

THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!

FREE!

AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

ISSUE 24: JANUARY/FEBRUARY 2012

YUMMY
RAW
FRUIT
TART



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A DEEP UNDERLYING CAUSE



ADDRESS
BY MASTER
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A NEW YEAR'S MESSAGE



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EAR Readers, we wish you a Blessed and Wonder-filled 2012, filled with only Perfection and Joy that will be Ours on the path to Ascension.

If we follow the teachings of the Beloved Ascended Hosts, from the pure un-tampered with books of "The Saint Germain Press" and "The Bridge to Freedom" material, and give OBEDIENCE to the LAWS OF LIFE at all times — by not taking some and rejecting others — we will walk the path to our glorious FREEDOM into the LIGHT this lifetime!

If we remember that SELF-CONTROL and SELF-CORRECTION are essential KEYS to FREEDOM, we can keep our mental and emotional bodies in poise and peace at all times. The essential use of the Law of Forgiveness and Violet Fire, three times a day, must never be overlooked or forgotten. And if we always call to our Mighty "I AM" Presence to intensify and strengthen our

Tube of Light, keeping it impenetrable to anything but perfection, visualising and knowing that the Light Substance will respond to our call (it is intelligent), we will find our lives more filled with perfection that we dreamed possible!

FREEDOM will become ours very quickly.

Leave all and everything to our Mighty "I Am" Presence. It is the ONLY way to bring everything into Divine Order and miracles will abound. We will train our minds to HAVE NO OPINION ABOUT ANYTHING! Just BE the Presence, blessing all and everything, and making sure that the only business we need to mind is our own!

God Bless Us all on our path filled with the LIGHT and LOVE of our Mighty "I AM" Presence and ALL the Ascended Hosts — and may we always be filled with deep and sincere LOVE and GRATITUDE for all they do!

"I AM" the VICTORY into the FREEDOM OF THE LIGHT FOREVER! — The Ascension Times Team.

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



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

RAW FRUIT TART

THIS delicious fruit tart can be made with any type of fruit and is definitely a great replacement for any processed sweet – because it is completely raw and amazing!

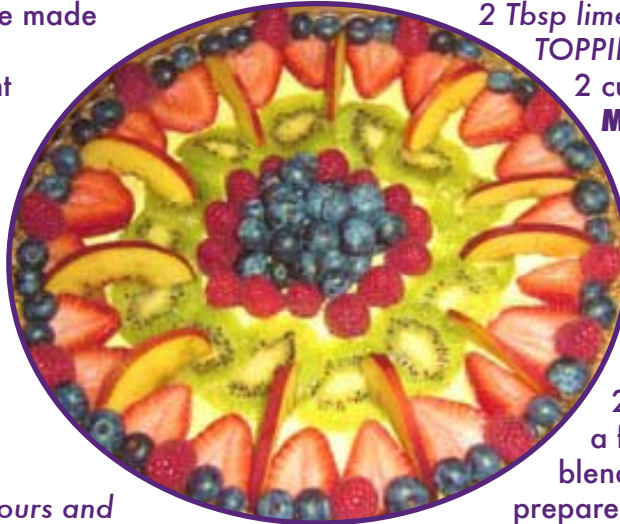
INGREDIENTS

CRUST INGREDIENTS:

1 cup raw almonds (soaked)
1/2 cup large dates, pitted
1 tsp vanilla extract or vanilla powder
pinch of pink salt

CREAM INGREDIENTS:

1 cup cashews, soaked 2-4 hours and drained
1/4 cup water
1/4 date paste



2 Tbsp lime or lemon juice

TOPPING:

2 cups sliced fruit

METHOD:

1. In a food processor, pulse the almonds into a fine meal. Add the remaining ingredients and pulse until the mixture begins to clump together. Press firmly and evenly into a tart pan (8 or 9 inches in diameter).
2. Combine the filling recipe in a food processor or blender and blend until smooth. Pour into the prepared crust and distribute evenly.
3. Top the cream layer with fresh fruit.
4. Slice and serve or chill in the refrigerator until ready to serve.

RAW INDIAN PAKORAS

THIS is a delicious, authentic tasting Indian appetizer that is bursting with flavours.

INGREDIENTS:

Finely ground seed powders:

1/2 cup sunflower seeds
1/2 cup flax seeds
1/4 sesame seeds
1/4 cups almonds
1 tablespoon chia powder

SPICES:

1/2 tsp cumin,
1/2 tsp curry powder
1/2 tsp paprika,
1 tsp garam masala,
2 tsp Nature's Cargo Sea Salt

VEGETABLES:

1 tsp finely chopped fresh ginger
2 cloves finely chopped garlic
1/2 jalapeño pepper, finely chopped,
1 large parsnip
1 small onion
2 medium carrots
1 cup finely chopped cabbage, baby bok choy and



baby cabbage, etc

1 cup cilantro

1/2 large red bell pepper

THAI DIPPING SAUCE:

3 tablespoons sesame seed oil
1/2 cup filtered water
1 cup English peas, raw

METHOD:

1. Mix all seed powders in a bowl. You can grind all these in the Vitamix, but do so separately. Add spices to seed powders. Mix well.
1. Add all vegetables slowly to Vitamix, one at a time, to chop. You may need to scoop out some mixture and then add more vegetables until all of the vegetables are chopped well.
1. Add filter water to Vitamix to rinse vegetables out of Vitamix and then pour water mixture into seed/spices alternately with vegetable mixture. Stir in sesame seed oil and peas.
1. Shape into balls and dehydrate at 105° for four to six hours. Flip over and dehydrate for another three to four hours.
2. Serve with Thai Dipping Sauce.

Bless and thank all the beloved elementals that have brought your food into form and your mighty 'I AM Presence' for everything in your life – remember that we cannot lift a finger without the life given to us from our individualised presence of God – our 'I AM Presence'!



A deeper underlying cause

This is number VIII of the 'I AM' Discourses from the Great Divine Director, as given to all humanity through Mr Guy Ballard on June 19, 1937.
Published by Saint Germain Press – Book 8.



BELOVED Ones, you might think this is just an enjoyable evening in which we meet together; but in the Activity of the Light, there is always a Deeper Underlying

Cause; for the outer desires are often used to bring about the Blessings which are to be given.

A Three-fold Activity will take place for each one here. While the Divine Director is dictating and doing His Work, which He has already begun, Chananda and our Beloved Nada will also do a Certain Work which it is not necessary to mention.

THE DIVINE DIRECTOR

Beloved Children of the Light! When I say Those Words tonight, I give Them a Fuller Deeper Quality than is ordinarily understood. These Hearts present, who are reaching out so earnestly and with such determination, for Freedom in every way, **MUST FIND THE TIME AND ASSOCIATION WHEREIN THAT WHICH IS REQUIRED TO BE GIVEN, MIGHT HAVE NO INTERFERENCE IN ANY WAY.** You must remember, Beloved Ones, in your feeling world, there is the Consumer and Decreeer of what you and your world shall be.

