persons, places, conditions and things when we have not mastered ourselves!

*As our Beloved Saint Germain says in
'THE MAGIC PRESENCE' By Godfre Ray King*

"From the Heart-centre of the Electronic Body flows a Stream of Life-Essence or Liquid-Light which enters the physical body through the pineal gland, and fills the nerve channels. This "Liquid White Fire' flows through the nerves, as the blood does through the veins. This beats the heart, moves the muscles of the body, and enables one to walk or raise the hand. It is also the energising Light within the brain cells.

"The Life-Stream of the body has often been referred to as the 'Silver Cord'. So It is, for the Stream of Liquid White Light pulsates continually through the flesh body by way of the nervous system. At so-called death, the 'God Presence' withdraws the Stream of Liquid Light, and the flesh disintegrates.

"The reason the race continues to experience so-called death is, because of the waste of this 'Electronic Light' through emotional excesses, instead of retaining It within the physical brain and

body to rebuild the cellular structure, and supply the Motive Power for the entire body! Mankind does not like the Truth, but the waste of the Life-Energy through uncontrolled feeling, is the cause of the disintegration of the all physical bodies outside of violence.”

“You see there is a definite reason why human beings should not eat meat, this is because the atoms, of which it is composed, are the condensation into the substance of the world of mankind’s own vicious thoughts, and feelings of the past.

“Animals were not in existence upon this planet, during the first two Golden Ages. They only began to appear, after humanity had generated the discord that followed those first two periods. The First Creation, described in Genesis, referred to these two Golden Ages and they were described as ‘very good.’ Then the mist arose, and the so-called ‘fall of man’ came about by the attention of the intellect becoming focused upon the appetites of the body, through feeling.

“Thus, the outer mind became more and more enmeshed in the world of things and hence, forgot the Source and Power House of its being, which is the ‘Mighty I AM Presence.’ The Plan of Completeness or Divine Way of Life was lost sight of, and more and more discord has continued to creep into the feelings of humanity every since.

“As long as human beings insist on killing animals, they will never be able to break the vicious habits within their own feelings, by which they have bound themselves; for they are constantly destroying their own bodies, and shutting out the finer mental impulses. The Love of mankind for domestic animals is raising and purifying some of that – past creation – and releasing that stream of life into a more harmonious phase of existence. As humanity becomes more harmonious and pure, all animals will disappear from the Earth. Even weeds and blight upon plant life will be removed; and the Earth once again return to her pristine purity described as the ‘Garden of Eden,’ meaning obedience to the Divine Wisdom.

“The great harm of meat-eating is, that the flesh of the animal records the feeling of fear it experiences when killed. The animal has an emotional body, and the vibration of fear recorded previous to, and at the moment of death qualifies the flesh and that quality is absorbed by the emotional body of the human being who eats it. It also causes a certain substance to condense into the brain, which dulls the intellect, and prevents the finer impulses from flowing into it, from the ‘Mighty I AM Presence.’ “This substance even an Ascended Master will not interfere with, because the individual does these things of his own free will. *Fear, in its many subtle phases, is the predominant feeling within mankind today; and it is the wide open door through which the sinister force holds its control in the personality, and does its destructive work.* The teaching that it is necessary to eat meat in order to obtain strength is vicious and entirely untrue, for the elephant, one of the strongest creatures on earth is a non meat-eating animal.

“The idea that serums, made from animals can produce health and perfection or protection against disease, in a clean child’s body, or that of an adult, is another consciously directed activity of the sinister force in this world; in order to break down the health and resistance in the race that the destructive feelings may hold sway and destroy the ideals of mankind. The medical profession has been unknowingly made a cats-paw for this destruction, under the guise of science. It is only because of the persistent stubbornness in the sense appetites, which are feelings in the human body, that the race keeps using its marvellous mental capacity and the wonderful Pure Energy from the ‘Mighty I AM Presence’ to create more and more destruction.

