

# THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!

AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

ISSUE 27: APRIL/MAY 2012

FREE!

BUTTERNUT  
DELIGHT

2



10

THE SEVEN SPHERES



VENUS,  
SHINING IN  
THE CELESTIAL SKY

14



## DISCOURSE XV

This extract was taken from the "I AM" Discourses, by THE GREAT DIVINE DIRECTOR, through GODFREY RAY KING (November 21, 1937, Miami, Florida).

**T**ONIGHT, Beloved Students, let Me call your attention to the Requirements, in releasing the Greater Activity of your Life Stream to bring your Heart's Desire in the use of things in the outer world.

You have thought to gather from without, the things, the happiness and the conditions which you

thought were necessary for your success; and for all that your Heart desires; but all have found it futile; have found it a great mistake. They have not found satisfaction, because there was no place of Permanent Anchorage; no Source to which they could give their attention and hold it there in a definite focus.

Turn to page 3

**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.

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.

**ENQUIRIES:** Coral McCallum 021 701 9961, coral@theascensiontimes.com or Anthea Torr at anthea@theascensiontimes.com

• Fax: 021 701 8765 • Address: P. O. Box 39277, Capricorn Square, 7948. • Web: www.theascensiontimes.com

**DESIGNER:** Fiona Crooks (paper\_doll@vodamail.co.za)



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



## PERFECT BREAKFAST SALAD

*This is a wonderful breakfast salad, with a beautiful toss of colours.*

### Ingredients:

1 small sweet potato, cubed and dehydrated for 24hrs on 115  
3 cups baby romaine or spinach  
1 tbsp dried cranberries

### Almond butter protein dressing:

1 cup almond milk  
4 tbsp almond butter  
3 pitted dates  
1 serving vegan protein powder (I used 2 scoops  
Vega whole foods optimiser)

### Preparation:

Blend all ingredients for the dressing on high.  
Toss the vegetables and cranberries together and  
top with 2-3 tbsp sauce (I used more, but I was  
probably a little too liberal).

– Recipe by Gena Hemshaw.



## CREAMY BUTTERNUT SOUP

*THIS* recipe from 'Young and Raw' is simple and quick, you can serve the soup cold or warm and will feed a about six to eight people or you can freeze it and serve again next time.

### Ingredients:

1/2 Butternut squash chopped into small cubes  
1 tbsp Curry powder  
1/2 tsp Real cinnamon  
1/3 tsp Pink himalayan salt  
1.5 half cups Coconut Meat

### Preparation:

Place all ingredients in the Vitamix and blend on low speed, gradually increasing to medium speed to have a cold soup. Blend on medium



to high for a warmer soup. Garnish with a few cracks of black pepper and a sprig of fresh parsley. Serve and enjoy.

– [www.youngandraw.com](http://www.youngandraw.com)

*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'!*



## From page 1

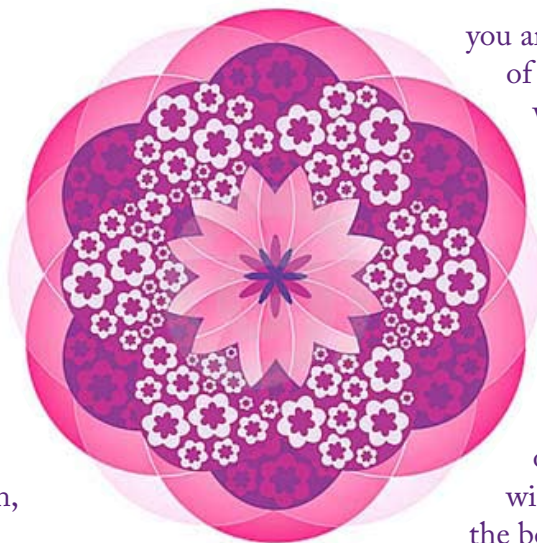
Beloved Ones, hold your attention for a moment upon Me, so I am able to anchor within your feeling, the Reason why it is imperative to have an anchor-age for your attention; to keep it from wavering from point to point, and condition to condition. That is why you have your limitations today; because you have not known any place, upon which you could fix your attention, in order to have a definite action.

Tonight, if you will be kind enough to follow My Words, you will understand, as you come to know the Presence the “Mighty I AM,” is above, you have found your Source of Life, which is the Individualized Presence of God. It is why We, as Ascended Beings, as Cosmic Beings, have Our Freedom today; because We found That Presence! We, like the rest of humanity, would have remained in our limitation; if it had not been Those Who were Greater than We at that time, called Our Attention to and assisted Us, to hold our attention upon the Source of Our Life.

You of the South have not had the direct contact with the Messengers which many of the other students have, and have not had many of these explanations. I want you to realise tonight when you cast off those bodies, the body lays there with all the organs, of its physical activities. Those organs are there as they were before; but where did That Intelligence, That Life, That Activity, That Light, That Power, That Substance go? Why does the body lay there helpless?