The unhappy part is, that through the accumulation in the feeling world of mankind, obstruction was constantly charged forth; to interfere with the various achievements whatever they might be. Once you

Make effort upon self-control in order to give the Powerful Qualification.

understand, in your Call to the Presence, you must make your Outer conscious Effort at Self-control, by governing the feeling; then *you* will quickly have the Power of the Presence flowing through for any given purpose or accomplishment.

It is not sufficient to just continue to Call to the Presence without an Earnest Sincere Effort to control your feeling from the outer standpoint! That is where many students have found difficulty in realising they must make a certain effort upon their own part at Self-control; in order to give the Powerful Qualification and co-operate with the Power of the Pure Energy of the Presence flowing forth. You will find from tonight, as This is anchored clearly in your consciousness and feeling world, that every impulse which would produce discord, you will be able to silence instantly and stop its action from the outer standpoint; because you will know you are the Decreeer for your world, and what shall act through your feeling.

Even though there still be some accumulation in your feeling world, there is no reason why it should longer govern you. Fortunately, there have been many in your beloved city and the surrounding places, **WHO HAVE BEEN STRONG ENOUGH TO REFUSE TO LISTEN TO GOSSIP; AND I**

**'Allow
the Pure Energy
to flow forth to fill
your mind, body and
world.'**



4

SPIRITUAL/ASCENSION MATTERS

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

MEAN BY THAT, ALL THINGS WHICH ARE LESS THAN THE PERFECTION OF THE PRESENCE; BECAUSE AFTER ALL, EVERYTHING ELSE IS BUT GOSSIP.

That is perhaps a gentle term to use, but nevertheless, only as Individuals see it is not a personal thing, can they free themselves.

IT DOES NOT MATTER WHAT THE CONDITION OF THE APPEARANCE WORLD IS! IT IS NOT A MATTER OF INDIVIDUALS OR PERSONALITIES! IT IS BUT A FORCE ACTING THROUGH THEM, OF WHICH EITHER THEY ARE UNAWARE; OR THEY HAVE SOMETHING IN THEIR FEELING WORLD, WHICH MAKES THEM AN EASY INSTRUMENT FOR ITS USE!

The simple, very simple Requirement to allow the Presence to act, is the reason why so many people fail to quickly grasp It. The human always tries to make things complicated, because of its lack of understanding. When the Individual realizes there is only ONE SIMPLE THING NECESSARY, and that is to allow the Pure Energy to flow forth to fill his of her mind, body, world and activity, then his or her Calls are fulfilled quickly. Then, each one will know to call the Presence into action and make the Conscious Effort to control the feeling, will enable this to be quickly done, to produce the Perfection he or she requires.

As long as people listen to discordant things and destructive experiences, they will have them in their worlds. Out of the vast number of Students in your city, there are but very few who are strong enough, just from the Power of Radiation, to repel and refuse acceptance or allow to register in their feeling world, a destructive quality or experience to which they may be listening. That is where the danger point lies for the Students today; because, if they momentarily listen, they are allowing to register – unknowingly, in their feelings



'Your Higher Mental Body knows everything you need.'

worlds, the quality upon which their attention rests. That is why We have pleaded with the Students through the Messengers, not to listen to gossip or allow it in your worlds.

I began the Radiation in the San Francisco Class. We have been urging, and urging, and urging the Students everywhere; and holding their attention repeatedly, upon these more Simple Requirements;

so they get the Full Understanding of their own Individual Requirements; It is necessary for them to do this; if they are to have the Perfection which the Presence wants to pour forth

Now remember, Dear Ones, your Higher Mental Body knows absolutely everything you require. It will produce it for you; because It has the Full Power of the Presence and does wield the Full Power to produce any Requirement in your world; but It cannot and does not produce any destructive quality.



As you enter the Conscious Pathway, the Higher Mental Body will not release energy at any time; to the Student who has come into the Knowledge of the "I AM", to produce any destructive quality, or which It in its all-knowing Power, would be used for destruction! You will say to Me, then how do people continue to do things which are destructive? Because of the energy already called forth which is anchored in their worlds, and with which their feeling world is charged. When that energy is exhausted, they cannot and do not go farther, in their destructive activities. When they are exhausted, if they do not know the "I AM Presence," they do not know how to replenish that energy.

You have before you in the outer world constant examples of it. The hypnotist who uses his energy to hypnotise through a period of years, becomes exhausted and loses all his power; because he has used up all the energy with which his feeling world has been charged, and not knowing the Presence cannot call forth more.

The same is true with many

'There is no power in the world aside from your "I AM Presence".'



Christian Science practitioners. Not knowing the difference between mental power and actual Spiritual Power, which is the Energy from the Presence, they go on and produce some astonishing results in their earlier experience. They do not know they are using just mental power; but they do produce certain results for the time being, and they are greatly elated over the certain results. Yet, they find later when that energy is exhausted, they cannot any longer do the work. The evidence of this stands today in America before thousands of people. Many, many have come to the Messengers and have had the reason explained and in most instances, they have been people who replaced the energy in the acceptance of the "I AM Presence"; because there is no power in the world aside from your "I AM Presence." There is no human being who has any power separate from the Presence. Even the outer self could not have any Life, except That supplied by the Presence that beats its Heart.

As you look at these things from This Great Law's Standpoint, they are simplicity itself. Our unhappy critics who criticise Us for the simple language used, are but held within their own intellectual vanity. Why should we acquiesce to the human opinions of the world; knowing the results which are produced by the simplicity of Our Language which has been used? We use your terminology to make it more forceful to you. Why should we try to use technical terminology, which does nothing but make confusion within Individuals?

We again call your attention to some things that we want you to go forth and use tonight, with a certain outer consciousness of your Presence acting through your mind, body and world. I assure you, Beloved Ones, you must be more firm than ever; and refuse to listen to discord or gossip! They charge your world with their qualities; and if your mind – unknowingly – begins to revolve those qualities within itself, your world is charged with them and you must reap the results.

When students come to a certain point in the Expansion of their Inner Light, their Zeal and Great Desire for Perfection is often preyed



'Is there anything more important in the universe than your freedom?'

upon, to try to trip them up. But if the Students will listen carefully to the Messengers in their coming Class and use that which comes forth, every one who comes into it will be Free! We are determined, if the Students will listen to Us and be alert, to give them, not only the Outer Worded Expression of the Application and what It does; but the Quality which It contains, will be anchored within their feeling worlds, to render the same Service for them. At this time more than ordinary Assistance must be given and is given; but We cannot compel the action for the Individual.

