

the divine pattern and plan, and those funnels of consciousness receptive to that plan use their own energies and more than that, stimulate the interest of others around them to externalizing that plan.

So when the Beloved Lord of the World presents His petition and the glorious suggestions that come from the heart of Shamballa, the Karmic Board looks to see what lifestream will support His plan, will be receptive to it, and if the Lord of the World can show Us some such lifestream, then We in turn give to Him a balance of Our energy which matches the energy of the chelas voluntarily offered to the Board.

For every chela who gives his energy to sponsor a cosmic cause, We give a balance from the Cosmic Stockpile and double it. If, however, the Master, whether it is the Lord of the World, or any one of the Chohans, or any other God-free Being, has no step-down transformer, no chelas in the world of form who, upon examination, are found worthy and capable of externalizing the Master's plan, We recommend that the Master, in the next six months cycle, endeavor to secure such a connection and to stimulate the interest and magnetize the interest of some chelas and come back in six months with that chela in the inner body.

Then the Master again presents the plan and He says: "Here is an individual who is capable of working out the details of it. I will give the seed idea — his intuition is developed — and he, working in the world of form can, I am sure, gather others around him and complete this design." If that is the case, then We look at the inner bodies of the chela, examine them well and if We find that the Master is going to have the assistance, We will grant that petition.

It is a very difficult assignment because We, in Our God-free estate see the need! We see the condition of your Earth, We see the short span of time in which this tremendous task is to be accomplished! Every plan, naturally, that comes to Us from the Ascended Host is magnificent, and yet it is all determined by how much enthusiasm and voluntary energy can be contributed by unascended beings! When the Beloved Masters have so few to show to externalize Their plan, century after century, We have had to deny the opportunity for Them to fulfill it.

One of the most important of the chains, We would say, that binds Our hands is the mass Karma of the race. Those of you who are interested in securing dispensations, if you will work on the removal,

through the Violet Fire, of the mass Karma of the race, it will be greatly appreciated.

When it comes to you in the unascended state, when you present your petitions, you, too, are examined and the ambition of your petition is examined by your own capacity to do anything to fulfill them and the energies of application that you could or would make are considered. Your past record is considered in this line and where there is some promise that if you are given the grant, your own energies in the calls will help to fulfill that grant, at least a partial grant may be given. But if the petitions are written lightly, hoping that some other part of life is going to fulfill them, no matter how magnificent they are, We cannot grant them unless an Ascended Being takes them up and stands Sponsor for them and offers them as His Own.

"I Am" also grateful to be able to give you some explanation regarding the presence of animal life on the planet earth today, and the responsibility vested in mankind to assist that life into its own natural beauty and perfection of expression.

Every form that is manifest in the third dimensional plane is an outpictured idea held in consciousness. Even the physical body is merely externalized thought. In the first Golden Ages, when mankind chose to accept the responsibility of incarnation on the earth, the Angelic and Devic and Elemental Kingdoms preceded mankind to "prepare a place for them." These Angelic, Devic and Elemental Forms were beautiful in the extreme, outpicturing the God Image of their own archetype held in the mind and heart of God Himself. You will remember that the octopus was originally a lovely golden sun, its tentacles rays of iridescent light, and the oyster and clam of today, beautiful fairy forms. These elementals were destined to journey with the mankind of earth, serving him, obedient to his every direction, throughout the long pilgrimage from eternity to eternity. There was no unpleasant or impure form on the earth *before* mankind came.

When the first group of mankind left the Sun, they too outpictured the glory of their own Electronic Bodies, and the physical garments they wore externalized the God Image which they remembered clearly *in their consciousness*. This was a time of great beauty, great happiness and great peace. There was no veil between the Inner Presence and the outer mind, and constantly dwelling on the perfection of their own "I AM" Presence, absorbing Its beauty with their physical sight, enjoying

Its Presence with the feelings, the pliable substance of the elemental life obediently manifested that Image in man, woman and child. Truly it was a Garden of Eden.

When mankind no longer directed the attention and consciousness to the Blue Print whose design they were to outpicture, the vision of the God Presence began to fade *in the consciousness* and the lines were blurred, the outline distorted, as when you look at your image through moving water. Because the consciousness no longer held the True Image, *the projected form* (no more than the film in the camera) took on like distortion, and the physical bodies of the people outpictured the cloudy concept of Divinity which had filmed over, so to speak, the Immaculate Concept of their Own Archtype.

In like manner, mankind began to *impress* the more innocent and child-like consciousness of the elemental forms who absorbing the distorted figures through their own sight, hearing and feeling senses, and being OBEDIENCE INCARNATE the elementals took on the characteristics of their masters (?) and the beginning of animal life took place....the elementals imprisoned in the forms suggested by man's own thoughts and feelings and human nature.

As time went on, more and more of the concentrated qualities of mankind's human nature became embodied in these animal forms, until you had the terrific beasts of the so called prehistoric eras---the dinosaurs, etc. This was the darkest point in earth's history, and from then on began the slow evolution of man, elemental and beast upward toward civilization of a sort. There is only one road up, for all life, and that is through the Love of some Superior Intelligence, until the lesser life is freed. Mankind consciously imprisoned the elemental kingdom in animal form, and from among their number some members of the human race must love this life free. Great men and women as, for instance, our Brother Kuthumi, have loved hundreds of thousands of these imprisoned friends, raising their consciousness and natures by association until they never need again incarnate in forms less than their natural estate. Some lifestreams are naturally suited to this service. Some have volunteered at inner levels to assist this kingdom. Others are required by karmic law to render a balance to this kingdom because of particular indebtedness to its members through past activities of one kind or another. ALL pursue the course set by their hearts - and ALL are given their Freedom by the Masters, who - I assure you - are present especially where there is a need for assistance. If We did not go where imprisoned life

was present, We would long since have abandoned the earth... We should never enter the shadows of the astral plane and with our own hands strip those lifestreams of accumulations of centuries of mis-use of God energy... We should never enter the Compound and serve there. Wherever the shadows are darkest, the need is greatest, the most impurity is manifest... There you will find the Sons of Mercy and of Love.

In some of the esoteric teachings, there have been stipulations prohibiting the presence of animals in the atmosphere of students. There were several reasons for this law which governed a specific type of discipline only. One: the neophyte was to devote ALL his attention, one-pointedly- on the spiritual search, contemplation, and endeavors to make the God connection with His Source. Naturally the presence of any creature requires certain attention and necessary abandonment of the absolute detachment required by the Vedic Law to attain the fullness of the Impersonal Life. In the same manner, there students could not have human beings around them, but really became hermits in endeavoring to be freed of the distraction of form. Two: Every beating heart sets up a vibration - a radiation - a sphere of influence which contributes to the atmosphere in which it functions. This influence, human, animal or elemental may be beneficial or otherwise, according to the temperament and nature of the being involved. For instance, a herd of grazing sheep or cows emit an actual substance of peace and contentment and a soft golden aura flows out from them which accounts for man's enjoyment of pastoral scenes. A purring cat emits a soft rosy glow and a singing cricket on the hearth a blue aura, all of which are no detriment to the atmosphere. Of course, if either man, elemental or animal becomes disturbed, the inner atmosphere of the student is affected by the energy with which each small or large sphere of influence is surrounded.

Therefore, selfishly perhaps, many people prefer to eliminate as much as possible any presences who might adversely affect their own auras, and not take into consideration the fact that the strength of their individual sphere of influence might be the leaven in the loaf so far as the lesser intelligences are concerned. It is a completely individual decision to make, but the student on the path must always realize and remember that the greater must always be the Master of the lesser, and that the energy of God Intelligence through the human heart is naturally the control of the energy in the beast, and that there is no need to fear the lesser life but great need to *love* it free.

I hope this will give you an understanding of fragments of the law which will enable you to pursue your own individual way, giving freedom to those other lifestreams to serve life as best they may in the firm knowledge that the very presence on the earth of any form--is the silent edict for those who choose to read -- LOVE THOU, ME, FREE!

"Ah---does the road wind upward all the way...Yes, to the very end."

Saint Germain

MAHA CHOCHAN

Many of My Chelas who have a deep love and understanding of the oft-times much abused members of the four-footed kingdom, have asked inwardly if these blessed animals pass through a "second birth". I now answer and say, only those endowed with the privilege of passing through the chain of physical embodiments, as human beings, carry the Immortal Spark of the Godhead within the Airless Chamber, which is known as the Immortal Victorious Threefold Flame.

The animal kingdom evolves a soul, and at a certain point, is released from re-embodiment and enters the Devic or Nature Kingdom, but they are like Angels, servants of some Intelligent God Being, who directs them to carry love, healing, peace and protection. They have no free-will to create and utilize the Sacred Fire, unless they choose to take the responsibility of accepting the Immortal Fire into the Airless Cell and through a "round" evolve a soul that will provide a proper Chamber for the release of the Sacred Fire, thus earning the privilege of being co-creator with God. (You will remember that Beloved Oromasis was granted immortality by the Ascended Master, Our Beloved Saint Germain).

If some elemental or animal serves you well, when you are Lord of the Flame, having experienced the "second birth" (Ascended), you can offer that little creature immortality. You can approach the Great Central Sun and secure a "Spark of Life", which that creature may or may not choose to accept. If it does not accept, it lives a life, through eternity, of love, peace, and security, but cannot create through the use of the Sacred Fire. If it does accept, it must start on a round of birth and re-birth until it has evolved a soul that can be judged worthy to release the Immortal Spark and thus create a new Lord of the Flame. Many have refused, and many have accepted this experience.

LORD MAITREYA'S ADDRESS TO THE MULTITUDE

You are here to become Masters of Love.

There is no lifestream in all the Great Universe of God who is not in some manner a Dispenser of the Love Element.

Love is the dual force of expansion and contraction -- cohesion and radiation. It is a Centripetal and Centrifugal Force.

The lifestream must be anchored in the exact center of his world and the two Forces equally controlled according to the requirement of the moment. *This is Mastery.*

Love must be able to give of Itself in the release of radiation and hold an object in its own orbit so that it *neither comes too close nor goes too far* from the governing central intelligence, according to the God Design.

This is the most difficult aspect in the achievement of Mastery - to control the indrawing vibration of the Love Force and keep the balance *between Blessing and Absorption.*

Witness: If the attraction of the Sun draws a planet in infinitesimal proportion too close to the center, it ceases to be.... If a planet is driven just a little too far out of its orbit by the Sun, it ceases to be....

So it is with man in his relation to every living and breathing thing and every inanimate object and every force and power with which he is endowed.

Time will not allow Me to go into the ramifications of this subject, but even Spiritually, the man who draws knowledge and power from Life and does not give a balance in service, is off the center.

We have in My Retreat a Golden Bar about eighteen inches long which stands on a pyramid whose apex is a hair's breadth in size. This Bar never moves, no matter what the planetary changes or Earth upheavals may be. It is the manifestation of Love in perfect balance.

Man in his present day experiments with the Law and Power of Love uses either too much of the outgoing force, which repels the presence of people and things, or, thru the mis-use of the cohesive power, accumulates more than he can balance in service.

The great lesson the soul must learn is *Balanced Activity.*

The Activities of Love generated by human beings pass thru three stages:

The first is the Parent-Child Association - the adoration and solicitude of the parent for the infant and the child's affection and deification of the parent, whose model and example it chooses to deify. (The majority of the human race lives within this phase of development.)

Secondly, Friendship, which consists of the interchange of consciousness; the enjoyment of association and the conveyance of more or less loyalty and affection, according to the development of the lifestream; each one pursuing his individual path and allowing the strength of his love to go forth only in time of crisis.

Thirdly, the individuals who choose to utilize their love, their association, their talents and their consciousness in progressive service to the race. Here you have a very small percentage of the race.

THE HEART OF GOD

I would like to describe to you the *Heart of God*. It is a task that I cannot faithfully put into words, but I would like at least to stir your interest to the point where you begin to journey through the medium of your consciousness deeper and deeper and deeper into the STILLNESS which forms the Sacred Heart from whence has come forth into being this Universe and all of us - small and great alike.

It is HOME in its truest and deepest sense. It is security and safety and understanding and love without censure and peace without price. It is Light as the most exquisite Sunshine that your imaging faculties could conceive and yet, it is as restful as the twilight. It is as silent as the Sun in the heavens in the performance of Its Cosmic Duties and yet, it is filled with sound in perfect harmony. You might say it is every pair of opposites in their perfect sense - without dissensions or imperfections of any kind - for every quality has two poles - silence and sound - activity and stillness, although mankind has falsely created in this world of form an opposite to love, which is hate - an opposite to silence, which is noise.

However, within this Great Cosmic Heart is a Realm; Saint Germain calls It The Great, Great Silence. Jesus called It the Kingdom of Heaven - others call It the Sacred Heart. David called It The Secret

Place of the Most High. I call It the Power of Love Divine; but whatever name It is called, It is the ultimate goal toward which all life is journeying and It can be experienced by the evolving consciousness of any unascended being when he becomes still enough.

Once you have entered into the Heart of that exquisite Stillness, where you will meet with every Being Who has mastered the outer self, where you can see the full design of God's Plan for every creature, you will, like Myself, never leave It again, but you will work from within that Heart, abiding in Perfect Peace.

I smile when I see the mankind of Earth so intent on travel and vacation, when they may go into this Inner Realm on a breath and come back more restored than any resort, or any physical sunshine, or water spa could manifest for them.

Dear children of My Heart, I implore you to enter deep, deep, deep into the Heart of the Silence and *know* for yourselves the FULLNESS OF LIFE that is there for your health, enjoyment, prosperity and peace.

MAHA CHOHAN

HOLY AEOLUS DISCOURSE ON THE HOLY SPIRIT

1- HOW TO BE A CHANNEL TO THE HOLY SPIRIT.

Much has been written about the Holy Spirit, and yet a full understanding of the "Essence of the Holy Spirit" has not yet been set forth. The HOLY SPIRIT is a radiation of the Power of Divine Love; the highest vibratory action that can be achieved by any lifestream in any system of worlds. It is the natural expansion of the Godhead and every Perfected Being who dwells within the Heart of Eternal Life. To be imbued with the HOLY SPIRIT is not to receive a foreign power into one's life, but to raise the vibratory action of one's lifestream to a point where the Life Principle of that Lifestream exudes the Essence which has been qualified as the Power of the HOLY SPIRIT.

The HOLY SPIRIT is as impersonal as breath which flows thru the lips of one as song, another as prose, etc., but, unlike breath, the HOLY SPIRIT cannot be contaminated nor forced into unnatural expression. *It therefore flows thru the lifestream automatically* when the lifestream is *qualified* with the vibratory action which is a *channel* for Its flow - HARMONY. It is automatically disconnected from the lifestream whenever such an one breaks the Law of Harmony and Love.

2- THE GOAL IS TO RETAIN THE CONNECTION WITH THE HOLY SPIRIT.

When any lifestream achieves the point of mastery over the energy of that one's world--until every electron passing thru his body vibrates to the tones of harmony and balance-- he or she automatically tunes into and becomes one with the constant outpouring of the Cosmic Holy Spirit which I represent to the earth plane.

Individuals from time to time tuned into and became one with the Cosmic Holy Spirit for a temporary period of time. Those who retained the connection with the Cosmic Holy Spirit by abiding in the Law of Harmony became the Ascended Host of Light and it is to this goal of achievement that I would point you all now, *remembering* that the channel thru which the Holy Spirit flows is HARMONY. The chelas can do much on a cosmic scale to open the door to My Outpouring thru yourselves and thru mankind everywhere.

3- HOW TO BECOME THE EMBODIMENT OF THE HOLY SPIRIT.

The Law of Life requires that every individual must become a Holy Spirit incarnate. Until each lifestream raises the vibratory action of his own energy, until his every activity expresses the Grace and Love of the Holy Spirit, such an one falls short of his divine destiny, responsibility, and pre-ordained perfection.

It has been said that an individual must become the embodiment of Love to heal. This is a scientific truth. The only rate of vibratory action that will carry the cosmic essence of the Holy Spirit is absolute, unconditional, uninterrupted HARMONY, and when such a vibratory action is held around a lifestream undisturbed, the cosmic powers of creation come thru that lifestream and go to enrich the universe by the waves provided thru an individual still a part of that evolutionary scheme.

If we could find enough individuals willing to provide these channels of force, we should soon transform the consciousness of the people of earth, and the finer currents of the Holy Spirit interpenetrate the earth plane and bring each lifestream into harmony.

4- HOW TO DIRECT THE POWER OF THE HOLY SPIRIT.

If you will invoke the Power of the Holy Spirit to be released thru The Mighty I AM Presence and Higher Mental Bodies of all mankind

into the consciousness of the personal self, it will enable Me to qualify such Energy with My Loving Consciousness BEFORE it descends into the earth plane.

This Energy flowing thru the inner bodies of mankind will be naturally harmonious and balanced, as it cannot be requalified by human will, it will flow forth almost independently thru the personal selves and form a pattern for the lifestream which the flow of energy *into* the lifestream will follow--sort of cosmic lead-elephant.

ON SELF-TRAINING

5- ROOT OUT FEAR AND DOUBT, AND OPEN YOUR MIND TO CONSTRUCTIVE IDEAS.

Whatever is most frightening to your inner nature attracts a host of malefic forms who present themselves to your inner vision with the firm conviction that your energy being thrown at them will give them almost immortal life. To root out fear and doubt is to render these creatures harmless and thus stripped of the sustaining power of energy which keeps them alive they will disintegrate into their native nothingness.

