

# THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!

AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

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FREE!



## The virtue of Mercy

SEEING THE TEACHINGS THROUGH THE EYES OF MERCY

Mickey Fortune Cox made a presentation at the Ascended Master Teaching Foundation's Summer Conference in 2002.

**G**REETINGS ascending brothers and sisters. It is good to be here with you this afternoon. As we grow in the Teachings, we find ourselves drawn to one or two of the virtues of God and some particular activity of the Masters. This morning I would like you to consider the virtue of Mercy. Although we could trace any of God's virtues as themes throughout the teachings, this morning I would like you to look at the Teachings through the eyes of Mercy.

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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.

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

## BEST CHOCOLATE AND BERRY PARFAIT EVER!

### INGREDIENTS

Serves 1-2

#### CHOCOLATE LAYER

1 Avocado  
1/4 Cup raw cocoa powder  
1/4 Date syrup or paste  
2 Tsp raw coconut oil, melted

#### BLUEBERRY LAYER

1 1/2 Bananas  
1/8 Cup desiccated coconut  
1/4 Cup blueberry or other berries, frozen (or not)  
2 Tbsp pomegranate juice

#### CHOCOLATE SAUCE

Raw coconut oil (melted)  
Raw cocoa powder  
Maple syrup  
Raspberries for garnish

#### METHODS/STEPS

##### CHOCOLATE LAYER

Blend everything except the coconut oil in a blender until smooth, add the oil and blend again. Adjust the sweetness.

##### BANANA AND BLUEBERRY LAYER

Blend all the ingredients in a blender. Frozen



bananas and blueberries work as well but if you are using frozen fruits, put them aside to soften before blending.

#### CHOCOLATE DRIZZLE

Mix it all together.

**ASSEMBLY:** Place half the chocolate layer in the bottom of a glass top with the blueberry layer. Place in the freezer to harden it, repeat, then garnish with frozen raspberries and drizzle the chocolate sauce over the top. The sauce will harden as it touches the cold berries.

## RAW ORANGE SMOOTHIE

### INGREDIENTS

2 medium bananas  
2 medium oranges  
1/2 cup and 2 tablespoons fresh orange juice (or water for a less orangy-taste)  
1 tablespoon fresh orange zest  
1 tablespoon coconut oil

### DIRECTIONS

1. Get your orange zest off an orange before you peel it. The easiest way to get fresh orange zest is to simply use a clean orange peeler to shave a



bit of orange peel off. Collect 1 tbsp's worth.

2. Peel your oranges well using a knife. Cut off most of the white rind so that you just have nice, glistening oranges with very little white rind left.

3. Add all ingredients to your high-speed blender. This is best made with a high-

speed blender since oranges can be difficult to get to a smooth consistency in a standard blender due to their fibrous consistency.

4. Blend well and enjoy! – [therawtarian.com](http://therawtarian.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 one INVOCATION

Beloved I AM Presence, let the Violet Fire blaze up, through and around our physical body, our etheric, mental and emotional bodies, especially through our brain structure and feeling worlds, commanding it to transmute the hard and unforgiving feelings which are the causes and cores of most of our distresses.

Replace them by grateful, joyous, receptive feelings which open our world to the goodness of God and make us a mighty magnet to draw to us all the good that God wants us to have. And let that flame expand and fill this sanctuary, Mount Shasta, California, the United States of America, and the entire planet Earth (pause to visualise the Violet Flame).

We call upon Beloved Saint Germain, God of Freedom, Beloved Kwan Yin, Goddess of Mercy and Love to assist us to open our hearts to receive the feeling of Mercy. We give gratitude to the Cosmic beings, Ascended Host and Angelic Host who have blessed and are blessing now all of us and our dear Earth with Mercy.

## SONG TO KWAN YIN DISCUSSION

Take away these books from me; and I have nothing to say. I stand here with deepest gratitude and love for these translations. Without the tireless work of Annette and Werner, Jorge and the dedicated chelas in Panama, and all of the translators we would have nothing to talk about today. Let's acknowledge our appreciation. Thank God! These words are alive; these books are alive.

A little over a year ago, I found, like a treasure of great price, a definition of Mercy that made my heart sing, that resonated throughout every fibre of my being. Thus began a study of this God-quality, Mercy. I used Werner's index of the Teachings to do this. I read everything I could. When



**'Let the Violet Fire blaze up ... and make us a mighty magnet to draw to us all the good that God wants us to have.'**

I was asked to speak at the conference, I knew that my talk would somehow be about Mercy, in order to give back what I had learned.