We can only — and often do — give vivid promptings; but Individuals will have no trouble in calling the Presence into action, if they will only not listen to destructive discussions. I mean any form of gossip, judgment, condemnation, and all that kind of thing with which the atmosphere of humanity is charged.



It is so much easier to listen from the human standpoint, than to repel it; but one must some day be firm enough to do it, and We want to get every one of you to that point, as with This Good Messenger; where even though you listen to it, you do not allow any of those qualities to register in your feeling world. Then, you will find there will be no inclination to get irritated or disturbed about any appearance in the appearance world.

I call your attention to this tonight so you may, if you care to, watch it! In the various activities which have taken place, the Light within each one expands, through the Acceptance of the Power of the Radiation which We give. That Light becomes more and more intensified and certain Groups are being drawn together.

'We should not judge or condemn and be firm in our stand to the Light.'

Do you think, Beloved Ones, really anything ever happens by chance? Surely you cannot think that! Even in the smaller things, there must be and is a cause back of every single thing, which you do in the outer. Now then, if you have allowed some destructive quality to register in



your feeling world; and you are attempting to do something destructive, then if this pressure rushes forward, where does the fault lie? Really not with the Individual, not with the Intelligence which sent it forth; but in the lack of obedience to the Law of Harmony, is what allows discord to register in your feeling.

So you will see by that why We should not judge; why We should not condemn; and yet, why We should be firm and unyielding in Our Stand to the Light, the Harmony and the refusal to listen to discordant destructive things — regardless of what they may be about.

Do you think that is asking too much? Is there anything of more importance in all the Universe, than your Freedom? Is there anything more wonderful in all the Universe than your Ascension? I think not! Now at this point, let Me remind you of something, for you may be of Inestimable Assistance to others. Many people, and many among the Students, when the Idea of the Ascension came forth, thought they had but to call to the Presence and their Ascension would be forthcoming; regardless of what their attitude in the outer world was. How unfortunate that any one could think such a thing, when all in Life is a harmonizing, refining process. To think such a thing, for one who has lived discordantly just in this Life, say for thirty or forty years; just a simple call to the Presence would give that one the Ascension without any effort on such a person's part, is childish ignorance. It would be childishness and a great mistake. There have been thousands who really thought so and who were really very sincere.

There is no limit, as the Messengers have told you, to what the Presence might do for you, at any given moment. That is why I explain this to you tonight. There are many who are still thinking, it does not require anything but their call to the Presence to gain their Ascension. Regardless of what is going on in their feeling world. Again it is childish and foolish.



Harmony is the Law of the Universe! Unless It is maintained for a sufficient period of time, in the feeling world of each one, how can the energy flow forth unqualified? It cannot do it!

So from tonight, take your firm stand with the Presence. While This Messenger does not wish Me to use him as an example,

nevertheless I must do it. I call your attention, Beloved Ones, to his experience. Up until he met his beloved companion, there was no one in the world to whom he could turn for Assistance. There was only one thing he could do; and that was stand and follow to the best of his ability, the Inner Promptings which came. Then, after the contact with Beloved Saint Germain, he was shown how very accurately, he had been following Those Inner Promptings.



If every one would only follow Those Inner promptings, you would all be able to hold to the Light; but Individuals allow their attention to outer things, to make them waver, wonder, question and doubt – when they are actually having these Inner Promptings all the time; some days not having them quite so strong as others. He did not always have them so strong that he was certain about everything, yet he continued to follow to the best of his ability. There was no one to whom he could go. That is why Beloved Saint Germain, Nada and Myself have urged the Students, to feel the Full Power of their Presence to prompt them; then stand by It, until they can have the Full Outer Consciousness and Assurance, the Presence would always answer; because it is the Law of your Being, that It is compelled to answer.

You will soon gain a confidence in the outer, so every time you call to your Presence, instantly there will flow forth Its Mighty Energy, the Mighty Directing Intelligence, the Great Calm Certain Feeling within you which gives you the Assurance of Its Accomplishment.

Tonight, as I refer to these various things, these Qualities are not only being

'The ability to release Our Real Power of the Ascended Masters' Divine Love is most commendable.'



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

anchored, but charged into your feeling world for action. Oh Beloved Ones, it is action We need now! What do I mean by that? The Release through your decrees into the mental and feeling world of mankind, of This Mighty Charge and Activity. We repeatedly say to you, it is one of the Greatest Services which can be rendered; and in your Mighty Groups here, the accomplishment has been wonderful I assure you, even in the past six months!



The ability to release Our Real Power of the Ascended Masters' Divine Love, is most commendable. Each one releases the Special Power and Activity of Divine Love required in each Group. Now mark you, Dear Ones, please notice this! Everywhere That Quality of the Ascended Masters' Divine Love is released, It becomes a Cohesive Quality and Activity, which keeps drawing more and more to Itself! You have noticed the moment some discord comes in, how the dissolving, disintegrating process starts and people withdraw. Again, when the Ascended Masters' Divine Love begins to pour forth, which is the Cohesive Quality of Life, then people come back.

If only Beloved Mankind and the Beloved Students would become cognizant of these actions which are going on before them constantly, how beautiful it would all be; but because of the pressure of the outer world, those things are passed over almost constantly. I ask you, if you will, to watch them and see how very wonderful is the Law of Life; how Unfailing, Unerring It is, in Its Activity when unqualified by human discord.

Remember what Beloved Saint Germain has said to you from the beginning: "the human ungoverned is more vicious than the animal in the jungle." Never were Truer Words uttered! Therefore, why accept the human and allow its disintegrating activity to begin to act in your world?

Beloved Ones, listen to Me carefully! Every moment you are listening to any kind of destructive qualities in any conversation, its disintegrating quality is then and there acting in your feeling world; because you admitted it through your

hearing. You don't know that from the human standpoint, but We have watched it among the Earnest Students. We see the cause and effects, but unless you will allow Us to help you, how can We do it?

I am prompting you on these various points tonight, because everywhere you go you are bound to meet these things. In humanity's present state, you cannot avoid it. Do not ever be disturbed at appearances which have to be met and conquered; because until more of humanity come into the Light of the "Mighty I AM Presence," human qualities and conditions are always there to be met. See how easily these conditions are governed, when the Presence comes into action; but how can the Presence act, if the feeling world is charged with irritation and disturbance?

Beloved Ones, Oh how Great Our Love is for you! How Great is Our Rejoicing at every single Victory



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'Your victory is certain!'



which you gain; and how Our Love pours out to you like a Mighty River, knowing sooner or later your Victory must come. You think you love each other, but how can you know what Love really is; until you really know the Love which has Infinite Patience with the mistakes of mankind? Yet, when We see the Great Infinite Patience, being gained among many of the students and the Expansion of the Light within their Hearts, how greatly We rejoice and how much more We can then do!