On the other hand, the best idea in the universe never became a manifestation until some unascended being took the energy of his own lifestream and voluntarily clothed that idea with the substance of the physical world, and thus gave it form and outline.

6- TO ENERGIZE THOUGHT FORMS OF IMPERFECTION IS A SIN.

For any student under this radiation to energize thought forms of imperfection is a SIN, and for any student under this radiation to give these thought forms the substance of their own lifestreams whereby they might take physical incarnation is a responsibility which such an one must face before the Cosmic Law. The only activity that any conscious student of the Light should be engaged in is to create physical forms for expressions of beauty and perfection.

7- HOW TO TUNE INTO THE PROCESS OF PRECIPITATION.

We are studying consciousness this week and we know that we can create in our thought and feeling any picture, design or desire that is good and beautiful and then by pouring our life energy upon such a

picture in love, we tune into the natural processes of precipitation, which will bring into physical form that which we created at inner levels.

As we do this you will begin to find manifestations of beauty which your heart has sought thru this embodiment. Such beauty will give great peace and happiness to your spirit and will be a great incentive to the spirits of those watching every student who is seeking to manifest the Law of Perfection's Flame in Action.

8- RAISE THE VIBRATORY ACTION OF YOUR INNER BODIES.

People incarnated upon the earth plane have the privilege and opportunity of raising the vibratory action of their inner bodies to a point where the light waves constantly emanating from the lower bodies become a natural invitation to these cosmic currents and when such an one is found the entire Host of Heaven utilize this conductor and over the light waves representing the aura of that lifestream there flows every Ascended Master quality, gift and power which the light Ray of the individual can sustain.

9- HOW TO QUALIFY YOUR ENERGY HARMONIOUSLY.

We are studying the Law of Harmony once more because every lifestream in this universe must not only recognize that the duty of such an one is to qualify all the energy in his being and world in a harmonious manner, but every lifestream is required by cosmic fiat to set about the task of re-educating the energy of his particular world into a pattern of harmonious expression.

You can never by effort or will change the habits of centuries, but invoking the Sacred Love of the Sacred Fire thru all momentum of human accumulation those currents can be changed into harmonious emanations and the lifestream's energy will flow thru those harmonious radiations with even greater speed than that energized by the imperfect ones.

10- USE YOUR HOLY CHRIST SELF TO QUALIFY THE ENERGY OF THE LIFESTREAM BEFORE IT ENTERS YOUR BODY.

Every habit generated by the lifestream thru centuries of living has become a groove or channel thru which the energy allotted the individual flows almost automatically, just as water passing thru a river

bed already worn away by countless centuries of flowing water more easily than it would flow thru a flat unbroken surface.

To cultivate even one quality of kindliness, of tolerance, of gentleness of speech is to begin to draw some of the energy from the old river bed and divert it into the new; and as more and more of this energy is trained to pass thru these new channels of force, you will find soon the old way of living become less and less powerfully manifest in your world and this new way easier and more perfect.

Your Holy Christ Self is of tremendous assistance during this period, because It will, *when requested*, qualify the energy of your lifestream *before* it enters your body with perfection, and that energy receiving those directions from above *will not flow* thru discordant accumulation *nor will it obey* the request of the human self, but it will abide in the direction of the Holy Christ Self and go forth harmoniously.

Saint Germain has said the constant use of the Holy Christ Self will impel the progress of Perfection's Flame thru the individual IN SPITE OF the outer self, and as you give more and more of your energy to the Holy Christ Self to control, the less you will have to contend with thru personal outer direction.

The Holy Christ Self will invite the Masters to assist in the qualifying of your God energy and They, too, will release Their power of good thru It to assist in this tremendous task of creating a new and constructive channel for every electron allotted by Life to you.

ON SERVICE TO BE RENDERED

11- WANTED: RADIATION MORE THAN WORDS.

Ghandi learned thru much contemplation and devotion to his spiritual source that his greatest service was as a silent conductor of the Essence of Peace, Balance, Harmony and Light to his peoples. You too are a mighty radiating center and the Light of your Being flows constantly, opening channels thru the dense, heavy substance, which forms the natural atmosphere of your locality.

12- HOLD THE VISION OF GOOD.

We cannot stress too strongly to you the Truth that what your mind dwells upon, what you think and what you feel, you *force* into your experience.

If you will assist us by making the call to your own Holy Christ Self and that of your family to show you their Divine Plan and to help you to picturize it during their daily activities, the powers of creation allotted to you by the Godhead can be utilized to manifest in physical form the direction which is intended rather than any imperfection that you would protect them from.

The strongest and really the only protection for any individual in the Third Dimensional Plane lies in the ability of one or more lifestreams to HOLD to the vision of good rather than yielding to the appearance of evil, which lends the power of your own creative ability to the appearance and allows it to limit you.

RELIGION

You, who have responded thru the veil of flesh and thru the vibratory action of the outer consciousness to the magnetic pull of Our Hearts - and you, who have bared your souls to the Vital Rays of Truth - are blessed among the Sons and Daughters of Men.

As We close the great thirty-day period, during which the orthodox teachers, the rabbis, the church missionaries and the great metaphysical and occult leaders in the world of men have been drawn nightly into the sanctified radiation of the Great World Teacher, I would like to elaborate a little on the service of last evening, in order that you may contemplate the *nature of religion* and measure your own endeavors against Lord Maitreya's loving counsel as well as that of the seven Beloved Chohans, each of Whom represents one facet in the balanced development of every lifestream.

As Lord Maitreya rose to speak and My seven Beautiful Sons stood behind Him, We had an assembly of over ten million souls, including those whose bodies are presently functioning on the Earth as well as those attending the schoolrooms at Inner Levels established by Kuthumi, Lord Michael, Lord Maitreya and Saint Germain. Amongst the assembled souls were many who volunteered to teach those so desiring, as much of the Law as they could assimilate, digest, and then in practical application, weave into the garments of their own Life expression.

As He stood on that raised elevation and the moon played on the golden lights of His hair - His eyes looking like twin violet stars and the entire upper part of His body looking like a veritable sun in the

heavens...if He said no word, His embodied presence of youth and love, would in itself, have been lesson enough - but, He chose to speak....

And in speaking He gave much thought to religion as accepted in the accepted faiths of the evolution of Earth.

At the close of His glorious address, each one of the Chohans Themselves elaborated upon Their part in the balance, ordered religion, which is to be the gift of Lord Maitreya and Saint Germain to the mankind of Earth during this next cycle.

I asked Him at the close of the service if I might give a digest of these addresses for the blessing of those interested and He acquiesced.

My Life this morning, therefore, is woven into this digest - yours to accept - with My counsel - that you would be better off never to have heard it, if you choose to do nothing with it - than to have heard it and abide in inertia! For that is LAW!

What, truly, is Religion?

Is it an opiate for the weary senses wherein the seeming reality of all the distresses of the external world may be, for the moment, forgotten?

No! Religion is based on a *seven fold principle*, and mankind for the most part, including conscious students of the Law and even advanced chelas, have not fully understood its *seven fold nature*.

Let us begin at the beginning!

The soul, surfeited with the enjoyments of the senses - and impelled by the Teacher in the heart - for one reason or another - comes to its knees before its Creator - and here you have the action of the First Ray in the invocation of the bemuddled consciousness to know the Will of God.

There is no sense in proceeding further without *understanding* - anymore than it would be for a man in the world to rush out to try to accomplish an endeavor before first asking the designer for his plan - therefore, the statement "Thy Will be done on Earth as it is in Heaven" followed by the acceptance of the *God Will* thru the consciousness - becomes the desire for *understanding*. This is the teaching of the First Ray.

In the radiation of the Second Ray, the soul begins to learn the Law of Cause and Effect; the direction of energy and its recoil - which is the pleasure or pain occasioned by the qualification of the Life energy. A little later the Divine Design of the Hierarchy is explained and the place where each shepherd, each religious teacher and each chela belongs in the Great Plan....It is the Place of Illumination - when after asking for the Will of God, the revelation of the Divine Scheme of things is presented to the earnest soul.

Then, thru the portals of the Third Ray the aspirant passes and endeavors to make his understanding of practical benefit to his fellowman - developing tolerance, understanding and a sincere, deep interest in the spiritual growth and welfare of the race to which he belongs.

He then passes into the Fourth Sphere, and looking upon the sordidness and distortion of the Life Principle which has become manifest as his body and environment, he recognizes that truth and beauty, harmony and perfection are God ordained as part of the religion of the awakened man, and he begins thru the moulding of his thought, the purifying power of feeling and the direction of the Sacred Fire to externalize that which should be a credit and an example to all Life.

In the Fifth Sphere, within the same religion, he passes to the illumined understanding of the mathematical accuracy that lies within Creation, Precipitation, Etherialization and Levitation and all of these Powers called mystic by the mind of the undisciplined. Having received within himself, from his own one religion, mind you, the gifts of all the preceding Rays, he comes into the Presence of the Sixth Sphere and again he kneels - but this time in thanksgiving and devotion for the Gifts of Life. Then the Hosannas rise from the hearts and lips - the Aves fill the atmosphere - "Praise God from Whom all Blessing flow" becomes the illumined heart prayer of the initiate of the Sixth Sphere, and having expressed his gratitude to God thru devotion to his Christ Self, to Angels, to Masters and to his fellow-man, he passes on into the Seventh and the final Activity of his religion, whether he be Moslem, Jew, Christian, Metaphysician or I AM student - whatever label he gives to his religion - he then enters the Seventh Sphere.

Here in the Seventh Sphere the Words of the Master Jesus ring thru his consciousness - "Hitherto the Father worketh, but now the

Father and I work" - and all of these gifts of energy and all of the Teachings of the Brotherhood and all the beauty and sacrifice, illumination and devotion gained by the lifestream becomes its responsibility to offer on the altar of humanity in ordered service, which is the Watchword of Saint Germain.

Within this Seventh Sphere - knowing the Will of God - illumined by understanding - loving his fellow-man, the Elemental Kingdom, the Angels, Devas, Cherubim, Seraphim - filled with the beauty and opulence which is his birthright - understanding the Powers of Centripetal and Centrifugal Force - heeding the cry that comes from the hearts of the brothers and sisters still in bondage and answering that cry with hearts overflowing with good, not with the lips but thru the feelings - that is the man thru whom the Ceremonial Worship of the Seventh Ray shall be effected.

He is the Bridge between the Kingdoms of the Angels, the Elementals and his brother-man. He is the Bridge between the Kingdom of Heaven and of the Earth. That is he, who, with outstretched arms forms within Himself the Maltese Cross of Freedom....the parallel Kingdoms of Angels, man and Elementals making the cross arm or bar - with the Masters and the Powers of the Sacred Fire thru his own body into the Earth making the upright bar. That is the man who understands religion.

What, in your religion, distinguishes you from the masses?

Inner peace, perhaps! But it must be more than that!

Oh, that I might convey into the feelings of the Messengers, the chelas and the students the fact that Lord Maitreya has ordained that We come - and in speaking Our Hearts to those of you willing to listen, We are endeavoring to *convince your feelings of your ability to change conditions* thru the direction of the *Power of your own Life*.

Worship has begun to mean relaxation of the senses - and well can I understand that, seeing with the Inner Sight the pressures of the day - how you long for the peace and sanctuary of God - away from the thralldom of your own creations. I do not condemn...I love you more than you shall ever love yourselves...but I do want you to be what God intended you to be - not what you want for yourselves. I want you to be FREE!

I want you to be MASTER. I want you to be that which Saint Germain can use as a *living example of the free man*, in which the Seven-Fold Nature of Religion is embodied.

Now, be not unduly concerned, for every man is strong in *one point* out of the seven, which is natural, because each of you is *one of seven types*. Saint Frances of Assisi got His freedom and found His God in a field: Saint Augustine in a Cathedral; Saint Paul walking along the dusty road with bitterness in His heart toward His own Great Master. It is wonderful that you have *even one facet* developed, else you would not be here, you would be gambling in the fields with the rest of the race. One of your developed designs of worship is strong enough to have brought you to the feet of the Master and the Cosmic Christ!!!

Now, I want you to take your soul each day thru the Seven Temples - one in each Sphere. Discipline that soul! Abide for a time in the Temple *least responsive to your own vibration*. If you are proud and stiff-necked and your knees know not the capacity to bend - kneel at the feet of the Great Morya - one of the proudest Sons of Heaven - and learn from Him what it is to surrender and learn to say - "Thy Will, My God, be done!"

If you are mentally lazy and prefer to have another design your religion for you, enter into the Heart of the Temple of Love in the Second Sphere and *demand* God's Illumination from within. Leave not that Temple until Understanding - not born of another's word, but your own - makes service a happiness.

Do you know why men make the practice of religion a duty? Because they are building their faith on someone else's word and the practice of their religion is performed thru duty and fear without feeling its truth - but just because some other part of Life has said so.

Oh, when your Own Heart Flame has revealed to you the *Cause behind the action*, you will serve like the Angels - your feelings will be happy and your hearts will sing.

Do you find that loving your fellow-man is a chore? Then keep your soul centered in the Third Sphere under the Chohan of that Ray until you hear the cry in the heart of that fellow-man, until you sense his struggle, his hope, his need. Do not leave it, Children of My Bosom, until you *feel* that love. This is My Own Temple too.

Do you believe in austerity, self-denial, rigid surrender of all your senses to the penitential doctrine - built into your sweet lives thru early centuries when the hair shirt and the vow of poverty were considered a virtue? Then abide a while in the Fourth Realm. See the garments of the Angels and the beauty of your own Celestial Mother and the Divine Perfection of the Heart of the God-Self - not for vanity - but because the world needs beauty.

Suppose that I made all your flowers square - or black or green - with no perfume, conserving on the energy required to put color and scents within the flowers - where would man be! Oh, it is good to pour beauty into the world when the motive is to bring happiness to Life. Do you see?

Then on your journey into the Fifth Sphere where the Great Master Hilarion and the Goddess of Truth abide, watch the combination of the Rays to make certain Powers available. Look at Love mathematically and see how It draws the Goodness of Life toward Itself. Ask the Master to show you a vortex of hate and see how it repels money, friends and every good thing and confirm your faith by practical witness.

And the Sixth Temple - Oh, I do not have to urge you to enter here. For the past two thousand years man has spent much time here in devotional service and praise to God for His Goodness, for which I thank our Heavenly Father. My only concern here is that I would have you elaborate on the manifold blessings in your own life...mark them off one by one.

Where would you be without Life - without a heartbeat - without a platform of Earth beneath your feet - without a Sun to shine in the sky - without water? You would not even have a body were it not for parents! People say they have nothing to do and yet this application I give to you this morning would take you thru three hours of acknowledgment and application.

When you have spent a certain portion of your time sending your love and gratitude to God, you might start thinking of the channels that brought you into Truth and I would bless them - each one - the Minister that baptized you - think of the priest and the rabbi and the Sunday School teacher - and the patient school teacher - the first one that taught you loyalty and awareness. Then think of your Spiritual Teacher - and each one that opened the door to Truth. While in that contemplative mood - you might think on your Celestial Friends - for

instance Godfre - how much that man has given! and Lotus too! Think of each lifestream who has opened your consciousness to Truth. Think of the Archangel Michael and His loving Guardianship. Think of Sanat Kumara - Glory be to His Name! Think of the Sun God and Goddess, from Whom came your own Heart Flame - and on and on ad infinitum.

When you have finished this contemplation, you will find that you have filled your feeling world with happiness and joy and I am sure you will want to give a balance back to Life by entering into the Violet Temple of Saint Germain's Own Sphere. You will want to become that Bridge, giving your energy in decrees and songs and visualizations - and you will want to become an example of what a FREE man should be. That is Religion.

I LOVE YOU!
MAHA CHOCHAN

Dearly Beloved Brothers and Sisters:

"I AM" with you always, especially when the priceless beam of your own Life is voluntarily turned toward Me, either in supplication, in invocation, in loving gratitude or in contemplation of My World, My Works and My Consciousness.

Mankind has not yet fully realized the tremendous power that lies within the attention of even the most undisciplined lifestream, because thru the energy that flows from the individual toward any person, place, condition or thing, the door is opened into the personal world of that individual for the anchorage of good or evil according to the subject contemplated.

At the celebration of the Christmas Season, My Mother and I have particular opportunity to bless Life because the attention of so many individuals is turned toward Us. Every song, every prayer, every church ceremony, every card or display that reminds the outer consciousness of the Christ, is one more open door thru which We may pour Our Love, Our gathered momentum of Light, and Our Ascended Master Consciousness into the world of form.

The subject of My Christmas Message to you, who have already come out from among the masses and have signified to Life that you desire to become Master of circumstance and God Free of limitation, is **LOYALTY TO GOD!**

LOYALTY is builded on LOVE! LOVE is developed thru contemplation of the gifts and blessings and kindnesses of Life that issue from a benefactor...human or divine. To *know* God is to *love* HIM! To love Him is to believe with every fibre and atom of your being that He is ALL POWERFUL. Contemplate for a moment the significance of that statement. How loyal are your feelings to the ALL POWER of GOD to ALWAYS ACT INSTANTLY when YOU call Him into manifestation at your point in the Universe. It is not the timid, uncertain, mildly, hopeful consciousness that rationalizes with appearances, who signifies LOYALTY to the ILLUMINED FAITH IN GOD to manifest perfection instantly! It is rather the consciousness that BELIEVES *the Nature of God is to give every good and perfect thing to His Own Creations*, the children of His Bosom who were externalized by Him in LOVE in order to multiply His Own Divinity and increase the centers thru which Perfection could be externalized.

