

**THE  
BASICS  
of  
THE BRIDGE TO  
SPIRITUAL FREEDOM  
TEACHING**



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(Formally called the A B C  
of the Bridge Teaching)

**A  
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## FOREWARD

The following pages of this booklet are devoted to a brief introduction to many of the outstanding subjects which comprise the study of those Laws and Activities which accompany and govern man's evolution upon the planet Earth.

Fuller explanations and more complete details of each topic will, of course, be found in the various periodicals and literature of THE BRIDGE TO SPIRITUAL FREEDOM, and we sincerely recommend that the student or seeker endeavor to obtain as many of these as possible. While the contents of this booklet are not new to students of the Ascended Master Teachings, they are intended to be of such a nature as to be provocative enough to create an interest in one desiring to reach beyond the veils of orthodox thinking. The active student can, in circulating literature of this nature, be an integral part of the Ascended Masters' Crusade to establish upon the Earth a spiritual vanguard of the advance evolutionary scheme to be made manifest as the New Age progresses.

**THE BRIDGE TO SPIRITUAL FREEDOM**

## I

### AN INTRODUCTION TO COSMIC TRUTH

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**The Heart Center of Creation**

**The Power within the Silence**

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**The Will of God**

**Energy and Vibration**

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**The Holy Breath**

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## PRAISE THY GOD

Praise thy God - - all voices raise!

Praise Him now in all thy ways!

Praise Him now and all thy days -

Grateful thanks and Love and Praise!

Praise Him now - - His Kingdom come;

Praise be now - - His Will be done!

Praise Him now ye - - everyone - -

Praise Him - - all beneath His Sun!

Praise Him now all here below;

Praise Him for all things that grow;

Praise Him for His Love to you;

Praise Him all - - where'er you go!

"I AM" Presence - - Holy Light!

Glorious Angels blazing bright;

Elementals - - all God's Might - -

Charge sweet Earth with all God's Light!

Masters raised - - ascended - - free!

Cosmic Beings - - Love's Might Thee;

Show Earth and bless her free

Through the Love we hold with Thee!

Spirit Great White Brotherhood - -

One for all - - and one for God!

Holy Spirit - - Truth Divine - -

Come Thou now; "I AM" now Thine!

## 1. THE HEART CENTER OF CREATION

The Heart Center of the Universe which mankind has chosen to call GOD, and later designated by many channels of spiritual thought as the GREAT CENTRAL SUN, is literally, practically, and absolutely the SOURCE of each individual soul destined to attain Mastery over the energy which forms its heart-beat and its life essence.

GOD, being the FIRST CAUSE, within His own mind, He creates; and from within His own Heart projects Divine Ideas into the Universe. Even man himself is a God Idea externalized, and it is the Divine Plan that each individual be given free will to unfold that God potential and develop each germ idea into its future greatness to the temperament peculiar to that individual.

## 2. THE POWER WITHIN THE SILENCE

To describe the Heart of God is a task that cannot faithfully be put into words, but within this great Cosmic Heart is a Realm which has been called by many names. In recent years, it has come to be known as the GREAT, GREAT SILENCE, but no matter by what name it is called, it is a place of Stillness which forms the Sacred Heart from whence has come forth into being this Universe and every being - small and great alike. It is HOME in its truest and deepest sense. It is security and safety and understanding. It is Love without censure, and Peace without price. It is Light much as the most exquisite sunshine that one could conceive, and yet it is as restful as the twilight. It is as silent as the Sun in the heavens, and yet it is filled with sound in perfect Harmony. In the Heart of that exquisite Stillness, one will meet every Being who has mastered the outer self; and also see the full design of God's Plan for every creature.



For an individual to enter this great Realm of the Silence with the desire to be a silent mentor over his own world, he must think of this Great Silence as his Kingdom of Heaven - - the habitation of the Gods and the Angels - - and the highest expression of Beauty, Culture, Love and Light that his mind and heart are capable of conceiving. Now his every thought, feeling, and action will either add to the Beauty of that Kingdom or destroy its Harmony, and his words must be carefully chosen that they deserve entrance to such a Kingdom.

An important point to remember is that mental vibrations cannot govern the action of the inner bodies eternally. The tongue may be silenced by the human will but not necessarily the rebellious feelings of the inner man. However, by the Grace and Light of God changing the inner bodies, the outer man will eventually express that Harmony and reach a point where tumult and confusion will not be apparent to him, for his heart will be filled with the Voice of God and His Holy Wisdom.

### 3. THE PATH TO MASTERY

The student desiring to fulfill his God Destiny, has enquired of Life, mentally and emotionally, as to its purpose and goal. To him is revealed the higher Way, and to him is given certain exercises of control and self-improvement wherein the Path consciously released from his body may pattern itself as THE WAY. When an individual thus weaves, by his own energy, that Path of Light over which he will pass in the Way of the Master, he no longer follows an ever-winding by-road, but rather a straight and progressive Pathway of Light and Life which ultimately leads to the Goal of Freedom, Mastery, and Perfection

If the student is sincere, honest, and determined to be of assistance in the progress of humanity, the Master, in cooperation with the Holy Christ Self, will set into motion certain Causes whereby the individual's weak points can be sublimated for the greater work ahead. These Causes and their resultant Effects sometimes project the student into a series of turbulent experiences, but are, nevertheless, a strengthening of the fibre of his nature.

The Pathway to Mastery is the pathway to surrender - - of all things - - and persons - - which might prove to be obstacles in this attainment. The student, in peace and gentleness, and one-pointedness, must set upon the Path - - alone.

### 4. THE WILL OF GOD

The Will of God for all created things is GOOD. There is no such thing as a negative aspect to the Will of the Almighty God who created this planet and all thereon. Disease, old age, disintegration, poverty, and even death itself are an insult to a Father of Love. The thinking and feeling Consciousness of the great Universal Ominpresence that governs this Universe immediately externalizes that which is within Itself. Therefore, the WILL OF GOD is for every man to be Master, a Sun of Freedom; the Crown of the Elohim upon his head; the Sceptre of Magnetization in his hand; the Seamless Robe of Achievement upon his body; and the Perfume of Holiness radiating out through him as a benediction and a blessing to all life.

### 5. ENERGY AND VIBRATION

There is no such thing in the universe as a being without vibration and radiation resulting from conscious or unconscious cause.

All of the energy in the universe is constantly emitting radiation, and the quality of that radiation really represents the whole problem of human redemption insofar as the Ascended Masters' service to man is concerned. The degree of evolution of each individual determines the intensity and the length of the rays of radiation that pass from him. The higher one goes upon the spiritual ladder, the greater is the area covered by his outgoing energy waves. The responsibility for spiritual knowledge and unfoldment is far greater than is comprehended by the student who is so eagerly desirous of knowledge, power, and the full use of the Sacred Fire, because it carries the obligation to control and pour out through the radiation of such an one's being only those qualities which will enrich the universe through the greater scope of the increased aura.

If man could even partially comprehend the law governing Energy and Vibration, he would be well on his way toward self-mastery. As part of his training, he will come to a realization that the power to create vibration is not only a responsibility, but an opportunity by which Mastery and Divinity can be experienced through the individualized ego.

## 6. LIGHT PATTERNS AND KEYNOTES

The flow of energy from the Heart of the "I AM" Presence into the physical heart is a rapidly pulsating river of prismatic Light. If this energy could be slowed down to the vibration of the physical sight, it would be seen that each electron making up this Flame carries a distinct design which is absolutely singular in that it differs from all other patterns. The individual's thought and feeling moulds this energy into forms carrying this distinctive design and sends them forth into the universe in thought, feeling, spoken word and action.

The pattern of the lifestream is, in itself, neutral, but the feeling that is released through it determines its radiation. If the feeling is harmonious, it will bless all mankind; but if it be inharmonious, the responsibility for all the life that it affects discordantly will be on the one sending it forth. The individual must answer to life for the effects of his energy (good or bad) upon the universe.