Behold the Chart! All the Life, Intelligence, Substance and Activity came through that Stream of Life from the “Mighty I AM Presence”, into the body and anchored within the human Heart! When the Life Stream withdrew, the human form was helpless.

You think and mankind has been so prone to think, in order for something to exist, one must see something out here. People, think, they must have something in their grasp to understand that it was Real. I tell you everything you use, which is of any Power, is invisible and you know it. You do not see the energy



you are using! You do not see the current of electricity which goes through those wires and brings the Light into the room; but it is there and you acknowledge and accept its use.

Tonight, I want you to fix in your mind, whatever power you use, and the Intelligence you have used for any achievement in your human activity, came through That Stream of Light from your own God Presence and anchored within your Heart! It gave Action to the body and Life to these human forms.

Without That Stream of Light, you do not have action of the form.

Until mankind understands this and finds the “I AM Presence” and Power, to which it can anchor the attention and hold it anchored, there is no way or means to release Greater Power of Energy than people are experiencing today.



Steadily and surely have they drawn themselves into the density and limitations which they are experiencing today, and by their own volition. No one asked them to do it, but they kept saying: “This is the authority, and this is the authority, meaning the outer intellect, and in that they made their great mistake.”

Dear People, you think your intellect is the knower, the doer, Where is it, when the body lies helpless? The brain is still there, but it does not act! Let us look at these things practically, so you can have Our Assistance which you need. The brain no longer acts. Then the Power and Intelligence which acted through the brain came through That Stream of Light and Energy. **EVERYTHING YOU ARE OR EXPERIENCE, IS CAUSED BY YOUR FEELING OR YOUR SPOKEN WORD!**

Tonight, try to feel in all the previous understanding you have had, from every source of metaphysics, you were taught to govern your thought It is but a fragment of the cause of conditions in comparison to your feeling! Your feeling is your Power-House, and unless you know how to govern it, you are lost! You cannot govern your thought — and no

**‘Without that Stream of Light, you do not have action of the form.’**



human Being ever did — without governing your feeling; because your feeling will flash before your thought has a chance to act. Think it over and see! Otherwise, why would Individuals suddenly without provocation, feel the blood surge through the body in a fit of anger, until it looks like the veins would burst? It acts the opposite through fear. The circulation recedes and almost stops, because fear is congestion.

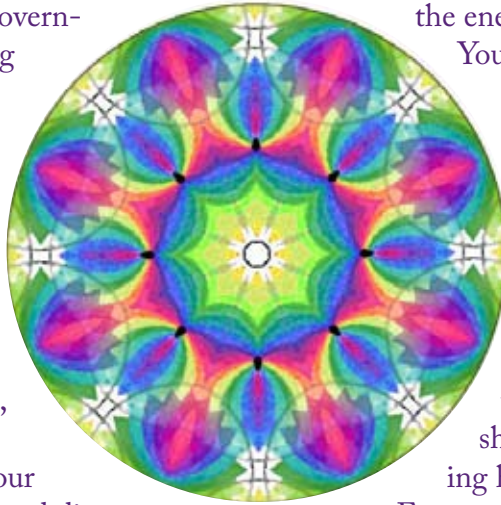
Do you wonder why sometimes your body suddenly is charged with pain and distress? Because some fear has seized you, it congests your circulation and makes it almost unable to act; while with intense anger, the feeling released, charges your circulation forth with such force and power that you think your veins will burst.

Let us look at these things sensibly and practically. This Understanding of Life, is the most practical thing on the face of This Earth. If mankind once understands It, the people will see they have a Scepter of Power and Application to apply in their Lives and nothing can resist It.

You Beloved Students who understand This Presence, know that which you call forth is Self-luminous, Intelligent Substance! It sweeps in, through and around your body and sweeps out all imperfection. If you can so change It by your Power of qualification, you will be able to quickly release yourselves, from disturbance or limitation of any kind.

Limitation, is because you are giving power to something outside of yourself, when beating your Heart is the Intelligence of the Universe. **AS LONG AS YOU DEPEND UPON SOMETHING OUTSIDE OF THIS PRESENCE, WHICH GIVES YOU LIFE, THEN YOU WILL REMAIN IN YOUR LIMITATIONS. THERE IS NO OTHER WAY.**

You have lived in hundreds and thousands of embodiments, similar to these, and there has not been so much progress. We see and understand the pride of human intellect; but those people keep right on losing the bodies all the time one embodiment after another! If the intellect were the Knower and All-powerful, then it would be able to regulate and govern



the energy of your body; and keep Eternal Youth in the body, but it does not do it. Why not? Because, until mankind understands the feeling world must be held Harmonious, in order to allow the Power of the Presence to flow through into action and produce results the people will not have Its Perfection.

The Messengers have pled with the people all over America; and shown the need of keeping the feeling harmonious. Yet, some of the Blessed Earnest Students go right on having all the discordant feelings they please; and releasing all the energy, all the discord and criticism they

Desire! We have seen some of those who pretend to love each other so much, criticise each other severely, so are you to blame for this or not? Well the one who does it will one day see his or her great mistake.