Let us look for a moment at My own experiences that have formed the pattern of the religious thought of the past cycle of time. My entire Ministry, and My Victory too, was based on ABSOLUTE LOYALTY in feeling, thought, word and action to the conviction that God, My Father, was not only ALL POWERFUL in His Own Sphere of Activity, but also in Mine...wheresoever I was at any given moment. I could not allow Myself to even think for a moment of the possibility of a power opposed to God, either within Me, or without Me. I did not dare to leave the comparative privacy of our humble dwelling until I had ANCHORED MYSELF in the active realization that My Father, who had created Me and sent Me forth into the world to represent Him and to manifest His Will, could possibly refuse to respond to My call, or withhold immediate God Victorious, miraculous assistance whenever and wherever I should invoke Him to dissolve shadows, dissipate error, and flash the Fire of Perfection thru appearances making them yield to the God Design!

What is the most fearful appearance but a concentrated mass of energy, *humanly qualified!* Think of that for a moment! Is, then, human qualification more powerful than God Qualification? No, Thank God! Within that mass of energy is imprisoned Life - the very Body of the Father-Mother God - awaiting the summons to come forth and throw off the human qualification and, responding to the God Qualification, BE PERFECT!

You are either loyal to the power of human qualification or you are loyal to the Power of God thru you, or any of God's Children to compel energy and substance to manifest according to direction of the moment.

I walked the ways of Earth, and shared the instruments of expression in this physical world with the other incarnate spirits of My time. I worked thru a feeling world, a mental world, an etheric world, and a physical body just as each of you do today. I was in possession of the five senses thru which there could have been recorded the tremendous appearance of evil which had stamped itself on the flesh of My fellow-man, as well as on the writhing substance of the etheric envelope, and the clouded vessel of mind. I saw the pressures of desire that impelled the weak to succumb to lust and passion, but I knew that it was imperative that I remind Myself constantly of the fact that energy and substance responded to qualification, True, but whereas it was imprisoned by human qualification, it could be freed INSTANTLY by the Power of God to act in a manner in accord with His Divine Will.

If you are loyal to a friend, you believe in his potential goodness; you endeavor in every way to stand by him regardless of appearance. Oh! the blessed mothers of the race! How they have manifested this loyalty for the children of their flesh - BUT where is the God Loyalty to the ALL POWER OF YOUR FATHER - YOUR COSMIC MOTHER - to flash thru you and around you INSTANTLY the Cosmic Flame of Freedom from shadows, pain, limitations and distress?

Children of God! The measure of a man's loyalty to God is determined by what he allows to remain in his world, his body, his affairs, his home and his aura. Submission to circumstance is disloyal to the Father; I do not mean an outward violent show of emotional zeal. I mean a constant looking toward the nature of that Heavenly Father until you REALIZE His Power as supreme, even over the appearance of death; until you come, thru contemplation, to really love Him enough to trust Him to respond instantly to your slightest whisper on your strongest command to manifest His Glory, His Freedom, His Healing, His Supply, His Will at your point of the Universe!

I give to you, as My Christmas Blessing, My Loyalty to the beautiful Father of Light and His Exquisite Complement, your Own Cosmic Mother. I trust that when you move forward into the new cycle of 1954, you may start your day contemplating the Love and Power of

your Own God and walk thru each twenty-four hour period not giving power, allegiance nor loyalty to any appearance which you might confront, feeling for even an instant fear or uncertainty, but knowing that where you are, GOD IS, and His Power acts INSTANTLY... when called into action. May you have a Holy Christmas and a God Victorious New Year!

JESUS

BELOVED JESUS:

After the passing of My Father, one of the most difficult of My experiences was leaving My beloved Mother and making that pilgrimage into the heart of Asia. There I met the Being Whom you know as the Divine Director. there I dwelt with Him, learning to measure in My Own consciousness and make My Own, the few affirmations which He gave Me. One of the lessons which passed from His mighty consciousness to all of Us who gathered round Him, was that no *prayer*, or *mantram* as He called them, no *decree had efficacy unless the consciousness within itself in feeling, both accepted and understood the truth affirmed.*

"I AM THAT I AM". Some remained an entire embodiment upon "I AM the Resurrection and the Life". There was no favoritism. There was nothing that could forward Our progress except the externalized truth which was contained within that portion of the Law which the Guru gave to us. He gave it to us sparingly as though the breath of life contained within that aphorism could never be used again until the kingdom was at hand!

Mankind and the world does not realize the reverence with which the Great Masters and Teachers, the Sages and Saints treat life. Mankind that devours Truths, digests them little and makes them not their own, has much to learn about the disciplines that accompany the development of consciousness within the Retreats of the world.

Many, many who applied to the Divine Director were not given even a single worded expression throughout that embodiment, for that Great Being did not feel that their Light and consciousness warranted the investment of His energies and the corresponding responsibility which would enter the world of the student, if he could not make the truth fact.

These aspirants sat within the aura of the Master throughout an entire embodiment, just content to touch the hem of His garment (aura). They were content to feel their own weak spiritual energies flowing upward on His constant upsurge of adoration and devotion to God. They were hoping that perhaps within their own aura some day or hour there might be kindled a magnetic spark which would draw even a flicker of interest from His eyes, a nod of His head or the benediction from His hand, and genuflecting to the ground when such recognition was accorded them without a spoken word.

For Myself, I joined those pilgrims with no announcement. I sat with others in the nameless circle and the Master in deep contemplation and meditation, made no sign that He knew of My Presence. I was not heralded as the Messiah, or singled out for favors. I was to rise or fall like any man or woman on My own light. I would not have wished to have it otherwise! When mankind and students who strive for "place" come to an understanding of this, their hearts will know peace.

The moment the pupil is ready, the Master appears! The moment the pupil is ready for more knowledge, the knowledge is given. The moment the consciousness is ripe, the fruit is plucked. The moment the Earth is tilled, the new seed is sown. We, Who seem now so prolific in the sowing of Our seeds, do so because long after your world cycle is completed, and you stand in the God-free realm, there will be men and women who will base their life upon this Law. As One Who took so eagerly that single phrase "I AM the Resurrection and the Life", so grateful that I had been accorded the privilege and the honor of receiving from the lips of the Guru some workable knowledge to make My Own, I say to you who are so blessed, receiving this instruction without limit, you would be wise to reverence the gift and counsel given.

Forty-eight hours after I had received that affirmation, "I AM the Resurrection and the Life" as you know, the fullness of My mission was revealed to Me and I had accomplished the purpose of My visit. I shall ever be grateful to that Blessed One Who gave Me the Key. Remember, however, I prepared the soil for its sowing and after it was given Me, My life had to nourish and develop the plant and the harvest. When I left, there was no farewell. The circle of hopeful ones did not even know one pilgrim was removed from their midst. The Master did not even open His eyes or gesture. All the way back across

the hot sands of India, across the rough stones of the hills, I rejoiced over and over in the richness I had received from the Being, in that phrase alone — "I AM the Resurrection and the Life". I built from it a ministry that stands today as a manifest example that it is not necessarily the *amount* of knowledge, but the *application* of the knowledge given which brings results — themselves a proof of Mastery and Freedom to mankind.

---The Resurrection Flame was first drawn into the atmosphere of the Earth Planet by the Great Krishna, (of "Krishna and Sophia" fame — Solar Logoi) Who seeing the shadow of human thought and feeling taking form in the consciousness of man, knew that the fruit of that seed would be disease, disintegration and decay, and knew further that some means of restoration of these fallen Sons of God would have to be provided for, in case they desired to return to their natural God Estate---

What Jesus said: "I AM the Resurrection and the Life" — like many other statements of Immortals, repeated by men — is not completed. "I AM the Resurrection and the Life of *Perfection*" is the *completed* statement---

Commenting on the same subject elsewhere Jesus stated: "I AM the Resurrection and the Life of My *Divine Plan*, *physically manifest here and now*."

THE TRUE PURPOSE OF OUR TEACHING

To be able to set aside the consciousness of form and enter into the Realms of Consciousness, in which you maintain your identity but are no longer a prisoner of place, one is able to explore and to enjoy the creative principles of your own nature, while yet wearing a garment of flesh.

The true purpose of Our Teaching is to being such a release in the realization of your Oneness with that Great and Universal Cosmic Consciousness in which all mankind lives and moves and has his being.

While man looks at the Universe from his particular, individual consciousness he is *bound*, but when he rises and expands and begins to feel the Universal Consciousness blending with his own, and his consciousness becoming immersed, as it were, in this selfless sphere, he has experienced the first state of freedom, which will be his natural estate at the close of his earth embodiment. One can no longer remain a

prisoner of the flesh once he has found the door into the Universal Sea of Selflessness, in which, strangely enough, is more life, more vitality, more lightness than when wearing the heavy garments of flesh.

Practice and carefully sustain the capacity to enter and return from this Realm of Heaven at will, until it becomes as natural for you to enter there as it is now to enter one room from another.

This Higher Sphere of Consciousness is truly the Realm of Causation, where Ideas are given body, and bodies become lowered into form. Once you have become proficient in setting aside the human consciousness, truly will the happiness and buoyancy of feeling sustain you as you proceed Heavenward on the "Wings of Light".

For many of you these 'explorations' have proven to be a source of great encouragement, and when the time does arrive that you actually do move, live and have your being in this Realm, the magnet of the human consciousness will lose its power, for there will be no compatible vibration in your vehicles upon which to draw.

Steadfastly move forward great Spirits! "I AM" ever at your side, for there is no separation in the Holy Breath and Energy of the Source of all Life.

In the Spirit of Grace

"I AM"

AEolus - Cosmic Holy Spirit

The LIGHT is in the Heart!

Each of us came forth in the beginning a Divine Spark from the Heart of God, an individualized Divine Intelligence, capable of thought, feeling and action, and endowed by the Divine Progenitor with that certain inalienable right of freedom to outpicture according to the Divine Pattern within the heart. Thus does the Light of God expand through each of His children. Each human being, therefore, is a "Sun" of Light radiating a specific God Quality for the blessing of his fellowman. That he may be temporarily hiding his Light under a "bushel" so that his radiation is not perceived by the world about him, does not lessen the fact that he is a potential "Sun".

Down through aeons of time has each one come carrying within his heart not only the privilege to let his light shine, but also the responsibility. Some have come to inspire faith, courage, strength,

illuminated obedience, spiritual humility, and respect for God; others tolerance and forbearance; some to outpicture fortitude, constancy, and spiritual endurance; some concentration and consecration to service for God and man; others are endowed with the gifts of piety, reverence, and grace; while still others offer spiritual dignity, poise and balance. Now these are the qualities we would be expressing were we radiating our Light as true "Suns" of the Father in Heaven.

In the beginning of our sojourn upon the Earth we did outpicture the Divine Plan; we saw clearly the vision; we walked and talked with the Angelic Host; we had no other desire than that God's Will be one with our will; His Light radiated through us. The time came, however, in this history of humanity when we offered to play host to less evolved lifestreams who did not keep pace with the advancing civilizations. When they came to live with us,.....they brought their own shadows with them. Like a contagious disease their discordant thoughts and feelings spread and were absorbed by the once harmonious and happy people. Our Light radiated with less and less brilliance, until we finally found ourselves submerged under an inverted "bushel" of distortion -- want and fear, discord and disease, lethargy and covetousness.

For century after century have we been content to live under this "bushel" of our own human creation -- our own self-will. We have come to accept and rely upon our man-made powers that limit, distress, annoy and bind us. We have builded, thereby, momentums of fear and uncertainty into our mental and feeling worlds. We live under constant threat of the shadows of our own imaginings, until we have anchored our faith in the illusions of our own vampire creations ---- rather than having faith in God as the only Power that can act.

"But," you say, "haven't we advanced greatly over the past few centuries? Look at our inventions -- our speed of communication and transportation, our research in science -- our beautiful buildings."

Yes, true, in a way we have improved our utilitarian conveniences. But so did they on Atlantis before us. Their material progress reached a zenith of development. Airplanes carrying passengers and freight operated on a regular schedule much as our motor vehicles and trains today.

To them electricity as a power was primitive. A finer force, an etheric force, was harnessed to manipulate their mechanical devices. So highly skilled were they in telepathy that rebellion, crime, and perjury

were readily detected. By this means people were controlled hypnotically by force of will. of course, all this absence of love, and grace, and ethical feeling, one toward another, led to disintegration. In a day and a night the last remaining island of Atlantis, Poseidonis, with its sixty-five million people sank beneath the waves. Civilization is not safely built, nor can it be measured by utilitarian accomplishments alone.

Only as we become selfless and pure without thought of personal power or aggrandizement; only as self-will gives way to God's Will, shall we again become true "Suns" of the Father. Then again will we be able to mould form by thought and feeling from etheric substance, heal the sick, restore sight to the blind, and walk upon the waters as did the Master, Jesus.

"Ah," you say, "but Jesus was Divine."

So are we..potentially. It is only that we have smothered our Divinity by the "bushel" of human creation that our Light does not shine.

Did not this very Master, Jesus, point out, "I say ye are Gods." And again, "These things that I have done shall ye do also and greater things than these shall ye do."

The Presence of God with all His Glory is anchored within each beating heart, waiting to externalize the perfection, beauty, harmony, health, opulence, and magnificence of the Kingdom of Heaven. Either the Inner Presence is allowed to flow forth thru the mental, emotional, etheric, and physical vehicles of Its creation, expanding the Kingdom, or It is ignored and the outer consciousness continues to experiment with God's gift to Life to create limitations that seem so distressing to the outer self. We must try to relinquish all power to the Presence that beats the heart.

We have built with centuries of experimentation with the use of life, momentums of strength as well as momentums of indulgence and weakness. The requirement of the hour is to purify our feelings thoughts, memories and physical bodies, so that the glorious momentums we have builded in the past can pour through us with their gifts and blessings.

No matter what the temporary appearance may be that dims that Light of our Inner God Presence, we know that the Presence is within

each soul, and sooner or later the talents and capabilities of the lifestreams will break through the prison doors of indifference and lethargy spreading gifts upon the Altar of humanity for enrichment of all life.

Each, however, must lay his own gifts upon the Altar. The mastery, powers, talents, and momentums of another never give lasting peace to the individual. The development of one's own mastery over energy, substance, circumstances and environment does give lasting peace and is the only reason for the incarnation of each of us upon the Earth.

Why does the Presence of God seem so ephemeral so unreal, so difficult to endow with the faith of the personal self? Because through the Ages the outer consciousness has endeavored to live without Its counsel, guidance and friendship. We must set the Presence of God to work in every detail of our individual lives. Then expect it to respond. Cultivating, developing, and sustaining an active comradeship with the God-self within the Heart reaps great rewards. It builds momentums of faith, illumination, tolerance, purity, scientific (but spiritual) formulas, which can never fail, healing power, and conscious power of transmutation. The Presence of God is within each of us NOW. It is our privilege and obligation to set about our personal pilgrimage to find Him and set Him to work through us.

The "rebirth" referred to by Beloved Jesus takes place and the Divine Pattern of the Lifestream is fully externalized through the outer personal self, even as the oak tree is externalized through the acorn.

Every man is a potential Christ. It is expedient to have Christ men and women walking the Earth, able to do what Jesus was able to accomplish -- feats of mastery over substance, energy and vibration.

If we could but understand the importance of guarding, protecting, and purifying our consciousness, and the still greater activity of offering the consciousness without reservation to the Almighty Host of Heaven, we would find that like the sunbeams reflected through a crystal, it becomes even more beautiful in its ourpouring. Such a consciousness permitting the Cosmic Christ expression, becomes a radiating center through which that Christ expression, becomes a radiating center through which that Christ Consciousness may flow in ever intensifying power, until the very aura of the individual would automatically heal, illumine, purify and raise all energy that touched

such an one's sphere of influence, (the hem of one's garment).

We take the gifts of a new day too lightly. When we perceive that creative thought forms and energetic feelings can and will mold out of today's life whatsoever we will, we begin to realize that we are no longer the victim of yesterday's errors, nor the unconscious creator of tomorrow's chains. Today is the day of Opportunity!

From out of the centuries of darkness, the planet Earth and Her people are now standing upon the threshold of a Light that shall never again be distinguished, but become the Cosmic Eternal Day, in which the fullest manifestation of perfection for the Planet will be evident.

For the Light IS here -- buried in the hearts of the people. Through every lifestream that Light shall blaze, which is the answer to the Cosmic Law's demand. Within every heart the Spirit shall arise -- throw off the shadows that have dimmed the Radiation of Its Natural Estate and become also a contribution to the Light of the World.

Hasten, therefore, to remove the "bushel" of human creation of the Ages and "so let your light shine that all may see your good works and glorify your Father which is in Heaven."

EXCERPTS FROM AN ADDRESS
BY THE BELOVED HELIOS
ON THE EXPANSION OF THE CAUSAL BODY
IN THE PRESENCE OF THE MASTER

"I AM" the authority for this galaxy, come in answer to your own heart's magnetic pull of love! With My Complement, beloved Vesta, We shall direct, through the courtesy of your forcefield, that Will which is Ours for this Earth planet to every cell and atom of the planet itself, the elemental light substance imprisoned by the corrupt use of thought and feeling and the outer consciousness of mankind.

From Our bodies' light, Our hearts' love and Our minds' thought was this planet first designed, so do We claim it now to fulfill its divine purpose in this universe - to become and remain a Star of Freedom, emitting that light, radiating that love which is of its Parents and proceeding in grace according to the wisdom of its Parents.

