

THE ASCENSION TIMES

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AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

ISSUE 26: MARCH/APRIL 2012

SWEET
& RAW!

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RIVER OF
ELECTRONIC
SUBSTANCE

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LIFESTREAM

This extract from 'Electrons and the Elemental Kingdom' was taken from the Bridge to Freedom Publication, compiled by Werner Schroeder from the BELOVED MAHA CHOHAN, pages 58 to 71.

ORBIT OF ELECTRONS

NOT only your physical bodies, but your mental, emotional and etheric bodies are made up of thousands of atoms. Each atom consists of a central core of

fire, around which a series of electrons move in ordered precision, as the planets move around the sun. The electrons spin in
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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 Saint Germain Press material.

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

CREAMY CURRY ZUCCHINI



Ingredients:

Zucchini, shredded with a veggie peeler, fettuccine style
Thin strips of yellow, red and green pepper
Handful of sunflower seeds

Sauce:

Macadamia Nuts
Mild curry powder 1/2 teaspoon (use more if you like

it spicy)

Lemon
Turmeric
Cayenne
Himalayan salt
Water

Preparation:

Mix in a blender: nuts, curry powder, lemon, turmeric, cayenne, salt and water and pour over the veggies. Enjoy!

BASIL AND ZUCCHINI STARTER



Ingredients

1 Thin zucchini or cucumber or both!
2 Tomatoes
1/2 Lemon
12 Fresh mint and basil leaves
2 Tsp Cold Pressed Olive Oil
1 Tsp Himalayan Salt and ground black pepper

Preparation:

Pile it up high and make it look gorgeous!
Place sliced zucchini on two plates.
Add salt, lemon and

oil. Add a layer of basil and mint leaves.

Top it with sliced tomatoes.

Sprinkle some salt, pepper and olive oil.



YUMMY HOT CHOCOLATE!



A chocolate rich nut milk using almonds or cashews as a base.

Ingredients:

2 cups almonds (soaked)
1/2 cup cashews (soaked)
5 cups purified water
6 Medjool dates
1/2 tsp sea salt
2 tbs. cocoa powder

Preparation:

Blend everything together till smooth. Strain through Nut milk bag (optional).

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'!



their orbit, even as the Earth turns on her axis in the 24-hour period.

The speed with which the electrons move in their procession around the flame in the centre of the atom and the speed at which they turn in their orbits, determine the rate of vibratory action of your vehicles. The mind of God determined the time and the speed with which the planets circle round the Sun and the Earth has obeyed that law, remaining in its orbit and completing its revolution every 24 hours within that orbit, as well as its circle around the Sun in what has been chronicled as your present one-year period.

Within the lifestreams of the children of Earth there was, likewise, set a perfect pattern for the electrons moving in each atom and, combined with all the atoms in the seven bodies, it made an ordered universe and a harmonious vibratory tone and colour.

The natural rate of vibration of the seven bodies of each lifestream was placed at such a rapid rate that imperfection, disease, limitation and disharmony of any kind could no more attach themselves to these rapidly moving bodies than could a cloud of smoke enter into and become a part of the physical Sun.

When the vibratory action of the bodies of man began to vibrate more slowly than their natural rate, they had no longer the repelling force (in form of a pillar of light), which their own rapidly moving energy provided.

When men lowered the calibre of their thought and feeling worlds, it lowered the vibratory action of the four lower bodies until they became so slow in their movements that every destructive rate of vibration generated by their fellow men could easily flow into and become one with



'Rise out of the discord of Earth.'

them because there was no rapid circulation of the electronic light to repel and deflect their intrusion. That is why the more distressed and discouraged an individual becomes, the more he is slowing down the vibratory action of his system and the more he is drawing into himself the accumulation which vibrates at this slower rate.

There is only one way for mankind to come back to a state of immunity, which was symbolised as the Garden of Eden. That way is, to consciously draw the light into the four lower bodies. That light will act as an electric charge as it flows into each electron, causing it to spin more rapidly in its orbit, gradually accelerating the vibratory rate of the lower bodies. This action, if sustained

by conscious effort, will bring the lifestream to a state wherein discord and imperfection will no longer register.

