

# THE ASCENSION TIMES

A POSITIVELY GOOD NEWSPAPER!

FREE!

AS YOU CHANGE YOURSELF, YOU CHANGE THE WORLD!

ISSUE 30: JULY/AUGUST 2012

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## COME CLOSER TO PERFECTION

Cast out of your  
mind all  
doubt or fear.

**"**CAST out of your mind all doubt or fear of the fulfilment of that you are picturing. *Should any such thoughts or feelings – which are, after all, but human emanations that do not contain perfection – come to your consciousness, instantly replace them by the full acknowledgment of your Self and world as the Life of God – The One. Further than that be completely*

unconcerned about it, except during the time you are visualising. Have no set time in your mind for results, except to know that there is only now – just the immediate moment. Take this discipline and use it. Always remember you are God picturing. You are God Intelligence Directing. You are God Power propelling. It is God's – Your Substance – being acted upon ..." – *Unveiled Mysteries (page 107).*

**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!

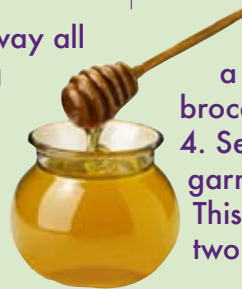
## RAW BROCCOLI SOUP

### INGREDIENTS

- 1 1/2 cups broccoli (chopped)
- 1/2 cup cashews
- 1/2 teaspoon lemon juice
- 3/4 cup water
- 1/2 tablespoon of honey
- 1/2 tablespoon agave nectar (or honey)
- 1/2 cup more broccoli, finely chopped (reserve – do not blend)

### DIRECTIONS

1. Add all of the raw broccoli soup recipe ingredients (except the last half cup of broccoli) to your high-speed blender.
2. Start blending on low and work your way all the way up to high. Blend for a very long time so that the soup recipe warms up nicely from the speed of your blender.
3. Place your additional half cup chopped broccoli into a bowl. Pour blended broccoli soup mixture on top



- of the chopped broccoli. Mix gently with a spoon. (So that you will have a creamy broccoli soup with some floating broccoli chunks.)
4. Serve immediately. For an added touch, garnish with thinly sliced avocado. This recipe makes enough for one big bowl or two small cups. – [www.therawtarian.com](http://www.therawtarian.com)

## PECAN AND DATE BROWNIES

### INGREDIENTS

- 1 cup pecans (you can use walnuts at a pinch, but pecans are much better)
- 1 cup dates
- 5 tablespoons raw cacao (cocoa) powder
- 4 tablespoons shredded unsweetened coconut
- 2 tablespoons honey or agave nectar
- 1/4 teaspoon sea salt

### DIRECTIONS

1. Place pecans in your food processor and process until they become small and crumbly.
2. Add dates to the raw brownie recipe and process again until the mixture sticks together and the dates are well processed.
3. Add the remaining ingredients to this raw brownie recipe and process again until the mixture




- turns a lovely dark, chocolatey brown. Stop processing before it gets too buttery. (There should still be air between the small bits so that you will be able to press them down into the brownie pan.)

4. Place the mixture into a brownie dish or small cake pan and press it down firmly.
5. Refrigerate for a few hours. You do not have to refrigerate it, but it is much easier to slice when chilled. This is a raw brownie recipe that keeps its shape! So it can be good for serving to non-raw fooders because the presentation of this raw brownie recipe is good when chilled.
6. Store this raw brownie recipe in the refrigerator if it lasts that long! – [www.therawtarian.com](http://www.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'!*



# PERFECTION IN COLOURS

 IN this explanation of colours and their effect upon the life, health, and supply of the individual, we state the Ascended Masters' Law from the standpoint of energy and vibration. From this there is no escape; and it matters not what the human opinion of anyone is — the Great Eternal Law of Energy and Vibration does not change to suit the theories of human intellects, which have but fragmentary information.

The Great Ascended Masters know this Mighty Law of Energy and Vibration in Its Fullness, and They are the only authority concerning its Mighty operation throughout the Universe. Each colour is a special rate of vibration, which is Its quality. In electrical parlance, each colour is a special frequency, which is the manifestation of a definite form and quality. It is only in the lower octaves of vibration that discord can register, because when a certain frequency is reached, all becomes Perfection. In other words, when the rate of vibration reaches into the Ascended Masters' Octave of Life, it becomes so rapid that only Perfection can exist within it.

Each rate has a special effect upon the mental, emotional, and physical bodies of the individual, his pocketbook (money) and world as well. It is the understanding of this which mankind needs to have in order to correct destructive conditions and reach Perfection.

No one on this Earth need ever expect health, prosperity, protection or happiness if that one insists on wearing black or red clothing (bright red as opposed to pinky ruby red). There are absolutely no Life, health, nor prosperity vibrations in black, for it is the absence of all Life. When the Ascended Masters make this statement, people often say: "Well what about the darkness of night provided by nature for sleep?" The real truth is, the actual colour vibration of the night hours is not black, it is dark blue, and blue is always an energising vibration.

Excerpt from  
'COLOURS',  
Mrs G, W Ballard,  
'Voice of the I AM',  
August 1937.

The red of this planet has nothing constructive in it for our humanity. All red on this planet is a record of impurity, and when that impurity is removed the colour instantly becomes gold! The colour vibration for all humanity is gold.

Anyone can test this out. When fire is burning, the colour of the flame indicates the amount of impurity in the substance being burned. For instance, when the

leaves and debris of nature are thrown into the fire, the flame becomes golden, except when they have become contaminated by impurities imposed upon them by the discord of human beings. The red in all physical fire is the impurity being consumed.

Notice how even the outer world's use of the colour red is always to indicate destruction. Even in the stoplights and danger signals, the red always means destruction, both physical and moral. It is imperative that humanity understands this in order to stop the use of that rate of vibration, which destroys all that the people are really trying to accomplish.

Students should understand this. Whatever colour surrounds them; they are absorbing into their minds, feelings, bodies and worlds.