Beloved ones, you are all sons and daughters of some great Sun God! Are you living up to your heritage; are you living in that joyous,

buoyant enthusiasm, naturally emitting light and music or is there chaos and shadows weighing down your natural light? I want you to think deeply for a moment on this subject. Because you came forth into individualization from some Sun, from some Being like unto Myself, it is your nature, your heritage, your destiny and your responsibility and obligation to life to be a sun, RIGHT NOW, releasing the light rays from within your heart, directing them according to your thought, to nourish that portion of the universe where you choose to abide. You are sons and daughters of some great Sun God and Goddess, Who are this very moment radiating through you the pressure of love to help you fulfill your own divine destiny. I plead with you, contemplate this in your hours of silence and see what you can do about naturally expanding your light!

You are in fairly good control of the arms that belong to your body and you have a certain dexterity with your fingers and each one has certain important services to perform for yourselves and for others. You must learn conscious control of the light rays passing from your bodies. It is not enough to be an unconscious radiating center - which would be like a body with arms and hands and no directing intelligence to guide them. You must become in your training and advancement and progress toward God perfection the conscious controlling activity of consciously created and directed light rays which you can use as you would the fingers on your hands. Then, regulating the length of those light rays, regulating the pressure of any one upon conditions, give assistance and healing where required. It is through the CONSCIOUS DIRECTION of those mighty light rays that you can still the storm, part the core of the cyclone, and cause all manner of discord to cease AT A MOMENT'S NOTICE! Practice the use of the light rays, beloved ones...directing them, focusing them and exerting a pressure of your feeling through them wherever Earth conditions at the moment require assistance to be given.

Have you ever thought of the size of Our Causal Bodies! Our combined Causal Body of course is larger than this planetary system created out of Our Own Light substance and sustained by Our love and the light that We consciously draw from the Sun above Our Focus. That Causal Body moves with Us wherever We go. It is as much a part of Us as your Causal Body is part of you. When We come for an hour or so and enter into a forcefield, what exactly happens cosmically speaking? The center of power of Our intelligence and the heart of Our Causal Body and forcefield merges with and becomes the heart of the

Causal Body of your group and your forcefield and Causal Body is expanded to the periphery of Our Own. Therefore whatever you say, decree, think of or sing while in Our presence, with the expanded activity of Our Causal Body, goes to the very periphery of your solar system with more God qualified energy than a group of unascended the Ascended Masters and Cosmic Beings into your midst, yet it is a tremendous point of significance with regard to blanketing a planet or system with more god qualified energy than a group of unascended beings could possibly draw!

When you draw the Master's presence, you magnetize all His full gathered cosmic momentum of feeling. Within that feeling is every victory He has experienced. You draw all of that power and consciousness of victory, of assurance and of confidence in the God-Power Almighty! You draw all of the thought force of the Master - that means every bit of the wisdom, the learning, the understanding which that One has drawn forth from the Universal First Cause. The Causal Body of the Master, a living, pulsating battery of flame, becomes accessible to each one in the group, mingling with and becoming part of the individual Causal Body during the time of visitation.

Therefore, when you magnetize any Divine Being into your atmosphere, during the time of that visitation and address you have the privilege of absorbing all such an One is. At the time when the Being, completing the service, wraps His cloak of light around Him and withdraws, you have received the equivalent of an hour or so of absorption into your own world of nature, being, gifts, powers and light of such an One... That is personal, but impersonally you become a conductor of all those gifts of thought and feeling and momentums of mastery through the expansion of the Causal Body of the group into the mental, feeling and physical appearance world of mankind, the elemental kingdom and all of life.

We feel greatly devoted to lifestreams who choose to meet Us in a spiritual communion and allow Us the opportunity of giving of Our life through the various thought and feeling centers within themselves to the masses.

As We are talking here informally all of the planets of the system are receiving the POWER and the concentration of essence which made it possible for Vesta and Myself to achieve the status of a Sun and which will in time bring Us to the status of a Central Sun of a new

system. You have no idea in your outer minds, children, of the great size of the universe, of the countless thousands of Suns - all with Their Own planets circling around Them, differing in number and size, but all following the same pattern of rhythm, of harmony and of ever-expanding perfection.

Sun initiations are going on constantly... Individual Beings who have learned to control the two aspects of Divine Love - the indrawing and the subsequent outpouring which make up the activity of the perfect life. Individuals are constantly applying for the opportunity of becoming vested with the power of a Sun degree - in turn creating planets, drawing spirit sparks from the Universal First Cause and evolving planetary systems to the glory of God.

I well remember Our Own experience and how it was necessary to prove through the direction of the light rays that We could project from Ourselves enough of the concentrated energy to first create and then to hold a planet at a certain given distance from the heart center which represented Our Beings. We had to learn the power of drawing the love force in so that none of Our planets would get out of the periphery of Our system --- that constant balance, the incoming force of life and the outpouring of radiation which holds the planet in its place which nourishes and sustains each planet.

For every Sun chosen there are many hundreds Who are not given such an opportunity for the time being. Then there comes an hour when They are given such an opportunity. It all comes in the balance of centripetal and centrifugal power which is within the use of your life - **THAT BALANCE AND CENTER-POISE WHICH MUST COME INTO YOUR OWN WORLDS FOR YOU TO EXPERIENCE AND BY WHICH YOU WILL KNOW PERFECT PEACE!**

You are all sons and daughters of Sun Gods! Be Ourselves in action in this world of form!

THE CAPACITY TO CREATE VIBRATION

The capacity to create vibration lies within every being, human and Divine and is a part of the Universe which I present to you this week.

Science has discovered that vibration in itself has two aspects which they call centrifugal and centripetal forces. The centrifugal is the repellent activity; - a flying off from the centre and the centripetal force

is that which draws toward the centre through magnetic attraction the substance like unto itself.

The chela studying the spiritual law will see the similarity between the scientific revelation and the forces and capacities of his own emotional nature and that within the centripetal force is that indefinable power of Love which is the magnetic pull drawing animate and inanimate substances of a harmonious vibration toward the electronic pull which can be generated through the lifestream.

The centrifugal force, which is also a constructive power which the Universal Source has used to externalize His Universe, is the force which man has unconsciously assumed and utilized in a more base manner than was its natural and original intent. The explosion of the atom and the explosions of the emotions are a portion of this centrifugal force which, under proper direction, is a most powerful method of externalizing one's sphere of influence, or the powers of good.

In the case of the creation and sustenance and nourishment of the Universe, the two Beings Who represent the poles of the Sun are each a Focus or one facet of this force which, in electrical parlance are defined as the "positive and negative poles." The masculine element known as the Mighty Helios is the outpouring of the electrons through the zodiacal signs, as well as those other Foci known as The Elohim, the Love Star, etc. and many channels as yet behind the Veil. This centrifugal force, if it were not balanced by the Love Aspect held within the feminine vibration, and which draws and holds the planets and the Universe and its life, we would all be flying off into space.

The perfect balance of the two activities of creation must one day be realized within man and self mastery comes through being able to externalize ideas and repel vibrations of a destructive nature, but yet not make the sphere of one's influence so large that the Love Element which can be drawn by that focus is insufficient to reach the periphery.

Study this Lesson well, dear ones, for it is important to your spiritual development.

Love and Blessings,
The MAHA CHOCHAN

EXCERPTS FROM AN ADDRESS
BY BELOVED LORD MAITREYA
ON THE USE OF FREE WILL

Beloved and blessed children of the One God, you who have come now within the deepest recesses of your souls to a point where you desire within yourselves to do God's Will! You have called the Host of Heaven, even Myself, into your presence; for there is no man nor even God Himself in all the mercy of His Light Who will "say a man nay" when he chooses to use life according to the design and pattern of his own choosing.

One of the initial gifts of the Godhead given unto you, each lifestream first created fresh and beautiful from the heart of the Universal, was free will! That free will has been the gift of the individuals who stayed upon the pathway of light and those who wove for themselves the shadows and the pathway of darkness.

Free will for the Angels and Archangels, the Seraphim and the Cherubim was always used in constant, joyous obedience to the Divine Edict, the Divine Pattern and the Divine Plan. Free will for many, many who have belonged to the various root races has caused them never to even desire embodiment upon this Earth or any other of the planets of this system.

Free will has been chosen through other lifestreams to experiment with thought and feeling, to draw through thought and feeling those forms that finally encased the lifestream in the conditions where they have been impounded for many, many ages and were not even fit to return to physical embodiment!

When We come to the discussion of the removal of the destructive use of the free will of mankind, We touch upon a portion of the cosmic law which requires a great deal of examination and understanding upon the part of those who boldly and withal kindly and wisely choose to withdraw the destructive use of free will from the mankind of the Earth, the imprisoned Angels, elemental life, discarnates, sleepers and those from the compound.

Beloved ones, an integral part of your individualized being when you were first breathed out of the Universal First Cause was freedom to use life, life given to you by the Father which created the immortal fountain of blazing essence in your heart; life through you destined to design a portion of God's kingdom, releasing into your mind from the

great Universal Fount those ideas that might bless the race; clothing them round with your own thought; nourishing them by your feelings and then lowering them into the sphere and realm in which you dwelt until they became a blessing and a benefit to all life!

Your original reason for being, the reason for the creation of your individualization in the first place was that you might be co-creators with the Godhead; that you might share with the Father and Mother of this system the joy of expanding beauty, that you might through initiative and through love of beauty and all its manifest expressions desire to multiply the omnipotent perfection of the Almighty and eternalize it through your own auras until it filled and expanded through the universe in which you now abide.

However, some of mankind having received liberty to use life; having taken that Immortal Three-Fold Flame; having accepted the thought and feeling centers as their own, suddenly, with the use of free will, decided they would no longer take promptings from their own "I AM" Presence but rather that they would experiment with thought and feeling! In so doing they created imperfect pictures, energized them by feelings and then by their very weight, these creations were catapulted into the etheric and physical worlds and shadows and limitations began!

Now We are endeavoring to reverse that process! We are endeavoring to bring mankind again to a point where they no longer desire to experiment ignorantly or with vicious intent with the use of life; where they are come to a point that they will kneel before their own Creator and in the privacy of their own prayer, ask that Creator for what reason they have been given being; for what reason they have been sustained through the ages; for what reason has life poured to and through them, creating body after body, giving possible assistance of purification through the Sacred Fire. Receiving that reason, such individuals use the "I AM" Presence to give them the courage, the strength, the enthusiasm and the constancy required to fulfill their reason for being; then joyously write it upon the Book of Life as a thing of beauty and magnificence in this physical world; or, if they are no longer required to embody, writing it upon the Book of Life in the realm in which they presently abide.

For one man who is enthusiastic about serving God, there are a thousand sanctimonious souls who serve for duty's sake! It is to bring

enthusiasm and joy, buoyancy and happiness, confidence and constancy into religion that We come close to the Earth at this present time and that We choose to stay here to reiterate over and over again those activities of the law which perhaps may penetrate into ONE of your consciousness; one of you grasping it, nourishing it, developing it and manifesting it, giving courage to the rest.

ONE MAN SUCCESSFUL IN THE PRACTICAL, SCIENTIFIC MANIFESTATION OF THE COSMIC LAW CAN CONVINCE AND CONVERT MILLIONS! Witness the Life of Jesus Christ!

It is therefore, Our prayerful endeavor and intent every time We are given the opportunity of reaching your consciousness for a few moments to pour from Our feeling worlds, while in communion with you, enough of the understanding of the law so that some soul, somewhere, picking that up may weave it into practical manifestation!

I have loved you long, beloved ones, I have loved you well and I shall love you always, until you return into the glory and perfection which you knew in the Great Central Sun before this world even was conceived in the minds and hearts of Helios and Vesta; before it was placed in the bosom of the Silent Watcher; before it was externalized through the cooperation of the Seven Elohim and before it became habitable for mankind and the Guardian Spirits. Beloved ones, you are learning to visit the Retreats of the Ascended Host in consciousness. You are becoming a great deal more familiar with the activities which take place within these magnificent Retreats and I have, as My Own special project, asked that the Masters, Who come to give something to you of Their instruction, of Their Own life experience, to make you feel Them as real, tangible, living Beings rather than ephemereal clouds or abstract Gods. We hope that through Our endeavors you have come to a closer realization of the Individuality, We shall say, of the powerful and magnificent Morya; of the gentle and wise Kuthumi; of the beautiful and loving Paul; of the indomitable Serapis; of the beauty of spirit of Hilarion; of the nature of Jesus and Mary's experiences and of the great hope in the heart of Saint Germain. The homely experiences which I asked Them to share with you are for the purpose of making Them real Friends to you; of bridging that gap which exists between God and man, taking from the ivory pedestal those Masters, Archangels and Devas and bringing Them to a point where you can understand Their reality and, in understanding it, work in a spiritual partnership,

in a natural association which has been prophesied for some time as the association that is to come as you enter Freedom's Era, as Angel, Master and elemental have no longer veils between Their realms.

You are coming to that day and the student body, the chelas upon the path, those who know something of the spiritual law, those who accept even abstractly Our Presence, are those who We are endeavoring to serve first, in this purification by dislodging of the accumulation of the ages and in the reinstating of the vibratory action through your inner bodies and your physical bodies of the perfection of your own "I AM" Presence.

Your lower bodies surround your physical form just as eggs within eggs. Your physical body is in the center; your etheric body interpenetrates that; then your mental body, and the great large ovoid that surrounds the entire group is your emotional body. These four vehicles use most of the life that is poured from your silver cord into your heart. These vehicles use that life without very much direction from the Immortal Three-Fold Flame of God anchored within your heart. They are like ill-mannered children who through centuries of time - if children could live so long - have had their own way and who have had to ask nothing of their parents but have used their own energies to satisfy their every whim. Now as these bodies have drawn the primal life that comes through the silver cord and in emotional flares, in mental depressions, in etheric retrospection upon distress, in physical excesses, as these bodies have deteriorated they have lowered in vibratory action below that which Our beloved Saint Germain chooses to call "the water-line." That is the line of harmony; the line of divine love; the line of happiness, purity and peace; the vibratory action where there is no discord! In other words, your four lower bodies are submerged, you might say, in the strata of human distresses. It is the requirement now to accelerate the vibratory action of these four lower bodies and raise them consciously above that strata which you call the psychic and astral realm and to keep the energy in those bodies above that strata *AT ALL TIMES!*

THE SOUL SEEKING LIGHT

The eagerness of the students to bridge the gap or chasm between the outer darkness of the human mind and the Ascended Master Consciousness is, of course, a beautiful and powerful impetus which carries the soul to great heights, and eagerness, zeal and enthusiasm

must never be dimmed in the hearts of those in which it rises. Eagerness and enthusiasm are like the topmost peak of a mountain covered with ice, and oftentimes the consciousness slips from the peak into the valleys of despair, discouragement and disappointment when the manifestation does not fit the expectation of the aspirant.

Now, the chela must understand, first and foremost, that the aspirant is the soul in darkness seeking Light - the darkness being relative - but until the individual is Ascended, there is an accumulation of more or less shadow.

This aspirant is eager for the fullness of Truth and that, in itself is good, but the aspirant being in the shadows does not know what to expect from the Aspect of Wisdom, and his expectations are, therefore no criterion as to whether or not he is receiving the greatest outpouring according to the requirements of his own soul growth. Yet the sincere student who zealously applies the Law to the best of his ability is constantly catapulting himself over the chasms of despair and discouragement, because the result (which he has no knowledge of anyhow) is incomplete to his own human opinion.

If the chela could but understand what Saint Germain has said repeatedly:

"Make your application but do not look for specific results - just rejoice in the knowledge that the application cannot fail."

he would save himself endless travail, as he moves up and down, up and down, up and down between repeated effort and lethargy, enthusiasm and despair.

The MAHA CHOCHAN

EXCERPTS ON MUSIC

"I AM" going to speak today on the subject of Music and Its Place in The Universal Scheme of Creation. Music is, in Itself, an effect of stirring the Universal Light Substance into motion thru the creative powers of thought, feeling, action or the spoken word. And yet, although it is an effect, resulting from the vibration of energy waves, it can be used mightily as a Cause when properly understood, directed and interpreted.

Music is synonymous with Activity in the Realms of God's Perfection, for every thought and feeling of the Godhead creates a glorious

sound and emits a beautiful color clothed in an exquisite form. Creation takes place to the accompaniment of such beautiful music as would make the heart of man stand still. The rhythmic motion of the planets around the Sun contribute to the Cosmic Symphony and the forward motion of the galaxy is a processional of such magnificent splendor that words could not attempt to describe its inspiring, uplifting, energizing power.

Every Ascended Being of Light radiates an Individual Keynote, woven into a beautiful symphony of sound, and as They move thru Inter-stellar space the mingling of Their Cosmic Tones is an inspiration to all who are privileged to have access to the faculties of the Inner Ear.

These natural songs of the Sun, the planets, the Angelic Host, and the Ascended Masters are - like the perfume of the flowers - the radiation of Those Beings which contributes to the Music of the Spheres without the self-conscious cooperation of the faculties of the lifestream, because each such an one may concentrate and focus the Gift of Song through His own vocal cords, or the Gift of Music through the particular talents evolved by His Self-Conscious Intelligence. When the Masters, the Devas and the Angelic Host choose to concentrate the Music of the Spheres through Cosmic Concerts, *then* truly do the Highest Heavens ring. In the Christmas Season, particularly for the heart of the Holy Week, the Cosmic Chorals are glorious beyond words to describe. But, for the purpose of this instruction, I want to elaborate on the natural emanation of musical sound which forms the Music of the Spheres. Every lifestream who belongs to this Universe who has attained the victory of the Ascension, and every Cosmic Being and Master Presence is a contributing factor to this Sea of Music, which - like Light itself - forms the Atmosphere of the Octaves of Light. The Mighty "I AM" Presence of every unascended being also pours forth its particular keynote and universal melody in the Realm in which it functions prior to the Ascension of the outer self.

