

THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!

FREE!

AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

ISSUE 16: MAY/JUNE 2011

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Become a reservoir of peace

*"He shall cover thee with his feathers, and under his wings shall thou trust."
(Psalms 91:4)*



LET us quote what the Masters said on the

subject of holding undisturbed peace. Beloved Ascended Master Jesus: "One man, woman or child, learning the self-mastery of UNDISTURBED PEACE, under ALL circumstances, can, through the expansion of consciousness, hold an entire continent in perfect balance. In early ages, this God-illumination, elf-mastery, and undisturbed peace, enabled those, so equipped, to sustain the entire Earth during her lowest ebb.

In the atmosphere around the Earth, there is this turbulence, moving energy of which I speak, and



yet, in the midst of all that – ONE LIFESTREAM, turning his attention toward God or

myself, or any Divine Being, can draw back enough PEACE to hold the balance for a community, a city, a state or a nation!

When the fishermen in the boat were sorely distressed because of the raging sea, where did I receive the power that stilled the waters? I had, through

the assistance of both my mother and father, and Lord Maitreya, been taught, from

childhood, to magnetise peace, and

that peace became a great reservoir, and so I said to the waters, 'Peace, be still.' And, naturally, the raging sea responded, because there was more energy already drawn around me, qualified with God-Peace,

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ABOUT 'TAT': THE Ascension Times is published online every month. Our mission is to impart knowledge that is positive and truthful, and that will assist people to live in more gentle and harmonious ways. We are not affiliated to any religious, political or philosophical association but do impart knowledge directly from The Ascended Masters via Bridge to Freedom and St Germain Press material. 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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OYSTER MUSHROOMS WITH GINGER

THIS recipe is simply delicious!

1 Punnet oyster mushrooms, cut into slithers

1 Cup courgettes, cut into slithers

1 Tbs finely grated fresh ginger

1 Tbs sunflower seeds

Method: Drizzle olive oil over the salad until it covers all the mushrooms and then do the same with the organic soya sauce. Serve with other gorgeous salads for a raw food feast!

SPAGHETTI AND TOMATO SAUCE

INGREDIENTS:

2 Medium to large turnips

6 Small vine ripened tomatoes

1-2 Cloves of garlic (optional)

1 Cup leaves of fresh basil

2 Tbs olive oil (optional)

Dash of cayenne pepper (optional)

Sea salt (optional)

Tools: Food processor; spiralizer (a vegetable slicer that turns the zucchini into long spaghetti-like strands) Set the spaghetti aside into the serving dish. (see Soaring Free Superfoods, the South African supplier of many essential raw food tools!)

Method: Cut the turnips in half (not lengthwise).

"Process" both halves through the spiralizer. This

turns it into "spaghetti". Quarter the tomatoes and place them along with the garlic and basil in food processor, for about 30 seconds. This gives a chunkier texture. If you want it finer, process it a bit longer. Pour the mixture into a medium-sized bowl and add one to two tablespoons of olive oil and the cayenne pepper. Mix gently to distribute all the ingredients. Pour the sauce over your spaghetti and enjoy!



RAW HUMMUS

INGREDIENTS:

1 cup chick pea sprouts (sprouted overnight or a little longer)

Juice of 1 lemon or lime (I prefer lime)

2 Tbs fresh orange juice or lemon juice

1 Clove garlic (optional)

2 Tbs raw tahini – if you can't find raw, use what you can.

Optional seasonings: ground cumin, spike or sea salt to taste, chives, paprika, cayenne pepper.

Method: Blend all of the ingredients. Add water to thin to desired consistency. Delicious spread on leafy greens or red bell pepper strips or even celery. Enjoy!



BLESSING: Bless, love and thank all the beloved Elementals that brought your food into form and ask your Mighty I Am Presence to blaze the purifying Violet Fire through your food and then saturate it with Christed Light, so it will heal and resurrect every cell of your earthly body. THANK YOU!



From page one
than all of the turbulence of the Sea of Galilee.

Beloved Mother Mary: “It was not easy for me to hold the peace when I led that little ‘infant’ (at least to me he seemed so) through the gates of the Temple of Luxor. It was not easy to hold the peace, either, when, after the passing of Joseph, Jesus went the long way alone, across mountains and plains, into India for further instructions.

On Good Friday I also had to hold the feeling of peace around blessed Jesus, as a protective aureole, while his blessed bleeding body was nailed to the cross.

If I had not been able to hold that inner peace, there would no Christian Dispensation today, no mighty cathedrals, with their spires pointing to the sky, no great choirs of lovely singers, and no ecclesiastical glory of the Christian Church.