The student body is like a foolish pilot who sits in the cockpit of a most modern airplane and weeps copiously because the large contraption will not rise into the air, but yet he will not turn the lever which sets the propeller into motion. Unless he will draw the electric force into the great motor, he will sit there forever.

Beloved children, you have the way and the means to rise out of the discord of Earth.

Why sit ye weeping in your limitations, when, through the use of God's limitless light, you may rise up and be free.

You have faith that by putting your foot on the starter of your car, you will start the engine running.

Why not have faith in the Threefold Flame in your hearts to raise your consciousness above the discord of Earth!

'Why not have faith in the Threefold Flame in your hearts to raise your consciousness above the discord of Earth!'



River of Electronic Substance

By the BELOVED MAHA CHOHAN

THIS morning, I again bow before the exquisite stream of electronic light flowing so constantly, and so happily from the heart of the great Sun, itself, into and through your human forms, and containing, within itself, all the potent powers which man has called mastery over circumstances.

Looking at the form and essence of this pure light as it flows to the individual, which appears like billions of beads of light strung together, making a river of electronic substance it becomes my heart desire, as well as that of all those who witness the entrance of the God-light into the body, that we might convey to you the comfort and the knowledge and power that lies within your own light to fulfill all your needs and yet this great river of force flows through you, for the most part, unclaimed, filling the aura of each day with nothingness.

The great world of science has said that if they could build machines powerful enough to

crush the atom, that from the energy released, one tiny molecule would be enough to carry a great ocean liner across the sea, and yet, IN THE COURSE OF A SECOND, EACH ONE RECEIVES INTO HIS OWN HEART (UNRECOGNISED) MANY COUNTLESS BILLIONS OF THESE ATOMS THAT PASS OUT INTO THE UNIVERSE, UNUSED, because man has not learned the power that lies within his own lifestream — just like an orange that lies upon the table untouched, or a nut from which the kernel has not been extracted.

One could sit for days with both these articles of food within reach without enjoying the succulence of the one or the nourishment that lies within the other, unless an effort was made to unclasp the garment in which their essence was enveloped.

It is the same with your precious light. At the moment you are born into this world, your own Christ Self agrees to accept the prana, or substance of the air, and becomes responsible for as much of that commodity as you will use in the course of a



'At the moment you are born into this world, your own Christ Self accepts the prana.'



lifetime. Also, from the time you breathe your first breath, the powers and beings of the air become your servants; the beings concerned with the sustenance of Earth supply you with food and nourishment for your body; the shining sun helps you to perform the acts of your daily living, and the elements of the water supply you with your ablutions as well as giving the necessary refreshment to your inner bodies.

All of these elemental beings bend the knee before the throne of the One from which all have come, and who breathes the first breath into the nostril of the new-born and sets the akashic ethers into motion.

Do you think that it is for naught that, age after age, and eon after eon, mankind has been so served, and yet has not signified its willingness to accept the responsibility of using these powers of nature without, in some manner, contributing, even impersonally, to the progress of the planet and the race?

At the close of your Earth life, my beloved ones, it is I who takes the last breath from your nostril, as your soul signifies that you have abode long enough in this “vale of tears”, and that it desires a surcease from the karma of your own making that you may receive light from the Suns of heaven and prepare to return again to fulfill your Divine Plan.

I have met you there hundreds and hundreds of times.

Your soul clutching in its tired hands the sheaves of its own harvest, pitifully small for the most part, and even I, whose energy has sustained your earth journey, must repress a feeling of discouragement (if such a quality could be expressed in our realm)



‘All elemental beings bend the knee before the throne of the One from which all have come.’

to see a soul so distressed. So this morning I again endeavour to turn your attention to the power that lies within your electronic stream of light that is your heartbeat.

You do not have to look without — to any person — for within that heartbeat is your precipitating power by which I myself have manifested the glory of each succeeding day.

In the heart of the retreats, when we emphasise the philosophy “Know thyself”, it does not mean that you have to delve into the various doctrines of the day, which only result in the manufacture of sheath after sheath with which people have clothed the outer self in this octave.