It is from this Sea of Light that Masters draw the Music which is the general property of the entire Heavenly Host and focus it through Music Temples under the direction of Angelic Beings who amplify it by their own Life and direct it toward composers who are worthy of more than ordinary inspiration and assistance, and toward artists who have developed through centuries of dedication to the Spirit of Music sensitivity to the spiritual currents that may flow through specific musical activities. These people are usually fortunate enough to be

permitted entrance into some of these Music Temples at night while their bodies sleep, as well when they pass through the Halls of Karmic Retribution at the close of earth life. The glorious melodies, stepped down by such men and women, are the results of this endeavor, in which I, myself, am extremely active.

Most of the Great Operas that have endured through the centuries represent the outpouring of One Music Temple which has become the Concentrated Focus for a Particular Vibratory Action in the Inner Realms. For instance, the procession of the Sun and Her Planets around The Great Central Sun is incorporated in the majestic music of Wagner. The Music Temple through which this music is directed earthward is a Beautiful Azure Blue, and the Devas and Angels are robed in the various shades of blue from the most delicate bluewhite to the deep, deep, Royal Blue of the First Ray.

When a composer, for instance, Wagner, picks up the melodies of a Music Temple, usually a Master directs His Ray into the mind of the composer, to endeavor to build a suitable story around the music. You will see that the state of development of the mental body, which receives the impression for the story, and the development of the emotional body which is the recipient of the feeling and theme of the music, will contribute greatly to the ultimate results. Some composers did marvelous things with the musical interpretation but were unable to receive clear mental directions, and the resultant "story" was not truly representative of the theme.

In the case of the Wagner compositions, we had the assistance of his mental body, and thus the mystic initiations are woven through his stories. You are, of course, acquainted with the fact that the Insignia of the Knights of the Round Table was The Swan, which represents The Initiate... able to soar through the air, master the emotional element of water, and through its particular faculties (long neck and sharp eyes) pierce beneath the water and discover the elements of the "deep" as well. Again and again, Wagner uses the Swan as a symbol of the mystic initiation. The ancient Norse mythology tells how the noble men of that age sang "their swan song." Today people interpret that as the acknowledgement of failure, defeat and submission to fate, but in those early days, the Great, when earth's battles were finished, were allowed to sing the Swan Song to signify that they had become Initiates and were consciously ascending from the limitations of matter to a new freedom.

When an Opera is sung, the Quality which is Its Predominant Theme is greatly amplified by the Music Temple and Its Attendants, and from the central focus where such music is presented, Angel Devas and Cherubic and Seraphic Hosts carry the Rays of That Opera into the city, state, nation and earth. Great buildings that have housed the Musical Genius of the Race are, of course, overshadowed by Devas and Builders of Form, who cooperate with the Officiating Cosmic Temple in this service. Now, we are hoping to secure the conscious cooperation of your lifestream and certain students in receiving these currents, amplifying them, and directing them forth with the added impetus which comes from CONSCIOUS UNDERSTANDING of the Mystic Inner Activities connected with so called outer world presentations.

Lohengrin is primarily the story of FAITH. The aspirant (Elsa) stands before the Karmic Council. Her Sponsor (and Twin Ray) comes to stand by her side riding on the back of the swan (mystical powers controlled through self mastery). She must accept Him on his worth, without curiosity, which she does. Then comes the *test*, during which Ortrud and Telramund instill doubt into her mind as to the Beloved's True Identity. She accepts their suggestions of doubt and forfeits the right to His Presence. Lohengrin calls His Swan who remains to help Elsa in a lesser capacity, for such is the Mercy of Life, but she has forfeited The Presence of the Initiate.

Thus, does each student stand one day alone - and with only the Light of his heart to guide him - he must decide on the nature of His Teacher, not by his name, his person, his heritage. At this time, all the forces of doubt and uncertainty rise from within and without, and this is the crucial moment in the life of a chela who has been chosen for more than ordinary association with a Master of Light. If doubt and uncertainty require of the chela that He cannot accept the teacher - like Lohengrin - such an One must withdraw, and a lesser light (the heir to the Duchy of Barbant in the story) becomes the Guarding Presence of the lifestream until a later life.

May the blessings of the Harmony of Interstellar Space play through the elements that make up your vehicles and tune every atom and cell to its highest potential, both as the receiver and the director of God currents and blessings to enrich life!

May I thank you for the opportunity afforded us to further qualify the already harmoniously qualified vibrations of music with the Powers

and Activities of the Sacred Fire which enter the inner atmosphere and render tremendous permanent service to the vehicles in which the souls of men function, as well as the lower atmosphere of earth in which their consciousness for the most part dwells.

In the early Golden Ages, Cosmic Blessings circled the planet round on every occasion where Music was presented through one of the Music Foci and re-created by the local temples on the various continents which were, in that age, host to a portion of the evolving race. For instance, a performance on the Island of Posiedonus would be announced and the Priests in the Music Temples on all the other continents would either arrange to have a similar presentation at the same exact time, or would arrange to have special Priests and Priestesses enter their own Temple and deliberately draw the currents of music from the Temple of Presentation and then radiate that blessing through their locality. These individuals were empowered to not only magnetize the actual energy waves but recreate the sound and literally "broadcast" the entire performance, just as the mechanical radios and television machineries do today. For that matter, all the machinery and mechanisms of man's mind are but rough imitations of the natural activities of man himself that he once could manifest without the aid of such artificial agents... the airplane - levitation - the radio and television - telepathy - and so forth.

As the local Temples either employed talent from their own locality and presented the same Musical Representation or relied upon the Priests and Priestesses to "tune in" for them, the forcefield of the local temples became radiating centers that carried the particular blessings of the Sacred Fire which the Guardian Powers of the Civilization were directing through such presentations.

Much later, when the Guardian Powers were all but forgotten and their Counsel and Guidance no longer sought after nor accepted, sensitive lifestreams still continued to preserve the original idea of circling the planet in the blessings of harmonious music, and "chain" Opera Houses were established in the Great Cities, and - rather than each one presenting according to its own local ideas - all presented the same Opera at the same time, much as the students now participate in the Transmission Flame Activities. Later - as all unity and cooperative endeavor is the target for the forces that oppose harmony and oneness - this cooperative endeavor was destroyed and separate "business" organizations began to "sell" music. Naturally, when any activity is

sold, the directing and guiding intelligence is forfeited in favor of the pleasing of the "patrons" and no longer could the presentations be chosen according to particular opportunities for blessing due to Cosmic currents, auspicious opportunities when certain constellations were giving impetus to the energies flowing earthward, or to avert and alleviate disasters and impending crises that could - oftentimes - be dispersed through directed harmonious energy qualified by the Guardian Powers and Cosmic Beings with certain actions of the Sacred Fire.

The only salvation by which good music (by that I mean music that is naturally qualified by its vibration to be a conductor of the Sacred Fire) survived at all, was due to the deep heart interest of music lovers - who volunteered at inner levels to remember, upon incarnation, to demand of the producers and sellers of music certain standards. These volunteers became the "buying" public and carried weight with the commercial sellers who sought to please them for they represented the success??? of their ventures. Other music lovers, trained in the art of composition, incarnated and drew forth more of the Music of the Spheres adding to the heritage of immortal melody that shall endure beyond this age of commercialism into the New Era of God Harmony that is part of the Ceremonial Age just ahead.

You will see, therefore, that all music lovers, and all composers, and all dear lifestreams who hold a certain spiritual standard in regard to musical presentation, composition, development and appreciation, are the Guardians who have volunteered to sustain the Music of the Spheres through these dark ages.

Blessings from,

SERAPIS

of Luxor!

Dearly Beloved Ones;

I have come from the great Temple of Music that has been built by the Lords of Form. Though it is invisible to the human sight, it is very real and very wonderful. There are four great Temples, the Temple of Science, of Art, of Healing and of Music. They are all linked together because art, music and science are all needed in the art of healing. When music is played with the consciousness that it is a part of healing a vibration is set in motion that enfolds the one who is in need and they are soothed and comforted. When one is sick in body or mind, or in

their affairs, they are out of rhythm and out of harmony. They are not at ease. In your language you speak of sickness as disease.

You are all notes in the great Symphony of God and when you are out of rhythm you close yourself to the healing vibrations that are continually sweeping through the universe. Music is one of the avenues over which these healing vibrations come to you. Sometimes in the morning when you start your day you may feel heavy, unhappy and out of harmony. If you will sing or hum a tune you will by this simple act lift these vibrations and give to your body a happier keynote for the day. Often when you are out of harmony you give to your body a broken rhythm, or a discordant note which colors your entire day. When night comes you are weary, dissatisfied and unhappy. Try humming or singing something that has a rhythm with a joyous lift when you first awaken in the morning.

In the New Age music will take the place of drugs and will bring back balance to those whose minds are out of harmony. Music will be used in factories, not just here and there as it is today, but will be more widespread to help the workers maintain a peaceful, harmonious rhythm. The broken rhythms that pass under the name of music today will disappear. Doctors will then prescribe special melodies for different diseases. At the right time this will come forth quickly and beautifully.

The great Temple of Music is filled with color and beauty as well as music and through it flows music for the healing of God's beloved children. There are all kinds and types of musical instruments. Many of them as yet unknown, but many of them well known to you. There are class rooms where those who desire to learn to play these instruments may come. Those of you who love music often come to this great Temple during your hours of sleep. You listen to the beautiful harmonies or play upon the different instruments. It is a joyous experience. Those of you who go there often wonder why you feel so happy when you awaken in the morning. It is because you have spent many hours in this beautiful Temple.

We are very happy to be able to tell you about this wonderful Temple. The time will come when these Temples of Art, Science, Healing and Music that are now invisible to you will have their counterpart on the physical plane for all to see.

We bless you all in the name of the great Musician of all time and of all eternity - your Heavenly Father. A M E N !

Anonymous

HOW YOU CAN BATHE IN AN OCEAN OF MUSIC

By the Beloved Goddess of Music

I want you to visualize a cascading sea of sound like a prismatic crystal waterfall, descending thousands of feet through the mountain. This exquisite cascading river of Pure Electronic Force pours a melody through the Seven Octaves of Expression in its descent from the Heart of God into the world of physical appearance and represents the constant flow of the harmony of each lifestream from the Solar God to man.

Each plane through which this exquisite sound of the life tone passes is enriched by this Glorious Melody and the sub-plane below repeats that melody in an octave that can be enjoyed by those dwelling within the vibratory action of that particular octave, where, again, it is lowered and transposed to enrich the lower octave in its descent Earthward. Thus, you can picturize the constant melody of your own individualization, because the lifestream is a constant repetition and is replenished anew constantly by the limitless Source of the Fountain of Life Eternal which with unerring accuracy sustains the Note and expands the Melody of all created beings according to their original composition. Thus, in the World of Cosmic Creation, Color and Music represent the manifestations of Divine Thought and Feeling.

When the Glorious Melody flows forth from the Holy Christ Self for its four-fold expression through the LOWER VEHICLES! THE RESULTANT MELODY AND COLOR DEPENDS ON THE HARMONY WITHIN EACH OF THESE VEHICLES. The natural fore-ordained melody does not find expression until all vehicles are in perfect alignment.

Here We come to an understanding of your One-ness with that exquisite prismatic cascading sea of sound and color, and if you will open yourself to its outpouring you will experience great Peace of Mind and Heart and Great Balance as well as much fuller realization of the ecstasy of *just being*.

To witness an expression of Cyclopea's Life Essence is to be privileged to see one of the most beautiful manifestations of creation as that Great Being's Life River flows from the Source of Creation, bathing cosmic space in literally oceans of melody, color and harmony

-- this, mind you in His passive or restful state which is the natural order of His *just being*, but when the Mighty Elohim chooses to animate this natural harmony by the Power of the Flame of His Heart, this tremendous ocean of prismatic sound and color is directed consciously in millions of individualized streams from His Heart which widen like fans as they pass from His Body, each carrying, mind you, the Key-note and Fundamental Principle of His own Spiritual Emanation, into which are woven so many original exquisite interpretations of the ONE SONG that the whole universe seems ALIVE with the ecstasy of that music, which passes alike through the bodies of the Solar Gods, the Angels, the Devas and the consciousness and inner bodies of men.

In interstellar space, whatever any Individualized Being is doing, He is always conscious of that RUSH of exquisite energy passing through Him when Cyclopea is in Cosmic Action, and Their Beauty, Ecstasy and Perfection are intensified by His outpouring.

When you realize that Cyclopea is but ONE (although the Major One) of countless legions of Perfected Beings, Solar Gods, Devas, Angels, Cherubim and Seraphim Who represent the Musical Outpouring of Divinity and that ALL are more or less constantly engaged in creative activity, you can, in a measure, grasp the exquisite perfection of the Inner Spheres and how the Glory of All Life is being increased instantly by the expression of each one's Heart in service.

Although Cyclopea and the Mighty Legions belonging to the Music Ray are more concentrated expressions of the Music of the Spheres, yet through every Perfected Lifestream flows exquisite music, beautiful color, tone and fragrance of the natural Outpouring of God's Grace and the Realm referred to as The Ascended Masters' Octave is a Realm of Music, Perfume, Beauty, Peace and Perfection that the word "perfection" but poorly describes.

Contemplating the above, which is but a mere sketch of the Realm to which you aspire, you can see how you may call forth and have directed through your own life-thread oceans of harmonious energy, for the Universe is literally saturated with it and then your life-thread, locked within this Protecting Essence, you will come to that state of Peace where you will consciously enter into this inner sphere and experience and know the Realm of Harmony and Happiness for yourself.

"I AM" known as The Goddess of Music. My Life is dedicated to presenting Beauty, Harmony, Happiness, Fragrance and Attunement, which are all natural expressions of the ONE LIFE, and when you PASS THROUGH THE VEIL OF MY NAME you may perceive My Identity which will delight and surprise you.

MUSIC

A harmonious stream of energy

The Music of the Spheres expressed thru a completely harmonized series of vehicles, and thru such an one the Divine Tones that are the natural radiation of the Planets of the System and the Ascended Host of Light can be drawn and released for peace, for healing, for beauty.

Music is one of the most powerful conductors of Beauty, and when the Lovely Lady Venus walks thru the atmosphere, the exquisiteness of Her Spirit makes the birds sing sweeter and even the Majestic Tones of the Planetary Logoi more full in their vibrant resonance.

Music, like Light Itself, is a Conductor that never creates resistance, or a sense of battle in any part of Life's energy. It is a harmonious stream of energy that can regulate outer appearances and change the quality of energy that can regulate outer appearances and change the quality of energy as easily as the fire transmutes all lower rates of vibration and substance into the Fourth Dimension without argument, and without battle.

Understand, dear friends, I refer to the glorious, harmonious classical and semi-classical music which the learned composers of the ages have brought forth, and certainly not to the broken rhythm of any age. I expect your now more illumined consciousness to understand this without question.

When you have raised the vibratory action of your vehicles thru the use of the Flames of Purification and Transmutation (Violet Fire), the vibratory Keynote of your lifestream will send forth Its beautiful tones and it will be discernible to those who are privileged to be within your aura.

Music played a great part in My embodiment as Thomas Moore, and I thank the Almighty that there was sufficient obedience in My lifestream to listen to the harmony of My Spirit. I do not claim to have brought forth anything of an outstanding nature in the field of music,

but we shall agree that some of the sweet strains of that day linger on to be a benefaction to all who care to listen.

So, you will be rewarded in more ways than one as you continue in your calls for the purification of your own vehicles, as well as all mankind, and the beautiful radiation flowing from you will do much to soothe and transmute the multitudinous ills which presently beset the race.

Listen to the harmonious sounds of your record machines, play them if you are so gifted, and to those occasional instances on your television sets when mankind is permitted to listen to the glorious renditions of the music of the great composers. TRULY, MUSIC HATH CHARMS!

Music can do for the soul what no other activity that appeals to the senses can accomplish. When the beautiful vibrations of the organ, played by One who is the embodiment of love and compassion and enlightenment, flood forth into the ethers in wave after wave of glorious sound, there is not a person on this planet but feels the ease and peace and rest of that outpouring.

You might liken it to the ever increasing volume of waves thrown off from a playing fountain into the pool about it, and according to the volume and intensity of feeling played into the music, is the world flooded with that harmonizing sound.

In a world to which there is constantly being poured the discordant cadences of man, which sound is imprisoned from leaving the atmosphere of Earth and must needs return and bombard the helpless people upon its surface, the need of harmonious sound is great.

Each man generating and pouring forth energy of Life each moment, may be such a glorious fountain thru which the Heavenly Host may flow in such fine tones, that it is not audibly discernible to the physical senses of man, although absorbed hungrily and one might say avidly by the starving emotions of the people who crave peace and ease and rest.

If you could think of the bodies of mankind as helpless naked forms exposed to every passing vibration, and beaten and broken by the catapulted vibrations of this mad world, you could see perhaps slightly the need for generating centers of peace-giving healing to soothe them, like unto anointing their broken flesh with sweet smelling oils.