Everyone absorbs through his eyes the quality of every colour he looks at; and through his eyes, that quality is recorded in his flesh, through the optic nerve which goes directly to the stomach through the sympathetic nervous

system. This is very evident when one waves a red flag at a bull, which the toreador does to arouse all the destructive qualities within the animal. This being true of the coarse animal, how much more is it true of the sensitive human being in his every activity of the day. This is why babies and very young children cry when grown people dressed in black or red try to hold them.

The children are infinitely more sensitive than grown people and feel the qualities of colour much more keenly



**'Each colour is a special rate of vibration ... violet purifies, strengthens, illumines, spiritualises, raises and gives great Freedom.'**



that do their elders.

One of the most disastrous effects of colours in the use of the infrared ray for so-called healing, it sometimes temporarily allays pain; but if those using it could see what is registered within or attaches itself to the emotional body of the individual — which they must handle days or weeks later — they would never use it the second time nor want the second look at the vicious forms it creates. Law is Law, Dear people of Earth, and no one ever escapes this Mighty Law of energy and Vibration.

Certain rates of vibration create a feeling of ease within the individual and others create the opposite. It is very evident therefore, that if one wants Perfection, comfort, healing, happiness, prosperity, and so on, he must definitely determine and control the rates of vibration flowing through his mind, body, and world. *The choice of colour by which he surrounds himself is one of the most powerful and simplest ways of doing this, and anyone can prove it for himself.*

When it comes to the supply of money, energy, or anything the individual needs in his life activity, it is impossible to attain or retain a sufficient supply of money, food, clothes, energy or any good thing if black and red are used. There is no prosperity, health, nor peace in black or red. Remember that always! When one shuts off the Light from plant life, it dies. Black shuts off the Light of Life.

Now we come to the rates of vibration which contain the things that make mankind happy and Perfect. These are contained in the colours white, gold, pink, violet, blue and green. Only when these colours are used in their clean, clear, bright shades are they the channels for the release of the Perfection all crave. Dark, dirty pastel colours and shades are not constructive.

*One can have pale shades of any colour and still have them constructive; but the dull, muddy, dark colours are all destructive in their effect upon the individual's life and its activities, especially the emotional body — the feeling world.*

The use of destructive colours in the channels of fashion and art, is the hypnotic suggestion of the sinister force to drag down mankind's resistance, so the people cannot hold to the Ideals, Power, Victory of the Light, which only manifest in clear, bright, clean colours!

The Ascended Masters' Ideals and Perfection are



**'Pink is the activity of Divine Compassion and Love.'**

the only Source of Permanent Happiness, and These are Victory of the Light. Individuals who want the Victory of the Light, health, supply, and happiness, will only wear and surround themselves with the clean, clear, bright colours containing Perfection, and which are the channels that release these Blessings and Gifts.

The colours all mankind needs most today are white, gold, pink, violet, blue, and green.

**VIOLET:** Purifies, strengthens, illumines, spiritualises, raises and

gives very great Freedom.

**GOLD:** Soothes, illumines, harmonises and raises all into the "All-knowing Mind of God". It soothes irritated nerve conditions.

**GREEN** and **GOLD** together act like a magnet to draw supply to the outer activity of the individual, and to bring Harmony and sustained supply for those who will use them.

**PINK:** the activity of Divine Compassion and Divine Love, which extends Mercy and Forgiveness to all It contacts. It releases a tremendous Healing Power because of Its soothing, forgiving feeling and the ease of Divine Love.

**WHITE:** is always the most powerful Purity of the "Mighty I AM Presence" and contains all the other colours and their qualities.

It purifies, illumines, perfects, raises, heals, and protects, because within the PURE WHITE LIGHT is the Fullness of all Good things; and It is the Primal Substance from which all form has come into being.

**BLUE** is the Energy, Strength, and Power; but unless it is qualified with the Ascended Masters' Consciousness of Divine Love and directed by Their Wisdom, it is simply electronic force, which is Power. Power that is not qualified by Divine Love and directed by Wisdom will energise anything it contacts.

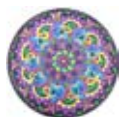
The colours all mankind need most today are open doors through which constructive qualities come into your mind, body, feelings and world.

The Law of Energy and Vibration is Eternal, Absolute and Unconditional. You are the one who must choose, operate It, and then live in the results of you choice. Good, clean, clear bright colours are the Rivers of Blessings from the Realms of Light — the source of all Perfection. The Ascended Masters are the Fullness of the Perfection all crave.



# DICTATIONS BY THE ASCENDED MASTERS

EXCERPT FROM A LETTER FROM BELOVED JESUS  
(May, 1953 ; page 334 Bridge to Freedom Publication.)



I WOULD like to describe the Ruby Temple to your outer consciousness. The Ruby Temple is such a glorious PINK. It was builded by the great builders of form, together with the Elohim, to whom you refer as CASSIOPEA, to hold within it the momentum of the aspirations, prayers and hopes of mankind. Here through divine alchemy, the petitions of the masses become the answers to their prayers – the energy rising, for instance, in that prayer at the end of the Catholic mass, *“Hail! Holy Queen, Mother of Peace and Hope, to Thee we cry, to Thee we offer up our sighs petitions and tears.”*

From these services, the angels gather the pink clouds of hope and aspiration, and draw them upward (because there is not enough pressure from the hearts of the people to carry such prayers out of their own atmosphere). In the Ruby Temple, my own blessed mother, and many, many beautiful dedicated beings some whose outer selves are not yet ascended, join together in transmuting that energy, and directing it into the Pink Flame of Hope and Happiness and Healing and Peace.

Nada, too, serves here so often. The fragrance of the flame is like that of the lovely roses, and you can imagine



**‘It is our hope that you will rise into this temple.’**

— Master Jesus.

**‘Angels are constantly sweeping through the temple.’**

its size and concentrated power when you realise that since the first member of the human race incarnated, it has been in existence.

The temple is large, by human standards. It is colossal. It looks like a great pink pearl, with its domed central hall, wherein the flame altar is located. As you enter the doors, the entire interior is suffused with a delicate pink light. The altar is separated from the great cathedral by a soft, golden mesh curtain through which the Pink Flame is easily distinguishable, but it seems to mute the intensity of its power.