“When human beings will spend the same amount of time and energy studying Perfection and the Wonderful Miracles of Creation that face us everywhere, as they now do, in gratifying the physical appetites and whims of the personal self, they, too, will produce the same miracles that the Ascended Masters are able to do. However, before fifty years are past, mankind will look back upon the meat-eating habit of today, as we now look upon cannibalism.

“There are several things that leave a substance in the brain which must be cleared away, if the Full Perfection from the ‘Mighty I AM Presence’ is to be released, through the personal consciousness. These are, in order of their importance: narcotics, alcohol, meat, tobacco, excess sugar, salt, and strong coffee.

REMEDY

“Now, we come to the remedy for these things, for I will never point your attention to any consideration of imperfection, without showing you the way to transcend it, and replace it by Perfection, brought about harmoniously. I want you to realize always that whatever needs to be changed in the physical experience, if you will call your ‘Mighty I AM Presence’ into action, through your mind and body, the result will always be produced without suffering or discord of any kind.

“The Way of Perfection, which is the activity of the ‘I AM Presence,’ never demands of the personal self anything but the letting go of its chains, its discords, its limitations and its sufferings; and this change is always brought about harmoniously and through Divine Love.

“The way to purify the brain and body-structure, if the personality has been putting these substances into the physical body in the past, is to call to your ‘Mighty I AM Presence’ to pour through your mind and body its Violet Consuming Flame, using the following affirmation:

***‘“Mighty I AM Presence!” Blaze through me
Thy Consuming Flame of Divine Love.
Take this desire out of me (or another), annihilate its cause and effect,
past, present and future, and replace it by the
Fullness of Yourself, Your Perfect satisfaction, and hold
Your Full Dominion here forever!’***

This same affirmation can be used for another, with the same miraculous and permanent accomplishment. Then, spend a few moments, at least three times a day, visualizing yourself standing within a pillar of Violet Flame rushing from the feet to some distance above the head and extending for at least three feet on each side around the body. Hold this picture, as long as you can comfortably do so, and feel the Flame, which is the Purifying Power of Divine Love, penetrating every cell of your body. This dissolves all impure and unnecessary substances in cells of the body, thus clearing and illumining the consciousness. This is part of the Knowledge of the Sacred Fire, which has only been taught in the Retreats of the Great White Brotherhood, throughout the centuries. It is the way the Ascended Masters purify, heal, and harmonize mankind and the very earth itself. It is the Power by which so-called miracles are performed. It can never have any other effect in either the brain, body, or affairs but great ease, comfort, peace and eternal good.

“Man, if he has attained Wisdom, *which is the Constructive Use of all Knowledge*, may have the perfect cooperation of nature’s gigantic forces, and through them make his accomplishments immortal also. He *must stop the stupendous slaughter of animals for food, and the business of raising them to kill.*”

CLEANLINESS AND FOOD (“Voice of the “I AM” march 1938)

Whether it be “I AM” Group Leaders or Students, Saint Germain says: “If you desire Our Radiation and Assistance, do not eat onions, garlic, nor use alcohol nor tobacco! We cannot and will not intensify the energy within and around you when such a thing is in the atmosphere!

“Do you know that those are the things which discarnate’s love? Those are the things which draw them! They feed upon the essence from that which is sent forth from your body. *Now at this time it is imperative that you keep your bodies very clean if you wish the Radiance that We want to give forth to do this Tremendous Work.*”

“THE MAGIC PRESENCE”
Chapter IV “Divine Romance” page 101

“I shall now give you the Explanation of the Law by which you are able to illumine, raise the physical body, and express the Full Dominion, Victory, and Freedom of the Ascended Masters.

“The seed within man and woman is only intended for the sacred office of creating a body, by which another soul may come into physical embodiment. At all other times, the ‘Glorious Light’ within the body, should be raised into the top of the head and allowed to flow up in adoration unto the ‘Mighty I AM Presence.’ Then, by uplifted thoughts and feelings one can do creative work at the mental level through glorious ideas, ideals of art, music, invention, discovery, research, and the creation of beauty and harmony of every description, through a service that blesses humanity, and therefore, the individual who gives it.