## DEFINITION OF MERCY

**What is Mercy? Here is Kwan Yin's definition of mercy. She says, "Do you know what mercy is? It is kindness. It is more kindness than justice requires. It is more kindness than can be claimed by merit or service — and**

**forgiveness.** There is not one blessed lifestream who has not received of those three immortal gifts, mercy, forgiveness, and love from the heart of God and his messengers many times throughout the ages. So you are not strangers to these gifts which pulsate through the flaming lotus of cosmic mercy, whose purple petals of living flame shall encompass the Earth. There is not one unascended being who even this hour could accomplish the full freedom that lies within the ascension, if these qualities were removed from the Earth." (BTFJ5: 9)



Kwan Yin is the feminine aspect of the Violet Flame. She represents mercy, forgiveness, and love; Saint Germain represents Freedom and Ordered Service. Kwan Yin lived in the golden age of China. She and her court traveled to the far corners of the land bringing the spark of the Mercy Flame to bless homes and children. Once a year she and the ladies of her court went to the large cities and gave audience to members of every household. People came from all over the known world to bathe in the virtue of Mercy. She also had schools for the children whose parents could not protect and instruct them properly.

**'Mercy is more kindness than justice requires.'**

## QUOTES ABOUT MERCY

**El Morya:** "Many there are who think that singing beautiful songs and violently



decreeing in demand of mercy is enough. It is not. Rather it is better to understand why and how mercy should be obtained.

Mercy does not fall from heaven into your lap just for the asking. Mercy should be sought because it annuls the penalty of your fault, and the way to obtain it is by being merciful to your offender — real or imaginary.”

**Beloved Jesus:** “Blessed are the Merciful, for they shall obtain mercy; be ye, therefore, merciful as your Father in heaven is merciful.”

The process of mercy is threefold: Mercy, Forgiveness, Love — by mercy, through forgiveness and in love, all life ascends into its true state. Let us look at this deceptively simple equation. Mercy first — means kindness, the compassion toward another individual or situation comes before forgiveness.

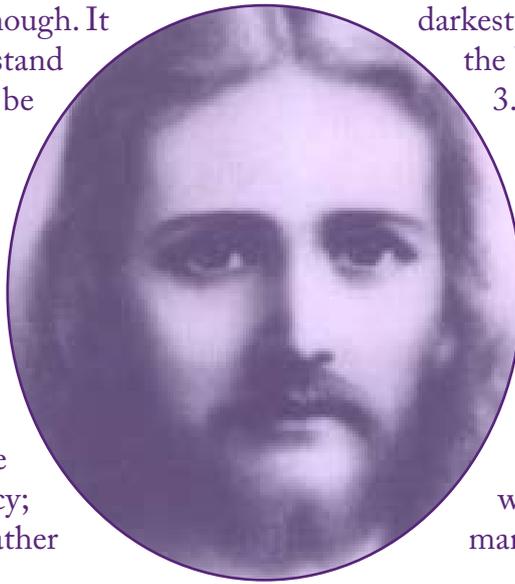
Haven't you often heard someone say: “Of course I've forgiven my brother (sister, friend, relative, enemy), but I'll never forget what he did!” When we offer another the cup of kindness, we erase the memory of the offense. Mercy carries no grudges; mercy is not selective; mercy purifies the memory; mercy re-establishes the emotional body.

To practice Mercy we must call upon an Ascended Master so that we don't tie into the discordant energy of distress that holds together imprisoned life.

All the examples of mercy could never be listed, but let's consider some quite significant ones in the history of our planet and in the history of our individual evolutions.

1. Divine Order is the first law of heaven, the first indication of mercy, the guarantee of structure and purpose in all realms. In 1957, Lord Principal, Lord of Divine Order, who had gone into the Great Silence after the laggards came, returned to the atmosphere to provide assistance in manifesting Divine Order in all areas of our lives. (BTFB 2: 107-8.)

2. The coming of Sanat Kumara and the Enlightened Ones from Venus in Earth's



**Beloved Jesus: 'Blessed are the merciful, for they shall obtain mercy.'**

darkest hour. He was the first Chohan of the Violet Fire.

3. Mercy to the laggards — they were allowed to use of the Earth as a school room and are given the opportunity still to redeem their Karma and ascend.

4. Formation of our hearts. In the Sacred Heart Temple, Mother Mary and Kwan Yin have fashioned our hearts and physical bodies from the purest elementals we have brought forward from our many life times.

5. Only one out of three, applying for birth, is approved by the Karmic Board. When we were given the nod for birth, two others were rejected in order to maintain the balance of the

Earth's axis.

6. Of the veil of forgetfulness, El Morya says, “The veil which is so despised by the chela was provided in mercy by God to kindly shade the past in the velvet folds of forgetfulness so that the soul might not suffer from the memories of that which has been; and why, before the evolving spirit, the white veil of the unknown tomorrow is star-sprinkled with hope and promise, veiling the ‘things to be’.” (The first Ray: p. 33.)