If one approaches close to the altar, you can see my mother and the great Ascended Beings together with the seven I AM Presences engaged in receiving the upreaching prayers from angels who are constantly sweeping through the temple, carrying that soft pink ephemeral substance. Then at rhythmic intervals, they direct the rays eastward, when the temple shines like a pink sun, and the rays pour from its dome, until the atmosphere of the Sixth Sphere looks like the dawn of a particularly lovely day.

Now, it is our hope that you will rise into this temple, and remain as an outpouring of happiness to all who seek peace.” — JESUS.



# LAUGHTER holds the key

The I AM Discourses, Book 8, Great Divine Director.  
Extracts from Discourse XXIII.

PAGE 371:



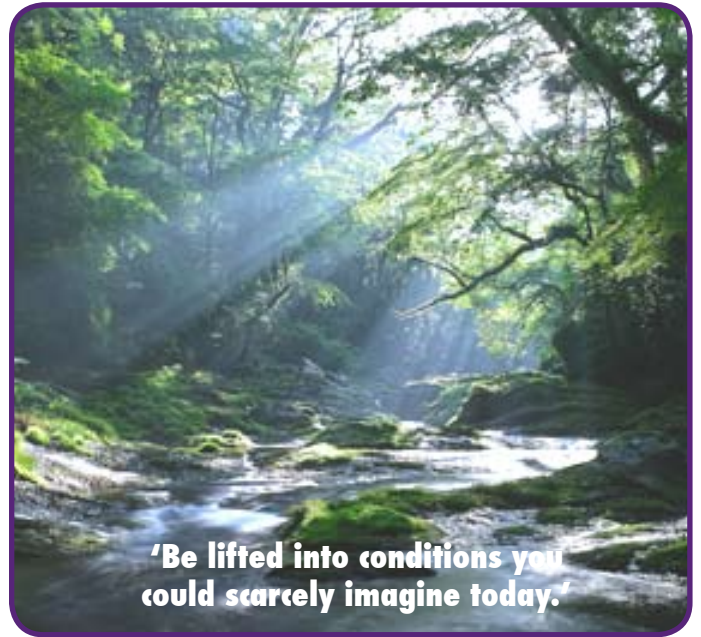
IF YOU CAN LAUGH AT AN APPEARANCE WHICH SUDDENLY COMES BEFORE YOU AND WHICH IS SEEMINGLY TERRIFYING, YOU

HAVE DRAWN ITS FANGS RIGHT THEN! ONLY, IF IT CAN THROW FEAR INTO YOU, WILL IT CONTINUE TO PERSECUTE YOU! IT IS THE SAME WAY WITH ALL DESTRUCTIVE FORCES WHETHER EMBODIED, WHETHER A CHARGE IS IN THE ATMOSPHERE, WHETHER A DISCARNATE OR BLACK MAGICIAN. IF THEY CANNOT PRODUCE FEAR IN YOU, THEY LEAVE YOU ALONE! THEY MIGHT WATCH FOR AN OPPORTUNITY TO STRIKE; BUT WHEN YOU ARE FIRM ENOUGH AND FEARLESS ENOUGH, THEY WILL LOOK FOR OTHER FIELDS!

PAGE 374: When you say to all human creation: “You have no power”, think what it means in the great body of students! With the Power of Light and Energy, which goes forth, saying to all human creation, all limiting and destructive qualities: “You have no power”, then, you stop their action, as definitely from further interference with your world, as if you drew a Wall of Light.

PAGE 377: Therefore, you are moving like Charmed Individuals, as it were. If you can but realise it, This “I AM Presence”, Its Tube of Light and Its Use of the Violet Consuming Flame, will make you a Charmed Being — untouched by any discordant destructive thing.

PAGE 377: I urge you — not all, but some who have been using a great deal of time; to use less time in your Decrees, but MORE DYNAMIC ENERGY. MAKE THEM SNAPPY AND FORCEFUL! THEN GO ABOUT YOUR BUSINESS. WHEN YOU RETURN AGAIN, MAKE DYNAMIC POWERFUL APPLICATION! Five minutes of that is more valuable than 25 when you are not releasing the dynamic energy! Therefore, as you come



**‘Be lifted into conditions you could scarcely imagine today.’**

into the Fuller Activity of the Light, you will see this; you will understand it and by experimenting, you will see how much time you have to do other things.

PAGE 378: THE CONTROL OF YOUR ATTENTION MEANS EVERYTHING TO YOU! IT IS NOT A MATTER OF A MOMENTARY FIXING UPON SOMETHING! YOU CAN WITHDRAW IT AND PUT IT WHERE IT BELONGS! THEN SAY TO THAT APPEARANCE WHERE IT MOMENTARILY RESTS: “YOU HAVE NO POWER!” THEN YOU STOP THAT FORCE ACTING, THE MOMENT YOUR ATTENTION GOES TO IT; AND SO PREVENTS IT COMING BACK ON YOUR LIFE STREAM TO ENTER YOUR WORLD.

PAGE 380: I urge you — notice! I say, “I urge you,” to give This Cosmic Law Obedience; and see then how quickly you will be lifted into conditions you could scarcely imagine today. I tell you frankly, the matter of calling forth your supply is one of the smallest items in the experience of mankind; and *the reason Individuals do not have it at their Call, is because they are not harmonious enough.* Unbeknown to themselves, they keep requalifying their Life energy and it becomes repulsion instead of attraction. The old statement made so long ago: “STAND IN THE LIGHT AND DRAW TO YOURSELF YOUR OWN.” IS ONE OF THE GREATEST STATEMENTS; ONE OF THE GREATEST TRUTHS; BECAUSE IF YOU WILL STAND IN THE LIGHT OF YOUR “MIGHTY I AM PRESENCE,” IN A WHOLLY HARMONIOUS ENVIRONMENT, YOU WILL DRAW TO YOURSELF, YOUR OWN AND IN GREAT LIMITLESS ABUNDANCE.