Remember, your Victory is certain, if you will just follow these simple things. It is not complicated – the Victory of Life! It is so simple most of Its Great Qualities, because they are so simple are believed to be untrue. Don't ever admit failure in anything, no matter what the appearance world screams to you! Still say to it: "You have no power"! Oh, how much you could do for your own world, yourselves and others, when you say that!

Beloved Ones, do not at any time or in any way, allow fear of any kind to enter concerning the Messengers of This "I AM" Activity! Remember, the "Light of God never fails." There have been a lot of prophecies made, since the Messengers left here – all so foolish! Human gossip will continue, until the Cosmic Light, as you have been told sweeps out all human selfishness and destructive qualities from the Earth! So until that time, remember God, the "Mighty I AM Presence" in you, is your Certain Victory! No other power exists in your world, unless you continue to admit it.

Do you know, your very attention having been called to your Presence, aside from your conscious call so earnestly It, would release one day Its Full Power of Action into your world! Then how much more quickly It will come, if you refuse to accept or listen to destructive qualities of any kind. Then keep calling your Presence into action, until Its Whole Light floods your world.

Please be reminded again tonight — there is no battle in the Achievement of the Presence. You call Its Light forth through your mind and body, into your feeling world. The Light knows no resistance nor interference! It simply floods into you and out



'The Light of God never fails.'

into your world; and the Fulness of This Light, being the Supremacy of the Universe and the Supreme Power of your world, just moves into action and all else dissolves before It. That is the way to feel concerning the Activity of your Presence. You don't have to struggle!

Remember the simple words so often used: "You shall hold your Peace and the Presence will fight your battles." It simply means, the

moving of the Light of the Presence into your body, sweeping out all irritation, all discord of every kind and replacing it with all Perfection which is the Law. No imperfection can penetrate That Light, and when you call It into action — as a Tube of Light — as a Volume of Light flowing into your world, your body, It is quite a different thing.

Please notice this point carefully: It is quite a different thing, than when the Natural Light becomes clothed by your discordant qualities! That Light has become shut in, instead of the discord being shut out.



When you place yourselves in a Tube of Light, do you not see the power of human qualification, cannot re-clothe the Tube of Light, which you are calling into action? Its Volume is too Great! That is why, if you once understand, when you say, for instance; "Mighty I AM Presence,' charge my mind and body with Your Mighty Energy, Your Strength and Courage," or whatever the quality is you require, That is the Light of the Presence filling your body; and Its Volume is too great to be re-clothed by the quality which is within your feeling world at that particular time.

Notice This Activity carefully! When the Light comes in naturally and flows through the nerves — as Energy and Points of Light within the cells of your body, It is not sufficiently powerful to keep the quality in your feeling world, from clothing it with the density which is in your feeling. When you stand yourself in

This Tube of Light or make yourself a Pillar of Light, the Volume of That Light is too great, to be clothed by the feeling of the Individual!

If you once understand this, and as you stand yourselves in This Tube of Light; or feel yourself a Tube or Pillar of Light,

**'Call
its Light forth through
your mind and body, into your
feeling world.'**



moving about in your daily activity, you will soon find all your undesirable qualities will disappear – they *must* disappear!

I want to say to the Beloved Ones here, tonight, We shall endeavor to take all resistance out of your feeling world, concerning your present forms; so they take on their natural symmetry. Do not resist the Perfection of your Presence any longer. Just say: “Mighty I AM Presence” now this is Your Form! Therefore, it has to be the Symmetry and Perfection which You are! Humanly, I take my mind off of It entirely! Therefore, ‘Mighty I AM Presence,’ You take command of this body now; and bring it into Your Perfect Symmetry”; then be at Peace and rest about it. Every time the human has an opinion, say: “Hold on! You are to have no opinion”! And you will find the Presence will do This Perfectly!

I want to say: you are Free from this hour! Don’t longer accept anything else, any suggestion of anything else! If you will just feel This, and if you believe I speak the Truth you will know, you will feel, your Freedom definitely in your feeling. Therefore, you will feel a strength sustained within you, which will give you Great Joy from this hour!

No matter what the outer appearance is, do not accept again for a single instant, any lack of strength, courage or power; because your Presence which beats your Heart is your Power, Strength, Energy, Courage and Everything Else which is required, to give you everything.

Remember what We have said: you shall all sing again with a Greater Power, than you have ever known! Accept That Charge, if you will, and let Its Full Power of Action go on within you. Don’t allow the appearance world to have any affect upon you again; but just in Great Joy say; “Mighty I AM Presence’ I accept the Fulness of Your Power! I say to all these appearances within or without my Being: you have no power’! Therefore, I stand forth Free right now; forever held in the embrace of the Light of my ‘Mighty I AM Presence’ always Free and Victorious.” So shall It be!

Beloved Ones, We see the



‘Persevere with your Great Desire for Freedom and Victory.’

Expansion of your Light! We see your Victory! Don’t ever for one instant, yield to any appearance longer. Say to every appearance in the outer world: “You have no power’! ‘Mighty I AM Presence’ You are the only Presence, Power and Intelligence acting here. Take command and hold Your Dominion and produce Your Perfection.”

I could go on, and on, and on, but after all, it is not so much a matter of what We say, but what you feel which counts! Won’t you feel tonight,

your Absolute Freedom in every way; in your Perfect Health; in your Perfect Acceptance of your Mighty Directing Intelligence? It is there for your constant use!

Saint Germain, Nada and Myself thank you all for your sincere work; and We trust you will realise, it is only just the beginning of what can unfold from within. Go on, and on, in your Great Desire for Freedom and Victory; but refuse absolutely to listen to suggestions of the outer world; to prophecies or anything of that kind.



The world is full of human opinions which are of no importance; but your attention to the Presence from which ALL Perfection comes, is of very Great Importance! Stand firm within It and have Its Blessings.

Beloved Ones, what a Very Wonderful Thing it is to give Us your attention. Do you know, while you are sitting here, you are no more a part of the outer world of mankind, than if you had never lived in it? You are living this two hours in the World of the Ascended Masters. Can you not feel It? Can you not retain It? You can, even though you move about in your daily activities in the outer world, still can you retain the feeling of these two hours or more.

So long, as the human conditions exist in the physical world as certain limitations, from which only the Ascension can free you, We must wait! Oh, how many times, We would love to gather those Certain Individuals together and give This Assistance. It can only be

‘You have so much opportunity to bring more Light to some part of life.’



done occasionally. Will each one of you hold the Memory of This Sacred within your Hearts always, for It is greatly to be cherished?