What we do mean is that you BECOME ACQUAINTED WITH THAT EXQUISITE STREAM OF LIFE AND LIGHT THROUGH WHICH YOU ATTAIN YOUR MASTERY.

— *‘Electrons and the Elemental Kingdom’,
Bridge to Freedom Publication,
compiled by Werner Schroeder.*



‘Become acquainted with that exquisite stream of light and life ...’



WHEN we speak of life we speak of what the scientific world calls electronic energy. I am a cosmic dispenser of life, and therefore know the actual reality of that electronic substance. Men consider life wasted and boring, because they do not understand the very nature of that glorious gift of life from God's heart.

From the heart of God there are sent forth countless billions of little intelligent beings with winged sandals, shining garments, miniature crowns upon their foreheads all carrying gifts of health, illumination, understanding, love and light. These beings are given into the heart of the Mighty "I AM Presence" of every unascended being and they are what the world terms "life". They are eagerly awaiting passage through the world of human form, as the souls of mankind are awaiting incarnation. The Presence blesses each one of these miniature beings, which you term electrons, and sends them forth to each human personality in a rhythmic pulsation, hoping that they can pass through the channel of the personal self as an open door and give their gifts to the universe. From the time they leave the aura of the individual "I AM Presence" they are catapulted by the emotions, thoughts and vibratory action of the physical and etheric bodies, and their journey into the universe is completely disrupted by the disintegrating forces of the uncontrolled channel through which they pass. Their little vials are broken and their gifts destroyed, and they pass from the body with practically no animation



Electronic Energy through Lifestream

left in their beings.

The continual procession of these angelic, cherubic, seraphic beings goes on through every human being on the planet while he wears a physical body, and everyone is the constant conductor of perfection held by these intelligent little spirits that would flow through such an open door and give happiness and joy to the universe.

To be an open door, and to stop the crucifixion and maltreatment of the electrons passing through one's body makes such a lifestream blessed indeed, for where any such a one is found, the Father entrusts more and more of his tiny messengers to

that lifestream, hoping in that way to balance the many who have never reached their full perfection in the outer world through the personality's discordant vibrations

Because of the service of beloved Saint Germain, limitless thousands of these little beings are endeavouring to pass through your lifestream into the activity, and if you could put your personal little self aside and allow them to pass, you would learn patience, and knowing the great service your bodies render, you would be willing to remain incarnate as long as the Great Ones wish a means of conduct into the appearance world. This may be compared to the man who lay across the Tibetan's abyss with his feet in the roots of one tree and his hands caught on the other side, so that the disciples of the Buddha might pass in safety and reach their Master.

— *'Electrons and the Elemental Kingdom'*, Bridge to Freedom Publication, compiled by Werner Schroeder.

'Everyone is a conductor of perfection held by angelic beings.'



Free-flowing stream of electronic light

By the BELOVED MAHA CHOCHAN



AS it is my privilege, responsibility and honor to be the actual cosmic dispenser of God-qualified energy to the Earth and all her attendant evolutions, I bless the ceaseless stream of electronic light (which has self-conscious intelligence) as it flows from the universal “I AM Presence”, through your own White Fire Being, your Individualised “I AM Presence” into the chalice of the immortal victorious Threefold Flame within your beating heart.

The unawakened among men feel life is their just due and dispense it often with careless effrontery into the world about them in vicious thoughts, destructive feelings, hurtful words, and violent actions, due, of course, to lack of mastery over the desires and appetites of the outer self.

These countless billions of electrons, invested in each individual, seek a safe and joyous passage through your four lower vehicles (emotional, mental, etheric and physical bodies) blessing, raising and renewing such vehicles in their sweeping and triumphant, God-ordained descent through you to bless the universe as a whole. However, when any of the four lower vehicles impedes the free-flowing stream of electronic light in its service in, through, and around you, the electrons are, temporarily, imprisoned inside a casing (called the substance of matter).