When the come times for great numbers of people to require your assistance, your emotional stability will be the force field over which our protection can flow. **SO BUILD IT NOW!** And in your sanctuaries and groups, watch the quality of the decree work, watch the quality of your songs, watch the quality and energy and fibre of your group-endeavour, to keep that wonderful positive balance.

You must be pliable, so alert, and so capable in the handling of emergencies, that the pressure of their energies do not throw you off balance. You will see dear one, **IF YOU CANNOT HANDLE THE PRESSURE OF ENERGIES OF THE LIFESTREAMS WITH WHOM YOU ARE ASSOCIATED IN HOMES AND IN BUSINESS, HOW CAN WE ANCHOR, THROUGH YOU, THOSE COSMIC CURRENTS TO HANDLE THE SURGING**



‘It is well if you can keep your head, when all about you are losing theirs.’

TIDES OF AN ENTIRE CITY, OR A NATION, OR A CONTINENT OR A PLANET?” Nothing can be permanently sustained anywhere in this universe, without the feeling of undisturbed peace. The calm, poised, reasoning individual becomes the pivotal point for the greater number, who are unable to intelligently cope with sudden shock, surprise, fear, or whatever the appearance may be. We have all heard of how great audiences have been safely removed from burning buildings through the quick thinking and masterful control of either an entertainer or a member of the audience, itself, who directed the thought

pattern of the crowd and maintained order and balance in the entire group.

Emotional hysteria and all mass feeling are highly contagious, and run — like a forest fire — through the feeling world of mankind. There is no individual who is proof against sudden unexpected disturbance, unless such a one has carefully and constantly trained himself to remain poised and balanced in the face of emergencies, and has built a momentum of controlled energy into his own world. The practice ground for such training is our daily environment. Kipling said, “It is well if you can keep your head, when all about you are losing theirs and blaming it on you!”

We have all had the experience of contacting a calm, poised individual when we, ourselves, have been distressed, and have witnessed the effect of the transference of that calm, poised assured feeling stilling our won distressed emotions. Thus, although hysteria, fear and uncontrolled emotions are instantly transferable, so, to are the higher spiritual qualities of peace, poise and balance.

When the Great Silent Watcher of the continent, the Great Silent Watcher of the city, or the Great Silent Watchers of the local units see some great

‘The calm, poised, reasoning individual becomes a pivot for others.’



need, then they call an SOS to the heart of the Brotherhood for help. The Brotherhood looks down upon that location

and it finds the chela's energies in a state of violent emotions, disturbed and distressed, that individual is temporarily cut off from the consciousness of the Brotherhood and the conductor through the world of form is not there.

THE PLANET, AS YOU KNOW, IS PASSING THROUGH A VERY DANGEROUS AND CHAOTIC PERIOD, and if we could depend on your outer selves to hold a certain harmony, WE COULD USE YOU, WITHOUT LIMIT, IN DELIVERING THIS BEAUTIFUL EARTH FROM DESTRUCTIVE ACTIVITIES.

Are you going to be a comfort, a balance, a protection, a healing "conductor", or are you going to be swept into the chaos of the uncontrolled?

In those moments, if you are not prepared and at peace, you are temporarily cut off from the Brotherhood as a channel for their outgoing, controlled, force, which would but energize you chaos, were they to pour it out to you when you were in distress.

Remember always that when you are dealing with a great number of confused individuals, who are emotionally disturbed, before you attempt to reach their minds, first call to the great Archangel Jophiel to quieten the feelings, visualising his Golden Flame and Ray blazing up and around them. Make the application for their feeling world PRECEDING your endeavor to reach the reasoning faculties. This will assist you, in blanketing the disturbed energy that is rampant, in an outpouring of peace. Then as you speak with authority and present the Law (which, when applied, brings the protection, the supply, the peace of mind required in an emergency) it will anchor into the consciousness and bear fruit."

Let us then, individually, begin to train ourselves to



'Visualise Archangel Jophiel's Golden Flame and Ray blazing up and around you.'

remain the peace-commanding presence in the face of the small, trifling experiences of daily life, that, when, and if, the occasion should ever arise, we may abide under the wings of the Almighty and, further, become those very wings to the children of Earth, who might require our presence, comfort, assistance and counsel.