The KEYNOTE of the individual's lifestream is a musical tone which emanates from the electrons which comprise the individualized God-Self, and which, if untouched by discordant energy within the physical realm, would constantly enfold the individual in a harmonious substance through which neither distress nor discord of any kind could find entrance.

Many of the melodies of our material world include the Keynotes of perhaps the individuals who brought them forth or those of members of the Angelic Host who may have inspired the music through a receptive channel.

It is quite evident, then, that God, in his Love and Mercy, has adequately provided mankind with those Gifts which would maintain a permanent Paradise upon the Earth if man would only look away from self and destruction long enough for the God Powers to assert themselves.

## 7. THE HOLY BREATH

The Holy Breath is within the spoken word, and is the Creative Power of God which moulds the Universal Light Substance into forms corresponding to the cup or pattern which the spoken expression creates - - whether it refers to person, places, conditions, or things. Through ages of time, the consciousness of mankind has been charged with imperfection through the misuse of God's Energy in speech, thus



creating many forms of distortion kept alive by the very energy which created them. If the spoken words are peace-giving and harmonious, the consciousness then glows with the Light of Divinity, and the individual becomes a Comforting Presence to all the life about him.

Thus is the breath qualified life - drawn into the body; clothed in the substance of the consciousness; and breathed forth again to contribute to the heritage of the race - - for good or evil - - according to the state of the consciousness from time to time.

#### 8. PEACE AND COMFORT

Peace and Comfort are essential to the spiritual growth of all life - - from the smallest elemental to the greatest of Beings still evolving on the higher planes of existence. Likewise, it is within the scope and nature of all life to radiate forth a feeling of Peace and Comfort, and when man replaces the selfish emanations of the human consciousness with the Peace of the Holy Comforter, truly will the Kingdom of Heaven be made manifest upon the Earth.

Whereas all life requires to be comforted, there are few individuals who desire to learn how they may become a Comforting Presence in themselves, but if each one would realize the importance of making an effort to maintain a vibratory action of harmony and peace, this would then provide the channels required by the Ascended Host through which to project that Divine Comfort into the world of form.

#### 9. DIVINE LOVE

Every Virtue that man prides himself upon possessing is an indissoluble part of the God-nature which man has tuned into and which he feels is his own. The indivisible Nature of God is a difficult

contemplation for man.

As an example, the LOVE of the Universal Father is seemingly incomprehensible to the human mind, yet it is an all-encompassing Presence which fills all of the Universe, and there is nowhere in space where LOVE is not manifest.

The great kindness of the Universal Father is in allowing any man who desires any Virtue to share in the feeling of the God Virtue which is part of his nature, and if the feeling given by God is sustained by the self-conscious effort of the man, the individual soon comes to that UNITY which the Ascended Master Jesus experienced and expressed throughout His ministry.

LOVE is a principle - - a consciously maintained attitude of radiation. LOVE is Peace, contentment, happiness, beauty, well-being and opulence. The aura of LOVE is LIGHT, and all the evolving souls from the Heart of the Universal Source Must eventually come to the conscious understanding that LOVE is the ULTIMATE. We can LOVE THE WORLD FREE through greater illumination and greater freedom - - FOR LOVE IS ALL THERE IS!

#### 10. THE GREAT WHITE BROTHERHOOD

When an individual, in his study of the Higher Laws, finds that he has reached a certain place upon the Path of Evolution, to his surprise, the Deity ceases to be an "Abstract Principle", as is usually taught by metaphysicians. Instead, he is now brought into direct contact with specific Cosmic Beings who, through individual merit, have been given the responsibility of assisting in the evolution of the Universe through the authority conferred upon Them by Cosmic Law. The Beings referred to are known to us as the Ascended Masters of Love and Wisdom who comprise the Order known as the Great White Brotherhood.



Only by the voluntary dedication of qualified life is one made an honorary member of this great Order whose purpose and service to the Evolutionary Scheme is to teach mankind how to create and sustain Perfection. It has been said that there is no outer Order of this Brotherhood, but when an intelligence voluntarily offers to apportion its daily gift of life to help the evolution of the entire Scheme, such an one is accepted by the Brotherhood and becomes a part of the living, breathing body of this Celestial Guardian Presence.



## I I

## BASIC TRUTHS FOR THE STUDENTS

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Consciousness

The Law of Cause and Effect

The Truth of Reincarnation

There is no death

The Seven Bodies of man

The Holy Trinity

The Immaculate Concept

The Importance of Good Health

Spiritual Enlightenment

Gratitude for Life's Blessings

## THE ADORATION TO THE "I AM"

I love Thee - O Beloved "I AM" -  
 Thou Flame within my heart!  
 Thou art my Breath - my very Life;  
 From Thee I cannot part.  
 Though I have wandered far away,  
 In consciousness, from Thee,  
 Sometimes forgetting my True Source;  
 Still Thou remembered me.

I feel Thy great Forgiveness now -  
 That quality Divine;  
 All that I have has come from Thee;  
 My very Life is Thine.  
 And as Thy Truth is now revealed  
 To all mankind again,  
 That Flame of Love in every heart  
 Expands to free all men.

O Flame Divine in every heart,  
 Take Thy dominion here!  
 Transmute the shadows 'round mankind - -  
 The CAUSE and CORE of fear.  
 Make every one to know, dear Lord,  
 Thy WILL for all is GOOD!  
 And all may rest within Thine arms  
 Of tender Fatherhood.

Mankind shall know Thy Will for all  
 Is every Gift of Good;  
 And then expand the consciousness  
 Of loving Gratitude.  
 O Flame of Truth, possess each heart!  
 All shall Thy Power see;  
 Thy Plan Divine shall be fulfilled  
 Through all eternally!

## 1. CONSCIOUSNESS

CONSCIOUSNESS is a word that has muddled the minds of metaphysical students almost since the beginning of time by its vagueness of expression; yet every lifestream in and out of the flesh and every Perfected Being in God's Kingdom is but a "state of consciousness". A man's consciousness is comprised of that of which he is aware or has been acquainted with through the experiences of life. The outer world divides the consciousness into the SUB-CONSCIOUS wherein is contained the experiences of the past which are sometimes buried deep within the nature; the CONSCIOUS -- which comprise the experiences of the present; and the SUPER-CONSCIOUSNESS, or higher unfoldment, toward which man is striving. Consciousness is the sole property of each individual lifestream, and is one activity which cannot be stolen or destroyed. Therefore, what a man builds into his consciousness by contemplation and effort is his for Eternity. Throughout his life, man is subject to three distinct types of Consciousness -- these being:

- (1) The INDIVIDUAL CONSCIOUSNESS which is the awareness of being as an intelligent focus of Light; having the use of energy, faculties, and free will by which to create and direct an individual life plan.
- (2) The MASS CONSCIOUSNESS in which every thought and feeling, every virtue and vice contribute to a "mass consciousness" of that particular quality.
- (3) The ASCENDED MASTER CONSCIOUSNESS in which the self-conscious intelligence uses the creative faculties of thought, feeling and spoken word to create only that which is perfect at will.

## 2. THE LAW OF CAUSE AND EFFECT

The Biblical statement: "Whatsoever a man soweth, that shall he also reap" is that great Truth which we know today as *Law of Karma*. In man's use of free will, he creates a heritage of karma - the good becoming the glory of the Causal Body, and the evil becoming the weight of the personal aura. No lifestream receives in any embodiment more karma than his development will allow him to expiate within that life. There is no disease, no distress or condition which is experienced by any lifestream in any embodiment that is greater than the developed consciousness and power of the individual to whom that karma rightfully belongs. The Law of Retribution was imposed upon willful mankind that they might learn, through the pain of returning energy, the Law of the Circle, or that whatever goes out from a man must come back to him. However, under the beneficent radiation of the Seventh Ray, man has been given the knowledge and power of application of the Sacred Fire by which he may sublimate all the misqualified energy of his whole lifestream. Apart from the individual karma to which every lifestream is subject, considerable effort must also be spent in mitigating the karma of race, family, nation, religion, and even of the planet itself.