Why will you earnest, Beloved Sincere Students not listen to Us when We know This Law; when We tell you, that until you keep Harmony in your feeling, you will not have Harmony or your Release? Then you wonder what is the matter, you do not have Results from your application. What is the use of pleading and calling to the Presence, if you are going to allow your feeling to criticise and condemn at the slightest provocation? What is the use?

Some of you have had three years of Instruction. Beloved Ones, your opportunity is not going to last much longer, if you continue to allow your feeling to govern your world. The imperative Demand of your life — not someone saying so, but the Demand of your Life today, is continued Harmony in your feeling. If you do not do it, you are going to pay the penalty. You Dear People, who have been in This Activity for three years and won't do that, don't blame somebody else. Blame yourself! Look at yourself and see what is wrong. Do not be blaming the other person all the time for something!

I am determined, with your permission, to break down and cut you Free, from this fiendish thing, of continuing to allow your feeling to do these things! I am

**'The feeling world must be held Harmonious ... to produce Perfection.'**



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

not criticizing you, but I am firm and determined, if you will allow Me to help you cut yourselves Free from this condition. Do not yield to these things! I want you to be Free and have the Great Blessing which This Understanding of the Presence brings; and your Instantaneous Answer to your application! You cannot have it Dear People, unless you do harmonise your feeling.

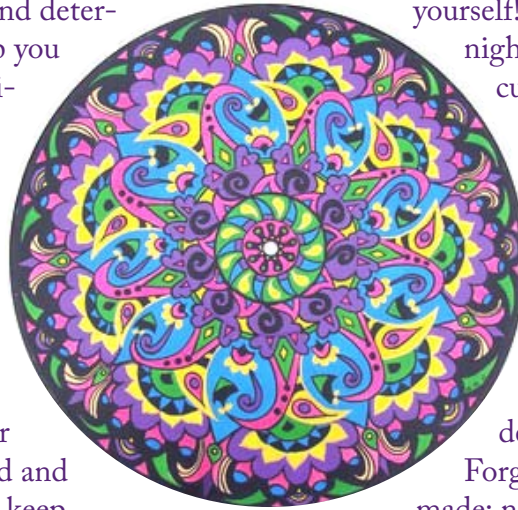
There are some blessed people for whom the Messengers have worked and worked and tried to help; and they keep asking them for more help, but they won't control their feeling. I say again, do not keep looking at the other person's faults, but look at yours and see what is the matter with you!

That is what counts, Dear People. There is not a thing the matter, except what is the matter with yourself! Just get that! And hold it forever! Then you will thank Me for the day when you shake My Hand, for being firm enough, to give you the Strength and Power to control this thing forever!

Oh! We love you so greatly and We know how close some of you are to your Freedom; but you cannot go on, if you are going to allow your feeling of irritation and criticism of those you claim to love, to longer control you. You cannot do it! There is no use kidding yourselves. You will notice, I use your own expressions, because I want you to understand what I mean. I want you to know, We are using the language which you understand, even if We do use slang. We are doing it, because you understand and know what the feeling and meaning of it is. If you want to criticise Us, all right; but you are going to hear and comprehend in the language which you do understand!

Look at yourselves, every one of you; and do not ever say your friend was the cause of the disturbance within you! Take that — every one, tonight, unto yourself! Look yourself in the face and say: "Here, what is there in me I can correct, which makes me a more Perfect person?" Then you will find the remedy, correct those habits and be happy. You will know such Happiness, as you never can know otherwise.

Oh. Do not blame persons, places and conditions for the thing which is within



yourself! That is why the Messenger said tonight in the beginning: Oh, Dear People, cut yourselves Free from the psychic and spiritualistic things, which open you to all the discordant entities there are! As long as you do whatever opens you to these things, you will never know Happiness, Success nor Freedom. You cannot do it. Why? Because today, the Great Law of Life demands your attention; demands your calling on the Law of Forgiveness, for all mistakes you have made; not only yourselves but all mankind!

**COULD YOU UNDERSTAND THE POWER AND RELEASE WHICH WOULD COME TO YOU IN ONE HALF HOUR, IN GREAT EARNEST SINCERE, CALLING ON THE LAW OF FORGIVENESS FOR ALL YOUR MISTAKES, DEAR HEARTS, YOU WOULD REJOICE FOREVER.**



Don't think it is all the other person. Call on the Law of Forgiveness, for yourself and all mankind. Then, hold your feeling Harmonious and at Peace, and you will see the Glory of your Presence and Its Perfect Manifestation in and through your body; for through your Call, is the Action and Great Quick Powerful Means of doing. It.

You cannot be Free, Dear Ones, as long as those qualities of discord act in your world! It is not possible ! We have seen your great earnest sincere Call through your Mighty Decrees! Can't you feel tonight, as you never did in your Life, Our Great Love for you? Why are We so in earnest? And why do We not hesitate to point you to yourself? Because you are the only cause of any limitation or disturbance which ever came into your world. There is no other cause but yourself, Dear People. Try to see and feel it.