7. The Resurrection Flame: The first Krishna saw the great need for this Flame after the laggards came to Earth. This Flame was then secured for Jesus to use in His ministry after he received it from the Great Divine Director in India; this Flame is used each Spring for the rebirth of all elemental life.

8. The Violet Fire: at the end of each year the Cauldron of Violet Fire at the Teton Retreat is provided for the unintentional mistakes of mankind.

9. The Ring-pass-not -this ring of intelligent life seals Earth's misqualified energy so that it will not be released into the atmosphere. How prevalent today are the stories and films about alien invasions,

**'The process of mercy is threefold.'**



monsters from other planets. The truth is that Earth is quarantined, and we are the ones who are creating monsters with our own misqualified energy.

10. The elementals' service: Beloved Aries tells us in the book Dictations that if the sylphs (air elementals) and their guardians removed their service from the Earth, there would be no need for nuclear warheads, war or germ warfare because we would asphyxiate ourselves and destroy all life with our exhaled breath!

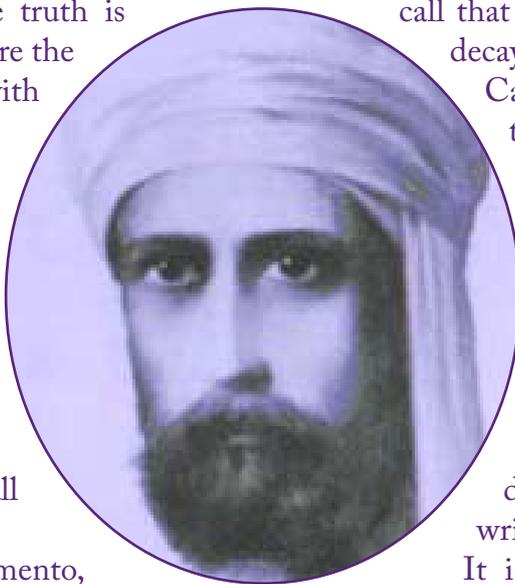
On the drive here from Sacramento, I noticed that the water level of one of the mountain lakes was very low. I realised that because the water element mirrors the emotional bodies of mankind, the humans in this area as well as the undines in the lake must be in need of Mercy.

## APPLICATION OF MERCY

El Morya, a great promoter of action, tells us to prove what we affirm (BTFJ 5: 322) when He says: "It is time that you understand and through that understanding act constructively, manifesting that which you affirm! You can affirm for an age that you are God-in-action. PROVE IT!" You make the call, the Masters answer, and then what? What do you manifest?

"To honour any quality in another individual — human or divine — is good. To become, in the feelings, a generating and radiating centre of that same quality of qualified energy — is Mastery. Let those who honour mercy, become mercy. Let the admiration of virtue now be replaced by the "activation of virtue". (BTFJ 4: 19)

Kwan Yin also urges us to be merciful "on a daily basis. I speak to you from the heart of the Karmic Board and say in the name of God, while you have life and faculties, while you have opportunity and the substance of this world, while you have a knowledge of this Law, in the name of God, fulfil your vow now! Make the



**Beloved El Morya tells us to prove what we affirm by manifesting it.**

call that death, disease, disintegration and decay be removed from the planet. Call that impurity be wiped from the Earth — cause, effect, record, and memory, and leave this planet freer because you have had being." (Dictations: 162).

I am a college instructor and teach grammar and writing. Each semester a large group of students, not at college level, enter the college and must take developmental classes in reading, writing, and grammar.

It is through these students that I have learned Mercy and have been given the opportunities to practice it.

Many of them work full time, are not married but have children,

face extraordinary hardships of poverty, inferior education, deplorable neighbourhoods where drugs are sold to children and gangs inflict terror.

The worst error that they experience is the lie of prejudice. They come to me, somewhat scarred, but deeply spiritual, enthusiastic, respectful, some of them never having had a white teacher before.



I do not teach them about the beloved Chohans or the Violet Flame; we do not speak of Karma and how we create our own obstacles in life; they have never heard of Kwan Yin. But we do speak of Mercy in my classes — I insist on Its Presence every day! My students daily teach me lessons in Mercy, both the receiving and giving of this virtue.

Master El Morya says this about His own experience with Mercy:

"Some sprits do not like restrictions and I am one of them. How I ever got God-free was only through the mercy of Kwan Yin and the kindness of God, himself!

So I feel for you who have rebellious spirits, you who do not like change, I can feel for you. I walked that way. I had to learn the law of love and balance and submission until one day, mind, I

**'Let those who honour mercy, become mercy.'**



received the honour of becoming the representative of the will of God — the greatest SURRENDER in the world, you know, the greatest surrender, for I was, I think the greatest trial to the beloved Maha Chohan and the host of heaven.