EXERCISE TO CALM FEELINGS

Practice this simple exercise to bring great peace: If you feel irritated, visualize the Elohim of Peace standing above you, pouring down over you a stream of soft, golden, healing oil, the colour of molten gold. See that pouring down over the head and then flowing right down over the entire body absorbing that substance like a blotter absorbs ink. See it running down over the

nervous system, clear to the ends of your fingertips and toes. Consciously accept this substance and radiation for a few minutes until you can FEEL its benefit and call your I AM Presence into action to keep it sustained and ever expanding. This exercise is good to use at night just before entering sleep, and with a little practice, it will induce relaxation that brings sound, refreshing sleep.

One must keep the attention riveted upon this activity for at least two or three minutes at a time. During the day, if more time is available, and you seem tired, needing more energy, see the stream of golden oil more sparkling, until it becomes dazzling.

You may use this exercise on others too, when you see they need assistance, for many folks have the appearance of "frayed" nerves these days.

THE PEACE OF HIS PRESENCE

Wherever I AM, the Father is present

Wherever I AM, is infinite peace

Wherever I AM, is God's protection

Wherever I AM, man's troubles cease.

'The calm, poised, reasoning individual becomes a pivot for others.'



The Masters' role in Precipitation



IN the
Ascended
Master's
Octave,
creation takes

place the instant that the energy of the lifestream is set into motion by thought and feeling.

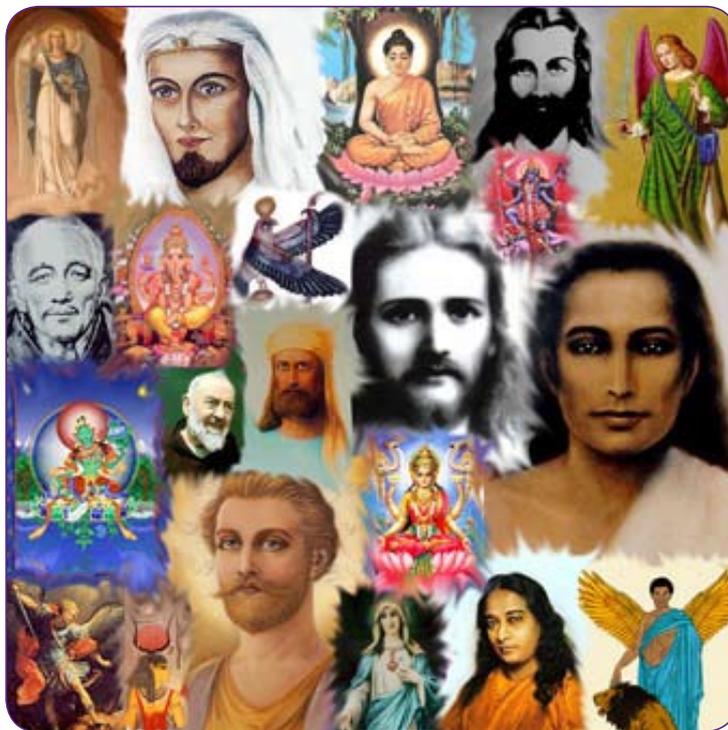
Can the Ascended Masters help us to precipitate? Beloved Serapis Bey has answered this one for us in this manner: "The Cosmic Law does permit the Ascended Ones to give of their riches of consciousness and their feelings of attainment, through the radiation of that consciousness to any and all who will accept it. Such assistance mankind could not obtain from any other source.

"However, the Cosmic Law does not permit the Great Ones to precipitate money, or anything of a material nature, into this world for the expansion of their light, for such assistance must come from the chelas so benefited by their instruction. This makes a balance on the part of the chela for the blessing received."

Beloved Kuthumi also admonished a student about this same law in connection to healing, when he wrote: "If you wish to heal, do so, but remember that your capacity to heal will depend upon your own faith in yourself (the Christ within you) more than upon my capacity to heal, acting through you."

In other words, by the power of radiation, the Ascended Ones stimulate the student to use his own God-given powers, to enable him to do things for himself.

In the process of precipitation, can a student ask an Ascended Master for assistance? Yes, he can. Here are some examples.



'The Cosmic Law does not permit the Great Ones to precipitate money, or anything of a material nature, into this world for the expansion of their light.'

1. You may protect your creation by an invocation to the Brotherhood of Precipitation at the Royal Teton Retreat, asking them to support it, to add their feeling of mastery, confidence and spiritual momentum to it to protect the thoughtform from disintegration, until enough of your energy has gone into it, to bring it into form.

2. You may call the Cosmic Being Victory into action. This God-Being radiates the God-virtues of victorious accomplishment and has offered to help you in manifesting your desires of right motive.