“Instead of wasting the wonderful ‘Liquid-Light,’ the marvellous God-given Essence of Life, in sex sensation and excesses, whereby the body becomes decrepit, flabby, crippled, the face lined, the eyes dull, the whole structure stooped and feeble, the brain inactive, the sight and hearing impaired, and the memory not able to function, this energy should be rightly used in Wonderful, Idealistic, Creative Activity.

“In such constructive consciousness and accomplishment, the physical body would remain eternally youthful and beautiful; the brain and faculties keen, alert, and active, and the whole physical expression would become the Image and Likeness of the Living God – truly the “Temple of the Most High!”

IDEAS

Live food has a high vibration - raw, live food is a good way to go! Sprouts are good! Organic is less harmful, than chemically grown crops, as harsh chemicals and toxins are not used, and the produce has the minerals that bring health to the physical body. The Ascended Masters stress again and again the importance of eating a vegetarian diet. Meat has the frequency of death, fear, viciousness and cruelty and that attaches to our emotional bodies. We have been told to stop eating garlic and onions it gives the body an odour that is attractive to negative energies and entities, and the Ascended Masters cannot work with us if we continue to eat the things we have been told not to eat.

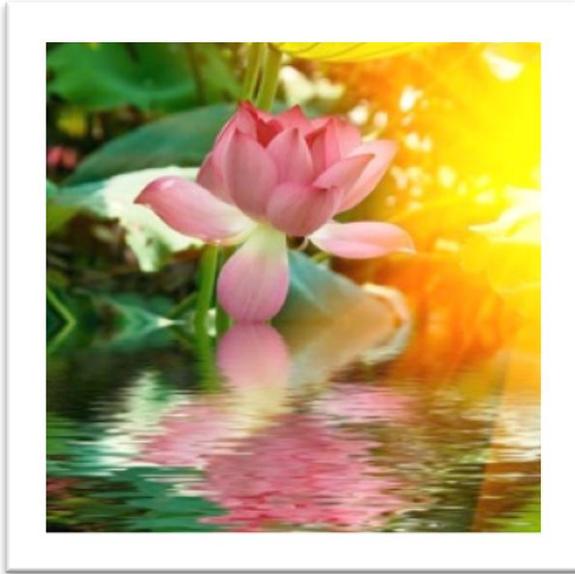
We need to look into the ripple effect of our diets - try to eat things that bring the least amount of harm to all life and ourselves on the planet.

Addictions will need to be erased (with the help of the Ascended Hosts and our Mighty “I AM” Presence) ‘ASK AND YOU SHALL RECEIVE,’ we must never forget this, as we live on a planet of FREEWILL AND ONLY THROUGH THE ASKING CAN WE RECEIVE HELP. Alcohol, nicotine, and ANY mind-altering substance, is not allowed. Excess sugar and salt will also have to be addressed!

Exercise – gentle, don’t put undue stress on your body – keep it filled with energy, and remember we have been allocated so many breaths this lifetime; so shallow fast breathing will shorten our lifespan. The Ascended Masters have told us we can create good, healthy, strong bodies by the use of our mental powers, and it is much more energy efficient!

IT IS WISE TO STOP WEARING AND USING BLACK AND BRIGHT RED – colours have a vibration that is either healing and uplifting or not – these two colours hold the vibration of death and is devoid of Light (black) and lust and anger (bright red). Ruby red is different – it is a soft pinky red. See the tab on this website on colours.





JESUS ON THE RESUSCITATION OF LAZARUS

From Bridge to Freedom Journal 5 pg. 292

*“THE KEY TO CONTROL YOUR
SURROUNDINGS AND ATTAIN YOUR
PURPOSE.”*

*An address by Beloved Ascended Master Jesus
December 30th 1960 – The Ashram*

If I had dwelt upon the passing of my own father (Joseph) and all of those other blessed ones whom I had known, I should not have had the stockpile of God-qualified energy of Life Eternal, which was

more powerful than the moaning, crying, curiosity, skepticism and various other qualities of energy in the group, as well as the lethargy of Lazarus. So INVOKING all that gathered power and momentum of LIFE EVERLASTING and directing it into the Heart of his lifestream to render a service, that energy was MORE POWERFUL than those other qualities of an imperfect nature acting through the people. Lazarus responded and came forth.