Lovely friends, when your path is hard, when your associations are trying, know that every experience brings gold to the soul who is wise.” (BTFJ 5:279)

### CONCLUSION

In conclusion, I will share one of the greatest examples of Mercy. At the private Catholic school I attended, the nuns rewarded us with movies, and the favorite was a black and white film about the life of Christ.

For me, the most compelling part was the woman caught in adultery and brought before Jesus in the Temple.

The punishment for adultery, according to the law at that time, was stoning, and her accusers all had stones in their hands as they tested beloved Jesus. I remember that he said not a word but bent down and began writing in the sand.



With each word he wrote, he asked: “He that is without sin among you, let him cast a stone at her.”

He continued to write words — idolatry, stealing, lying, bearing false witness, disobedience, murder; and they left him, one by one beginning with the eldest until Jesus was left alone.

“Woman, where are your accusers? Hath no man condemned thee?” She answered, “No man, Lord,” and Jesus told her, “Neither do I condemn thee, go, and sin no more.”

Let us put down our stones against churches, our governments, unfair bosses and co-workers, irritating neighbors, family members who disown us, who criticise us; our enemies “real or imagined”.

Consider the Mercy bestowed upon us by



## THE BLESSING OF BELOVED KWAN YIN

(BTFJ 1: 329)

*MAY the Peace of God be upon this household!*

*May the Love of God be in your hearts.*

*May the Light of God be in your souls!*

*May the Wisdom of God be in your minds!*

*May the Virtue and Purity of God be in your feelings!*

*May the Strength and Vitality of God be among the members of your household!*

*May the Health and well-being of God be manifest through the bodies, the garments which you wear!*

*May the Grace of God be in your worship!*

*May the Talents and genius of God be manifest through your*

*senses!*

*May the Fullness of the Victory of your own God plan be manifest through your souls at the close of your earth life!*

*Call Unto Me and I Will Answer Thee!*

the Ascended Host and Angelic Host, and let us return that Mercy to them by becoming merciful without exception to everyone who enters our sphere of influence.

Consider the Mercy we were given that we did not merit, that the human laws of justice would have denied, that our impersonal service could never have balanced.

Mercy is kindness.

“By mercy, through forgiveness, and in love, all life ascends into its true state.”

Let us offer a cup of kindness instead of criticism. Let us go forth and be Merciful!

**‘Let us offer a cup of kindness.’**



It is a blight upon the Life of mankind that so little control of the emotions is taught humanity from the cradle to the grave.

Attention to this particular point is the greatest need in the Western World today. It is *easy* to give way to discordant thoughts, feelings and activities because the mass of mankind are submerged, as it were, by environment and association entirely created by themselves.

The individual, through his control of the outer consciousness, must make the effort to rise out of this condition by his own free will in order to transcend these limitations permanently, *and no one can hope to rid his life and world of misery, discord and destruction until he leashes his own thought and feeling.*

In this way, he refuses to let the Life flowing through his mind and body become qualified by the discord resulting from every little disturbing occurrence in the world around him.

At first such a discipline does require determined, continuous effort; for the thoughts and feelings of 95 percent of humanity run as uncontrolled and free as a little stray dog.

*However, no matter how much effort it takes to bring these two activities under control, it is worth any amount of time, energy, and effort, and no real permanent dominion of one's Life and world can take place without it.*

It will be my pleasure and privilege to teach you the use of these Higher Laws. Their application and use will enable you to release True Wisdom and bring about All Perfection.