Do not be disturbed by the appearance world. Human Beings come and go, but the Law goes on forever; and We thank you for your noble efforts very much. Beloved Ones, do you not see how in every single effort to bring Enlightenment to another, you retain a Great Blessing within yourselves? How can human Beings go on, when they have touched the Light of their Presence, as some in your beloved city are doing, thinking they are deceiving others? How can they practice deception and go on thinking it is not known? How can Students of the "I AM" do this thing, yet there are those in your city who think they are deceiving others.

Tonight, I want to prompt you on those things, so you no longer accept them. Remember, human appearances are but the shifting sands of the desert. They have no power but to confuse the one who accepts human reports! Don't do it, Dear Ones! Anything which speaks of less than the Perfection of the Presence, you don't want! Therefore, cast it out of your world! It does not belong there! Then, go on in the Great Joy of your Presence.

I wonder do you realise what it means for our Beloved Betty Mundy to take down all of this, which she has so faithfully done; and our Beloved Lotus to get this ready for the Students everywhere? In a conversation of this kind, don't feel under obligation to use in published form just every word I have said; because it is done to bring Certain Activities within you; but it is needed to stabilise and hold such a Firmness, that no longer is there a single moment yielded to less than the



'Human appearances are the shifting sands of the desert.'

May each one of you ere long, drink from the "Crystal Cup". Who shall say how soon, you may! Won't you accept It, until Its arrival in the Physical Form is yours?

Beloved Ones, the Experiences recorded of This Good Messenger, are only the beginning of what you may all experience; once all disturbance is removed from your feeling world! It is not difficult!



Will you give Me your Assistance just for a few moments and serenely think of the Qualities which you desire most quickly made manifest in your experience? Then send that desire to your Presence to have it established, sustained and all-powerfully active henceforth in your feeling world for constant use forever sustained? (silence) I rejoice with you, each one.

I think you do not quite realise, whenever your attention comes back to this evening, instantly you set into action These Qualities established within your feeling world.

I don't mean, you should continually allow your mind to dwell upon this evening; but as you naturally do return in attention to this evening, it

'May each one of you, 'ere long, drink from the crystal cup.'



will instantly set into action These Qualities, which I have established in you tonight. It is a very tremendous thing, if you once really realise it.

It is quite the same, only It is a more Powerful Activity for you, when you give your attention to the “I AM Presence” — the Law of Its Being, is It must act for you.

When you give your attention to Beloved Saint Germain, Nada, Myself or the Beloved Jesus, that instant, Our Qualities are acting in your feeling world. If

mankind really understood this, how quickly enormous, tremendous things could be accomplished; but because of the pull of the attention upon the outer world, it is constantly shifting, you see. Therefore, in the realization that your Presence is your Stabilizing Power, it holds you firm upon a given objective, upon a given call, then you see there is not a thing you cannot do. Not a thing you cannot do or accomplish; but be sure your motives are Right.

I clothe you each one, Oh Precious Children of the Light, in My Mantle of Light and Love! In It are These Qualities which you need for use. Just wear That Mantle always for Me, and let It do Its Perfect Work for you! Why do you suppose Saint Germain was known in Europe as the “Man with the Indigo Cape”? Do you know that color is the exact color of the Cosmic Screen in the Royal Teton, and It was used for a certain purpose?

I say to you Beloved Students, do you realise what a very great champion you have in Our Beloved Lotus? I am sure most of you realize the hours, and hours, and hours, while most of humanity are sleeping, she is working, working, and working, for the Freedom and Victory of the Students — a most wonderful thing.

Please do not wonder why We have had such an Intimate Conversation; but because of the Work to be done for you just feel It, forever active within you and your world; knowing definitely no longer can a single human quality interfere with the steady forward progress to your Freedom, in every manner.



‘I clothe you, each one, in My Mantle of Light and Love!’

I think, Dear Ones, I should say a word or two of our Beloved Nada. Really little has been said recently, but if you knew the Tremendous Work, She is doing constantly among the Students, your Hearts would leap for Joy. Her Tireless Efforts for each one!

It is so wonderful to come to a point of Understanding where praise or blame are alike of no effect! Where it is a Joyous Service in Knowing every single effort is a Steady Winning of your Eternal Victory! It is so wonderful to have come to a point of Understanding, where

you know the word “failure” is entirely out of your vocabulary! It does not exist, not for an instant in the world of any one of you under This Radiation! It has gone out of your world completely!



Regarding your financial supply, just feel your Presence open the Door of Its Treasure-house and release into your use everything which is required. If channels be used, then let the Wisdom of the Presence select those channels, so there could not be a single discordant experience! There could not be a single mistake; there could not be a single failure to have that which you require for use.

It is so Definite! It is so Powerful! Please feel It! Rest in It and know — the Dynamic Action of the Presence is producing those results! Why do I say “Dynamic Action of the Presence”? Because you must feel that under certain conditions. Until you have a Greater Sense of Freedom, you must feel it DYNAMICALLY ACTIVE! Then at each Call, will come the Result.

Beloved Saint Germain, Beloved Nada, Beloved Master Jesus, Beloved Chananda, Cha Ara, David Lloyd, Rex, Bob, Nada and Pearl; Mrs. and Mr. Rayborn, all wish Me to convey Their Love and Blessings to you. The Beloved Leto wants you to know, there no longer exists any uncertainty in you or your world.

The Victory stands there ACTIVE within each one of you — in your feeling world. May it have Its Full Dominion now and forever sustained! I thank you.

‘Do you realise what a very great champion you have in Our Beloved Lotus?’



ADDRESS BY THE MASTER SERAPIS BEY

THIS EXTRACT WAS TAKEN FROM
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(PAGE 88, 'BRIDGE TO FREEDOM'
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TEACHING FOUNDATION – USA).



INTRODUCTION: Our love and gratitude extends to the beloved Master, Serapis Bey, Hierarch of the Temple at Luxor. This great being has stood guardian over the Ascension Flame since it was taken from Atlantis prior to the sinking of this continent beneath the waves of the ocean. Without the sustaining of the Ascension Flame upon the planet Earth, there would have been NO WAY FOR MANKIND TO RETURN HOME when they signified to life a desire to complete their evolutionary cycle. We bless him forever for this gift to life, for every member of the Spiritual Hierarchy who has ascended out of the limitation of the Earth into the eternal freedom of the octaves of light, has used that flame which his life, his love and his constancy sustained for that particular cosmic moment.

— Thomas Printz

OPPORTUNITY THROUGH INCARNATION

*Address by Beloved Serapis Bey
January 19, 1954*

Beloved children! Beloved friends! Friends of so many ages of pleasant association! As I look over my book of memory and see your sweet names written on more than one page, and the fragrance of the association in which your lives blended with mine is wafted on the breeze, I stir



'The door is wide open to your eternal freedom.'

again within your hearts a remembrance of the co-operative service in the name of the one God and all His manifold expressions in the kingdom in which we dwell and toward which you aspire.