Everything in the world, on any plane, even in the Ascended Masters’ Realm, in the Realm of Divinity, is qualified either by GOD-POSITIVE ENERGY, or by creations – positive or otherwise – of imperfection, through the misuse of free will.

Now you have started upon the pathway home into the Heart of God, the very first pebble upon your pathway may stub your toe a bit, yet as you draw of that Self-Mastery in, through and around you, your own Light BLAZING forth will be enough to remove a boulder for a mountain.

WHAT IS AN “AVATAR?”

I was a man who came to Earth for a purpose, voluntarily. I chose to show mankind in a time of great darkness what God’s destiny for each and every one of them was to be. Through misinterpretation of the Law, unfortunately, I was set apart as the “only begotten son.” I came to bring the example of eternal Life, overcoming THROUGH THE ASSISTANCE OF DIVINE BEINGS, a very unpleasant experience called death, then had to re-convince my disciples that I lived and moved among them Resurrected, no human power able to touch the God-qualified energies of my own lifestream.

All of these things I had done because the world requires every now and again the coming of a perfect one, who can fulfill the purpose and represent on the Earth our Heavenly Father. They call such a one, “an Avatar.” You will have, of course, the coming of a perfect being representing my Beloved Brother, the Ascended Master Saint Germain. But, in the interim, under the dispensation of the Cosmic Law, it would be a marvelous thing to have rise up among you your own Godliness to a point where your energies are constantly, and consciously, devoted to one purpose – learning to build in the silence the reservoir of every God-Gift and Virtue, and utilizing it as the requirement demands!

BE HONEST WITH YOURSELVES

Now I Am, with Beloved Kuthumi, serving in the capacity of world Teacher, and I will say to you who are not yet without sin, be honest, as honest as you would have to be in the Presence of Beloved El Morya, as you will have to be as you stand before the Karmic Board. BE HONEST with yourselves as to that quality of those virtues, which are your “weak” points and develop them.

“It is easy to love those who love you, but you must learn to love those who perhaps have disturbed you. No one could have passed through that initiation of the crucifixion without the knowing what it is to hold control and mastery throughout every type of ridicule – physical, mental, etheric and emotional – and at the end of that period pass the final test, remaining on that cross and then with the help of the Lord of Life, the Holy Spirit, himself, coming forth and remaining to ANCHOR the disciples in the Power of Light before my Father and yours.

“Have you been whipped in public, with a crown of thorns pressed into your brow? Have you had your garments rent? No! Those things which happened to you in this embodiment are very slight as to those experiences through which I, voluntarily, passed to show that the Son of God was the Master of the Energy of his world. Thus I was able to stand before Pilate, himself, and when he said unto me, “Hearst thou not how many things they witness against thee?” And I answered him not a word, for he had no power over my life or my departure, and no human being has power over your life and your departure, except your own I AM Presence, Holy Christ Flame and your Divine Sponsor.

THE CONTROL OF ENERGY AND POWER

“Accept that not only for yourself but as I speak it into the ethers, I speak of LIFE ETERNAL through the controlled energy and power of One who has experienced every type of energy which was less than perfection catapulted at him, and who has come forth VICTORIOUS! What one has done, many shall do!

“We are late, beloved ones! Late, by thousands of years! The next Avatar was due long since, yet came not he because of the recalcitrance of the human race and her attendant evolutions.

“Now in the great Tetons there are gathered together around the Hierarchs, Beloved Lanto and Confucius, many shining beings from the Hearts of Alpha and Omega and all the Suns of the system. The Great Karmic Board is already in session – the Beloved Lady Portia, Kwan Yin and the others. Mankind has opportunity unparalleled to walk and talk with the Master of their choice, and you have opportunity TO BECOME GOD IN ACTION! When I say that affirmation, it was oftentimes required to release Power through the spoken word to ‘shatter’ the creations of imperfection, but in Wisdom’s Way oftentimes the service can be rendered in silence.