## MEDITATION

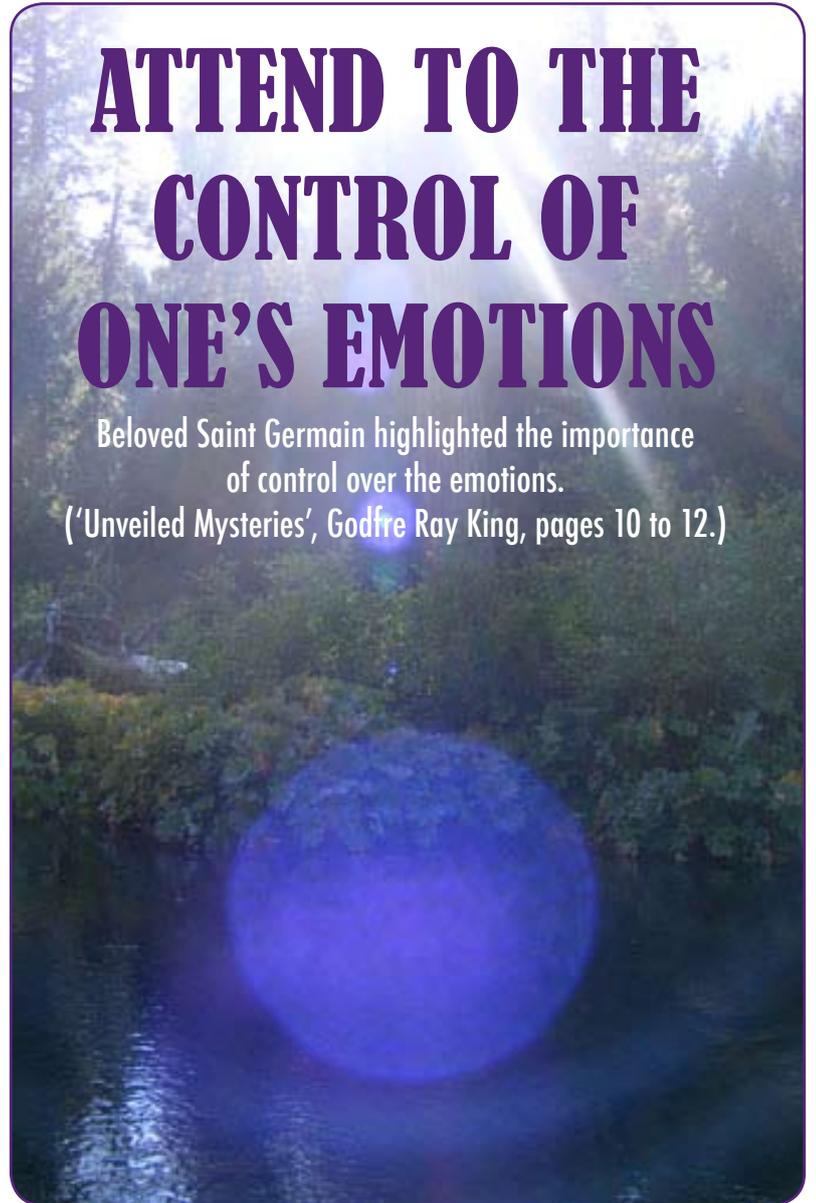
The first step to the control of yourself is the stilling of all outer activity of both the mind and body. Fifteen to 30 minutes at night before retiring and in the morning before beginning the day's work, using the following exercise will do wonders for anyone who will make the necessary effort.

For the second step: make certain of being undisturbed, and after becoming very still, picture and feel your body enveloped in a Dazzling White Light.

The first five minutes while holding this picture recognise and feel intensely the connection between the outer self and your Mighty God Within, focusing your attention upon the heart center and visualizing it as a Golden Sun.

# ATTEND TO THE CONTROL OF ONE'S EMOTIONS

Beloved Saint Germain highlighted the importance of control over the emotions.  
(*'Unveiled Mysteries'*, Godfre Ray King, pages 10 to 12.)



The next step is the acknowledgement: "I now joyously accept the fullness of the Mighty God Presence, "I AM" — The Pure Christ." Feel the great brilliancy of the Light and intensify It in every cell of your body for at least ten minutes longer.

Then close the meditation by the command:

"I AM a child of the Light — I love the Light — I serve the Light — I live in the Light — I AM protected, illumined, supplied, sustained by the Light, and I Bless the Light.

Remember always: "*One becomes that upon which he meditates,*" and since all things have come forth from the Light, Light is the Supreme Perfection and Control of all things.

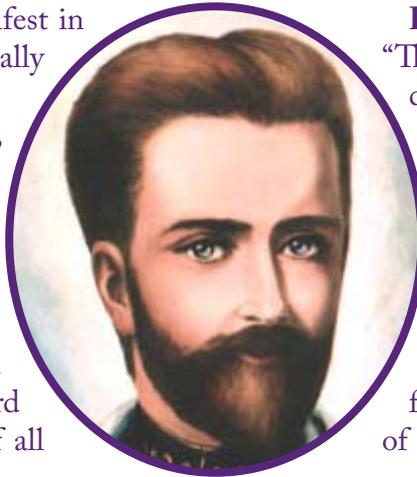
"Contemplation and adora-tion of the Light compels illumination to take place in the mind — health, strength, and order to come into the body —



and peace harmony, and success to manifest in the affairs of every individual who will really do it and seeks to maintain it.

All down the centuries in every age, under every condition, we are told by all who have expressed the greater accomplishments of Life that the Light is Supreme, the Light is everywhere, and in the Light exists all things. That truth is just as true today as it was a million years ago. As far back as there is any record of humanity, the wise and great ones of all ages are portrayed with a radiation of Light about them emanating from the head and body of each.

This Light is real — just as real as the electric lights in your homes. The day is not far distant when machines will be built to reveal the emanation of Light about every individual to the physical sight of anyone who cares to observe it.



**Beloved St Germain:  
'Love is the cohesive  
Power of the Universe.'**

### PAGE 223: SAINT GERMAIN

“The Great Cosmic Law does not discriminate any more than does the multiplication table if one makes a mistake in its application, or electricity, when one who is ignorant of the Law governing its use tries to direct its force without knowledge of the way to control it.