**‘I urge you to give this Cosmic Law Obedience.’**



# Excerpts from the 'I AM' Discourses

by BELOVED MIGHTY VICTORY



DEAR Ones, this mighty instruction of the "I AM" has not been the idle imagination of anyone! This is a great reality, which is going forth in the final effort to save mankind! I, for one, believe firmly that mankind is going to give the response that will make the victory forever complete! I know the human so often forgets, but try to keep this idea firmly in your consciousness, and if you do not do it otherwise, just make a little note of it, and place it in your room, where you can keep yourselves reminded.

Every call you make to your "I AM Presence" is a power released into your world, for your Freedom, for your Victory, for your Ascension! There is no power in your world or around your world, which can oppose it, but yourself. Whatever step is gained in your call to the "I AM Presence", every particle of freedom and victory over limitation, is permanently sustained! You cannot go back in whatever is achieved in your call to the Presence. That is vastly different from anything else ever thought of by mankind!

Mankind in the previous metaphysical understanding could forge ahead for a while, and then something would trip them up, and down they went, and back they went! Not so in this understanding of the "Mighty I AM Presence"! Everything you gain in your call to your "Mighty I AM Presence", becomes an eternal thing in your life and your lifestream, and it is natural! Therefore, you cannot go back! You must hold permanently to whatever is attained! (p. 104 – 105)

My dear people, would you consider, for a moment, what you could do, by constantly, just twice a day for two or three minutes, calling your Presence to charge your world. Say, "Mighty I AM Presence", charge into my feeling world, the full power of your feeling, so when I issue the decree that all human creation has no power, it charges into my world, instantly, and reaches out with such power, that as far as my own activities are concerned, there is not one thing in human creation, that has power



**'Every call you make to your "I AM Presence" is a power released into your world.'**

to touch my world or that I can feel it." You would soon have such a momentum going out that everything that touched your world would have to come into harmony with it!

You see, dear ones, the power is yours! The power is in that stream of life that beats your heart, in every one of you, and you must accept it! You must call it forth into action to have its blessing. It won't act to sustain life, unless you do call....

Now, dear ones, life will answer you every time! You can so charge your world, with the power of the "Mighty I AM Presence", that its great harmony flows out, and compels obedience wherever it moves. It has to do it! Life is the dominion of Earth, when given attention and the opportunity to exercise that power. All humanity's accumulation and human creation has no power against that God-dominion, or against the individual, once he or she realizes that. But if individuals, not knowing

the I AM Presence, keep accepting the power of outer appearances to disturb, limit or deprive them, then they are giving power to the appearance. The appearance, by itself, could not!



Remember what the messenger has said so often, recently, as to why it is so necessary, to keep your attention off discordant, limiting things!

**WHEN YOUR ATTENTION, YOUR VISION IS FIXED UPON SOME DISCORDANT OR LIMITING THING IN THE OUTER WORLD, YOUR LIFE, THROUGH YOUR ATTENTION, FEEDING INTO THAT, BRINGS IT RIGHT BACK INTO YOUR WORLD FOR ACTION!** Then, don't you see how, unless you withdraw your attention from limiting discordant things and discordant people, you will bring back the very things into your world, which your attention accepts! That is why the old statement so long given is so true and powerful, "WHERE YOUR ATTENTION RESTS, THERE YOU ARE, AND WHAT YOUR ATTENTION IS UPON, YOU BECOME." There never was a truer saying in the world.



# DECREES AS A METHOD OF INVOCATION

BY THE ASCENDED MASTER SAINT GERMAIN

(Extract from 'INITIATIONS OF THE SEVENTH RAY' – W. Schroeder, pages 184 to 190.)

*“Thou shalt decree a thing and it shall be established unto thee.”*

THE clothing of the ideas and truths in the physical energies of the individuals who make up the groups, through the spoken word, covers the thought and feeling forms created by the mental and emotional body with the actual substance of the third dimensional plane. It lowers the vibratory action of the spiritual energies to a point where they vibrate on the SAME PLANE as the conditions that need adjustment.

This provides a mighty “stockpile” of QUALIFIED PHYSICAL ENERGY that is utilised by the God-Beings to dissipate evil forms and foci of every kind.

As most of the conditions affecting mankind are vibrating at a rate similar to that which can be released through the spoken word, the power to remedy these conditions is greatly intensified by the individual or the group which chooses to be the STEP-DOWN TRANSFORMER of the



**‘The flaming sword of Lord Michael ... is his own thoughtform.’**

more subtle energies which form the master authority in the higher spheres.

Truth is, but it manifests on every plane only as some intelligence grasps that truth and positively releases it through the plane or sphere in which he is functioning at any given time. The efficacy of the decree is determined both by the amount of FEELING AND CONVICTION that is released through it, and the CLARITY OF THE PICTURE held in the mental body, which actually forms the pattern around which the physical energies of the worded fiat coalesce.

For instance, the flaming sword of Lord Michael, the Archangel of Deliverance, is his own thoughtform. It is vitalised by the God-feeling of absolute mastery, and directed by his will, and often his word, into

conditions that require assistance. If he had no clean-cut thought, his sword would be vague, vapory, poorly formed and would act with little efficacy.

The ability of the student to

**‘The efficacy of the decree depends on the amount of conviction.’**





picture the activity which he is decreeing to be established into him or through him and the AMOUNT OF POSITIVE FEELING in the EFFICACY of that activity to manifest control of a situation, form more than EIGHTY PERCENT of the power in the decree. Therefore, the interest of the student must be BEHIND THE DECREE and his energies must be POSITIVE and CONTROLLED, if he is to have results of a positive nature.

The amount of POWER which is released through the decree varies according to the nature of the student. I have seen a man struck dead by a whispered decree of hate and venom which was charged with sufficient force to shatter the physical envelope. (Of course, the generator did not realise that he was signing his own death warrant, the moment he released his decree.) The control of energy through the vocal chords is determined by the amount of mastery which the individual has over the emotional body. The VOLUME OF SOUND released is not as important as the QUALITY OF THE SOUND. For instance, the hysterical scream of a person in distress releases much volume, but renders no constructive service. Yet, there is the CONTROLLED SUMMONS of the initiate which raises the dead to life and which, in both volume and power, is known to shatter glass and blow out walls.