## 3. THE TRUTH OF REINCARNATION

REINCARNATION is truly a mercy of the soul evolving in the present atmosphere of the planet Earth because the accumulation of individual, national, racial, and planetary karma is such that a respite from struggle and from the necessity of mitigating the evils of past causes is essential to ensure the continued existence of that soul with the qualities of hope, faith, and determination to persevere until the Immortality of the ego is assured. When a soul has

accumulated great wisdom and understanding in a previous life, it is most unfortunate that the succeeding birth must be clouded by karmic restriction which lie on the entire race which forbid that soul to bring in the full memory of his own Light. This he must pick up again through intuitional development and labor through the brain structure and vehicles provided him in the present birth. The reason that the consciousness of man is not allowed the memory of the past is because the sins and iniquities of the race have become so heavy, and the hate and injustices so terrific, that the Karmic Law, in mercy, drops the curtain of forgetfulness to give the egos an opportunity of expanding their Soul Light without carrying grudges of preceding lives into the present.

## 4. THERE IS NO DEATH

Life is eternal, complete, and beautiful. As the door closes upon one Earth life, it opens into the Realms of Light wherein the soul is destined to dwell until such time as it may be summoned for re-embodiment or raised into the ascended state. Death is never an end, but a beginning; perhaps an opportunity to make reparation for misused energy, or to reap the harvest of a life well spent. Jesus came to Earth to prove the truth of the Resurrection and the Ascension and the glories of Eternal Life. He did not believe that death, disintegration, decay, senility, and all the ravages of human creation were the goal of mankind. He CONSECRATED Himself to living life perfectly, and proved the continuity of life to the known world. By His statements, He made it known that He expected us all to one day come to that same consciousness and understanding that takes away the fear of death and eventually leads to the Victory of the Ascension.



## 5. THE SEVEN BODIES OF MAN

Man is a seven-fold being whose seven bodies, as instruments of the self, have been created over a period of many ages. These seven bodies are necessary in order for an individual to incarnate or take embodiment upon the physical plane -- each body being created from the substance of the realm in which it is to function. The three Higher Bodies, which include the "I AM" Presence, the Holy Christ Self, and the Causal Body, function in the Spiritual or Ascended Master Realm and form an integral part of the individual's equipment by which he may attain his full mastery of life energy and thus gain his Eternal Freedom. The four lower vehicles of man are --- the emotional body which is meant to externalize the feeling nature of God; the mental body which is the creator and receiver of thoughtforms; the etheric body which is the storehouse of experiences in this and former embodiments; and the physical body which is interpenetrated by the other three, and is meant to be the Temple of God.

### (a) THE "I AM" PRESENCE

The "I AM" Presence (Electronic Body) is an individualized, living Being with whom one can speak, and who hears every call or prayer. It knows only the Perfection of the Godhead and is continually pouring it forth into the world of form. The "I AM" Presence is one with the foundation of the Universe and it is ONE with the great "I AM". The Rays of Light or energy which flow into the physical body from the Electronic Body are identical with those Rays which flow from the Sun to become Light, Energy and Life to everything on the planet, and if the intellectual consciousness would keep its attention focused upon its Source, the "I AM" Presence, Perfection would always manifest in the world of the individual.

### (b) THE CAUSAL BODY

The beautiful colors of the Causal Body are representative of the Seven Spheres of Consciousness which is the natural aura of the Sun of our System, and to a lesser degree, is the externalized amount of qualified energy that each lifestream is endowed with as it progresses from the pure state of innocence. Into these spheres, all the accumulated good from past experiences rests until the physical world is in a state harmonious enough to receive the benefit of this Storehouse of Good. Each individual's Causal Body varies in size and quality according to the amount of constructively qualified energy throughout the ages while both in and out of embodiment.

### (c) THE HOLY CHRIST SELF

Between the "I AM" Presence and the physical form abides the Holy Christ Self, also known as the Guardian Angel, which is an intelligent Being of Light with a pure and perfect consciousness which grows and increases with the Causal Body. While it has a much lower vibratory action than the "I AM" Presence, it is one in action with it, and as its characteristics are of a feeling nature, it is, therefore, the Silent Watcher of the individual -- the only begotten Son of God -- and if allowed freedom of action in the individual's world, will act as a personalized Divine Director of all material affairs. When the student has advanced upon the Path, the outpicturing of the Christ Self through the physical body is what has been referred to as the Second Coming of the Christ -- which must be an individual affair. Thus we understand why it is not enough to believe in the Christ, but each one must BECOME THE CHRIST within his own environment.

### (d) THE EMOTIONAL BODY

The Emotional Body was created from the substance of the emotional or feeling world which is



the realm of the Angels and Archangels. Its purpose is to radiate and intensify the Nature of God and every God Virtue of Happiness, Purity, Mercy, Forgiveness, and Peace.

#### (e) THE MENTAL BODY

The Mental Body, which was fashioned from the substance of the mental realm, is quite similar to the Holy Christ Self in that it should be the vehicle of the Holy Christ Self in the lower or outer expression. The mental activity functions through this body which contains all accretions of human concepts, opinions, knowledge, and conclusions drawn from all sources of information. The mind was created to be the SERVANT of the individualized Flame, and NOT the master. It was intended to be the instrument by which to create and hold the pattern or vision until physical manifestation could take place.

#### (f) THE ETHERIC BODY

The Etheric Body is the counterpart and true form of the tangible human form, but composed of much subtler material. Within this body are the records and memories of all experiences endured by the individual through countless incarnations. It is also the medium for the transmission of force to all parts of the human form. It determines the condition of the physical body because, in itself, it is the repository and the transmitter of energy, and the true intermediary of the inner and outer worlds of man.

#### (g) THE PHYSICAL BODY

As in the case of all the other bodies, the Physical Body is also drawn from the substance of its

own realm. Its function, as we are aware, is to perform physical acts and express in the world of form. This body is made up of tiny particles of Light Substance which man has chosen to call "electrons", and these are emitted from the Body of God and loaned to the individual lifestream to create a garment of flesh in the "image and likeness" of the Holy Christ Self. However, one's reality is not the physical body which is merely the anchor point on the Earth for the Light Rays which are projected directly from the Godhead.

#### 6. THE HOLY TRINITY

The Holy Trinity acts throughout the Universe in the triune action of Father-Mother-Son. The Bridge to Spiritual Freedom's picture depicting the Holy Trinity is the manifestation in the world of form of this magnificent activity as externalized through the illumined human consciousness. It depicts the "I AM" Presence as the Father enfolding the physical form in Its Mantle of Electronic Light; the Holy Spirit being the Mother Aspect or Feeling Nature of the Godhead. Within the heart of the physical form, the Son, or Holy Christ Self, is represented by the figure of a "Golden Man" shown emerging to become the *only* consciousness in the world of form. Around the figure of the "I AM" Presence, is the Causal Body represented by circles of the colors of the Seven Spheres. It is from within this Storehouse that the "I AM" Presence draws forth the accumulated GOOD of the lifestream and channels it into physical manifestation. The daily contemplation of this picture will enable the student to visualize and realize effectively the three major activities indispensable for his illumination, his health, and his abundance of all good things -- as well as for the process that will lead him to his Ascension in the Light. These are (a) the victorious use of the Violet Transmuting Flame and the Mantle of Light;

(b) the establishing of his connection with the "I AM" Presence through his attention; and (c) the reception and passing on of the Blessings of the "I AM" Presence.

#### 7. THE IMMACULATE CONCEPT

The Immaculate Concept is the Purity of the Divine Design which the Father holds for every one of His children. It is embodied in the Holy Christ Self, but the outer consciousness is privileged, and even obliged, to outpicture it sooner or later. This Immaculate Concept is a Shining Presence -- a starry-eyed God or Goddess -- waiting to externalize through every human form. In the outer consciousness, this Concept may be held for one's self or for another. One of the codes of the Great White Brotherhood is that They never visualize an individual imperfectly, but ever see the Immaculate Concept of the Christ that each one is to become. Only by maintaining a visualization of Perfection can one ever hope to attain that same measure of Perfection in his world and affairs.

