

# THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!  
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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, and more of The Ascended Master Teachings please go to  
[www.iamfree.co.za](http://www.iamfree.co.za)

PLEASE REMEMBER: All this information from the Ascended Hosts is for ALL on this planet, but IT MUST NOT BE CHANGED, ADDED TO, USED FOR ANY COMMERCIAL VENTURE OR CREDIT TAKEN FOR IT, IN ANY WAY. *This is vital, as these Teachings are Pure and untouched by humans and must remain so for eternity.* The information in 'The Ascension Times' is ONLY from the 'Saint Germain Press', 'Bridge to Freedom' and 'ADK Luk' Publications. We always give reference to the source so you know where it comes from.

*"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**



## 2013 AMTF Conference

The next AMTF Conference in Mount Shasta will be: August 2, 3, & 4, 2013  
at the Buddhist Temple at Tara's Refuge on Madison Drive in Mt. Shasta, CA.

for more information about Tara's Refuge go to [www.tarasrefuge.org](http://www.tarasrefuge.org)

Details will be posted at a later date.  
ALL ARE WELCOME !!!

For more information e-mail: [info@ascendedmaster.org](mailto:info@ascendedmaster.org)

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THIS CAN BE FOR EVERY COUNTRY ON EARTH  
IT IS GLORIOUS . . . . AND WELL WORTH WATCHING!

[http://www.youtube.com/watch?feature=player\\_embedded&v=o\\_RiqDqTDM8](http://www.youtube.com/watch?feature=player_embedded&v=o_RiqDqTDM8)

ANOTHER ANGEL ON EARTH – BUNKER ROY

<http://youtu.be/6qqqVwM6bMM>



## MASTERS ENERGY MUST BE RETURNED

By Beloved El Morya

*The Bridge to Freedom Journal – Book 4 (Pgs. 122 – 132)*

December 31, 1957

By love – beloved ones, - at the end of a year as exacting as was 1957, it is really magnificent to be able to present to the Karmic Board all of my chelas *intact* –and have an expansion of the light of those chelas, as well as an increase in their numbers! Now, at the close of the year, you have come to join in the various festivities and councils at the Royal Teton. Think a little about the word “intact” – it means a great deal more than just “all together!”

I am grateful to have this opportunity to personally thank you again for your service, your constancy, your faith and your practical application of the law, all of which have been made manifest in works well done. You see, as your sponsor at inner levels, it has been, and still, is my opportunity, as well as responsibility, to offer my light as a balancing power for every bit of the light which was given you by divine ones *but not used by you* during the year. Your divine friends, from time to time, present to you certain applications for your edification, illumination and, perhaps, most important of all, *for your practical use!*

You see, as we have told you many times before, life is very precious in our octave and, when we give you our assistance through radiation, *that is our own life!* We are held wholly responsible, of course, for what we do with that life and having sent it forth, there must be a return on our “investment,” as it were. If that “return” is not forth-coming from those to whom it was given, as works well done by its use, then we must “make up the balance” therefore, by some extra service on our part, for the perfect balance of giving and receiving is always held inviolate with us. Therefore, we are always so grateful when you take up the instruction we present and use it in practical service, both for yourselves and your fellowmen.

### Opening of Cosmic Highways

Concerning the subject of Cosmic Highways, which the beloved Maha Chohan mentioned in an earlier address in this class (but upon which he had not the time then to elaborate), before we go to the Teton later this evening, I thought I would give you some information thereon which might interest you.

When any Sun-God and Sun- Goddess desire to create a planet (or series of them) and the evolutions which will inhabit them, they do so with the loving co-operation of the planetary Silent Watcher, the seven Elohim, the builders of form and forces of nature. Finally, when the planet (or planets) is habitable and the spirit sparks, which have been held within the Heart-flame of the Sun-God and Sun-Goddess from whom that planet came, are ready to take embodiment thereon, there is a Rod of Spiritual power placed within the keeping of the Lord of that planet. This being is known as “The Lord of the World.” That rod of spiritual power keeps the souls who are destined to evolve upon that planet within its orbit while they are in embodiment there and between embodiments, as they abide in certain spheres around the planet, until they are ready for physical birth again.

This rod of spiritual power has been used, all through the ages, by our beloved Sanat Kumara and some of you have read about it many times. It has been safely kept at

Shamballa and now our beloved Gautama (new Lord of the World) guards and governs it and its use for the Earth. Beloved Lord Maitreya, (the New Buddha) also wields this rod of spiritual power with great efficacy at the Wesak Festival each year. The action of this rod of spiritual power is similar to that of the gravity pull of Earth, as it keeps all the life which belongs to the planet within its own orbit and sphere.