THE MOMENT IS NOW!

“Those of you who have loved me thousands of years, thought a good deal about me this Holy Season, are definitely connected with my world experience. PREPARE YOU TO BECOME AND TO REMAIN A GOD-EXPRESSION, ABLE TO USE THAT GOD-LIFE AS OF NOW. The moment is NOW! I was not told beforehand about any of the experiences from my baptism in the Jordan, on. I had no written scroll, saying on such and such date the Holy Spirit shall descend, on such and such date you will heal, on such and such date you will raise so-and-so. No! But I used my Life magnetizing that God-Power and then as each

experience came, I had already the qualified energy and through the Power of the God acting through me, I was able to render the assistance. Thus I was not taken unawares. If you have to have a calendar, to advise you when you shall be called, don't expect it, but expect through our words that we shall require assistance of unascended beings AT ANY MOMENT! NOW, SLEEP NOT LONGER BUT LIVE, AND IN LIVING, MAKE BEAUTY A PART OF YOUR BEINGS.

Jesus



EXCERPT FROM: The "I AM" DISCOURSES
'THE GREAT DIVINE DIRECTOR' Book 8
DISCOURSE 1 pg. 5

"I Am getting quite personal. Why do you suppose the Name the "Divine Director" was given to Me? Not by Myself or Associates; but because it is My Privilege to direct Certain Currents of Energy, Very Definite Light Substance! When the Light within the Individual has expanded far enough, great enough; then, it is My Privilege to set aside time and space for that Individual; so one may more quickly enter into Freedom and perfection, which the Expansion of the Light within discloses – please notice, I say, "discloses!"

"I want you to feel, if you will, so close to Me that it enables Me to render This Service for you! You will one day, come to know what it has meant, in the Provision having been made; so The Good Messenger has been enabled to receive Our Dictations in This Manner. It means Wonderful Things to you all!

"Will you from this day on, never allow your human self to feel, anything which has been placed before you is unnecessary? The Use of the Violet Consuming Flame to set you Free from your human creation is the ONLY MEANS in the world by which it can be done; and the need of charging your mind and body with the Perfection of the Presence, is imperative. I plead with you, don't neglect these simple things! No matter what your activity of the day is, you can if you will, charge your mind and body in the morning, with the Energy of the Presence; so matter how hard the work of the day is, you can be rested at night.

"Now please apply These Laws and experience the Freedom which your Application brings to you. The Messengers have been compelled to prove This Truth in their own lives and they do it every day. Many of you are doing it, for you are Wholly Free, Precious Ones, in the Acknowledgement of your "I AM Presence"! There is not a thing in the world, It will not do for you; if you will harmonize your feelings and call It into action, but be firm and definite about it! You know you cannot accomplish anything with a half wishy-washy way

of doing it! Be calm, firm and determined to have the Perfection of your Presence, when you call It into action and It cannot fail!

“Do not forget your Chart, Dear Hearts, for one single day! I plead with you; don’t sleep at night, until you have given a few moments Acknowledgement of your Chart. Speak to It and the “I AM Presence” above you! Don’t be afraid of getting too familiar with your Presence; and don’t feel you have to bow and scrape before It. Just with the Fullness of Joy, acknowledge and say:

“Beloved ‘Mighty “I AM” Presence’ here “I AM” – a Projection of Thyself! Glorify Thyself in me, in the Projection of Thy Wondrous Perfection and Mighty Directing Intelligence! Cause this body to Glow with Thy Perfect Health and Strength. (Pause and PLEASE feel and see this) “Cause the mind and body to Glow with the Fullness of Thy Perfect Health and Energy; with Thy Light Substance called forth from the Love Star, which cannot be requalified by human feeling. Charge me, my mind, body and world, with the Fullness of Thy Light Substance; cause the Intelligence which Thou art, Oh ‘Mighty I AM Presence,’ to sweep into Action in my world; and produce Perfection and hold they Dominion there forever!”