Many, many times have you been hopeful aspirants standing at the door of the Temple at Luxor, holding within the confines of your uncertain consciousness the energies which were the harvest of your endeavours.

More of innocence than wisdom has prompted your desire many times to enter into that concentrated flame which has been my honour

to guard for thousands of years. It was not without trepidation that I accepted you into the temple, knowing full well that until the energies of your worlds were free from the pull of the outer world, those energies would return you again to the world of form until the fires of invocation would

**'I
accepted
you into the
temple with
trepidation.'**



burn to ashes the momentums that had not expended themselves, but rather had lain dormant for a time. Now, you come again, and the door is wide open to your eternal freedom.

It is interesting to bring to your attention the service of the brothers and sisters of the Ascension Flame so that you may understand something of our endeavour, and, perchance, co-operate with us.

In the Fourth Sphere, which is my privilege and honor to guard, dwell the Holy Christ Selves of the human race. Here these magnificent God-free beings worship together in temples of such magnitude that many millions may gather and send up adoration through song and the spoken word. Here I become well acquainted with the divine pattern of every ego who belongs to the evolution presently enjoying progress upon the planet and around it.

There comes a time in this sphere, during the long course of evolution, when the Holy Christ Self of an individual will signify by its auric light, that the ego or personality which it has sustained has attained to a point of evolution wherein the ascension of that ego is a possibility, through the sublimation or transmutation of the outer self. These particular Christ Selves are then drawn together and segregated from the great mass. They enter into special temples, under the direction of the Angels of the Ascension Flame. Here they receive instruction from those of us who are dedicated to the education of the consciousness in the drawing of the Sacred Fire which makes possible a final transmutation of consciousness.

These Holy Christ Selves abide within these Ascension Temples and in each twelve-month cycle when the Lords of Karma announce in every one of the Seven Spheres how many lifestreams are to be admitted to incarnate in the course of that year, it is my opportunity to suggest a certain number from the Ascension Temple who are to join the incarnating egos who will take embodiment within that year. This ensures entrance into the Earth every year of the maximum number of lifestreams who could attain their freedom with self-conscious endeavour.

From each of the other six spheres, the Chohan in charge draws the lifestreams representative of his ray. These are all presented to the Lords of Karma in a magnificent ceremony which yet has much



‘The priceless gift of life is so little understood by even the most advanced chela.’

of sadness in it because there are so many more APPLICANTS THAN THOSE WHOM IT IS POSSIBLE TO GIVE OPPORTUNITY. The Lords of Karma then must segregate from this number the small few who are offered incarnating privileges, the others returning again to their respective spheres until the passing of some soul from the Earth makes room for another incarnation.

Because of the specific requirements and need of the cosmic hour in which we presently find ourselves, the Cosmic Law has allowed us greater freedom and an entrance into the world of form of larger numbers of applicants who can possibly attain the ascension at this time than ever before. For the past seventy years, anticipating this cosmic moment, we have availed ourselves of the leniency of the Law and have not only presented for approval a greater number of applicants, *but have been given larger grants in getting our chelas incarnated.*

If man could see how much energy, how much time and prayer and application goes into the drawing from these inner spheres of each lifestream who is taken within the compass of our aura before the Lords of Karma in the hope that a flesh body might be allowed them, they would not weary so easily of life or rebel at the opportunity of each day. Worse still, they would not snuff out that life and withdraw themselves from the appearance world.

The priceless gift of life is so little understood by even the most advanced chela. We stand by those whom we have

‘Larger grants have been given for chela incarnation.’



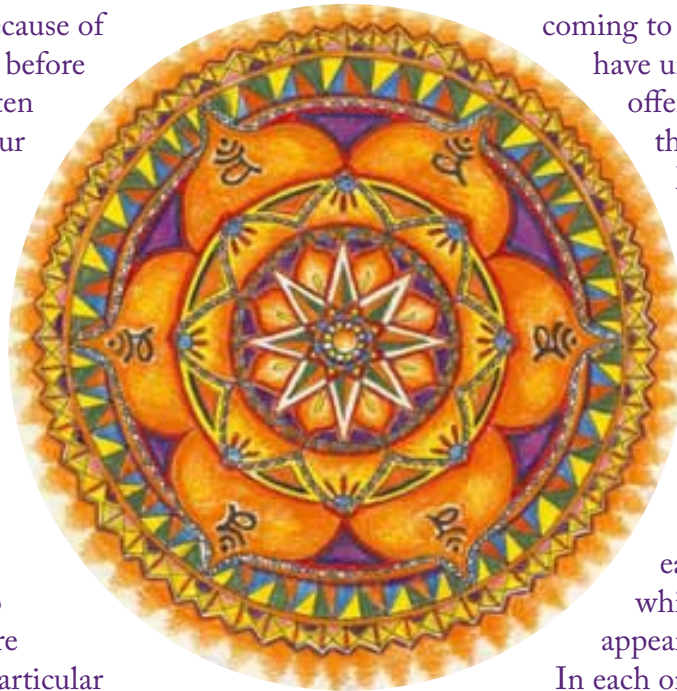
sponsored, those who live because of the petitions we have placed before the Karmic Board and so often rebellion and discontent is our reward. If man understood these things, his first gesture in the morning would be to bend the knee of the outer self in gratitude for the opportunities that life offers him.

When the Karmic Board designates the lifestreams that are to enter the earth plane, each one of the Chohans takes back into the temples in his own sphere those who come under his particular supervision and guidance. For a longer or shorter period of time, he prepares them through radiation if they are spiritually undeveloped and by conscious instruction if they are chelas. Then these great friends stand at the gates of birth enfolding the incarnating souls with the blessings of their flame and ray, as they pass through in to the world of form.

Here, I digress for a moment into my own activity, which you can duplicate in your own minds for any one of the other Chohans.

Those whom we have trained in the action of the Ascension Flame, for instance, and those still on the Earth who are ready to accept it, are particularly blessed, because a brother or sister from the Realm of Bey is given charge over the lifestreams. These become sponsor and guardian throughout the entire Earth life wherever the individual incarnates and according to the response of the outer self to the inner intuition and light in the heart and the promptings of the attending member of the Ascension Brotherhood. Every conceivable way, means, shape and manner is used to stimulate the heart's desire for freedom. It is one of the tragedies of life when those who have been marked for the ascension return home without taking full advantage of the opportunities given them.

We are very happy at present, because so many of the lifestreams in this great scheme of evolution are taking advantage of the magnificent opportunities within their grasp and the incarnating egos that are



coming to Earth within the next 20 years have unprecedented opportunities offered them. Now through the great kindness of Lord Michael, we have been told that many, many thousands of souls of varying degrees of advancement are to be prepared at inner levels for the ascension *without the necessity of re-embodiment*. With this purpose in view, they are being taken to the great Ascension Temples in each one of the Seven Spheres, which are all snow white in appearance, something like alabaster.