Some individuals can, by nature, be extremely positive in the use of a low, masterful tone. Others cannot convey feeling except by the exertion of a measure of physical

force, which gives assurance to the individual of accomplishment. Here, freedom is the order of the day. Action is the requisite of the hour. Balanced control of energy whether it is coupled with



**‘Power is drawn and focused through rhythmic invocation.’**

the “loud voice” by which Jesus raised Lazarus from the tomb, or the voice of the silence by which the Sun is bidden to rise each morning from the bed of night.

When the decree is coupled with the VISUALISATION OF THE ACTIVITY OF THE SACRED FIRE, which is being invoked, the positive quality of the voice will avoid the “sense of battle” which is sometimes apparent in the uncertain life energy of the student.

On the other hand, more feeling is charged into the group, which will be revived in their individual activities, if the decrees are given in a good, firm manner.

The importance of the audible decrees lies in the fact that the thought and feeling forms are clothed in the substance, energy and vibratory action of the octave in which most of the distressing appearances abide.

I would emphasise that power is drawn and focused through the rhythmic invocation which emphasises the FEELING of the student body, clarifies the thoughtform and builds the momentum in the release of the energy, not only of the unascended beings, but also of the Great Ones who always respond to such calls. Unless the group with which one is working are masters of invocation, force is scattered by changing the pattern and decree too often and little is accomplished thereby.

When I am called upon to work with a group of chelas, my first endeavour is to CENTRE THE CONSCIOUSNESS OF THE INDIVIDUALS WITHIN THE THREEFOLD FLAME WITHIN THEIR HEARTS. From this centre, the invocative powers of the chelas are most effective.

*“I consciously enter and abide within the THREEFOLD FLAME WITHIN MY HEART — the true centre of my*

**‘The power is drawn and focused through rhythmic invocation.’**



being.

*"I AM the Presence of God within*

*THREEFOLD FLAME WITHIN*

*MY HEART and I speak and COMMAND*

*with authority.*

*"I AM VESTED with the power of transmutation.*

*"I AM VESTED with the power of precipitation.*

*"I AM VESTED with the power of levitation."*

On and on ad infinitum.

Short, clear endings are preferable because they SEAL the decree in the feeling of the energy of the students, as well as the conditions which are being transmuted.

Then by the command and authority of the I AM Presence anchored within the heart, utilise the power, in one good rhythmic decree and let the momentum build.

In the name of the Presence of God which I AM, through the magnetic power of the Sacred Fire VESTED in me, I command ... etc.

"In the decrees, I advocate using constructive thought patterns, rather than destructive ones like 'tornado' because all destructive activities of nature VISUALISED ADD TO THE COMING APPEARANCE, when nature's forces are unleashed.

If you were in a position to have the inner sight opened for a moment and could see the tremendous response of the beings at inner levels, when a group of mankind, vested with the conscious power of the Sacred Fire sends up the rhythmic release of their energy in a word pattern, it would fire you with the desire to stay with that form, until the signal of your feeling world acknowledged full accomplishment.

The ascending invocation completes its pattern on the last word of the decree and the God-beings begin their outpouring on the first word of the acceptance.

On the next rhythmic wave, the ascending invocation rises to the top of the preceding crest and then, with the added momentum



**'There is no limit to the transmuting power of the Cosmic Christ-Love.'**

of the increased energy, pierces further into the upper spheres and brings back an amplified outpouring.

The competence of the director, in drawing the energy into a RHYTHMIC BEAT, determines the efficacy of the decree and the height to which it can reach, with the subsequent return of the God-light, into the word of men.

This is exactly the principle followed in using a "battering ram" against a locked door, or used to harness the energies of men, in the old days, at the oars of the galley or the ropes of the Volga boats.

Today we use it to more constructive ends. The volume of sound is not as important as the UNITY OF THE ENERGY.



Some people can accept accomplishment only through the release of the spoken word. Others can accept accomplishment through feelings. It all depends upon the evolution of the individual and the tendencies of their natures.

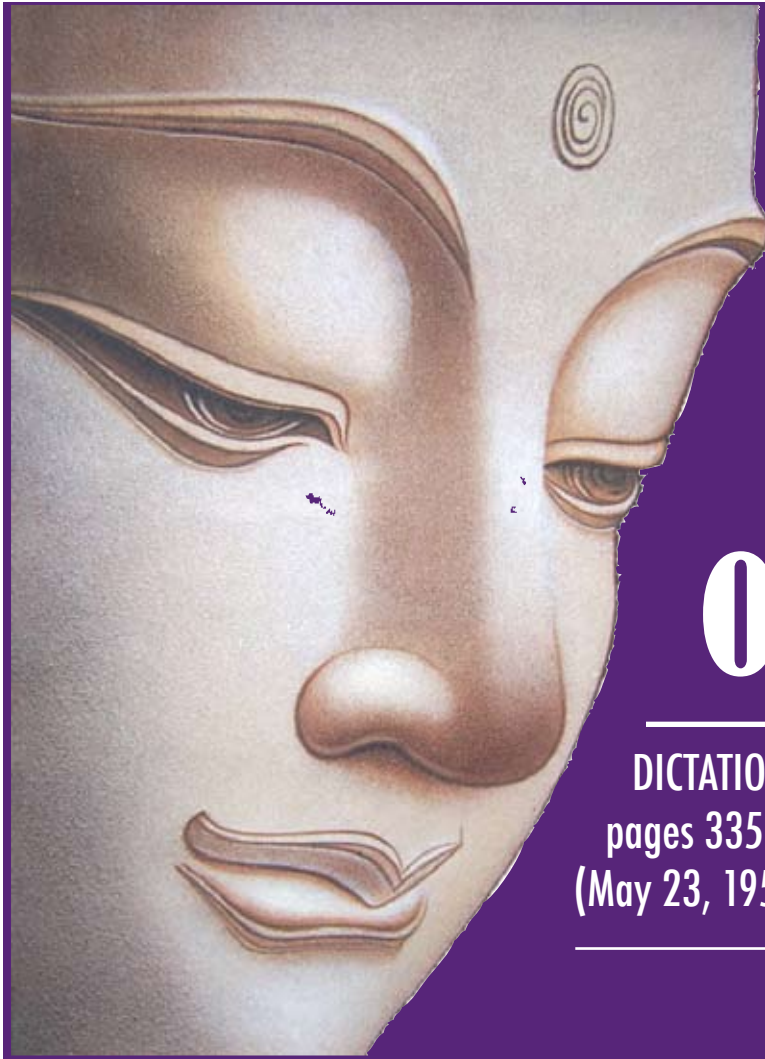
The universe is built on rhythm, precision and harmonious expansion and contraction. In decreeing, in singing in breathing, in walking, perfect rhythm is the balanced activity of life, and when it is incorporated into the ritual of the Seventh Ray, there will be no sense of exhaustion or depletion.