You must understand, I am speaking to you with such Great Love tonight; but you have got to understand these things, if you want to be free quickly. Oh, do not wander around any longer! Straighten your spine and say: "Beloved 'Mighty I AM Presence'! take out of me every discordant feeling of every kind! Charge and fill my mind and body with Your Great Peace! Your Great Happiness! Your Great Strength!

**'Look at yourselves and do not say your friend was the cause of disturbance.'**



Hold Your Dominion over my feeling and let the Power of Your Glorious Presence flood forth and through into my world; to harmonize, Perfect it. Take command and produce Your Perfection everywhere.” Then, you can have it quickly, Beloved Ones, There is no other way! There is no thing which is permanent but the Perfection of your Presence.

While I am talking to you the Great Goddess of Liberty is doing Her Great Work in your feeling world. The day you come to know what that means, you will truly rejoice. I may not explain It to you tonight, there is not time; but one day, you will all know what that has meant.

I say to you, and especially those of the Students who understand something of This “I AM Activity”: “As you have heard One after Another of these Great Cosmic Beings come forth, to the assistance of mankind now - because the Great Cosmic Light demands it, you can have Their Courage, Their Strength, Their Consciousness, the Ascended Masters’ Consciousness - to assist you to your Victory, if you will! Give your attention, first to your own God Presence, then to Someone of the Ascended Beings and say: ‘Great Beings of Light, I need Your Assistance! I need Your Courage and Strength, until I am strong enough to stand on my own two feet; and in my Call to my Presence, hold my Scepter of Power and Dominion sustained.’ That is what every one will reach one day.”

I urge you to realize, it is not necessary to wait years, in order to have This Great victory. You can have It now, if you will but allow Us to help you; if you will follow the Simple Explanations We give, but if Individuals will not do this, then We cannot help them. There is no question about that! We know the Law! We live It! We are the Law! We know how to tell you what to do and how to do it! We can tell you the exact results, if you will follow Our Directions; but We cannot tell what the human of an Individual is going to do. Not even the Individual himself or herself knows.

Oh look yourself straight in the face! If necessary go to your mirror and look



at your image there and say to it: “Now you have had your dominion for the last time! Henceforth, your ‘Mighty I AM Presence’ takes command of this body and directs and governs it! In the future, you be silent,” and you will have the Greatest Release imaginable.

I say to you Beloved Students, who have been in This Activity two or three years: Do you not sometimes when you are thinking or calling to your Presence, still feel a sort of vagueness about it? You don’t always feel quite sure of yourself, do you?

That is because you have allowed your attention to be divided between the appearance world and with your “I AM Presence.” You must be able, as in the Mighty Decree given by the Messenger in the opening of the Class, to say to the appearance world, which is but human creation: “You have no power to longer touch or act within my world.”



Be firm and determined! You will repel first, all discord which tries to come into your world; then by the Power of your Call to the Presence, to use the Violet Consuming Flame, you will keep dissolved everything which attempts to find discordant expression in your world. **IT IS THE ONLY WAY!**

We see, Oh We see so clearly, the struggle of some of the Blessed Ones; and their Hearts are so good. Yet because their feeling does not follow their attention in the application, they do not have the Full Results in the control of their human feeling. I cannot tell you tonight in so many words, how My heart goes out to you. I can see the struggle you are having and the unhappiness which comes out of it. Don’t let it do it! Say to all human Feeling: “Be silent! Stop this nonsense I will have no more of it!” Then, you will find, how quickly the human will subside within you. It must be done, Dear Ones, sometime, somewhere! So let Us do it now! Go forward into That Great Victory which your Application will bring.

Behold the Chart with Me, for just a moment! The Stream of Light and Energy comes from your “I AM Presence”, the Source of your Life! When you call to That

**‘Use  
the Violet  
Consuming Flame  
to dissolve any  
discord.’**



Great Intelligence and Presence with intense feeling, It floods your mind and body with Its Invincible Stream of Light; which is Self-luminous Intelligent Substance, Energy and Activity. If your thought and feeling were still enough, Free enough from the feeling of discord, your Call would sweep every discord out of your body and out of your feeling world that instant; because the Light IS All-powerful! It knows no resistance nor interference; and when you call It forth into action, It proceeds with the Power of the Universe to fulfill your Requirement. Won't you feel It and let It come forth and do Its Mighty Work for you at your every Call!

We don't want you to go on, and on, not having the Results you should have! We want you to have them NOW! There is nothing in the world, but your own feeling which can stand between you and the Complete Fulfillment of your Call right then and there; Won't you feel that, Precious Ones tonight, and let Us give you the Strength and Courage to help, which will enable you to go forth tomorrow Victorious in everything through your Call to the Presence? Your "I AM Presence" is the Power of the Universe and will fill you and your world with Its Directing Intelligence.