In each one of these temples, brothers of the ascension shall remain permanently and through the souls of the enrolled members, the Ascension Flame will be passed, as well as through all their inner bodies, until they come to a point where their consciousness can absorb a little of the understanding of the Law.

You see, it is one thing to take a consciousness that has an understanding of the Law and develop that, but it is quite another thing to take an orthodox consciousness who has been given a grant of grace and transmute the energies in that one's world. *This can be accomplished only through the action of the Sacred Fire, and it is my desire at this moment to ask for volunteers to give their time in the temples at night to pass the flame through these souls whom Michael has sworn to give their freedom. This would greatly hasten the preparation of these egos, and it would show the Karmic Board in the coming six months what a dispensation of such great scope can do for the evolution of the entire world.*

You know, there is no such thing as selfishness in heaven, but looking at the hearts of my brothers and sisters, I find that each one of us is so deeply interested in some portion of the Law that we take full advantage of any moment when we can gain the attention of any member of this race. Then we plunge into our individual service with perhaps little consideration for the problems that may be engaging the attention of the individual. In this connection, I can but assure you that

'There is no such thing as selfishness in heaven.'



while we present a phase of the Cosmic Law in the hope of obtaining your co-operation and interest your consciousness, we are still fully cognizant of the shadows which you hold within your minds. These are the chains of the imaginings that bind your souls, and while we speak of cosmic service, we are well aware of the creations and limitations of the human consciousness.

It has been said that the Masters of Light, God-free, looking at the great scheme of creation, have forgotten how a consciousness feels who is looking through the sense-bound shadows of the world. However, I can assure you that we never look into the heart light of any spirit without parting the shadows by the beam of our attention, and there is always some portion of our world permanently anchored in that consciousness during our communion one with another.

How close are you to me! I brought you to before those impassioned judges and held you by the hand and said, "Here, oh great Lords of Karma, is one whose life records shine, whose heart beats true, whose soul awaits the triumphant shout of freedom to enter into the great realm of immortality." Do you remember? I have stood by you from the moment when you knelt before the great judge, when every member of that great court in one voice gave acquiescence to your incarnation in the flesh form, through which you are to write the last page in the history of your life expression. *I will be one of the first to greet you on your return.*

You have listened now to the voice of your heart. You have felt the pressure of the brothers and sisters of the Ascension Flame, and we are closer at this moment than we have been since the hour when you took birth.

In this coming twelve-month cycle, not only in America, but in India, China and Russia particularly, there will be thousands of lifestreams born, across whose breasts is written the word, "ASCENSION." Children of great light



are coming to the Earth — spirits of great sensitivity. Would to God the world were ready for them.

I thank you for your invitation. What does man know of the joy in the heart of the God Being so invited to partake in the affairs of men! We who have stood behind the veil watching the ruin of centuries of the Halls of Karma! I stood bendeavours and yet forbidden by Cosmic Law to speak through that veil **UNLESS INVITED**, abiding in the glory of eternal love, hoping that somewhere, sometime, man might

express a wish for our counsel and our presence. It is *beautiful* to be invited, and we *never* refuse an invitation.

In the activity of the new dispensation, which will do so much for the race, I would like to open the inner sight of those who know something of the power of qualifying energy. In this way you could see what is accomplished in the Music Temples by the combination of certain harmonious chords, from the creation of the smallest cherubic figures, to the largest of planetary globes and galaxies, as well as in the *dissolution* of certain forms and moulds which have fulfilled their destiny and are returning to the unformed — *the music of creation that surrounds the building of a planet and the music of dissolution which accompanies the dissolution of a sphere that no longer serves the divine plan.*

When this music, melody and harmony is utilised in this world of form with the full conscious understanding of the power of cohesion and radiation, there is no appearance that can stand before the lifestream or group of consecrated egos who *invoke* and use those melodies which are completed at inner levels and but await their reception by an alert and sensitive soul.

We hope within the next year to experiment with this because the students who are the hope of the world must have removed from their inner bodies the quality of rebellion.

This is the accumulation whose vibratory

**'I
accepted
you into the
temple with
trepidation.'**



action was the fundamental cause of the “fall of man,” the separation of the consciousness from the Christ Self, and which stands between even the most earnest individual and his own divine Presence.

At Luxor, you know, we have a tremendous discipline which was primarily designed to melt that *rebellious vibration* which is so subtle that at times it is discernible only to the eye of a Master and the soul itself is unconscious of the existence of this vibration within itself.

However, these harmonies and combination of sounds that melt within the feelings that rebellious activity against the will of God, will permanently accelerate the co-operation of the conscious mind with our plan of endeavour. I am eager and desirous of setting this into motion, and I shall ask the full co-operation of the outer self in this service.

Egypt has been my country since that never-to-be-forgotten day when we received word from the heart of the great High Priest that Atlantis was to sink beneath the waves.

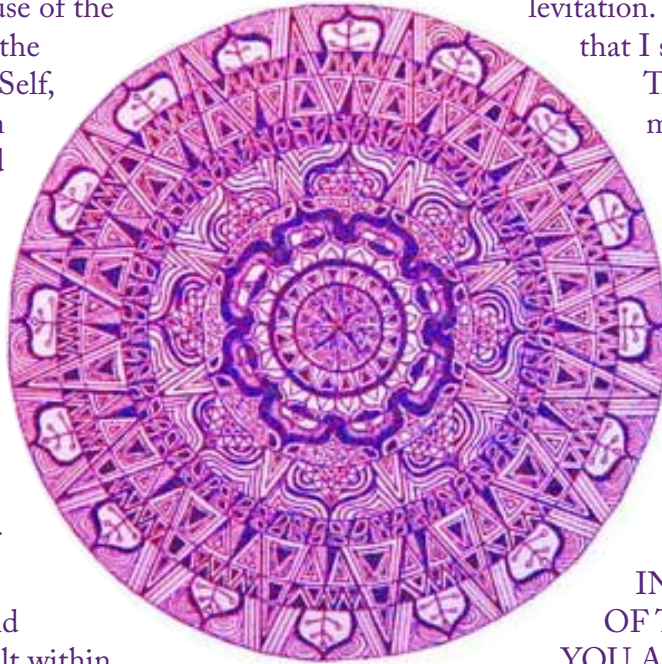
We carried that Ascension Flame in an open boat across unchartered seas and knelt before its smoldering embers on the bank of the Nile. With our very breath, hat seemed to be but ashes.

I have not left Egypt, except in four embodiments, all through the ages since that memorable day.