When the energies of the individual are "off-centre", endeavour becomes effort. RHYTHM, ONE-POINTEDNESS, CLARITY of the pictured activity and SUFFICIENT SPEED of TIMING — TO KEEP THE INNER BODIES ALIVE — are requisites to God-accomplishment.

As there is no limit to the powers of the God-protection that can be called forth — and

no limit to the transmuting power of the Cosmic Christ-Love — YOU HAVE EVERYTHING AT HAND to draw forth, protect and sustain your God-endeavours.

**'The volume of sound is not as important as the unity of the energy.'**



# WALKING THE WAY OF EARTH

—————  
DICTATIONS BY THE ASCENDED MASTERS,  
pages 335 to 342; Beloved Pallas Athena  
(May 23, 1953).  
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YOU are walking the way of Earth, that the Light of your Hearts may be the guardian presence of the evolving life, and I greet you and bow before the majestic power of the God-beat in your hearts, and bow before the sacrifice entailed, by which every one of you voluntarily chose incarnation upon this shadow planet, offering to guard and guide and protect the evolution endeavouring to rise to their God-estate. Long has been your journey, faithful has been your service, and great shall be your reward!

It was a magnificent activity at inner levels this morning, as you stood and together gave the invocation to the Flame of immortal Life, for within each of your consciousness and in the glory of your Causal Body, is the momentum not only of your repeated calls to the flame as you officiated in public service through

this past 20-year cycle, but also the momentum that has been gathered down through the centuries of time, when you stood priests and priestesses and oracles in the heart of the temple of light in every age, and drew and focused that flame which kept the planet, itself, from dissolution.

I awaken within you the remembrance of the power that is within the Sacred Fire – power which you have drawn, consciously, through your own heartbeat and wielded, by which entire continents were kept free from disease and shadow and pain and the disintegration that now accompanies the removal of the soul from the Earth. More than one of you within this room has held the power for an entire continent through the use of that Sacred Fire. All of you have known the freedom and protection that is within its majestic presence.

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**‘YOU STOOD, PRIESTS AND PRIESTESSES AND ORACLES IN THE HEART OF THE TEMPLE OF LIGHT.’**



It is time now that you awaken from the consciousness of your separate selves, and as you did this morning, as one body draw that Sacred Fire, concentrate Its power, endow It with your love, and send It forth for the redemption of this Earth. It is not an activity in which your entire student body in local groups should join, but when those who have been the protecting guarding Presences of numbers of people over a period of years come together, you have the concentrated power and momentum of magnificent lifestreams, and the wealth of light within each of you should be the joy to all.

I am here this morning in answer to each of your heart calls for truth. Do you know the concentrated power within the calls required to part the curtain of the Great Silence, wherein some of us have chosen to abide for centuries of time? I am here because of your light and your love, and your fierce and loyal and dauntless determination to know truth.

I am one of 12 beings privileged to be the spiritual court of the Mother of this system — the beloved Vesta. My sisters have been more welcome upon the planet Earth than I, for there is not a heart that does not want mercy, nor a soul that does not want peace, nor a lifestream that does not want love. A limited few timidly call for justice; a limited few for purity. And, oh, dear hearts, how many want truth when It is uncomfortable to the pressure of your own concepts, feelings and opinions? Truth complemented by the comforting presence of Divine Love is the power by which you shall become free.

Oh, the brutal frankness of the outer self, determined to ram truth down the necks of outer lifestreams



**‘Lord Buddha raised his consciousness through the veils and shrouds of his own thoughts and feelings.’**

whether or no! Such a one has much to learn. But, when there is the kindness of holy comfort within the feeling body, truth may be presented in a way that conveys assurance, conviction and comfort to the individual. That is why we represent the two facets of the same great flame.

In the early ages, before the mist arose from the minds and hearts and feelings of the people, I abided within the heart of the Temple of Truth where all might consult me that chose, and although I wore no garment of flesh, it was easy to discern my presence because there were no shadows between the sense consciousness of the harmonious selves evolving upon the planet and the perfection of our octave, and the governments flourished,

and education and art and science and religion, because each lifestream was held within the presence of truth, and guided by his own Divine Presence in his individual affairs, and in national and international affairs, by myself, and we moved forward with very great harmony and happiness.



With the closing of the great Lemurian Age, this association with us and the beauty resulting therefrom, began to dim, and the creation of mankind’s own choosing, to enfold the lifestreams in the mists of forgetfulness, and truth became veiled. On Atlantis some of you were sufficiently true to the principle of life to maintain temples to the Goddess of Truth, and there I was enabled to manifest to a chosen group of prepared, reverent, and dedicated lifestreams, who in turn, carried the word of truth to others whose own creation had blotted out, so to speak,

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**‘ON ATLANTIS ... I WAS ENABLED TO MANIFEST TO A CHOSEN GROUP OF DEDICATED LIFESTREAMS.’**



the vision of our realm and its inhabitants.