3. When you are asked

to heal others and you are accepting this request, immediately ask to be enfolded in the Luminous Presence of beloved Jesus, or that of beloved Mother Mary. This is absolutely necessary, to receive the added protection needed in the process of the transfer to energies, which occurs during the process of healing. If this is not done, the healer may draw, to himself, the problem of the patient.

MAN IS A CREATOR

There is but ONE LAW GOVERNING ALL LIFE. This law governs both ascended and unascended beings.

Man is the chooser of his own field of expression. He is a self-determining creator. He has willed and chosen to live as self-conscious life. Each self-conscious intelligence is precipitated out from God's heart and the flowing stream of electrons, which constitutes the lifestream, is a precipitation of energy which never ceases.

It is very important to realise, fully, that God's intent for every one of his children is abundance



of every good and perfect thing. He created perfection and endowed mankind with exactly the same power.

We can create and maintain perfection, likewise, and express God-dominion over the Earth and all that is therein. The only reason everyone does not express perfection now, is that they have not fully accepted their divine authority and they are not obeying the Law of Harmony, by pouring out peace and blessings to God's creation, at all times. Mankind may be likened to someone who dwells in part of a house, divided by curtain, unaware that there is gold stored in the other rooms and then cries out because of his limitations.

It is our divine birthright and privilege to create beautiful thought-forms and then, through the use of strong feelings and the use of the all-powerful, creative words "I AM," draw those forms into manifest expression.

You are, individually, surrounded by light substance which is God's aura and that substance is obedient, because God, the Father and Mother of creation, has told that substance to obey you! That substance waits to be moulded into form according to your thought, your feeling, your spoken word and your action.

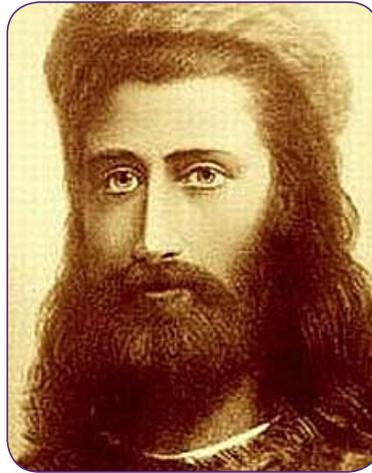
For purposes of creation, let us define human consciousness as the present thoughts and feelings of an individual.



The Ascended Master Consciousness creates after its kind, in beauty and perfection and the human consciousness creates, in like manner, according to the general quality of the individual consciousness at the time of creation.

Thinking of your consciousness as the instrument of creative fire, you will see the importance that rests in the state of your being, when you are attempting precipitation.

The natural course of the vibratory action of your being, whether clouded by doubt, fear and uncertainty, impinged by anger and impatience, or enhanced by purity of thought and feeling, enters into the energy with which you are creating form and manifestation. They carry the colour, tone and quality of your state of being, during the time of creation.



Beloved Kuthumi: 'If you wish to heal, your capacity to do so will depend upon your faith in yourself more than upon my capacity to heal, acting through you.'

The secret of Jesus's victory was that he consistently worked with the Ascended Master Consciousness, or the consciousness of God, himself, which contained no recognition or acceptance of imperfection. The manifest expression of that Ascended Master Consciousness, as used by Jesus, was a perfect, flawless expression, as was the consciousness from whence it sprang!

In Jesus's ministry, he did not permit his lifestream to descend to the human level which acknowledged weakness, for if he had, he would have separated himself from God, who, as Saint Germain has said, "recognises no imperfection!"

The sum and substance of this truth is: to create as God creates, you must

STILL YOURSELF and raise yourself into a state of consciousness which is ONE with that of the Ascended Host, until your being is impregnated with the knowledge, the belief and the active realization that THERE IS NO POWER OPPOSED TO GOD.

Then you will understand that you are not an individual, separated from God, attempting to draw, by human will, something from the cosmic, BUT THAT YOU ARE AS THE GREAT CREATOR HIMSELF — calm, serene, dispassionate, victorious, with nothing to overcome, but merely, through the joy of creation, invoking the light rays, coalescing the electrons and precipitating the divine manifestation!

On the subject of precipitation, Saint Germain said: "Depending upon other unascended lifestreams for your supply, will only result in disillusionment, bitterness and frustration.

"Looking for the support you require to the God who made you, will bring you harvest beyond your fondest dreams.

"By daily, consistent application to the I AM Presence and Ascended Host for the help you require, you allow your own God-Presence and the Ascended Host to raise up those individuals who will joyously assist you, providing whatever is needed here.