#### 8. THE IMPORTANCE OF GOOD HEALTH

Good Health is the Will of God for every one of His children, and when it does not manifest, it is a clear reminder that the individual has transgressed some Divine Law, for he alone is responsible for the distress -- and not God. The real causes of disease and fear, hatred, criticism, lust for money, position or power, worry, frustration, anxiety, pessimism, and every other discordant thought or feeling. All these are wrong causes, but they can be counteracted by the consciousness of Peace, Trust, Love, Hope, Victory, and other Ascended Master Qualities. By recognizing the personal habits of thought and feeling

that are the causes of disease, and daily attempting to eliminate them by entertaining thoughts and feelings of the opposite virtues in no time one can enjoy the perfect functioning of each part of the physical body.

#### 9. SPIRITUAL ENLIGHTENMENT

What is Enlightenment? It is the knowledge of Truth, and freedom from ignorance. Jesus said: "Know the Truth, and the Truth shall make you free". But how can we know the Truth? One must come to realize that there is no higher Teacher than the Holy Christ Self, and once the mind is cleared of every "ism" and every theory, then the Higher Christ Self will be allowed to come through and manifest. This can only be done by concentration and meditation upon spiritual subjects. Then, and then only, will the "Voice of the Silence" be heard.

#### 10. GRATITUDE

One of the quickest ways to release the God Powers locked within each heart is by a sincere and profound feeling of Gratitude for Life and the many blessings which we all enjoy. Gratitude is really a stream of energy going forth with a blessing, and since all life desires to be loved, Gratitude causes more and more of the Intelligences in all life to rush to the source of that Gratitude to be relieved from the pressure of discord that surrounded them. Lack of Gratitude has prevented many a door from opening and releasing an abundance of good to the individual. Remember always that God is truly the supplier of all good things that come to us throughout our lives, and that we should live constantly in the FEELING OF ABUNDANCE in

even the most trivial things of our everyday living. Knowing that Opulence comes from God and the intelligent life which He directs, and that thought and feeling must precede its manifestation is not sufficient. We must visualize that which we desire - - see it first in the mind, and then feel deep gratitude for having received it. To affirm often: "I AM" the Resurrection and the Life of my limitless supply of every good thing I desire in my service to life, "is an excellent way of drawing the Supply and Opulence of God into our worlds. However, as a means toward expanding and doubling our blessings, THERE IS NO SUBSTITUTE FOR GRATITUDE AND LOVE!



### I I I

## THE ORIGIN AND EVOLUTION OF MAN

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The Creation

The Seven Spheres

Children of the Seven Spheres

Divine Complements

Cosmic Cycles of Evolution

The Guardian Spirits

The Root Races and the Manus

The Fall of Man

God's Divine Plan for all

The Ascension and Nirvana



## "I AM" THE LIGHT

"I AM" the Light that lighteth every man  
 Who comes to live on this dear Earth;  
 "I AM" the Light and I will give to all  
 Who will accept, their soul's rebirth.  
 Come unto Me, the Source of your own Life,  
 And open wide your dear Heart's door;  
 I'll enter in and fill your world with Peace  
 Such as you've never known before  
 "I AM" the Light of God that never fails  
 To answer every earnest call.  
 "I AM" the Light expanding through each one  
 To bring God's Freedom now to all.

Come unto Me, all ye who need My help,  
 And open wide your dear Heart's door;  
 I'll enter in and point the Way for you  
 To live with God as once before.  
 "I AM" the Light of God that never fails  
 To answer every earnest call;  
 Give me your heart, your body, mind and soul;  
 I'll give the Ascension now to all!

"I AM" GOD'S LIGHT! "I AM" YOUR LIFE!

## 1. CREATION

The Sun of our System is only one of seven Suns in the galaxy to which we belong, and the Earth is one of seven planets belonging to that Sun. As every activity in the Universe is under the direction, control and guidance of some majestic Cosmic Being, Those concerned with sustaining our Sun and its seven planets are named Helios and Vesta. After receiving Their Cosmic Sun Initiation, They designed the seven planets of this System and placed the pattern within the Heart of the Planetary Silent Watcher, Immaculata, who held it for use by the Seven Elohim of Creation who subsequently brought the ideas of the Sun God and Goddess into actual physical manifestation from the substance of living Light. Through the cohesive Power of Divine Love, other Cosmic Beings were drawn into this great undertaking; and while great assistance was given by the Archangels and Archaii, The Seraphim, Cherubim, and many from other Suns, Stars, and planets, the Earth is the one which now requires the greatest assistance, and this is now the particular responsibility of all presently embodied upon Her.

## 2. THE SEVEN SPHERES

Within the Sun itself are the Seven Spheres or Temples which inculcate all the attributes of the Godhead. The FIRST SPHERE is the Will of God, and it is here that all ideas are born and dispensed to the SECOND SPHERE where they are moulded in Divine Wisdom for presentation through various channels. In the THIRD SPHERE, these ideas are given life through the Power of Divine Love, and in the FOURTH SPHERE, the Christ Selves of mankind receive these Divine Ideas and project them forth into the world of men through advanced students in the Fifth, Sixth, and Seventh Spheres. Through



the FIFTH SPHERE, ideas connected with scientific discovery and medical research are transmitted to receptive consciousnesses. From the SIXTH SPHERE, inspiration is poured forth to religious teachers; and from the SEVENTH SPHERE, mankind is inspired to become individual conductors of Divine Perfection.

### 3. CHILDREN OF THE SEVEN SPHERES

During the period of Earth's creation, great numbers of spirit sparks were sojourning in the Seven Spheres or Temples within the Sun itself. The first inhabitants consisted of great numbers of the seven types of man - - each having spent a larger amount of time in one certain Temple - - thus typing himself as a First Second, or Third Ray person as the case might be. While the characteristics of each individual are essentially that of one particular Sphere or Ray, throughout the evolution of that individual a balance must be established between the qualities of its own Ray and those of all the other Rays before the attainment of the Ascension. In other words, the individual must emulate the characteristics of all the seven Rays before being released from the necessity of birth and rebirth during which periods he is expected to develop those characteristics necessary to provide this balance.

### 4. DIVINE COMPLEMENTS

In the beginning, the God Flame is projected forth as an individualized intelligence from the Heart of God, and contains within itself the masculine and feminine aspects of Divinity. This is known as the White Fire Body, and individual choice determines whether or not it will seek further individualization through manifesting as the Twin Rays from the same Heart Source. However, by choice, many of these never journey through the world of experience, but continue to function from the single white Fire Body -- enfolding Their God

Plan as ONE in the performance of Cosmic Service. This, of course, implies that in order to project itself into the physical realm, the White Fire Body must individualize itself into the masculine and feminine bodies of the "I AM" Presence which, in turn, project the Light Rays into the physical forms which become the evolving egos upon the Earth. These Twin Rays then embark upon a series of incarnations toward the Goal of Perfection and Ascension - - which journey will take a minimum of 14,000 years to complete - - providing that the individual is able to adhere to the tenets of the Path in every embodiment.

### 5. COSMIC CYCLES OF EVOLUTION

A Cosmic Cycle is a period of 14,000 years - - comprised of seven minor cycles during which each of the Seven Rays is predominant for a period of 2,000 years. The purpose of these cycles is to provide an atmosphere for the development of the incarnating egos in each Sphere of Spiritual enlightenment. During each minor cycle, an Avatar usually appears to further the evolution of the race. In this present 14,000 year cycle, the Sixth Dispensation of 2,000 years commenced shortly before the birth of Jesus and terminated on May 1st, 1954, at which time, the Seventh Cycle or Dispensation commenced; and as the Beloved Jesus was the predominant figure during the Christian Dispensation, the Presiding Authority for the next 2,000 years will be the Beloved Ascended Master Saint Germain, Lord of the Seventh Ray to the Earth.