In interstellar space, between the various planets and systems, there are great cosmic highways of light created by divine intelligences and, most of the time, these highways are closed and guarded until some cosmic moment, when certain important activities are about to take place. At such times, great divine beings from the highest sun of our galaxy (in our case, beloved Alpha and Omega of the Great Central Sun), are sent forth to open these highways, with the loving co-operation of the lords of each planet concerned, these beings literally *de-magnetize* the rods of spiritual power held on the various planets. Thus, they create an open pathway into the atmosphere of the Earth and other planets concerned. That de-magnetization usually takes place by great Seraphic Beings and this allows the coming into Earth's atmosphere and even upon her surface (as in the case of those visiting the Royal Teton) of divine beings of tremendous light, who are so lovingly willing and able to assist in the expansion of our planet's light in the cosmic "push" of this moment .

When the cosmic moment has passed and the service to the planet in question is completed, the Great Seraphim then closes those highways between the various planets and systems. They simply restore again to the rods of spiritual power held by the lords of those planets, the original magnetization, which remains with them until another cosmic moment comes into being. As each divine guest from other planets and spheres returns to his or her own "home," the magnetization of the rod of spiritual power belonging to that planet is returned to that Lord of the World. Then, during the time the Cosmic Highways are closed, these great beings remain and serve within their own solar system, within their own universe, let us say.

The opening of these Cosmic Highways, from time to time makes it possible for great Solar Lords, Cosmic Beings, seraphim, cherubim and the angelic hosts, some of whom belong to the Sun-God and Sun-Goddess Isis and Osiris, Apollo and Diana, Krishna and Sofia, and the various Sun-Gods and Sun-Goddesses of those planets and systems who are particularly interested in helping the Earth and her evolutions to emit more light now and become "Freedom's Star." YOU SEE, THE "S.O.S. HAS GONE OUT FROM OUR PLANET HERE AND THIS HAS BEEN HEARD BY THE ENTIRE COSMOS. Of course, because it is the very nature of all divine beings to want to raise life and thus expand their own light, such beings take advantage of the use of these beautiful Cosmic Highways, particularly when the retreat of the Royal Teton is open. These days, these highways are just filled with such glorious beings of blazing light, great numbers of them just streaming into the atmosphere of Earth to visit here. They bring with them all the love, understanding and radiation of their own suns and systems and all therein, and this is all added to the assistance of the people of Earth, as their gift.

Now this explanation of the Cosmic Highways and Rod of Spiritual power makes it very clear why the possibility of unascended mankind visiting other planets - even in our own system (as conceived by certain of Earth's people) is not possible at the present time, because of the powerful "pull" of the Rod of Spiritual Power held at Shamballa, which holds all that belongs to the Earth within certain confines of space. Of course, once a lifestream (from the Earth or any other planet) achieves the victory of the ascension, that one *automatically arises* out of the atmosphere of Earth and then, by the use of his or her own freewill, chooses whether they will return to serve in the atmosphere of the planet where they gained their victory or go to some other sphere to serve.

### **Presenting of Petitions to the Karmic Board**

Beloved ones, the magnificent Royal Teton is presently the host to many divine beings from other suns and stars, from every Ascended Master retreat upon the planet Earth and the etheric realm around it, as well as from the foci of activities of cosmic beings and angels at inner levels. Over the Teton, in the atmosphere, stand the seven beautiful chairs of the Great Karmic Board, made of a substance like crystal, studded with blazing emeralds. These chairs are upholstered with a beautiful bright green substance, similar to your velvet.

The glorious Portia (Goddess of Justice), as the present spokesman for this board, is seated in the central chair, the back of which is higher than the rest. In honor of her own twin-flame, the beloved Saint Germain she wears the magnificent purple garments, holding in her hand the scepter of power which is his rod of power and authority as the presiding Chohan of the Earth for the next two-thousand-year cycle. The other six members of the Karmic Board are also wearing purple, and the seven-pointed crowns, studded with brilliant amethyst jewels. At the close of this meeting tonight, the beloved Vista will again occupy the chair of the Spokesman of the Karmic Board, because of his activity in 1958 as one of the sponsors of that year.