“The Great Immutable *Decrees* which forever keep order in the Infinite Realm of manifested Life are all based upon the One Great Principle of Creation — LOVE. That is the Heart, the Source of ALL, and the very Hub upon which existence in form takes place.

“Love is Harmony, and without it at the beginning of a form, that form could not come into existence at all. Love is the cohesive Power of the Universe, and without it a Universe could not be.

## LIGHT IS AN EFFECT, NOT A CAUSE

Beloved El Morya tells that all self-conscious Life may, through action, generate and expand Light ('The Will of God', pages 13 to 14).

MANY of the Great Ones have given you some very exquisite instructions on the possibilities to be found within the Light and of the power to transmute all appearances into Its Great Radiance. (Again, repeated by the Beloved Maha Chohan above.)



*Light is the emanation or force field of energy. It is an effect but not a cause. It is a product but not the producer. It is a solvent but not the solver. It is Omega (Am) but not Alpha (I).*

*Understanding this, you must realise that the Light you draw to heal conditions, to become Supply, to bring Peace, must be generated by some self-conscious Individualisation.*

All self-conscious Life, from the Godhead to the individual, may, through action, generate and expand Light. The Cosmic and Perfected Beings, in addition to Their Cosmic Service, are a continual outpouring of Light, which enters the Cosmic Storehouse for this system and may be drawn upon by lesser individuals to hasten their

liberation from shadow.

Therefore, you who have learned what Light can do, must not use Light as though it were a natural product, for it is rather a Gift released through the energy of other parts of God. This Mighty Storehouse of Light anchored around the Sun is what you refer to as the Cosmic Light – meaning Universal – and when you desire specific assistance, as you reach into the Cosmic Light, you receive a greater outpouring than if you tuned into the Light of your own heart or of just one Master.

### DECREE: (x3)

- "I AM" enfolded in the Light of God RIGHT NOW and for all Eternity
- "I AM" the LOVE of God
- "I AM" the WISDOM of God
- "I AM" the POWER of God
- "I AM" the OPULENCE of God
- "I AM" the PEACE of God.



# GRATITUDE

Excerpts from 'The Bridge to Freedom' book, 'Mother Mary's Assistance Today In Having Perfectly-Born Children', compiled by Werner Schroeder.

ONE of the quickest ways to release the God-powers locked within each heart is by a deep, sincere and profound feeling of gratitude for life and the many, many blessings that you now enjoy.

You will be surprised to find how very "rich" you are, if you take the time to enumerate all the good that is now in your world.

Who, among us, loves and reveres that Presence of life within us? Who gives joyous praise and sincere thanks JUST FOR LIFE, the first thing each morning, as we return to this world, in consciousness, to a clean, fresh start, on a clean, fresh day, with a clean fresh page opened before us, in our own personal book of life, on which we may imprint the most beautiful record of love's accomplishments, or the blot and smear of wasted energy?

Life is no respecter of persons. Its gifts are for ALL. They are ours for the asking, but the "asking" must be done. The call for those gifts releases them, but the call must come from the *heart* of the one desiring them.

That call can no more fail to be heard or answered than you could suddenly put the sun, itself, out of existence. It



is life, itself, that makes the call. The laws of life are just as eternal as the sun, itself, and, "call unto me and I will answer you," is one of those laws.

Life, itself, is all there is! It is God, himself, in action, in each one. Dear friend — as long as you have a beating heart, you are master over everything in your world.

**'Life's gifts are for all — they are ours for the asking, but the asking must be done.'**



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As long as you have a beating heart, nothing is hopeless; nothing is impossible unto you, for “one with God is a majority” and “WITH GOD ALL THINGS ARE POSSIBLE.”

Remember! God’s life is right within your own heart.

“Know thyself,” the sages of the past have said and what is more “thyself” than your own personal heartbeat?

Try getting acquainted with your own heartbeat and its source, and you will never feel lonely or hopeless again. Right within your own blessed self, has all life given itself to you, for constant use — without limit. This practice, persistently held, will lift you to the attainment of your every heart’s desire, right here in your daily experience in this world. It will be “wings of light” to you. Try it! It works!

Gratitude causes the thing you are grateful for to expand and double its blessings to you, so that where there was only ONE blessing, your gratitude makes TWO!

Gratitude is really a stream of energy going forth from you with a blessing.

Since all life desires to be loved, your gratitude causes more and more of the intelligences, in all life, to rush to you to be blessed by your gratitude, and to be temporarily relieved from the pressure of discord, which they have been under.

Lack of gratitude, for the good now experienced, has prevented many a door from opening, for earnest students, and has prevented the increasing of the abundance of good which they desired and



**‘Once you have become acquainted with your own heartbeat and its source, you will never feel hopeless or lonely again.’**

expected. There is no substitute for gratitude and love!