This slows your own vibratory rate of activity and also the activities of electronic light channeled through your lifestream. Electronic light abides within your own “I AM Presence” and in rhythmic pulsation is directed through you with

special gifts, blessings and powers for your use. If, however, you have literally “clogged the stream of entrance of the newly charged electronic light” and have, even temporarily, imprisoned the precious release of electronic light within your four lower vehicles, it can readily be seen that you, yourself, are cutting off the blessings which are destined to be yours. Beloved Jesus and his Holy Mother, Mary, whom we honor during the month of May (the month of May is honorary month of beloved Mary, and May 11th is the feast of Jesus’ ascension) were open channels for these light rays and ever cognizant that the electronic energy flowing through them was the power of God “I AM” which healed, soothed and made whole each individual in distress whom they contacted whilst serving upon the Earth and in the Father’s kingdom.



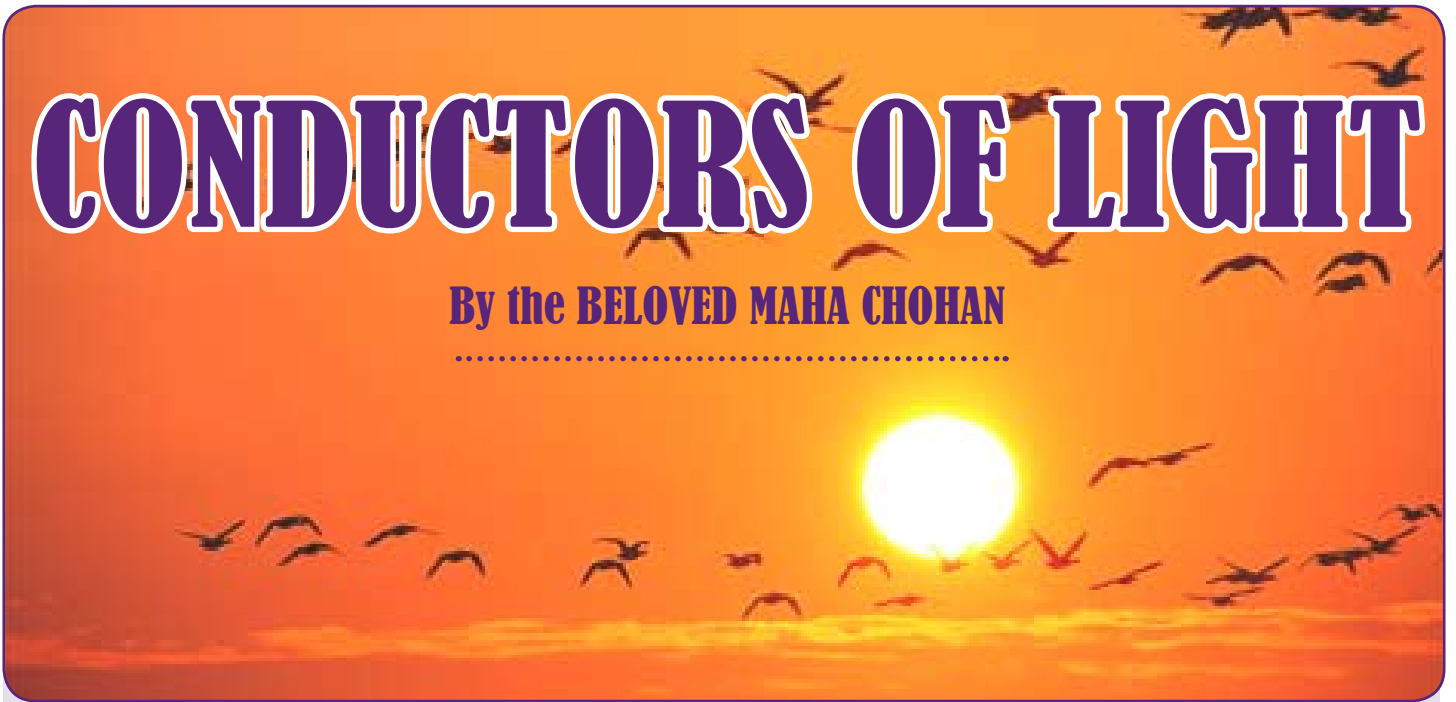
Go, now, and do likewise. The electronic light is alive within you, has intelligence, motivation and, generally, the potent fire of creation! Allow it, through you, to bless yourselves free and to, in like manner, bless all imprisoned life everywhere. This electronic light will lovingly renew muscle, bone, sinews, bloodstreams and nervous systems, when allowed through your free will to so do. Beloved, THESE WORDS OF MINE ARE A DOCTRINE OF ENLIGHTENMENT, READ THEM, ABSORB THEM, UTILISE THEIR ESSENCE AND SPREAD THE BLESSINGS RECEIVED BY SUCH CONTACT WITH MY PRESENCE AND MY CONSCIOUSNESS. Thus are you truly messengers of my Comfort Flame.
— *‘Electrons and the Elemental Kingdom’, Bridge to Freedom Publication, compiled by Werner Schroeder.*