You have been with me many times, and we are old friends. It is my hope that you may bring to your conscious remembrance the power of the Sacred Fire that you have wielded in our temple — that you drew forth on our altars, by which you moulded substance into form and rendered such great service to the public. Those things are recorded in your own feelings. They are a part of the energy of your dear hearts.

Through your flesh garments, your hands and through your fingertips flowed that flashing flame, obedient to your conscious direction.

Through them you have conducted powers of precipitation, of healing, of



levitation. I speak now to the memory that I stir within you!

These are records of momentums that belong to the glory of your Causal Bodies, *not something that must be born* out of primal, unqualified life essence. They are the *heritage* of centuries of devotion and dedication to the externalization of God *which belong to you by right of earned endeavour.*

**SLEEP NO LONGER
IN THIS LIMITATION
OF THE OUTER SENSES!
YOU ARE GUARDIAN SPIRITS,
COME TO SAVE A PLANET!**

**YOU ARE HERE TO FIRE A PEOPLE, AND
TO RESURRECT THOSE LIVING IN THE
DEATH**

**we nourished into life again wSHROUD OF
THEIR OWN HUMAN CREATION!**

Your names are written in the book of life and light! I, who have served on the same altars with you — I, who have passed through the energies of my world the confirmation of your initiations — am not content to see you linger longer in the shadows in this hour of planetary crisis that is upon us.

Contemplation coupled with action is my request to each of you. Thank you. — Serapis.

CO-OPERATION OF THE FOUR LOWER BODIES

By Beloved Serapis Bey

In order to illumine your consciousness more fully with regard to the qualification of energy, I have thought to put before you this simple explanation of the Law.

If you precede all conscious activity by this preparation which I give you, you will find yourself possessing a greater amount of energy with less depletion in the accomplishment of the work and service of the moment.

*THE PHYSICAL BODY IS ENCASED
WITHIN THE MENTAL EMOTIONAL
AND ETHERIC BODIES, JUST AS THE*

**‘There
is no such
thing as
selfishness in
heaven.’**

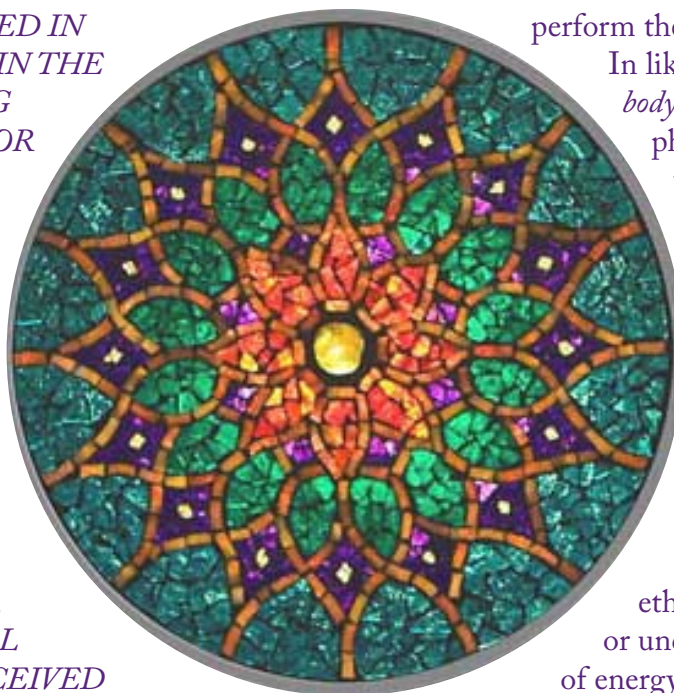


EAR OF CORN IS ENFOLDED IN THE HUSK OR THE ROSE IN THE GREEN OUTER COVERING WHICH PROTECTS IT PRIOR TO ITS UNFOLDMENT.

WHEN THE LIFESTREAM PROCEEDS UPON A COURSE OF PHYSICAL ACTIVITY, THE ENERGY BY WHICH ACCOMPLISHMENT TAKES PLACE, PASSES FROM THE PRESENCE OR HOLY CHRIST SELF OF THE INDIVIDUAL THROUGH THE ETHERIC, MENTAL AND EMOTIONAL BODIES BEFORE IT IS RECEIVED INTO THE PHYSICAL FORM FOR TRANSLATION INTO ACCOMPLISHMENT. THE ATTITUDE AND RADIATION OF THESE ENFOLDING BODIES IS A MOST IMPORTANT FACTOR IN THE QUALIFICATION OF THE ENERGY WHICH THE PHYSICAL FORM MUST USE FOR SERVICE.

That is why we have repeatedly stated that joyous, happy service is of the greatest benefit to the individual, as well as to the accomplishment at hand.

Why? Because if the emotional body is unwilling to co-operate with the intended activity, when the energy pours into it from the Christ Self, the greater portion of it is seized upon by the emotional body, which uses that energy to *turn over and over certain discordant and rebellious feelings*, and but a pittance of that energy gets through to the physical form to



perform the task in question.

In like manner, if the *mental body seizes upon the energy*, the physical form is depleted of the natural flow of God-energy which would make the accomplishment ease the physical form exhausted by reason of its endeavour to secure sufficient energy from unwilling inner vehicles which have intercepted this flow.

The same is true of the etheric body that consciously or unconsciously, affects the flow of energy by reason of its ingrained attitude toward service, built through long centuries of embodiments.

THE INDIVIDUAL WHO ENDEAVOURS TO ACCOMPLISH ANYTHING IN THE WAY OF PHYSICAL SERVICE MUST, THEREFORE, REALIZE THAT HIS FOUR BODIES MUST BE SET IN ORDER, HARMONIZED AND INSTRUCTED BY THE AUTHORITY OF THE HEART FLAME PRECEDING THE ACTIVITY WHICH IS TO TAKE PLACE.

If this is done systematically and consciously, and the four vehicles are repeatedly drawn into a *conscious co-operation* in whatever endeavour the lifestream may be engaged, you will find greater ease in accomplishment, a greater balance and poise under pressure, as well as much greater freedom from tension and depletion. — Serapis.

DECREE (UPON AWAKENING IN THE MORNING)

BELOVED Mighty Presence of God, I AM in me, I love you With all my heart, I thank you for your gifts of life, light, substance, intelligence and energy, made manifest through my world this day. See to it that I use these gifts ONLY in the service and expansion of thy mighty light!
(Use three times with feeling.)

DECREE (BEFORE RETIRING AT NIGHT)

BELOVED Presence of God, I AM in me and beloved Mighty Serapis! While my body sleeps tonight, take me out to your Ascension Temples, and there let me serve in my fullest capacity, to assist those preparing for the ascension, without the necessity of re-embodiment on the physical plane, through the grant given by beloved Lord Michael.