You have heard Serapis tell how the great Hierarchy warned the priests that Atlantis was about to fold her veil around her and sink beneath the waves, and those blessed ones who had guarded the Temple of Truth made preparations (along with others) to carry the flame from that altar, along with the secret documents, which had been carefully transcribed, and which contained



**'There have always been the few who chose to walk alone UP the mount of attainment.'**

within them the results of many of our conferences, to a place of safety. Slowly the years passed, and nothing happening in the outer, the people, in themselves, began to murmur that the priests and priestesses were telling falsehoods, and they slipped back into their old ways, until, finally came the night when all were notified to proceed to the boats, and, in company with their own chosen priests or priestesses, endeavoured to arrive at a place of safety before the cataclysmic action would churn the ocean into such a boiling sea that no boat could survive.

Our beloved Paul and three of you within this room, were among the group who took the Flame of Truth across the Atlantic, through the Mediterranean, and into Greece. They were among the few who arrived in time, and knelt, even while Serapis and his group were kneeling in Egypt around the Ascension Flame. I stood in the atmosphere as the Flame of Truth burned in the brazier which they had carried from the Atlantean Temple, and the faithful ones bowed to the ground in gratitude to life for survival and the honor of preserving truth. The documents were placed in certain archives, where they will remain until some of you are poised enough in your own God Presence that they may again be brought forth for the illumination of mankind.

Some of these records, unfortunately, burned at Alexandria, but many have made their way into

Tibet and China and ever grew that veil of human creation, even while the smoldering embers of truth were guarded by a faithful few who incarnated again and again and again. And at Delphi, when the priestesses were able to contact the Spirit of Truth, some of that flame enabled those early Greeks to proceed on the Path of Righteousness. But the more the creation of the human enfolded the lifestream, the less the

individual cared to know truth.

Every man and woman and every child created of himself, and in himself, a concept which became his god — one that was comfortable to live with — one that carried vicarious atonements, one upon that you could place the results of sins of omission and commission. Thus in a state of self-hypnosis, the race continued to move about, and I was compelled to withdraw.



For thousands content to worship at the altar of their own making — a glorified manifestation of themselves — there have always been the few who chose to walk alone UP the mount of attainment, and endeavour to pierce through the clouds of their own concepts, to wipe the mists from their sight, and loosen the wax of heedlessness from their ears, and endeavour to understand and know TRUTH.

Lord Buddha, for seven years, raised his consciousness, hourly and daily, first through the veils and shrouds of his own thoughts and feelings — a painful process in itself — and then through the one-pointedness of his concentrated love — up, up and upward through the strata of human creations. As his consciousness was lifted from the lower and heavier atmosphere which was filled with the effluvia of man's thinking, he came into a strata of more light, wherein abided purer spirits, and many a lesser searcher after truth has stopped

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**'OUR BELOVED PAUL TOOK THE FLAME OF TRUTH ACROSS THE ATLANTIC AND INTO GREECE.'**



and abided there, and felt it was his goal, and such ones, returning, spoke of the heavens with the streets of gold, and the cherubim and the angels and the heavenly choirs, and for them it was the ultimate — and they spoke TRUTH.

But, for him, he said, “It is not enough,” and onward in that individual, silent pilgrimage in the heart of the forests, protected by nothing but the invisible presence of God, himself, he raised his consciousness higher, and came into the realms of the temples and the beings who had earned the right to live in their Higher Mental Bodies at night, but that was not enough.

Many have returned from that realm and have become messengers of the word, and they have spoken TRUTH, and many have been their followers, and they have said, “Lo, this is TRUTH — this the ultimate,” and for them it was good, because it was all the consciousness could absorb at a given time — and he went onward and upward until he came to the divine realm where ideas and thoughts of God, himself, were pulsating in the ethers and here, too, some few strong sons and daughters of man have stood and witnessed the perfection of the realm of ideation, and returned, filled with enthusiasm and fire, and have said, “I have found TRUTH”, and there were among the men and women of Earth those who responded and rejoiced with them, and the beloved Buddha said, “No, it is not the ultimate,” and finally he came to the heart of LOVE, the Great Presence of THE FATHER-MOTHER GOD, and, placing his head upon the bosom of the God-parents, he knew that LOVE was all. And when he returned he did not speak — no longer was it required to say, “I have found it,” for he had BECOME that love. Do you see? Blessed ones?

Oh, the arguments, the fighting, the physical force and the actual murder that has been committed in defense of Truth. The fiery patriots of Mohammed, the great Crusaders, and in our present day, the zealots of



**‘Many have become messengers of the word.’**

every religion crying aloud, “I HAVE TRUTH!”

I come to you this morning and say to you, won’t you BE truth, for my sake? Three hundred years after the beloved Jesus finished his ministry, in a great city in Asia Minor, almost the entire feminine population gathered and engaged in a physical fight, throwing cabbages and other vegetables, in an argument over who was

the third person of the Holy Trinity. Today, perhaps, it is more subtle, but it is no less ridiculous.

You, beloved ones, who have come, some of you, half way around the world, have signified to the Cosmic Law that you desire to know TRUTH. An Ascended Master stood with you in all your preparations, and every one who has come within this building was personally sponsored and accompanied by a Perfected Being, to protect your light and give you safe convoy, in order that the strength of your combined energies might be utilised in the endeavour of the Cosmic Law, to unify the consciousness of mankind within the 20-year period allotted.



I do not wish to make you tense in the feeling of your responsibility, I wish to fire you with a rejoicing in the opportunity to pool your talents — potential and developed — into this great crucible, and into the lifestreams of each other, to give strength and protection and assistance and make a “heart Centre”, through which TRUTH INCARNATE may reach the peoples of Earth.

Beloved ones, you have heard these words, over and over, through the kind offices of our beloved Godfre, and through the gracious assistance of our beloved Lotus, for years — TRUTH IS PERFECTION. NOTHING THAT WAS NOT CONCEIVED IN THE MIND AND HEART OF God has reality or immortality — thank God!

Then, what happens when you feast, with all the power and attention of your feeling world, on the

**‘NOTHING THAT WAS NOT CONCEIVED IN THE MIND AND HEART OF GOD HAS REALITY.’**



defects appearing within the lifestreams you encounter. You are not then embodying the consciousness of truth. **IT IS NOT TRUTH!** Please feel that, with all your heart and soul and spirit, when you see any manifestation of ill health, imperfection distress and the countless number of limitations to which the human mind is heir. Your business is to SEE AND BE perfection.