CONDUCTORS OF LIGHT

By the **BELOVED MAHA CHOHAN**

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THE physical Sun is the conductor of the substance of flame from the Great Central Sun, Man is a conductor and his presence on the planet Earth is to draw the electronic substance which is the light and life of the Sun, and to magnify that substance in works.

The electronic light rays that form the atmosphere of Earth are conductors.

The Mountains, the seas, the trees, the birds, the bees, and countless expressions of nature's manifestations are all conductors of certain radiations which form the formula by which human life can have a sustained existence on Earth. However, man is the only qualified conductor of the cosmic flame, which purpose it is to direct the power, intelligence, light and consciousness of the Sun into the planet and its atmosphere. It is the development of this power to draw this cosmic force, direct it and utilise it, which forms the basis of the instruction that is released to you by the Spiritual Hierarchy. Some lifestreams are natural and unconscious conductors, due to certain development and dedication of purpose through the centuries.

The Ascended Masters are conscious, voluntary

conductors of more than ordinary outpourings of flame at certain periods and cycles. The infusion of the words, the consciousness, the radiation and the outpouring of the electronic force is required to see the Earth and its people through this present crisis, and the more attention and dedication of those who know of the service of the Spiritual Hierarchy, the more of this electronic force can flow through those so cognizant, making them localised conductors of an invisible force which is the atmosphere of the New Day.



Every time the attention is turned towards any facet that the Ascended Masters represent, this electronic substance is given an opportunity to flow into the lower atmosphere of Earth. The intellectual attention, the emotional devotion is all that is required to make the contact by which this substance might flow to enrich the lower atmosphere and it makes a localised sun in and around the environment of the chela, which is of more powerful, potent, cosmic import than the chela shall ever know.

— *'Electrons and the Elemental Kingdom', Bridge to Freedom Publication, compiled by Werner Schroeder.*

'Man is the only qualified conductor of the cosmic flame.'



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

By the BELOVED MAHA CHOCHAN

TO have the inner sight opened for a short period of time, say for a half hour, would so transport you into a world of light wherein you could see the reality behind all action that you would never again find form as either an imprisonment or an actuality.

If mankind could see the beautiful conductors of cosmic energy which they really are, how the electrons fly from the fingertips, the feet and particularly from any part of the body which is the concentrated focus of activity for the moment, they would find that the display of fireworks in any celebration such as the fourth of July but a poor imitation of their own capacity to emit electronic force. Although the entire body is constantly sending forth sparks of light or electricity, the tremendous shooting forth of the cosmic particles is concentrated where the attention for the moment is active; thus, it passes from the hand in a handshake or from the eye in the process of reading or looking at objects, from the forehead in thought, from the lips in speech and song, and so on (energy follows thought). The quality of the electrons of course, is determined by the evolution and the feeling of the individual. When two or more individuals meet to discuss any problem or to combine their efforts for a good cause, the tremendous release of the electronic particles from all parties into the contemplated activity will have a tremendous effect upon its final outcome and the nature of the participants as well as their feelings



CONDUCTORS OF COSMIC ENERGY

during the process of preparing and actually executing the plan, will determine the type of manifestation that will out-picture. I most sincerely counsel the chelas to contemplate the foregoing and to consider the pictures which they send out into the universal, knowing always that they are an open book to all who have preceded them into the light.