"It is not your province to choose such individuals to do so, or to personally designate through what



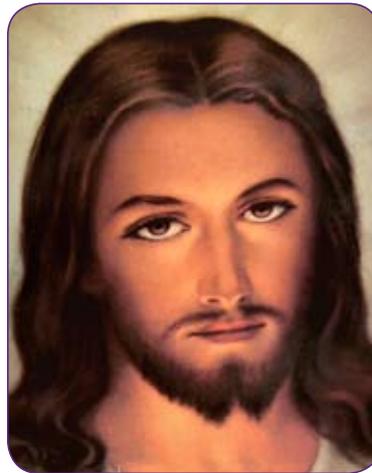
channels the supply is to come to you.

“Just know that, if your heart is sincere, your motive pure and you give impersonal service to life, we find some channels through whom we can give you the help you require. God’s service is always rewarded, if not by thoughtless mankind, then by the very angels, themselves. Your health and supply are within you. Each electron, each heartbeat, each light cell answers every summons and call you make upon it and graciously says: ‘All this I can do for you and more,’ when you summon it forth as Jesus summoned Lazarus from the tomb. **WHEN YOU SUMMON IT FORTH FROM WITHIN THE DEPTHS OF YOUR BEING, THAT POWER ANSWERS.**”

“No one can ever know God, as long as he considers a force opposed to God, for, whenever he acknowledges that two forces can act, this brings forth a neutralizing activity. When you have neutralisation, you have no definite force either way.

“You are the Creator localised, to design and create perfection in your world and place in the universe. If perfection and dominion are to be expressed, you must know and acknowledge only the ‘Law of the One.’ **ENERGY FOLLOWS MAN’S THOUGHTS AND FEELINGS. ENERGY IS MAN’S TO COMMAND.**”

Beloved Hilarion: “To precipitate consciously, one must employ constructively-qualified energy. You might use, ‘I AM THE PRECIPITATING PRESENCE IN ACTION, precipitating perfection into my mind, body, being, world and affairs’ and also, ‘I AM THE ASCENDED MASTERS’ USE of the power of precipitation.’”



Jesus did not acknowledge weakness.

“To say, ‘I AM the presence of supply, alive and active in every channel and facet of my being,’ is not to affirm something that is not already a truth, but to draw the realisation into the feeling body, through the contemplation of that which is a positive fact. Love and praise of the I AM Presence within and the attention maintained focused upon truth, health, freedom, peace, supply, or any other thing that you may desire for right use, persistently held in your conscious thought and feeling, will bring these qualities into your use and world.”

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THE ART OF TRUE LIVING

If children live with Light, they learn to Shine.
If children live with Faith, they learn to Reach.
If children learn with Trust, they learn to Believe.
If children live with Honesty, they learn to Speak.
If children live with Truth, they learn to Listen.
If children live with Vision, they learn to See.
If children live with Openness, they learn to Celebrate.
If children live with Compassion, they learn to Feel.
If children live with Hope, they learn to Aspire.
If children live with Inspiration, they learn to Create.
If children live with Wisdom, they learn to Inspire.
If children live with Grace, they learn to Nurture.
If children live with Acceptance, they learn to Heal.
If children live with Acknowledgement, they learn to Respect.
If children live with Appreciation, they learn to experience Abundance.
If children live with Blessings, they learn to Honour.
If children live with Miracles, they learn to Fly.
If children live with Freedom, they learn to Change.
If children live with Chance, they learn to Risk.
If children live with Adventure, they learn to Explore.
If children live with Awareness, they learn to Grow.
If children live with Beauty, they learn to offer Gratitude.
If children live with Balance, they learn to Harmonize.
If children live with Forgiveness, they learn to Love Unconditionally.
If children live with Gratitude, they learn to Embrace All Life.
If children live with Cooperation, they learn to Associate.
If children live with Responsibility, they learn Accountability.
If children live with Expression, they learn to Reveal.
If children live with Power, they learn to Strengthen Their Characters.
If children live with Integrity, they learn to Know Who They Are.
If children live with Patience, they learn to Give and Receive in divine and Perfect Timing.
If children live with Commitment, they learn to Expand Their Horizons.
If children live with Positivity, they learn to Uplift and Motivate Their Lives.
If children live with Guidance, they learn to Take Responsibility For Their Happiness.
If children live with Peace, they learn to be Calm and Still.
If children live with Dreams, they learn to Be All That They Can Be.
If children live according to the Laws of Life – sowing as they intent to reap – our world will know true PEACE
If children live with LOVE, they learn to Know the Gifts of GOD'S LOVE Is Of The Above.