Our beloved Portia and the other members of the Karmic Board have begun to listen to the petitions being presented at this Teton gathering, the first of those being from the beloved Hercules, the Great Elohim of the First Ray, and his Twin Flame the glorious Amazon. They made a tremendous plea for the resuscitation of the Earth at this time and for the strengthening of both the inner and outer vehicles of the chelas. They also made a plea for permission to give added vitality to the elemental substance of the planet and to allow an ever-greater release of power from the beloved Polaris and Magnus who control the axis from the heart of the Earth. After the Elohim were heard, the mighty Archangels presented their petitions, which have had incorporated into them, many of your own personal petitions and ideas for light's expansion here.

As you know, the Great Karmic Board reserves the handing down of their decisions until they have heard all the petitions from all assembled and until they find out just how many unascended lifestreams, now in embodiment on Earth can be depended upon to co-operate here to the actual bringing into manifestation of that petition during the coming year. So we eagerly await the results of their findings. While I am speaking to you here, the beloved Lanto and Confucius are honoring the sponsors for 1958 and, while the beloved Vista is seated with the Karmic Board *above* the Teton, the other three sponsors (Crystal, Gabriel and Hope) are within the great central hall of the Teton.

Beloved Mother Mary again made a tremendous petition for the dissolution at inner levels, of all destructive karma of those who are to take embodiment here from now on. As she made her petition, she was joined, as always, by the beloved Kwan Yin, beloved Meta, beloved Nada and all of those who are also desirous of seeing destructive karma removed from lifestreams BEFORE they come into embodiment! Now, with so many Violet Flame cauldrons active in the atmosphere of Earth and with the temples active at inner levels, open for instruction between embodiments, there should be a great deal more purification available to these lifestreams, to transmute destructive karma before they enter into birth here, again. Beloved Mary's petition is that this may be done, so that when she vests each lifestream with the Sacred Heart in May of 1958, there may not be born to any mother upon this planet, either now or in the future, any child with a deformity of mind or body, or even the "cause and core" of such a deformity which might manifest later in that one's life experience here!

### **Causes And Cores – Living Entities**

Speaking on the subject of “causes and cores,” upon which you work so much here, individually and as a group, have you thought about the picture you hold in mind concerning this “cause and core” of anything? Looking at your inner worlds of thought and feeling as, of course, I am easily able to do; I see that, to most of you, that “cause and core” seems to you like a “deed” and “still” accumulation of substance. I see your picturization of such “causes and cores” looking something like charcoal, dark and dead. However, it is very, very different from that!

Actually, such “causes and cores” are pulsating accumulations of substance discordantly qualified, which send out radiating energy all of the time. This is the “heart-center,” which gives life to the entity. When I say “radiating” substances, I did not say “radiant” energy; there is a difference. Let us be specific; *I mean that the “cause and core” of any condition upon which you are decreeing is a living, moving thing, like a whirlpool of energy, with discordant radiation passing out from it.*

When you call to the beloved Astrea to lock her Cosmic Circle and Sword of Blue Flame of thousands of suns from the Great Central Sun around such a “cause and core” and then “close in upon it” – what happens? Through the beloved Astrea’s great assistance, *the motion of the whirling centre within that “cause” is stopped, the radiation of the destructively qualified energy ceases and the cohesive power, which held those electrons together to form a focus of distress, then lets go.* When that lets go, those electrons immediately arise and return to the sun of their source, for purification by Violet Fire and re-polarization by divine love, so that they may be used again to fulfill some divine plan. We shall be so grateful when you are actually able to see what takes place at your call.

As the beloved Astrea moves into action upon that “cause and core”, with her Circle and Sword of Blue Flame, *that Circle of Blue Flame completely surrounds that whole accumulation and closes in upon it. The Sword of Blue Flame strikes down from above, directly into the center of that “cause and core” loosing the cohesive power, which holds it together. Then the electrons separate; they literally “fly apart” and that focus of discord is no more.*

Now, conversely, you have a constructive manifestation of a “cause and core” of light, in what you refer to as your “silver cord,” the stream of life (light-essence) constantly pouring from your I AM Presence into your physical heart and your Holy Christ Self which is anchored there. Of course, the radiation which pours out from these “causes and cores” is *wholly constructive* and is a living, constantly flowing activity of light substance. There is really nothing static in this whole universe, beloved ones. Your *individualized* Presence, “I AM” originally set up the “cause” of your manifestation here and then the “cause and core” of divinity was actually anchored within your physical heart. The radiation passing out from this “cause and core” *is good* and is the *positive, constructive*, vibratory action of your own individualization.