— *‘Electrons and the Elemental Kingdom’, Bridge to Freedom Publication, compiled by Werner Schroeder.*



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'I AM' DISCOURSES

This extract was taken from the 'I AM' Discourses (Discourse XV, Book 8) by THE GREAT DIVINE DIRECTOR, through Guy Ballard (November 21, 1937, Miami, Florida).

"GREAT Presence of Life, charge into the feeling world of each one, the Full Glory of Your Courage, Strength and Confidence in each one's call to the Presence; so there is released instantly, the Full Glory of Its Power to Govern; to control the feeling world of each one; and to hold Its Dominion in Perfect Harmony through each one; until the Fullness of Its Power finds Its Complete Dominion in the Activity of the outer Life.

Cause each one to feel that his or her Life Stream, is the Action of God, the "Mighty I AM Presence" in the human form; which can be intensified, until Its Glory fills the entire body, releasing the Light which is within every cell. Cause each one to feel the Continuous Out-pouring of Its Great Light and Freedom which sets all Free and quickly.

We call This and charge It to become Eternally Sustained and active within each one; produce Its Dominion; and take command of the feeling world; hold it so Harmonious in Feeling, Thought and Speech, that no longer does irritation of any kind find a resting place within the human form! We decree this to be the Victory for each one! May Our Call tonight, remain in the consciousness of each one for his or her Freedom; so It may each day intensify in Its Action to produce those results.

In the Full Glory and Power of your "Mighty I AM Presence", the Love and Blessings of the Ascended Masters, the Legions of Light and the Great Cosmic Beings, I enfold you tonight,



'I enfold you in Our Ever-expanding, Intensified Activity of your God Presence, the 'Mighty I AM'.

Beloved Ones; in Our Ever-expanding, Intensified Activity of your own God Presence, the "Mighty I AM"; to flood your world with everything you require in the Service of the Light — money, food, clothes, conveyance, transportation, anything which is required.

"Mighty I AM Presence", take command of these minds and bodies! Hold them so Harmonious the Release from Thy Great Treasure-house, comes forth in all required, to give them the Happiness and Freedom that comes alone from Thee! Make This a permanently sustained Mighty Activity, within the Life and World of each one! I thank you.

'Flood your world with everything you require in the Service of the Light.'



DAILY WORK SHEET:

How to develop perfect vision

From February 15 to March 14, 1953.

*That thou seest, man,
That, too, become thou must.
God, if thou seest God,
Dust, if thou seest dust.*



THE Psalmist sings, "I will lift up mine eyes unto the hills, from whence cometh my help." (Psalm 121:1). Man has been endowed with the power of vision, by which he invites and compels the object visualised, into his consciousness.

What man entertains in his consciousness, outpictures in his world. Through the track of the vision, each individual has the power to draw into his experience whatsoever he chooses to contemplate.

The Master Saint Germain has said, "It is more difficult for man to endeavour to visualise a glory that his outer consciousness has not yet experienced than it is for the Presence or the Master to project into the beam of his vision the perfect vision as the Master sees it, with his more highly-developed faculties."

It would be more difficult for a blind man



The Master Saint Germain.

to visualise green grass or the blue sea, than the man who has looked upon it.

Therefore, as you accept the magnetic power of your unfolding visual sense, ask the Presence and the Masters to "glorify you with the glory which you had with him, before the world was". (John 17:5)

Then quietly await the Presence, so that you may incorporate its perfection into the very substance of the flesh.

Each day, contemplate the following:

Steadfastly facing THEE, there is no evil on my pathway.

Steadfastly facing THEE, there is no limitation with its sorrows.

Steadfastly facing THEE, there is no loss, no lack, no absence, no deprivation.

Steadfastly facing THEE, there is nothing to fear, for there is no power to hurt.

Steadfastly facing THEE, there is neither sin, nor sickness, nor death.

Steadfastly facing THEE, I AM become ALL THOU ART.

— Bridge to Freedom, Journal 1.