Saying (accompanied with the actual FEELING OF FORGIVENESS) “I AM the law of Forgiveness for myself and all mankind, for all misqualified energy and for straying from the Light.”

Several times a day, *coupled with the essential use of the Violet Fire*, will eventually bring a lightness to your being and world, which you never thought possible.

### THE CHELA’S DUTY TO GOD AND FAMILY CHELA TO SET AN EXAMPLE

The chela of an Ascended Master, having the benefit of important knowledge that has been gained by reading the dictations of the Ascended Masters, has both the opportunity and the responsibility to set the example, for others to follow.



Among other things, this means the chela has to set his own house in order, and master his own four lower bodies.

No one else will do this for him. It is an exercise of self-discipline, putting into practice what one has learned.

If he does this, he will find a much better receptivity by the other members of the family, for the teaching of the Ascended Masters.

Master Kuthumi stated: “How can one best bring the understanding of the Masters into one’s family and to the attention of one’s friends?”

ONE SHOULD WAIT PATIENTLY, UNTIL

**‘The attainment of your heart’s desire will be “wings of light” to you.’**



THE SEARCHING INDIVIDUAL ASKS ABOUT THE TEACHING.

I do not counsel propagation of the faith in the family unit through verbal instruction, until the life lived by the chela invokes inquiry from those who will respond to radiation, as surely as the flowers respond to the light of the sun.

“THE BEST WAY TO ATTRACT FAMILY MEMBERS TO THE TEACHING IS THROUGH EXAMPLE. There is no teacher like manifest works.

When you have what the world wants, the world will beat a pathway to your door. Proceed to develop the powers of healing, of precipitation, and see the truth in this statement.”

Master Kuthumi continued, stating that the catapulting of the “words” of the teaching, before one is ready to accept it, stirs the rebellions of the centuries, toward truth in any guise.

“A member of the family unit needs to give all other members the freedom of expression, taking hands off other people’s energy.

“This helps the other members develop their individuality and their growth. At the same time, it also helps to preserve the peace in the family unit.”

The Maha Chohan added to this subject, as follows: “Many people say they have no time to devote to spiritual endeavours and development, or even to spread a little light and sunshine on the darkened souls of those they meet in the course of their daily lives.



**Beloved Kuthumi asks how one can best bring the understanding of the Masters into one’s family, for the teaching of the Ascended Masters.**

“They will tell you that their immediate families or their individual interests take all their energies.”

In this regard, the Master Jesus admonished his hearers to “render unto Caesar the things that are Caesar’s and to God the things that are God’s.”

YOU MUST NOT NEGLECT THE SERVICE TO GOD THROUGH OVER-ATTENTIVENESS TO FAMILIES AND FRIENDS.

YOUR INCIDENTAL FAMILY LIFE IS OF NO IMPORTANCE IN THE HEAVENLY SCHEME OF THINGS.

You, each one, have had millions of such experiences, and your families, in turn, have

had the same, but with the conscious knowledge of the Law and the realisation of the service you can render to life, especially at this crucial time of Earth’s history.



YOU WILL NOT BE HELD GUILTY, BEFORE GOD, IF YOU DO NOT ATTEMPT, CONSCIOUSLY, TO BECOME A HARMONIOUS EXPRESSION OF YOUR OWN HOLY CHRIST SELF AND RENDER WHAT ASSISTANCE YOU CAN IN BRINGING FREEDOM TO EARTH AND HER PEOPLE.

*Regarding calls for incoming children, practical Christianity is Godliness!* ONESOUL, PREPARED TO BE A VESSEL FOR THE MASTERS, IS WORTH ALL THE MATERIAL WEALTH THIS COUNTRY CAN OFFER!

**‘You must not neglect the service to God through over-attentiveness to family and friends.’**



**'Individuals who have come to the place of mastery and peace attain great beauty.'**

## GROW MORE BEAUTIFUL AS YOU GET OLDER

By 'The Maha Chohan', from 'Mother Mary's Assistance Today In Having Perfectly-Born Children', Chapter 4, compiled by Werner Schroeder.

**H**OW you may become more beautiful: "IF YOU WILL THINK BEFORE YOU SPEAK AND ACT, AND ALSO BEFORE YOU FEEL, IT WILL ENABLE THE ELEMENTS OF YOUR BODIES TO RETURN TO THEIR ORIGINAL BEAUTY, HARMONY AND PEACE. As soon as the pressure of discord is consciously controlled, the lifestream's natural state of being begins to establish itself, as the Holy Christ Self returns the electrons to their natural orbits. That is why individuals who have come to the place of mastery and peace, attain great beauty, and why all the Gods and Goddesses (the Ascended Masters) are expressions of majesty, dignity, beauty, glory and harmony."