Say: "Beloved 'Mighty I AM Presence'! See that I never make another mistake! See that Your Mighty Directing Intelligence takes command of my mind, body and feeling; and directs me unerringly in the Perfect Thing I should do; to have the Greatest Release from your Mighty Presence." Your "Beloved Mighty I AM Presence" cannot fail you!

At this point, let Me assure you first, the Most Magnificent Activity We have ever seen on the face of This Earth, has been through these Mighty Decrees, issued by these Beloved Students all over America. I want you to know how very great they are and how powerful!

You can believe it or not, but I tell you, your Panama Canal would not exist today; if it had not been for the Call of the students through these Decrees! Your Eastern Coast from Philadelphia to Maine, would not have been there today,



but for the Call which has enabled Us to govern the energy and activity in the gas belts. It is the same on the Western Coast of your beloved California.

In San Francisco, when the Messengers were there, a great earthquake was scheduled to come forth. This Beloved Messenger went there, not telling even the Staff, the danger from the human standpoint which they were going into; but having Full Confidence in the Call to the Presence that it would be governed, and it was!

Then, still people will continue their inharmony. The release and Activity of the Goddess of Liberty and Myself today, together with Saint Germain and the Other Ascended Masters who are assisting, give you the Full Feeling of the Importance of This Great Light; and the Importance of your own Decrees for the Freedom, Health, Blessing and Supply of everything which you require.



Think of it! Human Beings are living in ill health, limitations of every description, when the Greatest Intelligence in the universe is beating their Hearts. They are in those conditions, because they have forgotten the Presence was there.

Dear People, if you will understand, not in your head, but in your feeling that your Presence is there; and It will answer your Call with Its Resistless Power and Intelligence, there is not one thing, you can ask, which will not be yours, if it be Constructive.

Remember, your Higher Mental Body which stands between your physical body and your God-Self, is your Discriminating Intelligence. Your Higher Mental Body will not longer release Its Energy, if you are going to use it destructively. The only energy which is used destructively, is what mankind has already accumulated from the past. You might say to

Me: "Why does mankind continue to do that"?

Because the Energy which is All-powerful, is charged into the feeling world. Sometimes it is what the people have accumulated from previous destructive activities; and they can only continue, while the energy already accumulated lasts. When it is gone, they cannot gather any more.

**'Your  
"Beloved  
Mighty I AM  
Presence" cannot  
fail you!'**



That is what is the matter with people today, who have been powerful and energetic and they collapse. They think, what has happened to me? What has become of This Power, I was once able to use to bless others and myself? There have been so many Christian Science practitioners who have come to the Messengers in secret, saying those very words; “What has happened to me? I have been a practitioner for years, but what has happened now? I don’t seem to be able to do the same things, I once did”?

This is the Explanation. Precious People, they were using mental power and did not know it! When they exhausted their reservoir of energy which had already been drawn forth, they did not know how to release more! No one can release It without this exact Ascended Master Knowledge of the “I AM Presence” – except in a fragmentary manner. Once the Energy which was gathered about them is gone without the Call to the “I AM Presence”; you cannot replace it in embodiment.

This is the Explanation of so many Blessed Precious Ones, There are hundreds today who are interested in Christian Science, who have had that exact experience. Sometimes, they fear to go and ask why or what the reason is. Let Me say to you tonight, Precious Hearts: - there is not one thing in the whole wide world of human creation, which any human Being in the Understanding of his or her “I AM Presence,” should fear; and using the terminology of the blessed Christian Scientist they mal practice themselves and do not know it.

We have no preference for any one! We state the Law. We love every one – the Christian Scientists, Unity, the Orthodox people, all mankind. We love them equally the same; but We never hesitate to tell them their short comings. If they have made mistakes, they should be strong enough to see it and hear it kindly.

It does not matter in what source your seeking has been; THERE IS ONLY ONE PLACE IN THIS UNIVERSE WHERE YOU CAN FIND TRUE PEACE, REST AND SUCCESS. IT IS TO KNOW IN YOUR



FEELING, YOUR OWN GOD PRESENCE, AS IT IS PICTURED ON THAT CHART! IT IS THE ONLY PLACE IN ALL THE UNIVERSE, BECAUSE THE “I AM PRESENCE” BEATS THE HEART OF EVERY HUMAN BEING; AND GIVES LIFE TO EVERY HUMAN FORM; AND THERE IS NOT OTHER ANYWHERE IN THE UNIVERSE.

To think of God as an Omnipresence, is but to receive a fragmentary part of Its Power.

Only as you have an Individualised Focus, can you have a Greater Power. For instance, take your reading glass: if you hold it focused, the sun comes through and sets the paper on fire. If you keep moving the reading glass, there is not such a focus. This is a very good simile of mankind’s thought and feeling, which is swinging all the time, from one thing to another.



When you understand your Presence, then you can focus your attention upon the Goal; upon the objective of your Victory through your attention. The Energy will flow there – the Energy from the Presence, perform the Service and win the Victory every time. Where your attention is, there your Life and Energy flow. If it be on the Presence, the Energy flows in. If it be one the lower things of Life, destruction flows into your Life Energy and destroys your human form.