### **Tiny Replicas of Chelas’ Inner Bodies**

We have told you before (beloved Kuthumi and I, particularly), that we have made very small replicas of the inner bodies of each of our sincere chelas and these are held in a certain place prepared for them within our retreats. Your many and frequent calls for our assistance during 1957 were the “cause and core” of many buzzing sounds coming forth from these replicas, sometimes it sounded like a hive of busy, buzzing bees. You see, these replicas are made of very, very sensitive etheric substance, which records your every thought, feeling, spoken word and deed of each day in form and color and they register very accurately!

Whenever there is a call directly to us, one which uses our name particularly, our attention is drawn to these replicas by a little “buzzing” sound. Once in every twenty-four hours each one of

these replicas is looked over by us and in this way we are kept wholly cognizant of the steady expansion of your light and the type of assistance you need to keep on keeping on.” However, during that twenty-four hours, there are many “buzzes” coming from these little forms as you consciously call for assistance of some kind.

While we are always so lovingly and eagerly willing to give you full and immediate help and, by so doing, we expand our own light in service, still we are hoping that 1958 will be a much happier year for you and that the “buzzes” will be from the “causes and cores” of happier experiences than some you may have had this past year. However, keep our “lines” humming with your love and calls to us for *I AM WITH YOU ALWAYS!* I love you and am ever desirous of helping you when you have any apparent need.

Sometimes, when we hear these “buzzes” coming from the little replicas, we may be engaged in some vital conversation in another room with, perhaps the beloved Maha Chohan; or we might be engaged in some cosmic service, which we could not well leave at the moment. As soon as we hear the call, immediately there goes forth from us a light ray, which will take care of the *immediate* need. Then, at the very first opportunity, we many times go, in person, to the individual to complete the assistance necessary to be given.

You see, your appearances of distress are not real to us, as they seem to be to you! *WE KNOW THEIR UNREALITY, WE KNOW THAT NO DISCORD HAS ANY POWER OF ITS OWN AND IS NEVER PERMANENT.* We have passed the way of Earth; have passed through those experiences ourselves and, having mastered them we are now in a position to give you the benefit of our fear-free consciousness and feeling concerning them and our feeling of *ABSOLUTE FAITH IN THE INFINITE, EVER-PRESENT GOODNESS OF GOD.* As we radiate our feelings to you, they comfort and sustain you, setting your worlds into balance again, so that you are able to handle your problems with greater ease, intelligence and victorious accomplishment.

Dear hearts, we love you and, while we could have gone into the higher realms, we stayed here to minister to you. *FOR LOVE’S SWEET SAKE.* We believe in you! We trust you! We are happy, indeed, that you are on our “wire!” We are so glad that you believe in us and our power to help enough, to make the call. Always remember that *IT IS OUR JOY TO SERVE YOU* – until *ONE DAY YOU WILL NO LONGER REQUIRE THAT ASSISTANCE,* for you will then have *YOUR OWN GOD-FREEDOM!*

Let me thank you all for your pliability, interest in our cause and eager willingness to give the obedience to our requests. I smiled a bit during a recent address in which you were getting a lesson in pliability. I think if there was anyone who needed to learn to be pliable it was myself! Of course, this was before my ascension. I was most adamant in my ideas as to the will of God and I am sure that my association with the beloved Kuthumi, for hundreds of years was at least a part of that which helped me to develop the pliability, which is so essential to the chela on the path. I am grateful, indeed, that you are endeavoring to master this God-quality, for I know that some of you are so very one-pointed and find it difficult, at times, to be pliable. I can understand your feelings in this.

May I remind you again tonight that *“where your attention is, there you are”* Therefore, while your attention is upon the Teton, your lifestreams are actually *connected* with the glorious radiations from the beloved Alpha and Omega (from the Great Central Sun) who are present there tonight, as well as the Sun-Gods and Goddesses of our galaxy, Solar Lords, Cosmic Beings, angels and you are also connected with the energies of my own humble self, as I am speaking to you here.

### **Bringing Down the “Thoughtform” for 1958**

As you have been told so often, each year the beloved Helios and Vesta, (God=parents of our Earth and our system) decide what can best be done for the planet Earth and her people during the next twelve-month period. Then, rather than outlining, in detail the way and means of manifesting this assistance, they design what we call a “thoughtform” (for lack of a better medium of expression) That thoughtform is given into the consciousness of the Silent Watcher of the Earth. Then the Lord of the World raises his consciousness to the Silent Watcher, and draws the thoughtform into his own consciousness. He then projects it into the assembly of all the Great Beings present at the conclave, each of the assembly in turn re-creating that thoughtform and, at the word from the “Lord of the World,” the assembly then breathes out millions and millions of replicas of this “form” into the atmosphere of Earth, some of these forms being larger than others.