Win personal freedom



EAR READERS,

I know this story is not what we would normally carry in *The Ascension Times*, but it is true and it is good and it is worth considering and sharing — remembering that, whatever we do, if we don't do it with LOVE and PEACE, one should not do it at all. There can be no blame or rebellion in our minds and feelings, otherwise we just add to the woes of the world. But becoming FREE is our RIGHT — we were born FREE and as long as we have a strict “Code of Conduct”, that is in alignment with our own individual paths, and accept total responsibility for the way we behave, hurting nothing on our path, to the very best of our ability we all need to move forward with courage and truth to FREEDOM in all and every way. Good websites to find out more are: www.republicofgoodhope.org; www.fmotl.com and www.thinkfreesa.com. But don't think these are all there are — there are masses of forums and websites — just Google “freeman” and you will be amazed and delighted!

Anthea

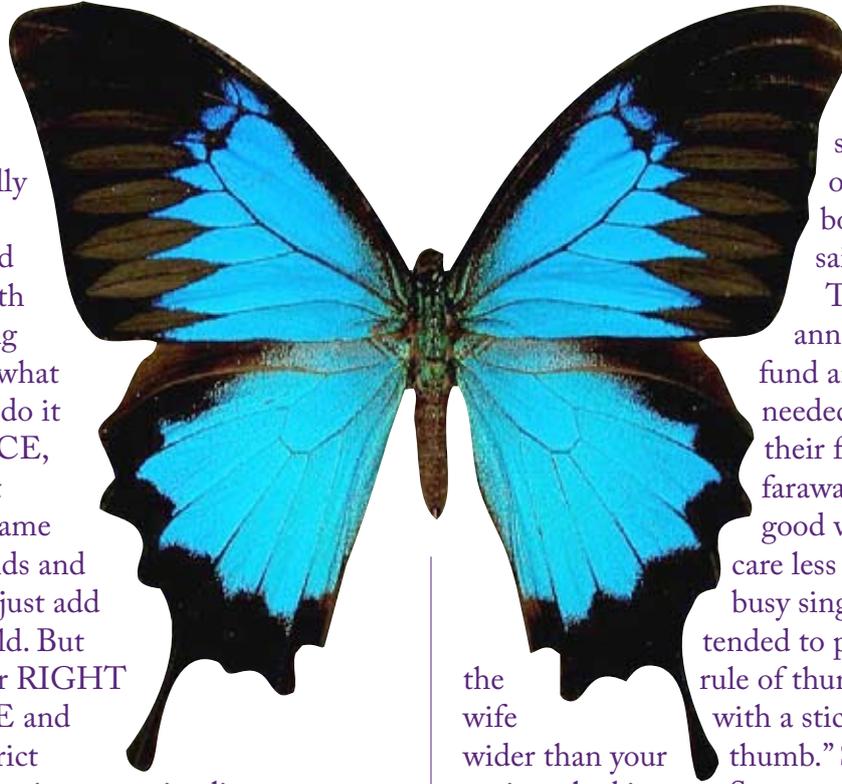
YOU ARE NOT BOUND BY ANY LAWS MADE BY OUR GOVERNMENT

This may sound hard to believe, but I haven't spent the last few months immersed in a mountain of legal jargon for nothing. It is absolutely true.

As a kid I used to love TV shows like *LA Law* and I have seen just about every episode of *Law and Order*. Something has always compelled me to study the law, but I never did. Now here I am.

Here it is in very simple terms:

In the old days there was a king. The king would speak and some dude with a pen wrote it down.



The dude with a pen made copies and put it up in all the town squares. From then on, the villagers were bound by what the king said and it became law.

Then the people got annoyed with the king. To fund and feed his army, he needed all their gold and all their food. He would conquer faraway nations which the good village people couldn't care less about (they were too busy singing YMCA!) He also tended to pass stupid laws like rule of thumb: “you can beat your wife wider than your thumb.” So the people rose up against the king. Some travelled to America (the land of the free) and some nations became republics (like South Africa). The power to make laws became firmly vested with the people. Now everyone had the same power as the king. Everyone was sovereign.

You are still sovereign today. All you need to do is learn how to express it. As a flesh and blood human being, you have the power to make laws for yourself. If someone (like the government) wishes to apply a law to you and it contradicts your own personal law, then they have to get your permission first.