YOUR CO-OPERATION PLEASE

THE following are the present applications before the Karmic Council, to which you may add the strength of your individual petition if you find the cause worthy:

1. The Higher Mental Body taking possession of the physical form at the age of six instead of twelve, as is now the Law.
2. The visible, tangible presence of the Ascended Masters to prepared students.
3. The complete financial freedom for all who desire to serve the Brotherhood and the cause for good.
4. The bodies enduring, absolutely non-recordant to disease, for those who wish to serve the cause for good.



THE KARMIC LAW

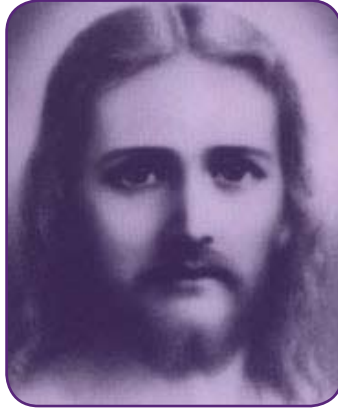


IT is unfortunate, for the sake of man's more speedy evolution on this planet, that the mission of the Master Jesus has not been more clearly understood by humanity — people for the most part living under the impression that his advent on the earth was for the purpose of being offered up to the One Universal Father of Life and Love as a sacrifice for the sins of humanity, thereby relieving them of all responsibility for their individual use of the life forces by which they exist. In other words, that the time and effort expended by life on their creation and subsistence are without reason or purpose. Witness, for example, the acceptance by so many people of the statement, "Believe in the Lord Jesus Christ and you shall be saved."

Jesus had already expiated his own karma (which condition the Karmic Law demands from an aspirant for this exalted mission), and he was granted a dispensation, whereby the sufferings incumbent on his mission could be applied to a partial expiation of the karmic debts of mankind. This still did not mean that humanity could go on indulging in unbridled license of their passions and eventually ride into the kingdom of heaven on the merit of the Master Jesus, without any conscious effort towards attaining that perfection necessary for its achievement.

His last appearance on Earth, therefore, fulfilled four major accomplishments, the achievement of which is necessary before any soul can attain his ascension or liberation.

1. He exemplified the Law of Cause and Effect.
2. He manifested the perfection of the Christ or God-self, through his physical form.
3. His public death and resurrection proved the supremacy of spirit, or mind, over the world of form.
4. His ascension, during the course of which he became invisible to human sight, proved that in the very atmosphere of earth, there is an invisible realm where



The Master Jesus.

persons who have increased their vibrations to reach the Christ Consciousness may enter, when they have fulfilled their divine plan. The occupants of this octave, which is called the Fourth Dimensional Realm, live in an atmosphere resembling White Fire, which vibrates at a tremendously high rate, far beyond the human range of vision. Because these Liberated Beings cannot be seen with the physical eye and because mankind is not aware of the laws governing their evolution, they deny the existence of their emancipated

brothers, and thus, through ignorance and unbelief, deny themselves the comfort and help they would receive through the radiation and love of their Presence. Furthermore, it goes, without saying, that by denying the existence of these Liberated Beings, man nullifies the effects of his own spiritual efforts, as well as the ultimate freedom attained through such endeavours.



Due to the fall of man and his slow upward climb to the consciousness he enjoyed before his descent, and because of the balance each one owes to life by reason of the misuse of energy, the Karmic Law allows him an allotted span of time at certain intervals, called "earthly embodiments", during which time he is expected to attend to his soul's mission. When this short period of time has expired, the ego is withdrawn, to make room for another incoming and hopeful soul. This "coming in" and "going out" of the ego are called by the names of "birth" and "death". The "going out" should not hold any more terror than the "coming in", because so-called death is but the transferring of the tired ego to a place of rest and peace, where it may renew its energies and receive valuable instruction before the next embodiment. Oft-times, it is, happily, the open door to eternal freedom, for some triumphant soul who has successfully fulfilled his divine plan.

— *The Bridge to Freedom, Journal Book 1.*

'Man must attend to his soul's mission during his earthly embodiments.'