“It is so wonderful, Precious Ones of the Light, to know you have contacted and become aware of the Great Infinite Intelligence, which can and does release into your world everything you require; for the Glory, the Freedom and the Perfection which it wishes to express through you; and with which It can only fill your world, by expressing thru you. After all the centuries you have waited and It has waited, to have an opportunity to give you This Assistance, which It could not do without your attention given to It – so it is wonderful!

“You are moving in a Vast Sea of Light Substance in the Acknowledgement of your Presence! Were you to see the Atmosphere of the room, as it is charged tonight, then you would know how Great is your Privilege; to move within This Light substance, which is drawn here for your Blessing and the Eternal Expansion of your Light.

“Believe Me when I say, you have entered into a Very Powerful Divine Activity; but Precious Ones, never allow your human self to cause you to feel faint. In the Presence of This Light Substance such a thing is incredible, impossible! Don’t let your human self qualify anything in your Groups or your world with any feeling but the Strength, the Power and the Joy of the “I AM Presence.” In your Heart is your Perfection! All these things which occur in mankind are but the Individual’s own human qualification and it is nonsense! You cannot faint unless you want to! All these things are human qualifications, which you can set aside in the Acknowledgment of your Presence! Be strong; be firm and practical in the Application of these Great Laws, that is what you should be!

“Precious Ones, take your determined stand, to call your “Mighty I AM Presence” into action! Go forth, in the Glory of Its Mighty Radiance and Directing Intelligence; and you can be sure that We will give you ever Assistance possible, to your quick and Eternal Freedom. If you mean business as We do, then Freedom will come quickly! I tell you in This Group and This Marvelous Activity, you do mean business, Go on and on, and on, until there is not a vestige of the human left!

“I rejoice with you exceedingly, Oh Precious Ones, in the Glory and the Victory which you are winning. Eternal is My Love, enfolding you unto your Freedom and Ascension! Remember We are One Great Family! We are just your Elder Brothers and Sisters, who

have attained just a little ahead of you; and We, with so Great a Love, are making Every Effort the Great Cosmic Law permits, to give you EVERY Assistance possible! We plead with you month, after month, after month to just Harmonize yourselves and hold that Harmony, until We can help you win your Victory!

“On behalf of the Great Host of Ascended Masters, We call the Great Light Substance forth tonight; to enfold each one of you, as your individual requirements may indicate; to hold that Light Substance Active about you, supplying the courage, the happiness, the strength; and releasing the Supply of all required for your Happiness and Comfort; all that is necessary for your Service to the Light!

“I say again to you, Precious Ones, I thank you for making the Call and giving the Decrees, please continue it, and you can and SHALL have your Home of Light in which you may meet! The Light Substance knows no limit! The supply of money provided for mankind, is really not limited, for the Great Presence give you all! As you issue your Decrees for your Auditorium, for your own building in which to serve the Light, the Light will turn and serve you and supply it! There is naught you cannot have for the service to the Light, whether it be a home, an automobile, organs, or airplanes; but don't be impatient, I plead with you!

“Go on making your Decrees! Do not limit them and you will be surprised what one year will supply to you; but when you say Those Decrees, don't let your human have anything to say afterward! Make it be silent concerning your Decree, and your Decree will go on and be fulfilled. Remember, when you issue a Decree, the Power of the Universe goes into Action to perform that Service; and unless you become inharmonious and allow your human feeling to affect It, your Decree will go on and Act until the achievement is accomplished! It is a Law of the Universe, no one's opinion; therefore, if you do these things, the results will be Fulfillment of your Hearts Desire!

“I say to you tonight, if you will stand with Us, We will stand with you! That is a fair contract! Accept the full Glory of your Beloved Mighty “I AM” Presence NOW! Amplified by the Great Host of Ascended Masters and the Laws which They apply to your Assistance. Go forth with a Happy Heart, with a Courage and Confidence born of your Mighty “I AM” Presence. Then leave the rest as you issue your Decree, with the Wisdom of your Presence to be fulfilled; be Glorified in the time in which It sees fit to produce the Manifestation; and you will have in your world, that which will make your Happiness Complete!

I thank you,

The Beloved Great Divine Director