One of the many ways they get your permission is by making you a citizen. When you registered to vote in the last election you declared, under penalty of perjury, that you were a South African Citizen. Have you stopped to read the legal definition of a CITIZEN lately? Here it is, straight from *Black's Law Dictionary* (eighth edition): “Citizen, n. 1. A person who, by either birth or naturalization, is a member of a political community, owing allegiance to the community and being entitled to enjoy all its civil rights and protections; a member of the civil state, entitled to all its privileges.”

Look carefully at the words they use:



- Member (meaning that you must *volunteer* to become part of their *political community*);
- Owing allegiance (you must agree to take and obey orders from them); and
- Entitled to CIVIL rights and protections (and privileges (this means that they are supposed to give you some cool stuff in return for all your hard work)).

Now, ask yourself these three questions:

1. Why do I need to be a member in order to get rights and privileges that are already available freely and naturally?
2. Am I content to take and obey orders from *any* and *all* government officers without question?
3. What happens if I don't give them my permission and refuse an unjust law?

Here are the answers:

1. If you have the power to vote someone in to create a law, then you must have that power yourself to begin with. Many of the rights and privileges that are granted to members (like travelling on roads, insurance and access to water) are also available to non-members. They just make you think that you need to be a member to get these things, but this is not true. It is just a marketing trick to convince you to sign up.
2. If you are not a member of the Law Society of South Africa, you are not bound by the laws they write. If you are not a member of the ANC, then you are not bound by its rules either. If you are not an employee of a bank, then you are certainly not bound by its regulations. You have the right to accept agreements and contract when and with whomever you choose. You also have the power to rescind unfair contracts. You are bound only by the laws of nature, that is all.
3. Nobody can enforce a law on you without your permission. If they try (and many of them will) then not only do you have a Common Law remedy, but you have the right step out of the system anytime you choose (and



no, this doesn't mean that you have to give up your hair dryer, put on a loin cloth and go live with the bushmen).

Right now you probably think you are a member of society and therefore you are bound by *all* its laws. This is why you obey without question. Wouldn't you like to change your mindset about this misnomer?

You will still be able to make use of most civil rights and protections because most civil rights and protections already exist naturally in Common Law! We have these rights just by being alive.

We need to start acting like sovereigns again and assert ourselves. Some may say that I am preaching anarchy here, but that is not true. We are bound by the Common Law: don't hurt, don't steal and don't cheat and we are obligated to honour fair and just agreements only.

These principles of integrity are not going to change. What needs to change are the way we "serve-ants" are reacting to the stupid laws that our "king" (i.e. our government) keeps on putting in place.

Really, do you honestly want to continue being a member of a corrupt society that forces your allegiance in return for over-priced privileges that are dwindling with every new law that gets passed?

I hope this article knocks some sense into everyone, just as this knowledge did to me. And come join us at www.jojou.co.za if you want lots more of this awesome stuff.

Scott Cundill

PS. Do you know that there is a census coming up in 2011? Before you take part, STOP and think about what you are signing. Why do people need to be "accounted" for? Why do official NAMES need to be created for rural people who currently don't have them? You see, in order for the government to borrow more money from the IMF (which you and I will have to pay back with interest), they need to put up collateral for the loan. The only collateral our government has are its citizens.

'If the government wishes to apply a law to you and it contradicts your own personal law, they have to get your permission first.'



Facing the tempest before attaining self-mastery

This letter, by Francis Bacon, Saint Germain in a former embodiment, was dictated on October 1, 1946, to G. Innocente.

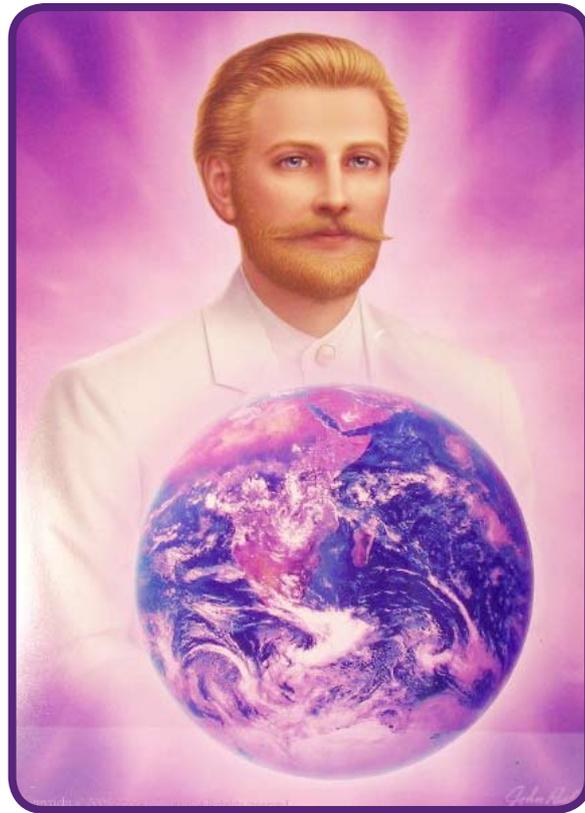
TO the aspiring friends, greetings! I look with fondness upon your loving, gentle hearts aspiring to wisdom and the accomplishments of the spirit. I think backward upon the days when I, too, bound in the heavy garments of unyielding flesh, pursued a like road towards the ever-beckoning achievement of mastery.