*Old age and disintegration is not natural:* "THE APPEARANCE OF YOUR PHYSICAL BODY IS DETERMINED BY THE AMOUNT OF LIGHT THAT IS USED WITHIN THE FOUR LOWER VEHICLES—THE EMOTIONAL, MENTAL, ETHERIC, AND PHYSICAL BODIES.



"The natural emanation of light, through these lower bodies, forms the protecting wall referred to, in your instruction, as the Tube, or Pillar of Light. When the electrons move more slowly in their particular organs and cells, they draw less light from the Holy Christ Self and the natural resistance of the lifestream grows weaker.

"WHEN THE RACE BECOMES HARMONIOUS, AND THE ENERGY RELEASED THROUGH THEIR BODIES IS NEVER QUALIFIED DISCORDANTLY, THERE WILL BE NO SUCH THING AS OLD AGE AND DISEASE, and the vehicles, when abandoned at the close of that phase of life's experience, will be in as perfect a condition, as when they were designed by the builders of form and the Higher Self."

*Grow more beautiful as you grow older:* "AS ABOVE, SO SHOULD IT BE HERE BELOW! THE LIFESTREAM WHO HAS ATTAINED MATURITY, SHOULD BE MORE

**'Individuals who have come to the place of mastery and peace attain great beauty.'**



BEAUTIFUL AND EXQUISITE, IN FACE AND FORM, AS THE YEARS GO ON! IT WOULD BE A GLORIOUS EXPERIENCE AND MANIFESTATION, IF A FEW INDIVIDUALS, WHO HAVE A KNOWLEDGE OF THIS LAW, WOULD CHOOSE TO EXPERIMENT WITH THE LAW OF HARMONY, AND ALLOW US FREEDOM TO HELP CREATE BODIES SUCH AS HAVE NEVER BEFORE BEEN SEEN ON THIS EARTH!



**‘Individuals who have come to the place of mastery and peace attain great beauty.’**

“YOUR ATTENTION IS A FUNNEL. WHERE YOU DIRECT IT, THERE IMMEDIATELY BEGINS TO FLOW THE SUBSTANCE UPON WHICH YOU DIRECTED YOUR ATTENTION, INTO YOUR WORLD. THROUGH THIS FUNNEL COMES THE ASCENDED MASTER CONSCIOUSNESS AND THE LIGHT OF GOD THAT NEVER FAILS.”

“Eternal youth and beauty are self-created, and forever self-existent, within the flame of God’s life in every human being. This is God’s plan for manifesting his perfection into the world of form and maintaining it forever.

“Youth, beauty, and perfection are attributes of love, which the God-Self is continually pouring forth into its creation. Within each individual is placed the power and means for maintaining and increasing, that perfect, ever-expanding activity of creation.

“THOUGHT IS THE ONLY THING IN THE UNIVERSE THAT CAN CREATE VIBRATION, AND, THROUGH VIBRATION, YOU QUALIFY THIS EVER-FLOWING ENERGY WITH WHATEVER YOU DESIRE TO HAVE MANIFEST IN YOUR LIFE AND WORLD.

*Your God Presence, the ‘Fountain of Youth’:* Beloved Cosmic Being Victory states: that in all mankind’s search for the Fountain of Youth, they had it, ALL



THE TIME, RIGHT THERE, IN THE PRESENCE ABOVE THEM!

Because the world of human opinions has said, when you reached age 40 or more, you must become an old individual — is not that the sheerest nonsense? Mankind has accepted it and, of course, in their accepting, it acts in its out-picturing, but it does not have to exist. Really, any one of you could start, tonight, and within three months, show the most magnificent out-picturing of youth in your bodies! You would scarcely

believe it! only as you see the proof, at your calls, will you know what strength and courage it would give!”

Beloved Mother Mary recommends: “TODAY, SOMETIME WHEN YOU ARE QUIET, TAKE A GLASS OF WATER AND THEN CALL THE POWER OF THE RESURRECTION FLAME TO CHARGE THROUGH IT, RAISING ITS VIBRATORY ACTION TO THAT OF THE ELIXIR OF LIFE. DO THAT THREE TIMES TODAY. *DRINK IT AS THAT ELIXIR.*”

THE FOUNTAIN OF YOUTH IS IN YOUR HEARTS! But if that fountain is covered over for lack of use, or through the acceptance of human appearance, it does not flow forth freely. But be very sure, my beloved, that you want that fount of life to flow freely through you, for one motive and purpose only, the resurrection and the life of your own individual selves.

Beloved Virgo, the Goddess of Earth, also emphasises the importance of keeping our harmony to sustain a healthy, physical body. She explains: “Many precipitations are never completed, because the will of the individual, hold the original design, relinquishes the necessary cohesive power of divine love, before the electrons fully coalesce — and when that impetus is released, the electrons automatically return to the “unformed”.

**‘Be sure you want the fount of life to flow through you for the resurrection of yourselves.’**