### 6. THE GUARDIAN SPIRITS

When the work of Creation was completed, and the Elohim reported to the Sun God and Goddess that the planet Earth was ready

for habitation, the Archangel Michael came to Earth with the seven different types of intelligences that were to people it. Also with these came the Guardian Spirits who offered their services to the God Parents of the human race for the mission of reminding the embodied spirits of the Immortal Flame which each carried within the heart as well as of the reason that each one had taken embodiment. These Guardian Spirits were those from other stars and planets who sought only to assist in the furtherance of the Divine Plan upon the newly created planet, but unfortunately even these highly developed souls have fallen by the wayside - - having been caught in the webs of imperfection created upon the Earth since the "fall of man".

## 7. THE ROOT RACES AND THE MANUS

The evolution of man is accomplished through seven Root Races with their seven sub-races. Each Root Race was originally intended to complete its Round in one 14,000 year Cosmic Cycle - - each sub-race bringing the predominance of its own Ray into each 2,000 year Cycle. The first three Root Races completed their evolution in the allotted period of 14,000 years each. The First Root Race was known as the Race of Gods and developed where the North Pole is now located. The Second Root Race developed on a continent named Hyperborean which included the northern part of Asia and extended as far as Sweden, Norway, part of the British Isles, and Greenland. The Third Root Race developed on the continent of Lemuria. The names of the Manus of these races are unknown as these evolutions were completed on schedule and returned to the Sun. However, the Fourth Root Race developed on the continent of Atlantis under its Manus, the Lord Himalaya. It was during the early years of this period that the "fall of man" occurred brought about by the allowing of laggard souls from other stars to take embodiment

upon the Earth. This race is many centuries behind in its evolution, and therefore there are a great number of these souls still evolving upon the Earth. The present over-crowding of the planet is due entirely to the fact that while there are many of the Fourth Root Race still evolving here, the Fifth Root Race has also entered upon the evolutionary scene. This race comprises the White Race and its principal mission is to develop the intellect of man. There are also some of the Sixth Root Race which have embodied on the Earth. At its apex, the center of its development will be on the North American continent. Members of the Seventh Root Race are only now beginning to enter upon the scene of life, but the height of this evolution will be centered on the South American continent. The Manus of these races are as follows: the Fifth Root Race - - the Vivasvata Manus; for the Sixth Root Race - - Lord Meru; and for the Seventh Root Race - - Lord Saithrhu, formerly known to us as the Great Divine Director.

## 8. THE FALL OF MAN

Shortly after the Fourth Root Race commenced its Cycle of Evolution, the Cosmic Council agreed to allow a number of laggard souls from other stars to take embodiment upon the Earth. Now these souls were those who, through their persistence in following the path of imperfection and evil, had been unable to follow their own particular stars or planets through Cosmic Initiation. They had, therefore, become planetary "orphans" - - that is souls without a planet whereon they could embody to follow either their own devices or attempt to step upon the Pathway of Spiritual Evolution. The people of Earth, having seen three evolutions reach their perfection in the allotted time cycle, were confident that their own high degree of spiritual development would be a means of assisting in the evolution



of the laggards if they were allowed embodiment upon the Earth. However, things did not go as planned, and instead, the psychic impurities brought by the laggards outpictured upon the elemental substance of Earth, and through the free will of the inhabitants of Earth, experimentation with energy through thought and feeling began. During a period of many centuries, man fell from his state of Spiritual Grace into the depths of impurity and degradation. Needless to say, the evolution of the Fourth Root Race became impaired with the result that many thousands of these are still evolving through one incarnation after another upon the Earth.

#### 9. GOD'S DIVINE PLAN FOR ALL

The Divine Plan for man is that he become a Master of Energy and Substance at any point in the Universe. In order to do this, he must realize that all energy used in thought, feeling, spoken word and action, must be maintained in the pure state in which it is issued forth from the Heart of God. Man is an embryonic God, and the original plan was that man would attain his Perfection and become Master in the cycle of 14,000 years. Since the "fall of man", this period has become very much extended, and although many have attained this Perfection in the Ascension, many thousands still remain, and until these indicate a willingness to set aside their own impurities and step upon the Path, the Earth's evolution is being seriously delayed. In this regard, it should be recognized that nothing in the Cosmos is static. Planets, and even Suns themselves, must evolve on a Plan toward the mighty Goal of Perfection. Today the Earth is moving swiftly toward such a period of Cosmic Intitiation, and those who will not agree to purify themselves sufficiently to be able to take part in this great moment, will find themselves in the same position as the

laggard souls did so many centuries ago. Of course, it is a quite feasible assumption that those same souls are the ones who refuse to purify themselves today, but the unfortunate part of the matter is that they are influencing so many others who could reach to great heights if allowed to assert their own God-given free will concepts.

#### 10. THE ASCENSION AND NIRVANA

When man reaches the point in his evolution where the material things of Earth tend to lose their glamor, and he begins to reach out in the direction of Spiritual Enlightenment, at that moment he steps upon the Pathway to his Ascension. When this Ascension is attained, he has then reached the Goal of his Earthly evolution. He then becomes ONE with his own "I AM" Presence; and therefore ONE with the Godhead itself. He is master of all energy and substance, and is free to travel the full extent of the Cosmos. However, this is not the end of his evolution. From this point, he commences a new period of evolution as a God Being in which he may become even a Sun God in himself whereby he would command the energies of a planetary system and its inhabitants. The state of consciousness beyond this point in the evolutionary scheme has been termed "Nirvana" which is often referred to as "a state of highest bliss". However, it must be clearly understood that this state is an expansion of individuality, and once attained, may be renounced for the purpose of giving greater service to life.

"I AM" THY CUP

"I AM" within the stream  
 Of my Christ's own flowing Love'  
 I hold my Cup straight up to The  
 Great Presence of all Love.  
 Fill now this offered CUP  
 'Til it runneth sweetly o'er;  
 As I now stand within Thy Stream  
 To love and to adore.

Here now I offer Thee  
 All myself - - Thy Holy Grail  
 Beloved Holy Pure Christ Self,  
 Thy life in all I hail.  
 My CUP now runneth o'er  
 As I hold me up to Thee;  
 Beloved Presence of my Life,  
 "I AM" at ONE with Thee.

"I AM" at ONE with Thee,  
 My whole self - - Thyself all free!  
 For so it is ordained to be  
 Through all Eternity.  
 Myself - - Thyself - - just Thee!  
 Thine own Will now done in me  
 Beloved Presence of my Life,  
 "I AM" at ONE with Thee!

I V

THE SPIRITUAL HIERARCHY

\* \* \* \* \*

The Seven Mighty Elohim

The Seven Archangels

The Lord of the World

The Buddha and the World Teacher

The Chohans of the Rays

The Karmic Board

The Ascended Masters

Ascended Master Retreats

Forcefields

Other Evolutions



### HOLY CHRIST FLAME

Thou Holy Christ Flame within my heart,

Help me to manifest all Thou art;

Teach me to see Thyself in all'

Help me to show men how to call

All of Their Glory from the Sun

'Til Earth's great Victory is won!

"I AM" we love Thee; Thou art our all!

"I AM" we love Thee; HEAR OUR

CALL!

I hear thy call, my children fear;

"I AM" thy Heart, so never fear;

"I AM" your mind -- your body too;

"I AM" in every cell of you.

"I AM" thy earth, and sea, and sky;

And not one soul shall I pass by.

"I AM" in thee; thou art in Me;

"I AM"! "I AM" Earth's Victory!

### 1. THE SEVEN MIGHTY ELOHIM

After Helios and Vesta had prepared the blueprints for the planets of Their System, the Seven Elohim were called into action to do the actual building of each component part which, of course, included the planet Earth. Each of the Elohim is associated with one of the Seven Spheres or Rays, and therefore contributed the characteristics or qualities of Their individual Rays to the Creation. The Elohim work together with Their individual Divine Complements -- carrying out Their Cosmic Service as ONE. The rhythm of Creation was maintained as follows:

#### FIRST RAY:

Hercules and Amazon:  
Decision; and the Will to carry them  
into manifestation.