During my years of political life in England I learned that for the seer there is no peace in outer living. Again and again, my attempts to pierce the mysteries were interfered with. The so-called tragedy of my political career gave me the opportunity for which I had longed, the freedom from duty to the filthy, sordid wheels of political intrigue.

I left England with my books and manuscripts for a small and uncharted island, Bermuda, that I had discovered in my earlier years while sailing. I had found a cave where, uninterrupted, I might pursue the course of my philosophical thinking.

I brought with me provisions for my simple wants and arranged with an old and trustworthy servant that from time to time he would sail out to my sanctuary with necessary equipment for the sustaining of my body's life until my earthspan was completed.

I equipped a small cave very simply; it was hidden amidst a grove of low-growing



Beloved St Germain.

evergreens, so it wouldn't attract the attention of those who might perchance escape their usual haunts and, through freak storms or an unhappy quirk, find themselves in the vicinity of my self-chosen exile. Curiosity being one of the ugly propensities of the unawakened, I shuddered to even contemplate their delight at discovering my beautiful island and shattering its silent beauty by their noisome merriment.

And so, as my faithful friend's boat sailed away in the twilight, I turned serene and happy at heart to my lovely island at last to know peace and the uninterrupted serenity of Godly living. Ah me, I smile yet at my innocence! A man

alone freed from the turmoil of outer living. on the brink of heaven!

Slowly at first and then with intensifying pressure, I found that I was not alone. A million teeming thoughts of unhappy origin stretched across the

bridge from my island to the homeland. A million agonising, heartrending feelings

raised ephemeral figures of loved ones and ones despised. A thousand cries

rose as wind and rain and weather changed the atmosphere of my

habitation. Ah, then did I learn the truth that after I affirmed, "Man resists

persons, places, conditions and things because he has not mastered himself!"

'I was a man alone, freed from turmoil and on the brink of heaven!'



And there amidst the bluest skies, the softest silvery sand, and the most exquisite greenery of nature, I faced the tempest. All the hell of Europe's brothels and my heartbreak and ignominious suffering was within me. I could not read nor study. I paced the shores of my island in horror, to find the creatures of my own making. Never was man nearer madness than your humble servant! I knew then truly why man and the whole world is kept busy in much outer doing rather than face the truth that lies within himself. And then, when the shock of my discovery had somewhat abated, I began at the beginning in the firm knowledge that all, both good and evil, was within myself.

And with ever-growing calmness and understanding, I began to unravel the good from the evil and to become master of self, to know tranquillity.



Sir Francis Bacon ... 'I began to unravel the good from the evil.'

Thus, to you dear aspiring ones, I AM grateful that you shall be spared the full impact of facing the dweller on your threshold through the merciful grace of the violet consuming flame. I determined after my own experience to perfect some alchemical process whereby the aspirant might have softened this terrible experience and awakening, and I urge you now in your forward progress to use that flame to hasten your entrance into the sphere of tranquility.

Lovely friends, blessed be your progress. I love you every one. May you from this simple letter learn that wherever you go, here or above, you must always take

yourself, and that nothing but yourself causes your pain. And nothing but yourself will see your victory. Gratefully and sincerely, your Francis.

SEE THE PERFECTION IN ALL AND EVERYTHING AND THIS IS WHAT WILL MANIFEST IN YOUR WORLD

THIS LETTER WAS SUBMITTED BY A 'TAT' READER:

I had a special experience this morning.

I was walking along when I heard two men approaching me from behind at an angle. I looked back and perceived, what appeared to me, as the one man having an angry, fierce face. I reminded myself to see only the Holy Christ Self in all people. When they were



close behind me, one greeted me. When I looked, this same man had a brilliant smile, his face shining and extremely beautiful. Next to me I now perceived this magnificent being. We exchanged a few ideas and they walked past.

I was overcome by the experience, and its intensity, for a long time.

See only perfection.

With love and blessings to

you all.