Precious People, bear with Me a moment. Feel this deeply, as I show it to you! Your Life follows your attention, and flows to the objective, upon which your attention is fixed and you cannot prevent it! Therefore, if your attention has been fixed upon human creations and limitations you have to experience human limitations and creations in your world.

When you turn it to the Presence and hold it there, keeping your feeling harmonious, you will quickly begin to release a Greater Intensification of the Light and Energy from your Presence; which will flow in, harmonize and produce Instantaneous Results at your Call. It requires momentum! It requires continued activity! When we say – turn to your Presence, we do not

**‘Only as you have an Individualised Focus, can you have a Greater Power.’**





mean all day long; but powerfully and definitely several times a day.

There are a few people who can turn instantly, who have never known of the Presence; and feel It so instantly in their feeling and intellect, that they can upon the issuing of a Decree, have it fulfilled, but those people are not many. According to the FEELING OF INTENSITY, can they have Those Results; but if your nature is such you need to make definite application, then do not hesitate to continue, until the Results are there.

Your Application to your Presence cannot fail! It is Self-Luminous, Intelligent Substance which goes forth at your Call; there is nothing to resist and there is nothing can interfere with That Light which goes forth! It will dissolve all unlike Itself as It goes forth. It is the Power of the Universe! Therefore, as you understand It, and as you make your Call and realize why it is not just a Principle of Life, energy and action, you will know why That Light cannot be resisted. It is because the Light is Self-Conscious Intelligence — Self-Luminous Intelligent Substance.

It is why, Dear People, the most terrific viciousness ever focused at two human beings, has been focused at these Messengers, for no reason at all; but it does not touch them nor interfere with This Activity. This is why We sometimes take up these points with the Blessed Students; because for the people who try to injure them, it is a pitiful thing. Individuals who send out destructive thoughts and feeling will reap them — every one!

The Messengers never wished harm to any human Being in their lives and never shall. They love and bless every human Being — even those who criticise and condemn them and send vicious projections at them. They know the Law and they are living It; but the unfortunate human Beings who will not believe that, will have to reap their viciousness sent out. They are most unfortunate indeed, for one day, they will understand how great has been their mistake. This is why We take these things up concerning your activities definitely and clearly, so all may understand,



if they will. You are soon going to have to choose whether you will control your feeling or not. That is why I say this, so positively. Do not ever look around and blame anyone else for anything. You are the only person who is concerned. If a mistake seems to be made, call the Presence into action to correct it and take your mind off it. Then you will be Free! IT IS THE OLNY WAY! In this Great Release of Light, Power and Energy, only when you are ascended, will you come to know how great has been the Blessing of this night and of this day.

Sometimes, We long to release within you the All-seeing-eye which makes no mistakes; so you might see what is going on in your so-called invisible world.



To Us there is no invisible world anywhere. There is no such a thing, and the so-called invisible is only to the human octave. Everything is visible, when you are Free from the limitations of the human octave.

Everything is visible, I say to you! Therefore, do not let the appearance world of the human octave longer limit you, distress you or hold your attention. Just feel with the Strength, Power and Courage of your Presence, Its Great Energy go forth and set you Free. There is no reason in the world why you should continue longer in any limitations; if you care to take and apply These Laws and have the Freedom which They bring.

There are a great many people today, who can quickly have This Freedom, if they only will! We cannot compel you to do it! We have no desire to, but Our Love Is Great Enough to give every Assistance possible, at your Call; and to give you the Strength and Energy, until you stand Victorious yourself.

Tonight, for a few moments, still yourselves and let the Full Power of This Radiance take Its Dominion in your feeling world; and just fulfill Its Mighty Desire there, to set you Free in the Glory of Its Activity? Turn your attention for a few moments to your own Great God Presence and let Its Powers flow in, through and about you and have the Glory that It is!

**'Do not let the appearance world limit or distress you.'**



# THE SEVEN SPHERES:

## February 1953



CONSIDERING the Godhead as a Sun, there are, surrounding and enfolding this Central focus of intelligence, seven mighty spheres of consciousness, each one separated from the other by its own periphery line, which forms the natural boundary of that particular sphere.

These Seven Spheres might be called the aura of God, each one inhabited by great God-intelligences, all intent on doing the Father's will, expanding his kingdom and his consciousness.

The development and unfoldment of His kingdom is accomplished by the rhythmic release of pulsating waves of His own divine consciousness, within which are the spiritual germs of all form and manifestation, from the smallest blade of grass, to the most brilliant star, with its cosmic tone.

As these God-ideas pass from sphere to sphere in ever-widening circles, they are absorbed by the beings and intelligences within each one, their shining glory modified by the vibratory action of the natural elements within that sphere. They then pass outward on their course to the next sphere and the next, ever journeying onward toward manifestation in the world of form – their glory dimmed to a point where the beings of the next sphere can best absorb their blessings.