When I sit at my organ, I first throw wide the windows and large glass doors and am very still. The sunlight pours thru the glass-topped roof of my tower room wherein the organ is situated. There are birds innumerable, not caged but flying freely about, those of the tropical origin as well as the types originally found at such a rarified atmosphere. Usually, the first notes of the organ bring the Devas of Music around, and often the Celestial Choir, and groups of Angels gather also. I think deeply of the peoples of Earth, and then plunge into the melodies that My Heart sings to Me and let the rising power of the organ flood forth in waves of exquisite color into the world of men. Ofttimes, the Devas will plunge into the Sea of Sound, and gathering the rainbow hues about their Great Forms, sail off into space vibrating and pulsating with power to release that Light Form into some special need of Earth.

I have seen the Angels and the Cherubim stand before the organ and seize each ribbon of sound as it comes forth and, somewhat similar to your Maypole dance, weave a beautiful mantle of color, differing however, in that it is alive and pulsating and continually vibrating and wrapping itself about the Angel Forms until they are twined round and round with that lovely sound. Then they go forth carrying the mantle and do what their Master directs should best be done.

Sometimes the sound just flows forth without any apparent visible Higher Beings directing it, and gets caught up by the winds and carried I know not where. I have seen the bodies of the Earth people bathed in that harmonious sound, and the peace they have known and felt in that short time makes Me but wish that there were thousands such musicians to assist us.

Ascended Master El Morya

VEDANTIC PRAYER

Oh! Thou Infinite Holy Presence of God, the Divine Source of all Life! Hallowed be Thy Sacred Name! We bow before Thee in humble gratitude, praise and thanksgiving for Thy Supreme Presence in this Universe. Because Thou Art, "I AM"!

We return unto Thee, Almighty One, all the power and dominion we have ever vested in any imperfect manifestation, visible or invisible, for Thou Art the All Power of the Universe and there is no other power that can act. Let Thy Will be done in and thru us now! Let Thy

Kingdom be manifest across the face of this Earth thru the hearts of all who are so blessed as to live upon it!

Oh, Supreme Beloved One, as we lift our hearts, our vision, our consciousness toward Thee, release the substance of Thyself to us, each according to our requirements, that as we move forward in Thy Name and upon Thy Service we shall not be found wanting.

We ask forgiveness for all the transgressions of Thy Law of Love and Harmony both for ourselves and all mankind, the forces of the Elemental Kingdom, and the Kingdom of Nature. Endow us now with Thy Power and Desire to so forgive all who have ever caused us distress, back unto the very beginning of time.

Because Thou Art with us and in us, we fear no evil, for there is no power apart from Thee which can hurt, destroy or despoil Life's beauty of expression. Thou Art the Strength and the power by which we move ever in the Path of Righteousness - and now, Oh, Father of Light, show us the Full Glory we had with Thee in the Beginning before the world was. SO BE IT!

• • • • •

OATH OF THE LUXOR RETREAT

1. I will perform my daily ablution and completely immerse my body in the River Nile, knowing full well that the power of my own Light is my only protection against the carnivorous creatures who inhabit its depths.
2. I will rise at 5 a.m. daily, and after the cleansing of my body, I will spend one hour in deep breathing and contemplation, and one hour in prayer for the world and its people, before partaking of any physical nourishment.
3. I will partake of no food which is used as a body by any creature who has attained the power of motivation, nor will I use any portion of such a body for clothing and adornment. Every seventh day I will abstain from any physical nourishment whatsoever.
4. I will never speak unless spoken to, except:
 - a. to assist in the performance of my duties.
 - b. to further the Cause of The Brotherhood.
 - c. to assist a brother in distress.
5. I will faithfully take upon my shoulders the performance of some

physical duty of assistance to the community, preferably something that is personally distasteful to my natural habits and tendencies.

6. I will learn the art of hieroglyphics and copy at least one page of the Text of the Law in the imperishable substance provided me, to be left as a record for those who follow me.
7. I will keep a personal daily record of my reactions toward those in the community and toward the discipline meted out by my Teacher. If there is a record of more than seven transgressions in a day I will present myself voluntarily before the Hierarchy. If, after receiving His suggestions and assistance, I do not improve, I will leave the Retreat and not return for a succeeding embodiment, when I have learned more of Love.
8. I will accept as my companion and co-worker whatever lifestream is allotted to me by the Hierarchy and endeavor to live in harmony with him during all my days.

As soon as the initiate learns to live happily with one, he is transferred to another who would give him the opportunity to overcome certain aversions which particularly distressed him.

CEREMONIAL WORSHIP

By the Beloved Ascended Master Saint Germain

In each two thousand year cycle a Religion is evolved by the Intelligences who represent the Godhead for that period. This Religion is based on the natural tendencies of the lifestreams who are to be the focal point for the establishment and maintenance of the spiritual culture of the era. The religious worship is also based on the specific beneficial outpouring which the Chohan of the Ray desires to release to and through the evolving life intelligences in this period.

As we enter the two thousand year cycle of the Seventh Ray, we are beginning to set into motion the type of religious worship which will become the predominant activity of the masses in the future. This worship will include all the best expressions of previous religions as well as the fresh, new impetus of the Chohan under whose direction the New Era will move to fulfillment. (In this case, my humble self.)

At its inception, those blessed lifestreams who have volunteered to assist Me are among the first to respond to the New Vibrations, and later when the foundations have been well laid and the beautiful rituals

and ceremonies developed, a greater number of the people will enjoy participating in these uplifting and inspiring services.

THE RESPONSIBILITY OF THE DIRECTOR AND THE GROUP

In order to participate intelligently in the Ceremonial Activity of the Seventh Ray, every person must be in conscious cooperation with the individual who takes the responsibility of directing the group Activity. In fact, each such an one becomes a Priest or Priestess of The Flame through the magnetic power focused through his own heartbeat.

The energy of the director directs and focuses the energies of the group, but there is no such thing as *passive* enjoyment of the service from the premise of the "onlooker." Each lifestream is, rather, a participant in the actual performance of the successive steps in the ritual.

The director and the students may invoke the Powers of the Sacred Fire—the Masters and Angelic Beings—through the power of visualization, contemplation and directed thought and feeling. This may be done through song, through the spoken word and through the performance of certain rituals, employing pure floral scents and certain musical compositions of a spiritual nature. True efficiency comes when the director and the group can combine all of these faculties and means of invocation toward this end.

I must refer here to the position of the one entrusted with the responsibility of representing the Master to the group, that is, the leader.

The privilege and responsibility of the director is to unify the consciousness of the group through *directed* visualizations, decrees, songs, and active invocations of the Powers of the Sacred Fire.

The unity of the energies released by each individual of the group into the collective thought form for the ceremonial is the *strength* of the service of that group to the Cause of the Brotherhood. This collective thought and feeling form determines the amount of spiritual energy that is drawn earthward and used to dissipate evil and set into motion new *causes* for world progress.

The ability of the director to obtain and hold the interest of the group, as well as the joyous, willing cooperation of the individual unit, determines the efficacy of the service.

Energies that are released through a sense of "duty" or "fear" are practically useless in the Master's work. Joyous, happy energy is the hope of Heaven.

Each lifestream who has professed enough interest in the Activities of the group to come to the meeting will find himself contributing more freely and willingly through some one of his inner bodies rather than another—(mental, emotional, etheric, physical, and, on rare occasions, Higher Mental). It is for each one to examine impartially his own development, and, if he find his mental, emotional or physical body to be the lazy one of his vehicles, he should endeavor to bring this particular body to greater obedience through directing it to cooperate with that portion of the service that seems distasteful to it. Here, the bodies of each individual must be treated like children.

The director must also endeavor to give *all* of the bodies equal opportunity to serve and not lean toward indulgence of the particular vehicle which he, himself, has developed, to the detriment of the other members of the group, who, perchance may miss an opportunity to serve at that meeting because their most highly developed vehicles have been given no opportunity to express themselves.

For instance, many people love physical action and can participate happily in songs and decrees, but they are mentally lazy or undeveloped and soar off into a daze during the time when the mental body should be helping to cut out of the Universal Mind Substance the form which is the Protective Canopy of the room, locality or nation. Others derive great emotional pleasure from instrumental music, but rebel at the physical effort required to decree.

In cooperative endeavor, it is better to have a fifteen minute span of a certain activity and keep it "alive" than a much longer one which strains the undeveloped bodies of the individuals in the group. By changing the type of service from that which requires the cooperation of the physical body, such as song or decree work, back to that requiring the cooperation of one of the inner bodies, greater service can be rendered than by holding the students too long at one particular type of service.

Ceremonial Worship is the balanced use of *all* the faculties, powers and vehicles of the lifestream—harmoniously blended and utilized to draw, focus and direct energy—to create new Causes for Good and dissolve those of an inharmonious nature.

The primal requirements for an efficacious service are:

1. The quieting of the inner and physical bodies of the participants through carefully chosen musical compositions of a soothing and inspirational nature.

(This enables the members of the Angelic Host to prepare the inner bodies of the students to receive the greatest possible blessings from the meeting and also raises each individual to his own highest "potential" service to the group and the Master Intelligence, who is presiding and working with such a group.)

2. The purification of the bodies and auras of the students, the director and the atmosphere which is to form the focus into which the spiritual energies are to be drawn through the invocation of the Powers of the Sacred Fire, in decrees.
3. The protection of the students and the location which are to be the chalice for the direction of those spiritual energies from The Higher Octaves. This protection is drawn forth by the use of the creative centers (thought and feeling) of each individual, focused and concentrated by the director's audible directions.
4. Recognition of the God Power focused through each participant, which is the authority by which energy is set into motion and directed toward ultimate good effects.
5. Acceptance of the Presence of—and access to—the Ascended Host of Light, the Angelic, Devic, Cherubic and Seraphic Hosts, as conscious co-workers in the Activities of the group work.

When these requirements have been met, the Directing Intelligence of the Godhead, either through the God Presence of the director or an Ascended Master or Angelic Guest, will utilize the Ritual to the greatest possible extent according to the requirements of the hour.

Music

As by far the greatest number of the Beloved Chelas who participate in the group Activities are engaged in service in the outer world and are obliged to come to their meetings directly from such service, that part that music plays in quieting the feeling world of the individual, relaxing the physical body and stopping the rapidly re-

volving thought patterns in the mental bodies, cannot be over emphasized. By this means the atomic structure of the students' bodies is re-polarized, and the vessels through which the God-Self of each individual will endeavor to co-operate in the service are prepared for their part in it, during this musical service.

The Angelic Host, then, begins to weave the spiritual structure under the direction of the Presiding Master out of the very substance and energy of the individuals in the group.

The type of music used will determine the class of Invisible Helpers drawn into the atmosphere of the Meeting, which will form the unseen but palpable audience of Divine Beings whose energies and assistance are without limit in elevating the consciousness of the unascended members of the group, as well as condensing the energies drawn by Themselves to render specific service for the good of life.

Beautiful thought forms are builded by these Invisible Beings, and where the audience participates in vocal accompaniments to the music, the inner forms are clothed in the physical energies of each singer and become a potent power in sublimating energies of a lower nature in the bodies of the participants as well as in the locality in which the service takes place.

These musical forms are greatly amplified by the Angels, the Devas of Music and the Builders of Form, and are then carried into hospitals, asylums and other places where there is great need for the assuagement of physical, mental and emotional distress.

You will see that where instrumental music gives assistance at inner levels, the group singing is most efficacious in lowering the spiritual forms into the substance of the physical world, in the same manner that the decrees lower the mental forms of the visualizations into the condensed energy of the third dimensional plane.

At inner levels, the Great Music Temples are established in each of the Seven Spheres and, through the Music Devas, these Cosmic Temples often connect with a particularly fine presentation in the physical world and pour through such a musical presentation Their Cosmic Outpouring of the particular God Quality and God Power which is Their Gift to Life.

THE ART OF RHYTHMIC BREATHING By the Cosmic Holy Spirit

Lesson One

When we come to the realization that to breathe means to live and by breathing properly we can correct any condition within our physical body, the wise chela will apply the instruction herein given. This physical body is the Temple of the Living God, and by learning to breathe evenly and to direct the breath we can raise the vibratory action of the body. In so doing we enliven each cell, clearing away the effluvia which we have allowed to form. The majority of mankind has become so heavy with this self created effluvia that they feel sluggish and tired most of the time. The Beloved Maha Chohan is desirous that His student body become aware of the importance of correct breathing, therefore, from time to time we shall include an important exercise which We know will improve the physical, etheric, mental and emotional bodies of each one who will take the time to practice them.

Do not become discouraged if at first you cannot master these breaths. Keep at it - for practice makes perfect, and the result of persevering will please the student when he realizes that he feels lighter in his physical body, free and unhindered in his thinking. He will experience a more joyous outlook, and emotionally he will be calmer, more serene in dealing with the situations that arise daily in the lives of all.

It is a good idea to set aside a special time for these exercises. They should be done at least twice a day.

The important thing to do before starting any breathing exercise is to empty the lungs of breath. Form the mouth into an "oo" sound and breathe out heavily.

Stand erect, feet together, arms relaxed resting at sides. As you begin the breath tense the arms and slowly inhale to the count of five raising the arms slowly over the head. As you inhale push the diaphragm out. Hold the breath for five counts and *visualize a Great White Light pouring down from your God Presence*. Then slowly exhale to the count of five as you lower the arms again to the sides. Rest for the count of five. Repeat the breath *seven times*. Relax, then say the following decree with feeling:

I THANK YOU FATHER FOR MY LIFE, FOR MY PHYSICAL BODY, THE MOST WONDERFUL INSTRUMENT IN THE UNIVERSE. I NOW COMMAND THAT EVERY CELL, ATOM, GLAND, MUSCLE, ORGAN AND FUNCTION IN MY BODY ACCEPTS THE BLAZING LIGHT FROM MY GOD PRESENCE THAT HEALS, THAT RAISES AND MAKES WHOLE THIS TEMPLE OF THE LIVING GOD. AND I THANK YOU FOR MY PURE WELL BALANCED BODY.

Lesson Two

Nearly everyone is desirous of feeling young. To be able to move in a beautiful rhythmic manner; to walk gracefully; to glow from inner joy and happiness can be attained by practicing the Breaths that We bring forth to you. It is the Beloved Maha Chohan's desire that we be shining examples. How else can we possibly assist others if we ourselves are not 'the Light that shineth in the darkness.'

In this exercise We are making a decree for *youth*. Visualize yourself doing something you have not done in years - running up a hill - dashing into the ocean - leaping with gay abandon. *Feel the free buoyancy of youth.*

Stand with arms at sides. Take a slow deep breath to the count of *four*. Raise arms forward slowly over the head and back as far as you can, moving your head back also so that your face is looking heavenward. Still holding the breath, bend forward from the waist, touch the ground, come up reaching way back over the head. Exhale slowly, bringing arms down to starting position. Do this breath *three times*. Then decree *with deep feeling*:

I AM FILLED WITH THE LIGHT THAT REVITALIZES EVERY PART OF MY BODY. I AM FILLED WITH THAT GLOWING, GLORIOUS, VIBRANT FEELING OF YOUTH. I AM ALIVE WITH THE MOTIVATING POWER OF ACTION. I AM YOUNG, YOUNG, YOUNG. I AM ETERNAL YOUTH.

Lesson Three

We owe much to our Physical Sun and Those Great Beings, Helios and Vesta, the God and Goddess Who reside therein. The Sun pours forth to all - Light and Life-giving Substance. We, of course, are aware

of the Sun, but we must also know that we can, by our attention, draw into our being, *thru love and gratitude*, the beneficial Radiation which is Their pleasure to bestow upon all who live, move and have their being on this Earth Planet.

In the following breath, We ask that you face the Sun if possible - if not, visualize the Sun in your mind's eye. As you take the inbreath raise your arms out from your sides and up until you form a Cross, *palms facing upwards*. This position symbolizes complete surrender to our Heavenly Father-Mother God.

Standing straight, feet together, visualize the Golden Light Rays of the Sun pouring toward you as you take a deep, slow breath to the count of *four*, raising the arms to form the Cross. Breathe these Rays into your heart - that is, direct the breath into the heart area. Hold the breath to the count of *four*. Exhale to the count of *four*, lowering the arms, and as you exhale, feel the breath as Golden Light going out thru every pore of your body. Rest to the count of *four* and repeat the breath *seven times*. Then decree:

I AM LIGHT, I AM LIGHT, I AM LIGHT. I AM DRAWING INTO MY BEING THE BLESSING AND LOVE FROM HELIOS AND VESTA. I AM ABSORBING THIS LIGHT INTO EVERY CELL OF MY BODY. I AM RADIANT WITH THE LIGHT. I AM FILLED WITH THE LIGHT. I AM GRATEFUL, GRATEFUL, GRATEFUL TO THE LIGHT AND I LOVE THE LIGHT!

Conclusion

As We conclude this series of Breathing exercises, We ask you to kindly remember that rhythm is important in all lasting manifestation. As you breathe rhythmically, as counselled by the Beloved Maha Chohan, there will be a noticeable acceleration of your Spiritual Progress.

By continually using the Three Breaths given, and practicing them daily, you will, thru perseverance draw the Light from the Heart of God into every cell and atom, bringing about a state of excellent health, youthful vigor, clear thinking and wisdom from the Holy Spirit.

To accomplish this, We suggest your compliance with the Maha Chohan's request, thru the Breathing exercises as We have given them to you, and which have been released for your specific benefaction.

I AM THE BREATH OF THE HOLY SPIRIT FLOW-
ING THRU MY BEING INTO THE GREAT COSMIC
BREATH WHICH UNIFIES ALL PERFECTION - - -
EVERYWHERE!!

SCIENTIFIC BREATHING

Visualization: Contemplate the Sacred Presence of the Maha Chohan. Feel the Holy Breath of God breathed into this Universe and sustained as the atmosphere by the Rhythmic Inspiration and exhalation of the Holy Spirit in His Cosmic Activity. Then connect your individual life breath with this Holy, Pure Inspirational Cosmic Breath, and draw its vitalizing spiritual energies into your lungs.