#### SECOND RAY:

Cassiopea and Minerva:  
Perception of the Plan and the Wisdom  
to analyze the methods of operation.

#### THIRD RAY:

Orion and Angelica:  
Use of the cohesive action of Divine Love  
in the activities of building.

#### FOURTH RAY:

Claire and Astrea:  
The maintaining of Purity in the  
component parts of all activities; and  
holding of the Immaculate Concept of all  
things.

## FIFTH RAY:

Vista (Cyclopea) and Crystal:  
Consecration of all energy to Divine  
purpose; and Concentration upon the  
service at hand.

## SIXTH RAY:

Tranquility and Pacifica:  
Ministering to the needs of the moment  
to hold Peace throughout all activities.

## SEVENTH RAY:

Arcturus and Diana:  
Rhythm of Invocation of the Sacred  
Fire to maintain the Divine Plan.

## 2. THE SEVEN ARCHANGELS

Each of the Seven Spheres or Rays is represented in the Angelic Kingdom by an Archangel and His Divine Complement . . . an Archaii. They are the Directors of the Angelic Host in the service that is rendered to mankind by these Beings. Their association with the Seven Rays is as follows:

## FIRST RAY:

Michael and Faith:  
Defender of the Faith; Power;  
Protection.

## SECOND RAY:

Jophiel and Constance:  
Illumination.

## THIRD RAY:

Chamuel and Charity:  
Power of Divine Love.

## FOURTH RAY:

Gabriel and Hope:  
Purity of Mind and Body; Hope.

## FIFTH RAY:

Raphael and Mother Mary:  
Truth, Consecration, Concentration  
and Healing.

## SIXTH RAY:

Uriel and Donna Grace:  
Ministration to the requirements  
of the hour.

## SEVENTH RAY:

Zadkiel and Holy Amethyst:  
Invocation of Divine Mercy and  
Compassion, Transmutation.

## 3. THE LORD OF THE WORLD

While the foregoing Offices are applicable to the entire planetary system concerned with our Sun, the following Offices are those associated with the Earth itself. These services are performed either by Those who have graduated from the evolution of the Earth or by great souls from other planets who have agreed to assist in the delayed evolution of the Earth. The Office of the Lord of the World was formerly held by such a one -- the Beloved Sanat Kumara who came to Earth from Venus when its inhabitants had reached the very depths of degradation -- a point which threatened the very existence of the Earth itself in the planetary system. His great Love held the Earth's balance until one of Her own children had reached that point of maturity where He could assume this responsibility. This great moment was attained in 1955 when the former Gautama Buddha became the new Lord of the

World. However Sanat Kumara has agreed to remain as Regent until such time as the Earth and Venus are required to enter their respective Cosmic Initiations.

#### 4. THE BUDDHA AND THE WORLD TEACHERS

The name Buddha is a title used to designate one of great spiritual Light and development. It is comparable to the title of Christ in this respect. However, the Cosmic Office of Buddha is usually held by Lord Divino, formerly known to us as Lord Maitreya, who formerly held the Office of World Teacher or Cosmic Christ. The position of World Teacher is now jointly administered by the Ascended Masters Kuthumi, Lanto and Dwjal Kuhl.

#### 5. THE CHOHANS OF THE RAYS

Each of the Seven Rays is represented by an Ascended Being who assumes the responsibility of teaching and guiding the unascended mankind of Earth associated with His particular Ray or Sphere. The name Chohan means Director, and the seven Chohans mentioned above are under the direction of the Great Chohan who is named the Maha Chohan. Apart from this function as the head of His group of Chohans, the Maha Chohan is the representative of the Holy Spirit to the planet Earth -- which is the Motherhood or Feeling Nature of the Godhead. It is through this activity that most of the energy of the Nature Kingdom is channelled throughout the various seasons of the year. For the beginner, whose sole knowledge of Heaven consists of God, the Father; God, the Son (Jesus); and God, the Holy Spirit, it requires an expansion of consciousness to understand the knowledge and truth

that these Elder Brothers of mankind stand ready to assist us in any way to reach our own Goal of Perfection as They have done before us. As each of the Seven Spheres or Rays are represented by its own individual color, we shall associate them here with the names of the Chohans, but it must be remembered that the same colors pertain to all activities aforementioned concerning the Seven Spheres.

FIRST RAY :	Blue	Lady Miriam
SECOND RAY :	Yellow	Lady Soo Chee
THIRD RAY :	Pink	Lady Rowena
FOURTH RAY :	White	Serapis Bey
FIFTH RAY :	Green	Hilarion
SIXTH RAY :	Ruby	John, The Beloved
SEVENTH RAY :	Violet	Saint Germain

#### 6. THE KARMIC BOARD

The Karmic Board is a group of Divine Beings whose service, being tempered with Mercy and Compassion, is to see that Divine Justice is rendered to every individual using the Earth as a schoolroom. After passing through so-called death, these individuals are allowed six months in which to rest, visit loved ones, and generally become released from tension of the past life. They are then summoned by a Messenger to appear before the Karmic Board to render an accounting for the use of God's Life and Energy during that lifetime. The Board assigns each individual to a specific schoolroom at inner levels wherein they may best learn how to overcome the errors of the past life and prepare for greater perfection in the life to come. The Karmic Board also rules as to who is to embody on the Earth in each year -- either for the benefaction of



the race, or for restitution by the individual for past errors. The service of these Divine Beings is always one of Divine Love, and never, at any time, is there any intent toward punishment. Twice each year, in June and December, the Board meets at the Teton Retreat to hear the petitions of mankind, and where possible, to secure grants of God-qualified energy to help the evolution of the Earth and its inhabitants in the next six-month period. The following Beings presently constitute the Members of the Karmic Board:

Beloved Mother Mary	Honorary Spokesman
Beloved Lady Portia	Goddess of Justice
Beloved Pallas Athena	Goddess of Truth
Beloved Kwan Yin	Goddess of Mercy
Beloved Lady Nada	Goddess of Transfiguration
Beloved Goddess of Liberty	
Beloved Lord Shri Magra	
Beloved Elohim Vista	The All-Seeing Eye of God
Beloved Lord Saithrhu	Great Divine Director, Lord Manu of the Seventh Root Race

## 7. THE ASCENDED MASTERS

When one attains the Goal of the Ascension in his evolutionary period upon the Earth, he becomes what is known as an Ascended Master -- that is, he has ascended out of the realm in which mistakes can occur. He is now a wholly perfected Being living in a Realm where imperfection cannot exist, and from this Realm directs His mighty Light Rays for the benefaction of the Earth and its evolving mankind. It is from this point that the individual commences his evolution in the Cosmic Realms and there are no heights to which He cannot aspire once He sets His foot upon the Cosmic Highway.

## 8. ASCENDED MASTER RETREATS

The Retreats of the Ascended Masters are Foci of Light wherein a Divine Being, with His Court, renders a specific and beneficent service to the Earth and its attendant evolutions. They are places of Sanctity wherein qualified students are allowed the assistance of the Ascended Masters in developing the Divine Nature inherent in everyone. The Ascended Master Retreats are located at strategic places upon the Earth or in the etheric realms above these places in order to create, sustain, radiate and expand essential God Virtues which are the nourishment of the people of Earth. Each such Ascended Being magnetizes a God Virtue and then blends that Virtue with the other Ascended Master Foci to form a constructive pattern for the Earth's redemption. Most of mankind are not even cognizant of these Foci and the Ascended Ones discourage curiosity in those who are not yet ready to become an active part of Their service.

## FORCEFIELDS

A Forcefield is a consciously magnetized focus created by a person or a group of persons for the purpose of giving service to a particular area and ultimately to the entire Earth itself. In the case of the group activity, the Director in cooperation with the Group first designs within the mind the particular activity to which the group service is to be consecrated. If possible, the actual design should be brought into a visual activity (picture) so that that all may be sure to direct their energies into the same activity. It is essential that this picture remain the same at all meetings once it has been drawn forth so that it will grow and expand its blessing through the group to the entire vicinity. By continual contemplation and by constant directing

of the qualities of energy desired within the Forcefield, this can be made to grow in intensity to point where it is a potent force for good in its own immediate area and throughout the atmosphere of the Earth itself. A Forcefield is in constant motion, and through it will pour the limitless Gifts of the Divine Beings to whom it is dedicated as it is strengthened and expanded at each group meeting.