**'You cannot play with the law in this hour of planetary crisis.'**

All of the Law, dear people is a balance. There is no purpose in being like some of the blessed ascetics of the early ages, who rushed from the initiations of worldly living into the cloisters, to escape observing the idiosyncrasies of the rest of mankind. Mastery lies within reach of the lifestream who can observe imperfection and not allow rebellion, hate, resentment and depression to churn within the feeling world, and who can, within the heart of that Sacred Fire (of which you are the guardians), firmly and powerfully assert, "It is not true," calling for the manifestation of truth through that lifestream.

Do you think that for one fraction of a moment, hundreds and hundreds of God Beings would have denied themselves the glory and freedom of nirvana, and remained in the shadows of such creations that I would not describe to you. If we tied our attention to the discrepancies manifest through the outer selves? You think you are sensitive, dear hearts, through your limited senses, through the small spectrum which your physical sight allows you to observe, and the very small octave in which your hearing perceives the sounds of the third-dimensional plane. But when you have the senses of complete freedom and you can hear, as our beloved messenger said yesterday, the sounds of the inner bodies, and yet you can remain within that calm peace and DEMAND God revealed through the lifestream, then you become ourselves in action.

How do you believe the Master Jesus was able to

render the service, which he requires each of you to render? It was because he refused acceptance of the appearances. "Judge not according to appearances," he said again and again and again.

Oh, let us set this Law into action. You, who have for thousands and thousands of years known the power of the Sacred Fire! Awaken! Rise out of this consciousness of separateness, and wield the

power of the Sacred Fire to set yourselves and others FREE. Forty lifestreams, united, placing your outer selves at the door before you enter into cooperative service, could redeem a city.

**YOU CANNOT PLAY WITH THE LAW IN THIS HOUR OF PLANETARY CRISIS. YOU ARE DEALING WITH FIRE!**



I am grateful that my discourse will be followed by that of my beloved, so that you will have the balance of his love. You must excuse my tremendous energies, because I have been so long in adoration to the flame. I have seen Helios and Vesta, in such calm mastery, draw Universal Light and create planets, set them into motion by their own breath, and sustain them. And I know the mastery and freedom that is within that fire. When I see your momentum, and look down the course of the chain of your lifestreams, as I have done for the last two days preparatory to this endeavour, my whole heart desires to bring into your outer consciousness some slight understanding of the purpose behind this instruction.

Oh, precious ones, it is not just to give you a few hours away from the grind of your daily life or a spiritual opiate to make the course of your life pilgrimage easier, that we come. There have been books written from the beginning of time, from the Upanishads and

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**'WIELD THE POWER OF THE SACRED FIRE TO LET YOURSELF AND OTHERS FREE.'**



Vedas, to your Testaments, but it is to bring our FEELING, OUR CONVICTION, OUR LOVE, and to endeavour to stir within you a DESIRE TO BECOME that which you can manifest. I would not speak to you on something miraculous which you could not attain, any more than you would tell a child that he could accomplish something that was beyond his talents or capacities. That would be cruelty. We never present an idea for manifestation which we have not carefully deliberated, and for which, with much contemplation and invocation, we have looked over the lifestream chosen for their potential ability to serve our cause.

It is a beautiful a sight when a being desires to bring forth a new movement or a cause — to see that being present it to Vesta to vest it with the power to bring it forth, and then, in cooperation with certain Ascended Master sponsors, go through the Seven Spheres and look at the glory of the Causal Bodies, and ask for the assistance of certain ones who are prepared You see, I am the godmother of messengers — yes all of the messengers that carry the word. The word of truth, no matter how limited its expression, carries part of my life through it. And when the beloved Vesta invests the energy of a lifestream into a cause pertaining to the carrying of truth to mankind, or any evolutionary scheme, then such a one must come to me.

When people like Lord Buddha and the Master Jesus carried the word of God forth, they, through their own endeavours and efforts, pierced into the highest realms of light, and into the heart of heaven, and they carried back, first hand, the results of their experience, in their own consciousness — but when the mankind of Earth signify a desire to know truth and, as you have done, magnetise the ethers until the veil of the silence had to be parted, the lifestreams who, of themselves, were not able to rise into the heart of the Father and who are invested with the great responsibility of carrying the word of truth to the people, must be particularly blessed, because we must step down truth into their



**‘Enjoy the comfort of loving life free.’**

consciousness. While evolving their own perfection they give forth the word.

It is a voluntary task, dear hearts, for if we had no one to give and to carry the word, where would the people of Earth be? So, I ask you this morning to bless our messengers, and to bless each other, for all of you within this room are truly messengers of God. Remember that, as your own life is served in spreading the word, and as you are unfolding within yourself the use of the Sacred Fire of Purification, so also are they

to whom you look in this hour.

May you so live, that even if you perceive imperfection, it does not draw the energies of your world into confusion, because you LOVE perfection so, and live for that light. As a mother desires for her children the many perfect expressions in every avenue of talent, everything within you rushes forth to enfold that one and to draw forth the God-self through them.



Oh, what a comfortable feeling it is to pour forth love and be loved. Everyone wants love and approval. You cannot approve that which is not correct — no! But, there is no part of life that does not have some redeeming feature, else they would not have a beating heart — in which is some of my quality of truth.

For 20 years we have repeated this over and over and over! Oh please, blessed friends, ENJOY THE COMFORT OF LOVING LIFE FREE.

As the beloved messenger gives to you the scrolls this morning which were prepared by Morya under the direction of Lord Maitreya, I, too, will give you my personal blessing.

Will you accept that, and not be afraid of truth any more? I, too, love to be approved of. I have waited so long for someone to invite the truth. I have come in hope. I stand in your city of New York for the first time.

I thank you.

**‘OH WHAT A COMFORTABLE FEELING IT IS TO POUR FORTH LOVE AND BE LOVED.’**