A constant modification of the God light, a constant clothing of the God-consciousness, is achieved in each sphere, so that God's ideas become embodied in

**THE BRIDGE TO FREEDOM**  
Journal Book 1 is a Monthly Journal Devoted to Individual Unfoldment, Contact with the Great White Brotherhood and Co-operative World Service.

the atomic substance of each sphere in orderly sequence, and eventually reach the Seventh Sphere or etheric realm where they await precipitation into the physical world of form.

The First Sphere represents the heart of Creation, itself. The Great Beings, who form the directive intelligence of this sphere, are known as the Manus

of the human race The Master who activates their will in the world of man is called the Chohan of the First Ray, Morya El. It is his service to life to carry the God-ideas and directives from the Godhead, into the minds of those beings in the Second Sphere, who clothe them in actual workable form.



In this First Sphere also abide the seven mighty Archangels who have volunteered to guard and protect the evolving human race.

Here is born every idea, design, plan and blessing

which will one day manifest in the physical world. Its inhabitants are beings whose service to life is to embody these God-ideas and carry them on their outward course to the periphery of the First Sphere, and here entrust them to the waiting messengers of the Second Sphere.

What finite mind could conceive of the beauty, the perfection, the joy and happiness of these ideas! Here live the cherubic and seraphic hosts, messengers of the Most High, bathing in the fire of Creation, embodying its essence in their very selves and then



**'These Seven Spheres might be called the aura of God.'**



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

begins the great cosmic ritual of cosmic precipitation of the blessings of heaven from realm to realm, which will take them, in time, to the furthest borders of the kingdom and the periphery of the Seventh Sphere. Containing the purest essence of divinity within their shining selves, they swing outward in their cosmic course, carrying the light of heaven into the consciousness of the beings in the Second Sphere.

## II

The celestial inhabitants of the Second Sphere most lovingly receive the cosmic messengers and the ideas from God's heart, assimilate them, clothe them in the substance of their own great light and universal light substance, which forms the atmosphere of this sphere, and they, in turn, pass it onward to the receptive consciousness and atmosphere of the Third Realm.

In this Second Sphere, the God-ideas and patterns of future greatness are moulded into form, through the use of the creative powers of the Higher Mind force — thus, the seeds of the Father fall on fertile ground (intelligent individual consciousness) and begin to take definite form in the world of divine thought.

The God-intelligence who governs this Second Sphere is the Lord Buddha, who, together with his great brother, Lord Maitreya, interpret the God-ideas from the First Sphere through the formulation of world religions and faiths. Their representative, the Chohan of the Second Ray, Kuthumi Lal Singh, further consolidates their cosmic service through the educational channels both of the inner spheres and the physical appearance world, as well.

So great is the wealth of the Father's outpouring, that this essence must keep rushing onward, clothed in intelligent thought patterns, ever desiring to give of itself in rhythmic blessings. Thus, the Third Sphere is alerted to receive of the divine outpouring.

## III

In the Third Sphere, the glory and radiance of the Second Sphere has already clothed the Divine Immanence in thought patterns, so that it is better assimilated by the vibrating consciousness of this realm. These God-ideas are ensouled

with life and become living, pulsating foci of "things to come".

This is the realm of the Holy Spirit under the direction of that great cosmic representative of the Third Person of the Trinity, whom we know by the title of Maha Chohan.

In this Third Sphere, life essence is imparted to the thought-forms descending from the First and Second Spheres. Until thought is





Telephone: 021 709 0393 Fax: 021 709 0392  
Email: info@enchantrix.co.za Website: www.enchantrix.co.za

**LIVE YOUR LIFE FREE OF HARMFUL CHEMICALS**  
**BABY, BODY, HOUSEHOLD AND PETS PRODUCTS**



**NEW**  
ALL HOUSEHOLD PRODUCTS  
NOW AVAILABLE IN  
1L BOTTLES

Our products are available;  
online via MAIL ORDER,  
HEALTH SHOPS Nationwide,  
WELLNESS WAREHOUSE CT,  
DISCHEM Pharmacies Nationwide  
& selected SPAR Supermarkets.

Also available in Bulk 5l  
direct from the warehouse.

**ORGANIC ingredients used whenever possible and  
formulated according to International organic certifying bodies**



clothed with the life through the feeling nature, it does not become a living, vital force so far as expression in the physical world is concerned. Thus, the Third Sphere vitalises all manifestations which will eventually externalize on the planet, Earth.

The activity of the Third Sphere, like the prism, divides the spiritual rays through which flows the life, which makes thoughts become things, actualised. The radiation and gifts of the Third Ray proceed through the five subdivisions of this great ray, into the physical world of form. The great Chohans of these five rays, therefore, work under the supervision of their overlord — the Maha Chohan.

The first sub-division of the Third Ray is under the direction of the Chohan known as Paul the Venetian. His cosmic service to life is to receive the blueprints, or divine thoughtforms, which contain within themselves world movements, as well as simple individual blessings for the human race, and, dividing them as to their subject matter and potential service to life, he gives them to the Chohan in charge of the dispensation of those specific activities. These Chohans, in turn, project them from their spheres of activity into the world of form through conscious or unconscious human intelligences, who are open to their cosmic impressions and influence. Thus, the Venetian becomes the outpost of the Maha Chohan, and the step-down transformer of his energies so far as channelling the blessings of God through the proper facets in the world of form.