## 10. OTHER EVOLUTIONS

There is an evolution about which mankind in general knows very little, and yet in his every breath; his every action; in fact there is no activity throughout infinity in which the ELEMENTAL KINGDOM does not play a most important part. The elemental beings of this Kingdom form the very body of man himself, his atmosphere, and everything with which he makes contact. The Will of God has been well and constantly expressed by the Elemental Kingdom whose very nature it is to mirror that which they see and feel. It is unfortunate that his characteristic must force them to outpicture mankind's chaos and confusion, but this has been the cause of all catastrophic conditions since the fall of man. Each activity of this Kingdom is directed by Divine Beings who are responsible for the control of the various groups of elemental beings in their service to the Earth. In the case of the Beings who constitute the four elements of which the atmosphere and the Earth are composed, each activity of this Kingdom is directed by Divine Beings as follows:

AIR ELEMENT :

Thor and Aries direct the activities of the Sylphs

WATER ELEMENT :

Neptune and Lunara direct the activities of the Undines.

EARTH ELEMENT :

Pelleur and Virgo direct the activities of the Gnomes.

FIRE ELEMENT :

Helios and Vesta direct the activities of the Salamanders

The Elementals within the Nature Kingdom hold the patterns for every flower, every fruit and grain, the trees and their leaves, every vegetable and every gift from God to man. These Beings are especially trained in the Nature Temples at inner levels and then speed their way to Earth to work under the direction of the Holy Spirit in their service to other evolutions. Each human form has a Body Elemental whose service it is to build the physical form at each incarnation and keep it in repair during each lifetime.

The ANIMAL KINGDOM is really a part of the Elemental Kingdom and consists of those elemental beings who have been forced by man's impurity and destructive inclinations to inhabit the particular forms in which they function. However, each animal evolution is part of what is known as a "group soul" for that particular evolution. This is usually ensouled by a Divine Being who has offered to render that service to life. Each time one individual part of that "group soul" is raised in consciousness, the entire evolution benefits greatly and it moves upward toward the outpicturing of its perfect state. Today, man's responsibility to the Elemental Kingdom is very great. He must now learn to LOVE ALL ELEMENTAL LIFE FREE regardless of the form in which it manifests, so that in the New Age that is now dawning, these lovely creatures will express in the original forms of beauty in which they were created.

CHERUBIM are primarily Beings who plunge deep into the Electronic Belt around the Sun to which They belong, saturate Themselves with the Virtues of the Sun God and Goddess, and bring the FEELING and VIRTUE to the Earth. They learn, through experimentation, how to *hold* the VIRTUE and *radiate* it out to bless those to whom they are sent. There are little Cherubim who dissipate that Virtue in the strong impact of unbelief and rebellion, but They do grow until they can hold within Their auras the blessing They have been sent to radiate, and remain untouched by the energies of less developed lifestreams.

The SERAPHIM are glorious Beings who usually form the Court, or Honor Guard, of Beings who travel through the Cosmos. Always, when such Being make a visitation, you will see the Presence of the delicate graceful Seraphim preceding the Cosmic Beings, Master, or other Divine Guest. They, too, are radiating centers of Divine Love and Protection, but for the most part, Their Service is one of ministration to the Divine Messengers.

The DEVAS are Divine Beings who ensoul every constructive activity upon the planet Earth. This includes such things as the great cathedrals and churches, majestic mountains, lakes and woodlands, etc. In the case of Divine services, Their service is to convey the energy released to the Heart of Creation. Here the desires and petitions of the faithful are made known and the required energy released for the benefit of the supplicants. If invoked, a Devic Being will ensoul the Forcefield of a dedicated group of students who desire to assist in the forward evolution of the planet.

The ANGELIC HOST are usually created by the Archangels, Archaii, Cosmic Beings and Ascended Masters, and form the "spiritual court" of such Beings. They are the messengers of the Beings who created them and carry the gifts of that Being into the atmosphere of Earth, when directed, to bless and uplift whosoever chooses to accept that Gift and Their reality.





## A DOXOLOGY

We praise Thy Name, O God,  
 For blessings that ever flow  
 To Angel Host in Heaven above  
 And all life on Earth below.

Thy Holy Name -- "I AM" -  
 Shall all generations bless;  
 May Thy Creative Power of Love  
 The hearts of mankind possess.

We love Thy Light, O God,  
 That seals every planet 'round;  
 And holds all life, when following Thy Way,  
 In its ecstasy profound

The will, O God, is GOOD;  
 To Heaven - the Open Door;  
 Its Balance, Purity and Peace  
 In all Faith and Love restore.

To reach Ascension's Goal -  
 Our hearts' aspirations be;  
 Now purified by Thy Sacred Fire -  
 In its glory - ONE with Thee.

## V

### ACTIVITIES FOR THE STUDENT'S DEVELOPMENT

\*\*\*\*\*

The Law of Forgiveness

The Sacred Fire

The Mantle of Light

The Violet Transmuting Flame

The Power of the Blue Flame

The Three-fold Flame of Life

Invocations, Decrees and Affirmations

Group Activities

The Music of the Spheres

A Final Word to the Student

## I HEARD THY VOICE

O Holy Flame within my heart,  
 My life's sustaining Power;  
 I know that we can never part,  
 And seek, each waking hour,  
 To hear Thy Voice.

I pray for all mankind to know  
 Of Thy Eternal Love;  
 And that Thy children here below  
 Attune to Thee above - -  
 To hear Thy voice.

And as, today, I felt Thy Cloak  
 Of Silence all enfold,  
 I knew within my heart You spoke  
 And of Thy Glory told  
 In Thy sweet Voice.

And as I raised in consciousness,  
 And felt Thy Presence near,  
 My heart was filled with happiness  
 Because, in tones so clear,  
 I heard Thy Voice.

## 1. THE LAW OF FORGIVENESS

To call upon the Law of Forgiveness is to comply with a Divine Edict whereby an individual may obtain remission of his own personal transgressions of the Law of Life or that of any other part of life for which he cares to call it forth. The application of the Law of Forgiveness is simple in the extreme for it is merely the purgation of the soul of all imperfect karma preparatory to the complete submission of the outer self to the Holy Christ Self within. The student should first invoke the "I AM" Presence and then one or more of the Divine Beings on the Seventh Ray, which is the Ray of Mercy and Forgiveness, and then ask for the transmutation of all imperfections, known or unknown, into the perfection of some God Quality or Virtue. The Law of Forgiveness should always precede any form of decree work either by an individual or by a Group.

## 2. THE SACRED FIRE

The Sacred Fire is God Life drawn and charged with a specific God Quality, and great Divine Beings have, in this manner, created great stockpiles of this dedicated life energy from which man may draw and charge into his own being and world for the benefaction of the race. The God Life passing through the Silver Cord into the individual's heart is a part of the activity of the Sacred Fire, and man is responsible to life for every use that he makes of that energy. When qualified constructively, it returns to the Storehouse of Energy (the Causal Body) for future use as required. When it is qualified discordantly, it becomes part of the human creation or psychic strata that must eventually be transmuted back into the Sacred Fire. Besides being a qualifying agent of this pure substance, man may also invoke

from the Divine Beings any desired God Quality from these already established fonts of constructive energy. There are many Flames and Rays which are an integral part of the Sacred Fire, but space does not permit discussion of them all. The following paragraphs are outlines of the major activities required by the student. Further enlightenment will come as the student progresses with his studies.