Now, tonight, our beloved Sanat Kumara has returned to the Earth, to be present for these activities and it will be he who will receive this thoughtform. Let us think about the sending forth of this form for a moment. The beloved Sanat Kumara, after receiving it, has to use the power of precipitation in order to externalize it to the gathering. Then, every being present re-creates that form according to his own nature, size and capacity and sends it forth.

Therefore, some of the forms are gigantic – say those going forth from beloved Hercules and Amazon and some, going forth from the tiny elementals present at the conclave (those no larger than a fingernail), would send forth a thoughtform so tiny, that it would be about half the size of the head of a pin. These are all directed out into Earth’s atmosphere, and mind you, this is not done just once! The activity continues for a full twenty-four hour period and receptive consciousness’s will “pick up” the idea of this form in some way, all over the planet.

The thoughtform, itself, is not as important as the message it conveys to each individual. What does that thoughtform mean to you? What are its possibilities, which you can externalize this year, practically, to heal, bless, prosper and illumine mankind? Here is where your discrimination, your inspiration, your discretion and your practicality combine. For instance, the “Lamp of Truth” as the “thoughtform” for 1957 was used by some to draw forth more truth for others, such as the rhythmic releasing of “The Bridge,” The Bulletin,” the new book “The Seven Mighty Elohim Speak.”

To some it simply meant the expanding of their own consciousness of truth. Some simply did nothing with it. In the Ascended Master Retreats there were some marvelous things accomplished through its use. You, who have magnetized more truth through your wonderful applications, singing, visualizations and decrees, have drawn forth from us more instruction, which is at least a part of bringing into fulfillment some of the manifestations represented by the “form.” The thoughtform for 1958 will mean just as much to and for you, as that which you can do with it to make it practically serve life.

Now, as the beloved Sanat Kumara awaits the descent of the “Thoughtform for 1958”, he is standing in the Teton on the circular altar. He is dressed in the lovely violet raiment which he usually wears when serving upon the Earth and tonight, serving as regent, he wears it again. For a few moments, the oratory has ceased, and all attention is upon our beloved Sanat Kumara. This is a moment of great reverence for all present in the heart of this Great Mountain. Even the little elementals, which are usually very active, are now quite still.

Now we can see the pristine beauty of Immaculata, the Great Silent Watcher of the planet Earth, who has held the immaculate concept of the pattern of perfection for this planet for so long. We then see past from the Silent Watcher into the world of beloved Sanat Kumara that “thoughtform”

which, as we said, the Great Sanat Kumara breathes out into the assembly. It comes now in the form of a magnificent double triangle of crystal light, in the center of which is the great all-seeing eye of God. The whole form is outlined in the most magnificent green Flame of Truth. This whole form signifies clarity of perception, and many, many other things which you individually and collectively may develop through this year.

We thank our beloved Silent Watcher, the Great Sanat Kumara, and all who have participated here tonight in the releasing of the "thoughtform" as opportunity for all. I ask for you (and I know you ask with me) that for each of you it shall bring the complete clarification of all your senses and your four lower bodies.

I am so grateful to be able to speak to you tonight and as always – I am – yours in love.

EL MORYA



## A STORY TO TOUCH YOUR HEART

### GOD IN THE PARK

#### Potato Chips

A little boy wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with a bag of potato chips and a bottle of water and started his journey.

When he had gone about three blocks, he met an old man. He was sitting in the park, just staring at some pigeons. The boy sat down next to him and opened his suitcase. He was about to take a drink from his water bottle when he noticed that the old man looked hungry, so he offered him some chips. He gratefully accepted it and smiled at him. His smile was so pretty that the boy wanted to see it again, so he offered him a root beer. Again, he smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word. As twilight approached, the boy realized how tired he was and he got up to leave; but before he had gone more than a few steps, he turned around, ran back to the old man, and gave him a hug. He gave him his biggest smile ever. When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?" He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? He's got the most beautiful smile I've ever seen!"

Meanwhile, the old man, also radiant with joy, returned to his home. His son was stunned by the look of peace on his face and he asked, "Dad, what did you do today that made you so happy?"

He replied "I ate potato chips in the park with God." However, before his son responded, he added, "You know, he's much younger than I expected." Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. People come into our lives for a reason, a season, or a lifetime! Embrace all equally! Have lunch with God.....bring chips.

GOD BLESS YOU TILL WE MEET AGAIN