#### IV

A group of beings from the Third Sphere joins the cherubic and seraphic hosts, as they prepare to pass outward with the living, embodied thoughtforms, to the Fourth Sphere of conscious life. Again, a great diffusion of spiritual effulgence takes place, a richer radiation pours through the atmosphere of the Sphere of Visitation. The divine ideas pulsate through the electronic substance and are absorbed by any



**'The Great Chohan of the Fifth Realm is known as the Master Hilarion.'**

receptive consciousness within the Fourth Sphere. Here, the God-ideas, patterns, designs are received by these Christ egos, and developed, by them, through centuries of endeavour, and projected by them into the world of men through their own physical personalities or through advanced pupils functioning in lines of endeavour similar to those being developed and perfected with this realm. Those ideas not ensouled by conscious intelligences in the Fourth Realm, pass onward, carried by the seraphic and cherubic hosts and the escort of honour from the Fourth Realm, into the consciousness of the waiting beings of the Fifth Realm.



#### V

Within the Fifth Realm, the Sphere, the seed of the Father, particularly in connection with scientific discoveries, inventions and medical research, is scattered and received by the receptive consciousness of those engaged in this endeavour in the Temples of Science that are active within this sphere, and from these temples they are directed into the minds and hearts of those selfless men and women who are working in these avenues on earth. The Great Chohan of the Fifth Realm is known as the Master Hilarion, who was Saint Paul of Biblical days. As the Fifth Sphere pulsates with the essence of Godliness, we see that the blessings are no whit lessened, and that even as we watch, the glorious energies await transmission into the Sixth Sphere to widen their circle of manifest expression.

#### VI

**'The Great Chohan of the Fourth Sphere is known as the Master Serapis Bey.'**



Within the Sixth Sphere, we find the causative centres of the Christian Religion, wherein devotional and emotional worship are the particular fount through which the spiritual energies are being released to bless the human race. Here dwell the great celestial choirs, the highest heaven of orthodox thought, and from this beautiful sphere flows the inspiration of those men and women who have responded to the “high calling” of religious leaders and who are “leading their sheep” to the best of their ability.

The great Chohan of the Sixth Sphere is the Master Jesus, and through the temples’ services, both he and Mary, his mother bathe the Christian world, the devas who guard and protect the churches erected in his name, and all who have accepted the Christ, in the spiritual essence of their divine Christhood.

As the cherubic and seraphic hosts make ready to bring the blessings of the Father into the Seventh Realm, we realize that this is, by natural destiny, the periphery of the kingdom and that the Third-dimensional world of today has sunk below this boundary line of safety.

## VII

It is to the Seventh Realm, and its great Chohan, known as the Master Saint Germain, that we must look for the contact between the outer consciousness and the divine patterns of the will of God and his messengers. The Seventh Sphere holds, within itself the etheric pattern of every manifestation of the God-plan which has been lowered rhythmically through the six preceding spheres and which awaits expression in physical form. It is the First Sphere above the human octave of limitation and imperfection into which the soul ascends on its journey back to the heart of God.

It is, therefore, the office and responsibility of the Chohan of the Seventh Ray to provide a way and means by which mankind may again unite its con-



**‘The Great Chohan of the Sixth Sphere is the Master Jesus.’**



Every man, woman and child who lives on the earth today, or who will come here in the future, has a divine Presence, a God-pattern, an archetype, that dwells in one of the foregoing seven spheres. Each such incarnate lifestream is meant to be a radiating center of the spiritual force from the inner sphere where his Presence dwells. He must understand that his own Higher Self is actually living and serving life in one of these spheres, developing certain God-designs picked up by its higher consciousness, which designs await the receptivity of the outer mind in order to find expression in the world of form.

The present characteristics of the individual, no matter how poorly developed, are indicative of the ray and sphere to which he rightfully belongs, and as the individual purifies his own world, he will raise the vibratory action of his being in its most powerful and perfect expression through his personal self, and also become a radiating centre of the spiritual force from the sphere in which his Presence dwells and which has a beneficent effect upon all life around him.

sciousness with the inner spheres, and become individual conductors of the divine perfection from these spheres through the consciousness of the outer self.

This realm is literally “bursting” with all the good things that have been handed down from one sphere to another.

Because of the resistance and refusal of the outer consciousness of man to accept the divine plan of

God, the etheric realm has not been able to pass on the blessings and glories that have descended from the Higher Spheres, and thus complete and outgoing rhythm of creative endeavour. Any member of the human family may offer his consciousness to the Chohan of the Seventh Ray and ask that his individual self may be an outlet for the blessings and perfection contained within it.

**‘Every man, woman and child who lives on Earth ... has a divine Presence.’**