### 3. THE MANTLE OF LIGHT

As the name implies, the Mantle of Light is an activity of God Protection which must be consciously and regularly invoked by the individual to ensure its efficacy. When man first individualized upon the Earth, this Mantle of Light was a Tube of natural radiation which encompassed his aura, but as he gradually moved away from the God Consciousness, this stream of Light became smaller and smaller, until today, in the average person, it is scarcely larger than a lead pencil. The flow of Light Substance into the heart is known as the Silver Cord, and is the anchor of the God Life within the individual. Around it is a golden stream of energy through which the "I AM" Presence precipitates into the individual's world the accumulated good from the Causal Body, and also through which any Divine Being, when invoked, will pour forth His or Her Virtues or Qualities for the use of the student and the benefaction of all mankind. These Qualities may vary according to the requirement, but the wise student builds a momentum of a specific Quality or Virtue within his Mantle of Light that may be called upon in times of crisis to flow forth in his direction when and where necessary. The sphere of influence of one's Mantle of Light is dependent upon the amount of conscious dedication to a particular God Virtue, and it is necessary that rhythmic and regular application be made to one's "I AM" Presence for the sustaining and expanding of this great protective activity around the individual.

### 4. THE VIOLET TRANSMUTING FLAME

This is an activity of the Sacred Fire qualified with the God Power of Transmutation. It is a gift to the people of Earth from the Ascended Master Saint Germain as are all the activities of the Seventh or Violet Ray which is to be the enfolding Presence of the New Age for the Next 2,000 years. Transmutation means the replacing of one substance by another and this is exactly what the Violet Fire does - - it replaces imperfection with God Perfection. It also sublimates (refines by fire) all that is less than perfection. The Violet Transmuting Flame may be invoked by the student and blazed through his being, his world, and his affairs to bring this God Perfection into everything with which he associated himself, and it may also be called forth into any condition that he feel requires this service - - whether it be local, national, or planetary.

### 5. THE POWER OF THE BLUE FLAME

The Blue Flame is a protective and purifying activity of the Sacred Fire which may be invoked by the student in various forms. The most commonly used form is the Wall of Blue Flame which may be called forth to enfold any activity requiring this Divine Protection, such as the personality, the home, the car, or the community. This Wall of Blue Flame is particularly effective when driving or travelling in heavy concentrations of people or traffic. However, the greater the momentum of its use, the more effective it becomes. The student can also acquire a proficient use of the Sword of Blue Flame when apprised of its efficacy and its various uses.



## 6. THE THREE-FOLD FLAME OF LIFE

This activity is usually represented by three distinct Plumes of Flame - pink, gold, and blue in color. The Pink Flame represents Divine Love; the Gold Plume -- Divine Wisdom; and the Blue Plume - the Power of God in all things. The perfect balance of these three Divine Qualities is often referred to as the Power of the Three Times Three. The anchorage of the Light within the physical heart is usually represented by these Three Plumes of Flame, for here it is known as the Holy Christ Flame - - - an outpicturing of the activity of the Holy Christ Self which Jesus often referred to as "the Father within". With sincere perseverance, it is possible for the student to invoke the activity of the Holy Christ Self to prepare the way for his every movement. In this way, errors in judgment cannot occur, and the student will move steadily upward upon the Pathway of his own spiritual development.

## 7. INVOCATIONS, DECREES, AND AFFIRMATIONS

Audible or silent invocation is that pertinent powerful form of prayer which petitions the Father-Mother God, or any Divine Being, for assistance on behalf of one's self or any other part of life. It is a "demand" on the Cosmic Momentum which has been builded by God Beings through aeons of service. That potent statement of Jesus: "Ask and thou shalt receive!" expounds the practice of invocation, for if one invokes the Divine Beings in a *dynamic* manner, the results will also be dynamic. If a request does not carry the conviction or faith that the prayer will be answered, the results will likewise be negative. The FEELING propelling the invocation is the determining factor of the efficacy of the returning Grace. This is also applicable to decreeing because Decrees, when audibly given, carry much more

power, because the constructive use of speech which emanates from the voice center at the back of the throat, through which the Light of the Silver Cord passes on its way to the heart, is a tremendous activity for good in the immediate aura of the student and the world at large. In its true sense, this is the God Life rushing forth under conscious direction to a constructive purpose. Decrees, like invocations, must be positive in order to obtain best results. When one decrees, he should have a visual image of that which he desires to manifest. This image, energized by concentrated thought and expectancy in the feelings, will result in the desired manifestation.

Affirmations are the acceptance of the results of invocation and decree. They usually consist of positive statements to the effect that the request has been answered, and therefore form "cups" of energy into which further manifestation may take place. "I do *now* accept the *Full Activity* of the Christ acting through my body, my being, my world, and my affairs." Note the attitude of the acceptance of the completed request. This form, of course, may be used for any activities that one may care to invoke in his world.

## 8. GROUP ACTIVITIES

Within the structure of THE BRIDGE TO SPIRITUAL FREEDOM itself are several avenues of service open to the student. Where possible, students should form themselves into local groups for the purpose of united endeavor in the many phases of invoking the Divine Power for the purpose of individual, national, or planetary assistance. One of the important group activities is that of a devotional nature

because where students are inclined to be drawn from other forms of worship - need for a devotional type of service is a necessity in order to prevent the feeling of a void when they first attend their new-found affiliation.

Here the decrees may be blended with invocative prayers and music to provide a sacred atmosphere for the group studies. However, Decree Groups held for the purpose of supplying energy to a Cause are of a different nature. Decrees should be bright and snappy and never allowed to drag otherwise the energy output will be low. Other groups may be dedicated to Healing, Music, Youth and many other activities where time and numbers permit. Each group should be operated on its own merit with a common interest provided by all members concerned. The Expansion and Assimilation of the Flame on the first Sunday of the Month is one of the distinctive features of the Bridge to Spiritual Freedom.

#### 9. THE MUSIC OF THE SPHERES

The glorious Music of the Spheres and the anthems of the Celestial Choirs flow continually through the very atmosphere in which mankind live and have their being. The Mighty Elohim Vista and His Legions of Musics are concentrated expressions of the Divine Harmonies, but also through every ascended lifestream flows exquisite music, perfume, beauty, peace, and perfection. By contemplating these activities of the Music of the Spheres, the student may call forth through his own lifestream limitless oceans of harmonious every - - for the universe is literally saturated with it. It is the purpose of the Music Groups

of the Activity to assist the student in drawing forth the melodies from the Spheres for the upliftment of all mankind. Also within these Groups, harmonious energy may be sent forth in music and song to accomplish desired manifestations in conjunction with the decrees. It is quite a conclusive fact that when a person is occupied in pouring forth his devotions in song, his attention is less apt to wander to subjects irrelevant to that devotion.

#### 10. A FINAL WORD TO THE STUDENT

This booklet is an introduction to the Cosmic Law of Life and the Inner Teachings of the Ascended Masters. While each subject has only been touched upon, the full understanding of the entire activity is available to all who are willing to step upon the Spiritual Pathway to the Ascension. Today, there are many activities endeavoring to teach the Divine Law. Even though the terminology used in these various channels may vary, the fundamentals of the Law must ever remain the same if Truth is being served. The student should seek out those activities wherein he is most comfortable, but he should beware of those who would belittle another's attempts to serve life. The true Spiritual Messenger will always present the Law in its pure state unadulterated by human opinions, and never in any form of disparagement or criticism of others. Seek the Light for the Light's sake; and the Truth for Truth's sake. Listen to the "Still small voice within" and you will make no mistakes. Everything you do will be the right thing for you at that moment in your evolution if you will "let go" and let God direct your life. May God's richest blessings ever flow throughout your slightest endeavor to establish His Kingdom here upon this sweet Earth. GOD BLESS YOU!

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I do accept Thee here and now  
    Beloved Christ Self of me!  
Now take command - complete control;  
    Make me all LIGHT like Thee!  
Teach me Thy Wisdom's gentle Ways,  
    And help me to forgive;  
Transmute the outer consciousness  
    And its desire to live  
For self alone. Henceforth  
    Let Me Thy Victory be!  
For it is no longer I that lives,  
    But Christ liveth in me!