Feel this Fiery Breath expanding within your chest area and filling your individual soul with new life, aspiration, courage and positive God Will to fulfill your own Divine Design in this embodiment. Then, as you exhale, qualify the breath you are releasing into the Universe with purity, blessing, love, mercy and Godliness instead of the poisons thrown off by your system.

When you have completed your individual contemplation, repeat the activity for every member of the human race.

As all individuals embodied on the Earth share its breath and must participate in the general conditions of its atmosphere, inner as well as outer, there is a marvelous opportunity for treating the entire race by your individual conscious qualification of the Universal blanket of air with God receptivity, and all the many God Qualities that will arise within your own mind as you proceed with this fundamental visualization.

Think and feel the following Statements, at least three times a day, while breathing as deeply as you can:

- a. "I AM" inbreathing the Fiery Substance of the Holy Spirit, activated by His Flame, and It is now cleansing and energizing my feeling, mental and physical bodies.
- b. "I AM" inbreathing the electronic substance of unend-

ing peace, inexhaustable strength and health, and infinite supply, now manifest in my being and world.

- c. "I AM" breathing out peace, strength, health and supply to all mankind and the Kingdom of Nature.

THE WESAK FESTIVAL

Lord Buddha, after his earthly mission was completed, his disciples well versed in the Law, and his own consciousness firmly established as a radiant center and focus of light in the atmosphere of earth, arose from the wheel of birth and death, and entered the ranks of the Triumphant Ones who shall not taste again of death, who "have gone forth from earth's schoolroom, and shall return no more" except in the freedom of Their Godly Estate...But LOVE again -- in eagerness to serve, desiring to give a further blessing and outpouring of itself...provided a Way by which Lord Buddha might infuse his particular Blessings and Benediction upon the people of earth, once a year, in the month of the anniversary of his birth, his attainment of Buddha-hood, and his departure from the physical body.

This outpouring of the Buddha Life Force took place on the day of the full moon in the month of May, and it is known as the Wesak Festival.

Stepping down consciousness and light is done constantly in our outer world relationships today. The teacher, instructed in higher learning, translates her knowledge into forms understandable to her younger charges. Transformers are provided by electric companies to step down the voltage of electrical currents. Our own physical sun absorbs and veils the light of the Primal Sun behind the system, that our Universe may bathe in the glory of its light, but not be destroyed by its powerful vibrations. The mystic has always transformed and interpreted the word of God for lesser men. Thus, the Great Buddha, in his New Estate, has access to Realms of Consciousness and Vibration far beyond any that even the most illumined consciousness of a limited being could hope to fathom or attain.

By this same service of transformation he draws those subtle currents, blessings and benedictions into himself and then, at the Visitation in May, descends into the lower atmosphere of earth and sends forth this outpouring to blanket the earth, her people, and the nature kingdom as well.

For several weeks before the coming of the full moon in the month of May, pilgrims wend their way toward the plateau on the northern slopes of the Himalayas, where the exoteric and esoteric ceremony takes place. It is not necessary to be present in the physical body to share in the great blessing, which is for all mankind, but those privileged to be aware of the festival may so arrange their consciousness and direct it toward the Assemblage that the fullest of Its Potent Spiritual Impetus enters into the very soul and makes of such an one, a localized center of the Buddha's force in his own environment and nation, wherever that may be.

The tents of the nomads and pilgrims fill the plain, and about an hour before the full moon, the Masters of Wisdom begin to arrive and mingle among the people, finally taking up Their place before the Altar which has been beautifully decorated with the local flowers of that vicinity -- the lotus, the lily, the mountain crocus...

When Lord Maitreya, the chosen successor of The Lord Buddha, appears, all know the supreme moment of invocation has come. Lord Maitreya utters the prayer of invocation, and suddenly the Great Figure of the Lord of Light fills the sky, His Aura like a universal rainbow, shot with every color, making of the night a shining Dawn... All the Masters and the pilgrims, too, bow before Him, and the "Sweet anointing from above" flows downward into the very humblest heart..Ah sweet brother, Lord of Love, who can'st ever forget us...Welcome...Yea...Very Welcome Art Thou and Thy Blessing.

When Lord Gautama completed His Mission on the Earth, He was granted permission by the Cosmic Law to return once in every twelve-month cycle to bless the people of Earth. This yearly Visitation has become known as the Wesak Festival and takes place on the evening of the full moon in the mystic month of May each year.

While this Festival takes place in India, the pilgrims of Earth are not apprised of its specific location, but are guided by the Light within their hearts until they come into the radius of the Light of the Buddha. However, a Dispensation was later granted whereby the chelas who are cognizant of this outpouring of Light are now permitted to attend in their etheric garments by asking, upon retiring, that their Sponsor of the month take them to this Sacred Ritual to receive of its glorious Blessing.

In 1966, the Beloved Gautama appeared in the atmosphere at the Festival in His glorious Ascended Master Body, and directly below Him, Lord Divino, the present Buddha, received the Power and Love which Beloved Gautama formerly dispensed to the pilgrims. Since that evening, it has been the privilege of Lord Divino to appear in His Luminous Presence in the Wesak Valley to re-enact the activities of this yearly Festival.

The Radiation continues through the 24-hour period and wise is the chela who, through the heart pull of Pure Love, waking or sleeping, tunes in to this Holy Ceremony. Like the pilgrims of India, the Light within each one's heart is the magnet which will make them cognizant of the actual Ceremony when it is at its zenith.

GEORGE WASHINGTON LEGEND OF THE WISSAHIKON

Taken from the Blade and Ledger

(The original legend from which this is taken was found in the Library of Congress at Washington, D.C.)

Near Philadelphia, on the banks of the lovely Wissahikon River, there was once a Protestant monastery where lived a brotherhood of noble men who had left Europe and had sought a home in the wilderness where they might worship God in their own way, far from the courts of kings. They were known as the Fanatics.

About one mile from the old monastery, there lived a man who was of the brotherhood in belief, but not with them because he had brought with him to the New World his young son and baby daughter. He was a nobleman of wealth and position, whose religious beliefs were tolerated neither by Protestants nor Catholics. He had lived patiently and quietly in the Old World doing his best and faithfully serving his King, until his beloved wife died. Then he had given up his castle, his lands, his title and most of his great possessions, and fled across the sea with his young son and baby daughter, to make a home in an old-time block-house of the Wissahikon wilderness. There he lived and studied the Book of Revelations for seventeen years. Meantime, his little son became a noble youth who shared his father's every hope and conviction; his baby daughter became a fair maiden, lovely beyond words, with golden hair which fell not in ringlets nor curls, but in soft wavy profusion to her shoulders.

We are told that when the shadows were beginning to lengthen on the last day of 1773, the little family might have been seen walking arm in arm along the banks of the Wissahikon, beneath trees bending under their weight of snow. The father who was then known and loved far and near, as the Priest of the Wissahikon, wore a velvet cloak with a silver cross suspended by a cord around his neck. The girl, with a look of adoration upon her face, listened without questioning to the conversation between father and brother - in whose eyes shone the light of immortality. For seventeen years the old man had studied Revelations, and again he repeated what he had affirmed so many times before, as the result of these years of study.

"The Old World," said he, "is sunk in all manner of crime, as was the Antediluvian World; the New World is given to man as a refuge, even as the ark was given to Noah and his children."

"The New World is the last Altar of human freedom left on the surface of the globe. Never shall the footsteps of Kings pollute its soil. It is the last hope of man. God has spoken, and it is so. Amen"

It was the girl who urged a return to the house, and it was she who sought its warmth and shelter for the sake of her loved ones, and drew the curtains at the windows of the living-room to shut out the gloomy forest and coming night. It was the girl who tried to bring cheer to the little group, and to lighten the sadness of her father and brother; to distract them from their somber thought and study. That night she tried in vain; she knew that passing hunters again would hear the voice of prayer late into the night, and see the chapel lights streaming across the snow until the dawn.

The hour of separation came when father and son bade the maiden goodnight, and together sought the chapel where two candles were already burning on the white altar. It was a circular chamber with oak panels. Between the candles on the altar was a slender silver flagon, a wreath of laurel, fresh-gathered from the Wissahikon hills, and a velvet-bound Bible with clasps of gold. Behind the Altar was an icon cross. The Priest of the Wissahikon was the first to break the silence. Said he:

"At the third hour after midnight, the Deliverer will come!"

Then as the young man stood pondering, the father repeated, "Tonight he will come. At the third hour after midnight he will come

through yonder door and take upon himself his great mission to free the New World from the yoke of the Tyrants. All is ready for his coming. Behold the crown, the flagon of anointing oil, the Bible, and the cross!"

Hours passed. The lad knelt in prayer; but the father paced up and down the chapel waiting until the clock of the great hall struck twelve, and the New Year dawned. Then the lad arose and gently tried to prepare his father for disappointment. Perhaps they were mistaken; perhaps they were not right in believing that the time for the Deliverer was at hand.

"At the third hour after midnight the Deliverer will come" was the father's answer.

The lad returned to his prayers and the Priest of the Wissahikon continued his lonely watch while the clock struck one - two - three. Then there came footsteps in the hall, and a tall stranger of commanding presence entered the door of the chapel and spoke these words:

"Friends, I have lost my way in the forest. Can you direct me to the right way?"

Answered the Priest of the Wissahikon, "Thou hast found the way to usefulness and immortal renown!"

Wondering, the stranger came a step nearer to see if he were being mocked; but the Priest of the Wissahikon rapidly questioned him. Did he come from the City? Yes. Was he not troubled about the right of a subject to raise his hand against his King? Yes! Then said the Priest of the Wissahikon to the amazed stranger!

"Thou art called to a great work. Kneel before this altar and here, in the silence of night, amid the depths of these wild woods, will I anoint Thee Deliverer of this great land!"

Immediately this peerless stranger, before whom ten thousand might bow their heads, knelt before the white altar in the old blockhouse and placed his hands on the Bible. Then, says the legend, these words fell from the lips of the Priest of the Wissahikon:

"Thou art called to the great work of a Champion and Deliverer! Soon thou wilt ride to battle at the head of legions -- soon thou wilt lead a people on to Freedom -- soon thy sword will gleam like a meteor over the ranks of war."

The candle-light cast weird shadows on the wall, the silver cross of the Priest shone, the white altar-cloth waved in the wind from the open outer door, the trees moaned outside, while the Priest, so the story goes, continued thus:

"Dost thou promise that when the appointed time arrives, thou wilt be found ready, sword in hand, to fight for thy Country and thy God?"

Solemnly came the answer, "I do!"

"Dost thou promise in the hour of thy glory, when a nation shall bow before thee -- as in the fierce moment when thou shalt behold thy soldiers starving for want of bread -- to remember the great truth written in these words, 'I am but the minister of God in this great work of a Nation's Freedom'?"

Clearly, firmly, came the answer, "I do promise!"

Then, in His name who gave the New World to millions of the human race, as the last altar of their rights, I do consecrate thee its Deliverer!"

The Priest of the Wissahikon dipped his fingers in the anointing oil and described the outlines of a cross upon the stranger's forehead, and was about to place the laurel wreath upon his head after saying, "When the time comes, go forth to victory. On thy brow no conqueror's blood-red wreath, but this crown of fadeless laurel," - when the girl appeared, took the wreath and crowned the stranger.

Unable to sleep she had hastily donned a white robe, and putting a dark cloak around her, had gone down to the chapel and had witnessed the scene unnoticed until she had seized the laurel crown from her father's hands. Fearing she had been presumptuous, the girl bowed her head; but her father smiled:

"It is well," said he, "from whom should the Deliverer of a Nation receive his crown of laurel but from the hands of a stainless woman."

Then spoke the lad: "Rise, the Champion Leader of a People. Rise, sir, and take this hand which never yet was given to man. I know not thy name, yet on this Book I swear to be faithful to thee, even to the death." Then Paul, for that was his name, buckled a sword to the stranger's side.

When the ceremony was over the stranger stood in the chapel in towering strength and majesty and said these final words:

"From you, old man, I take the vow. From you, fair girl, the laurel. From you, brave lad, the sword. On this Book I swear to be faithful unto all!"

A moment later the stranger vanished into the outer wilderness of the Wissahikon and the sound of his retreating footsteps mingled with the moaning of the wind. That was New Year's night of the year 1774.

In the darkest hour of the American Revolution, the blockhouse was burned; and while smoke still rose from the ruined home, three were sleeping in their graves by the Wissahikon -- one was an aged nobleman; one was a fearless lad; and the other, a fair girl with a wealth of golden hair.

Years later, when America was a Nation, and George Washington was her President, again came the stranger of noble presence to the banks of the Wissahikon, seeking the blockhouse and the three who sent him on his mission that New Year's Eve of 1774. He found the ruined blockhouse and the graves. That night, at a party in the bright city of Philadelphia, there were many who wondered why, at a time when a nation bowed before him, the Father of our Country was sad and thoughtful and bowed his head as if in memory of grief when a fair maid with a wealth of golden hair sang a song of the Wissahikon.

- GENERAL WASHINGTON'S VISION -

Originally published by Wesley Bradshaw. Copied from a reprint in the National Tribune. Vol. 4, No. 12, December, 1880.

The last time I ever saw Anthony Sherman was on the fourth of July, 1859, in Independence Square. He was then ninety-nine years old, and becoming very feeble. But though so old, his dimming eyes rekindled as he gazed upon Independence Hall, which he came to visit once more.

"Let us go into the hall," he said. "I want to tell you of an incident of Washington's Life -- one which no one alive knows of except myself; and, if you live you will before long, see it verified."

From the opening of the Revolution we experienced all phases of fortune, now good and now ill, one time victorious and another conquered. The darkest period we had, I think was when Washington after several reverses, retreated to Valley Forge, where he resolved to pass the winter of 1777. Ah! I have often seen the tears coursing down

our dear commander's care-worn cheeks, as he would be conversing with a confidential officer about the condition of his poor soldiers. You have doubtless heard the story of Washington's going into the thicket to pray. Well, it was not only true, but he used often to pray in secret for aid and comfort from God, the interposition of whose Divine Providence brought us safely through the darkest days of tribulation.

"One day, I remember it well, the chilly winds whistled through the leafless trees, though the sky was cloudless and the sun shone brightly, he remained in his quarters nearly all the afternoon alone. When he came out I noticed that his face was a shade paler than usual, and there seemed to be something on his mind of more than ordinary importance. Returning just after dusk, he dispatched an orderly to the quarters of the officer I mention who was presently in attendance. After a preliminary conversation of about half an hour, Washington, gazing upon his companion with that strange look of dignity which he alone could command, said to the latter:

"I do not know whether it is owing to the anxiety of my mind, or what, but this afternoon as I was sitting at this table engaged in preparing a dispatch, something seemed to disturb me. Looking up, I beheld standing opposite me a singularly beautiful female. So astonished was I, for I had given strict orders not to be disturbed that it was some moments before I found language to inquire into the cause of her presence. A second, a third, and even a fourth time did I repeat my question, but received no answer from my mysterious visitor except a slight raising of her eyes. By this time I felt strange sensations spreading through me. I would have risen but the riveted gaze of the being before me rendered volition impossible. I assayed once more to address her, but my tongue had become useless. Even thought itself had become paralyzed. A new influence, mysterious, potent, irresistible, took possession of me. All I could do was to gaze steadily, vacantly at my unknown visitant. Gradually the surrounding atmosphere seemed as though becoming filled with sensations, and luminous. Everything about me seemed to rarify, the mysterious visitor herself becoming more airy and yet more distinct to my sight than before. I now began to feel as one dying, or rather to experience the sensations which I have sometimes imagined accompany dissolution. I did not think, I did not reason, I did not move; all were alike impossible. I was only conscious of gazing fixedly, vacantly at my companion.

"Presently I heard a voice saying, 'Son of the Republic, look and learn,' while at the same time my visitor extended her arm eastwardly. I now beheld a heavy white vapor at some distance rising fold upon fold. This gradually dissipated, and I looked upon a strange scene. Before me lay spread out in one vast plain all the countries of the world -- Europe, Asia, Africa and America. I saw rolling and tossing between Europe and America the billows of the Atlantic, and between Asia and America lay the Pacific. 'Son of the Republic,' said the same mysterious voice as before, 'look and learn.' At that moment I beheld a dark, shadowy being, like an angel, standing, or rather floating in mid-air, between Europe and America, dipping water out of the ocean in the hollow of each hand; he sprinkled some upon America with his right hand, while with his left hand he cast some on Europe. Immediately a cloud raised from these countries, and joined in mid-ocean. For a while it remained stationary, and then moved slowly westward, until it enveloped America in its murky folds. Sharp flashes of lightning gleamed through it at intervals, and I heard the smothered groans and cries of the American people. A second time the angel dipped water from the ocean, and sprinkled it out as before. The dark cloud was then drawn back to the ocean, in whose heaving billows it sank from view. A third time I heard the mysterious voice saying, 'Son of the Republic, look and learn,' I cast my eyes upon America and beheld villages and towns and cities springing up one after another until the whole land from the Atlantic to the Pacific was dotted with them. Again, I heard the mysterious voice say, 'Son of the Republic, the end of the century cometh, look and learn.'

"At this the dark shadowy angel turned his face southward, and from Africa I saw an ill-omened spectre approach our land. It flitted slowly over every town and city of the latter. The inhabitants presently set themselves in battle array against each other. As I continued looking I saw a bright angel, on whose brow rested a crown of light, on which was traced the word 'Union,' bearing the American flag which he placed between the divided nation, and said, 'Remember ye are brethren.' Instantly, the inhabitants, casting from them their weapons become friends once more, and united around the National Standard.

"And again I heard the mysterious voice saying, 'Son of the Republic, look and learn.' At this, the dark, shadowy angel placed a trumpet to his mouth, and blew three distinct blasts; and taking water from the ocean, he sprinkled it upon Europe, Asia and Africa. Then my

eyes beheld a fearful scene: from each of these countries arose thick, black clouds that were soon joined into one. And throughout this mass there gleamed a dark red light by which I saw hordes of armed men, who, moving with the cloud, marched by land and sailed by sea to America, which country was enveloped in the volume of cloud. And I dimly saw these vast armies devastate the whole country and burn the villages, towns and cities that I beheld springing up. As my ears listened to the thundering of the cannon, clashing of swords, and the shouts and cries of millions in mortal combat, I heard again the mysterious voice saying, "Son of the Republic, look and learn." When the voice had ceased, the dark shadowy angel placed his trumpet once more to his mouth, and blew a long and fearful blast.

"Instantly a light as of a thousand suns shone down from above and pierced and broke into fragments the dark cloud which enveloped America. At the same moment the angel upon whose head still shone the word Union, and who bore our national flag in one hand and a sword in the other, descended from the heavens attended by legions of white spirits. These immediately joined the inhabitants of America, who I perceived were well-nigh overcome, but who immediately taking courage again, closed up their broken ranks and renewed the battle. Again, amid the fearful noise of the conflict, I heard the mysterious voice saying, "Son of the Republic, look and learn." As the voice ceased, the shadowy angel for the last time dipped water from the ocean and sprinkled it upon America. Instantly the dark cloud rolled back, together with the armies it had brought, leaving the inhabitants of the land victorious.

"Then once more I beheld the villages, towns and cities springing up where I had seen them before, while the bright angel, planting the azure standard he had brought in the midst of them, cried with a loud voice: "While the stars remain, and the heavens send down dew upon the earth, so long shall the Union last." And taking from his brow the crown on which blazoned the word "Union," he placed it upon the Standard while the people, kneeling down, said, "Amen."

"The scene instantly began to fade and dissolve, and I at last saw nothing but the rising, curling vapor I at first beheld. This also disappearing, I found myself once more gazing upon the mysterious visitor, who, in the same voice I had heard before, said, "Son of the Republic, what you have seen is thus interpreted: Three great perils

will come upon the Republic, The most fearful is the third. (The comment on his word 'third' is: "The help against the THIRD peril comes in the shape of Divine Assistance. Apparently the Second Advent. -- Ed. P.N. "J.J.S.) passing which the whole world united shall not prevail against her. Let every child of the Republic learn to live for his God, his land and Union." With these words the vision vanished, and I started from my seat and felt that I had seen a vision wherein had been shown to me the birth, progress, and destiny of the United States."

"Such, my friends," concluded the venerable narrator, "were the words I heard from Washington's own lips, and America will do well to profit by them."

THE SIGNING OF THE DECLARATION

By George Lippard

It is a cloudless summer day; a clear blue sky bends over and expands above a quaint building rising among the giant trees in the center of a wide city. That house is built of plain red brick, with heavy window frames and a large hall door. Such is the State House of Philadelphia in the year of our Lord 1776.

In yonder wooden steeple, which tops the summit of that red brick State House, stands an old man with snow-white hair and sunburnt face. He is humbly dressed, yet his eye gleams as it is fixed on the outline of the bell suspended in the steeple there. By his side, gazing into his sunburnt face in wonder, stands a flaxen-haired boy, with laughing eyes of summer blue.

The old man thinks for a moment about the strange words written upon the bell, then gathering the boy in his arms, he speaks:

"Look here, my child; will you do this old man a kindness? Then hasten down the stairs and wait in the hall below until a man gives you a message for me; when he gives you that word, run out into the street and shout it up to me. Do you mind?"

The boy sprang from the old man's arms and ran down the dark stairs.

Many minutes passed. The bell-keeper was alone. "Oh," groaned the old man, "he has forgotten me."

As the word was upon his lips, a merry ringing laugh broke on his ear; and there, among the crowd on the pavement, stood the blue-eyed boy, clapping his tiny hands while the breeze blew his flaxen hair all about his face, and, swelling his little chest, he raised himself on tiptoe and shouted the single words, "Ring!"

Do you see that old man's eye fire? Do you see that arm so suddenly bared to the shoulders? Do you see that withered hand grasping the iron tongue of the bell? That old man is young again. His veins are filling with a new life. Backward and forward with sturdy strokes, he swings the tongue.

The bell peals out; the crowds in the street hear it and burst forth in one long shout. Old Delaware hears it and gives it back on the cheers of her thousand sailors. The city hears it and starts up from desk and workshop, as if an earthquake had spoken.

Under that very bell, pealing out at noonday, in an old hall, fifty-six traders, farmers and mechanics had assembled to break the shackles of the world. The committee, who had been out all night, are about to appear. At last the door opens and they advance to the front. The parchment is laid on the table.

Shall it be signed or not? Then follows a high and stormy debate. Then the timid cringe in corners. Then Thomas Jefferson speaks his few bold words and John Adams pours out his whole soul.

Still there is a doubt; and that pale-faced man, rising in one corner, speaks out something about "axes, scaffolds and a gibbet." A tall slender man arises, and his dark eyes burns, while his words ring through the halls:

'Gibbets! They may stretch our necks on every scaffold in the land! They may turn every rock into a gibbet, every tree into a gallows; and yet the words written on that parchment can never die! They may pour out our blood on a thousand altars, and yet, from every drop that colors the axe, or drips on the sawdust of the block, a new martyr to freedom will spring into existence. What! Are there shrinking hearts and weak voices here, when the very dead upon our battlefields arise and call upon us to sign that parchment or be accursed forever?

"Sign! if the next moment the gibbet's rope is around your neck. Sign! if the next moment this hall rings with the echo of the falling axe.

Sign! by all your hopes in life or death, as husbands, as fathers, as men! Sign your names to that parchment!"

"Yes! were my soul trembling on the verge of eternity; were this voice choking in the last struggle, I would still, with the last impulse of that soul, with the last gasp of that voice, beg you to remember this truth: God has given America to the free. Yes! As I sink down in the gloomy shadow of the grave, with my last breath I would beg you - SIGN THAT PARCHMENT!"

From "The Workaday Readers" - Fifth Reader.
D.C. Heath & Co., Chicago, Ill.

GENERAL McCLELLAN'S DREAM

Published in Portland, Maine "Evening Courrior," March 8, 1862.

At two o'clock of the third night after General McClellan's arrival at Washington, D.C., to take command of the United States Army, he was working over his maps and studying the reports of scouts. A feeling of intense weariness came over him, and leaning his forehead on his folded arm he fell asleep at this table. He had not been sleeping more than ten minutes when it seemed that the locked door of his room was suddenly thrown open, and someone strode up to him and in a voice terrible with power spoke: "General McClellan, do you sleep at your post? Rouse you, or ere it can be prevented, the foe will be in Washington."

The General then describes in some detail his strange feeling. At the moment he seemed to be suspended in the center of infinite space, and the voice came from a hollow distance all about him. He started up, but whether he was really awake he was never able to decide. The table covered with maps was still before him, but the furniture, the walls of the room, and other familiar objects were no longer visible. Instead he was gazing upon a living map including the Atlantic Ocean.

McClellan tried to see the features of the Being that stood with him, but could discern nothing but a vapor having the general outline of a man.

As he looked upon the great map, McClellan was amazed to see the movements of the various troops and regiments, and a complete

pattern of the enemy's lines and distribution of forces. The General was immediately infused with a great elation, for he felt that the movements on this extraordinary map would enable him to bring the war to a speedy and victorious termination.

Then his elation changed to great apprehension, he saw the enemy's forces moving to certain points which he himself had intended to occupy within the next few days. He quietly realized that in some way his plans were known to the enemy.

Then again the voice spoke. "General McClellan, you have been betrayed. And had God not willed otherwise, ere the sun of tomorrow had set the Confederate flag would have waved above the Capitol and your own grave. But note what you see. Your time is short." His pencil moving with the speed of thought, McClellan transferred the troop positions from the living map to the paper map on his desk. When this had been done, McClellan became aware that the figure standing near him had increased in Light and glory until it shone like the noonday sun. And as he raised his eyes he looked into the face of George Washington.

The first President with sublime and gentle dignity looked upon the bewildered officer, and spoke as follows: "General McClellan, while yet in the flesh I beheld the birth of the American Republic. It was indeed a hard and bloody one, but God's blessing was upon the nation and, therefore, through this, her first great struggle for existence, He sustained her and with His mighty hand brought her out triumphantly. A century has not passed since then, and yet the Republic has taken her position of peer with nations whose pages of history extend for ages into the past. She has, since those dark days, by the favor of God, greatly prospered. And now, by very reason of this prosperity, has she been brought to her second great struggle. This is by far the most perilous ordeal she has to endure; passing as she is from childhood to opening maturity, she is called on to accomplish that vast result, self-conquest; to learn that important lesson, self-control, self-rule, that in the future will place her in the van of power and civilization...

"But her mission will not then be finished; for ere another century shall have gone by, the oppressors of the whole earth, hating and envying her exaltation, shall join themselves together and raise up their hands against her. But if she still be found worthy of her high calling they shall surely be discomfited, and then will be ended her third and

last great struggle for existence. Henceforth shall the Republic go on, increasing in power and goodness, until her borders shall end only in the remotest corners of the earth, and the whole earth shall beneath her shadowing wing become a Universal Republic. Let her in her prosperity, however, remember the Lord her God, her trust be always in Him, and she shall never be confounded."

As the spirit visitor ceased speaking he raised his hand over McClellan's head in blessing, and the next instant a peal of thunder rumbled through space. McClellan woke with a start. He was again in his room with his maps spread out on the table before him. But there was one difference; the maps were covered with the marks, signs, and figures which he had inscribed there during the vision.

McClellan walked about the room to convince himself that he was really awake. He then returned and looked at the maps. The markings were still there. Convinced now that the experience was heaven sent, McClellan had his horse saddled and rode from camp to camp making the necessary changes in his strategy to meet the enemy's planned offensive.

His moves were successful, and he prevented the capture of the city of Washington. At that time the Confederate Army was so close that Abraham Lincoln, sitting in his study at the White House, could hear the rumble of the Confederate artillery.

General McClellan concludes his account of the strange vision that saved the Union with these words: "Our beloved, Glorious Washington shall again rest quietly, sweetly in his tomb, until perhaps the end of the Prophetic Century approaches that is to bring the Republic to a third and final struggle, when he may once more, laying aside the ceremonies of Mount Vernon, become a Messenger of Succor and Peace from the Great Ruler, Who has all the Nations of the Earth in His keeping.

"But the future is too vast for our comprehension; we are the children of the present. When peace shall again have folded her bright wings and settled upon our land, the strange, unearthly map marked while the spirit eyes of Washington looked down, shall be preserved among American archives, as a precious reminder to the American nation of what in their second great struggle for existence, they owe to God and the Glorified Spirit of Washington. Verily the works of God are above the understanding of man!"

THE STATUE OF LIBERTY

It was soon after the Franco-German war that a group of prominent Frenchmen proposed the gift of a statue from France to the United States, to mark the centenary of American independence. Frederic Bartholdi, the great French sculptor, was commissioned to do the work. A committee was formed in 1874 to raise funds in France. One hundred and eighty cities, forty general councils, and thousands of individuals contributed. The cost of the statue was \$700,000.

It was fifty-five years ago in June that a French man-of-war steamed into New York harbor bearing the statue boxed in 214 packing cases.

Congress had set apart a site on Bedloe Island, which the sculptor, on a visit to America, had selected as the finest location possible. By popular subscription the people of the United States had raised \$300,000 to erect the pedestal. So now, there it stands, a million-dollar statue, a beacon of American democracy.

While there are some 250,000 visitors annually to the Statue of Liberty, it is probable that few people know the full inscription that adorns its wall. It is this:

"THE NEW COLOSSUS"

Not like the brazen giant of Greek Fame
With conquering limbs astride from land to land.
Here at our sea-washed, sunset gates shall stand
A Mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of exiles, from her Beacon had
Glowed world-wide welcome, her mild eyes command
The air-bridged harbor that twin cities frame.
Keep, ancient lands, your storied pomp! cries she
With silent lips. "Give me your tired, your poor,
Your huddled masses yearning to breathe free.
The wretched refuse of your teeming shore--
Send these, the homeless tempest-tost to me,
I lift my lamp beside the golden door!"

NOTE: This tablet with her sonnet to the Bartholdi Statue of Liberty engraved upon these walls in loving memory of Emma Lazarus, born in New York City, July 22, 1849, died November 19, 1887.
(From - Sunshine Magazine)

"EDUCERE"

The time is upon us when we must be aware of a way of education suitable to our Era.

The first obligation which the educator must meet is to realize that the child is a spiritual being with latent powers and divine attributes waiting to unfold. He comes into life with a mission of his own to perform.

As the tender shoots of a young plant force their way through seemingly impossible obstruction, pushing sizable objects out of their way so does the God-potential of the young child strive to externalize in concrete manifestation.

Thus far the incoming infant has been met with a more or less prescribed formula which has been imposed from without and to which he has been expected to conform in the home, in the school and in society in general.

Only the most sturdy have pushed through the crust of parental selfishness, teacher-ignorance and established social custom and have brought to full bloom that which was once contained within the seed. How many poets, artists, philosophers and scientists have had their great natural abilities thwarted by guardians to the extent that providence Itself has had to take a hand -- making of its subject a seeming vagabond rather than that the whole world should lose what the genius has come into life specifically to accomplish.

The incoming consciousness of the New Era will be more evolved, more sensitive to their inner promptings and more convinced of their individualized service to life.

It is an unprecedented opportunity which education faces as it looks ahead and it behooves it to prepare now for its Utopian responsibilities. There is no other recourse but to return to the "Father's House."

Being at the moment in the usual difficult period of transition, we must make the wise use of the staff of common sense to guide our footsteps across the abyss from the present to the future.

The reason that Utopias have previously failed is because the effort was made to assume the new before it has been proven scientifically sound and without bridging the chasm with that which had

been of practical value in the past. The new must evolve naturally from the old; it cannot be prematurely imposed with success.

To cope with the situation it goes without saying that the best teachers of the New Era will be the "natural born," imbued with wisdom, with a deep, sincere, yet impersonal love -- willing to expound Truth without bias and to cut away the barnacles of misconception that have camouflaged reality. This is not to suggest the negative approach of personal fault-finding which tends to magnify mistrust, discouragement and antagonism; better to stimulate interest in right thinking, to inspire spiritual awakening and to evoke the God quality of discrimination which will of itself, from within, initiate a constructive response.

A oneness of fundamentals will pervade the new education which will make it international in scope. To this end will subject matter be revised.

The student will come to lean less upon external libraries for knowledge; he will draw more upon the encyclopedia of wisdom already too long shelved within the soul.

From his earliest years he should live as much as possible in the great out-of-doors, bathing in the impersonal sunshine, making companions of birds, flowers and insects. He will thus observe the life-force expressing through them, until the outer has taken individual form according to the pattern within.

Approaching maturity, as he begins to experience that same natural creative life-force arising within him, he will recognize it for what it really is --- God-life surging toward manifestation. He will learn to look upon it impersonally and scientifically and will regard it with reverence and awe. He will find it responsive to his control.

Guided by high ideals and lofty thoughts, he will be able to direct it into constructive channels. He will thus escape the quagmire of desire, the slavery of passion, the soddenness of the clod, the dulling of the finer senses. Rather he will become a creative genius, a god in his own right, directing through his heart center a deepening compassion for mankind; through his voice the power to command; through his eyes he will behold perfection without delusion; through his brain he will magnetize from the Universal Mind ideas never yet manifested for the benefits of mankind. Finally, through the flesh, he may become a channel by which a physical vehicle is created for an incoming lifestream to inhabit.

Could a more noble task face the schools of the future than to educate -- educere, "to lead forth" into concrete manifestation, the God-potential within our youth?

CODE OF CONDUCT FOR A DISCIPLE OF THE HOLY SPIRIT

1

Be conscious ever that thou aspirest to the fullest expression of God, and devote all thy being and thy service to that end - as expressed so ably in the First Commandment.

2

Learn the lesson of harmlessness; neither by word nor thought nor feeling inflict evil upon any part of life. Know that action and physical violence are but the lesser part of the sin of harmful expression.

3

Stir not a brother's sea of emotion, thoughtlessly or deliberately. Know that the storm in which thou placest his spirit will sooner or later flow upon the banks of thine own lifestream; rather bring tranquility to life, and be as the psalmist so ably puts it: "oil on the troubled waters."

4

Disassociate thyself from the personal delusion. Never let self-justification reveal that thou dost love the self more than the Harmony of the Universe. If thou art right, there is no need to acclaim it; if thou art wrong, pray for forgiveness. Watching the self, thou wilt find the rising tides of indignation among the more subtle shadows on the path of Right, called "self-righteousness."

5

Walk gently through the Universe - knowing that the body is a Temple in which dwelleth the Holy Spirit which bringeth Peace and Illumination to life everywhere. Keep thy Temple always in a respectful and cleanly manner as befitting the habitation of the Spirit of Truth. Respect and honor, in gentle dignity, all other Temples, knowing that oftentimes within a crude exterior burns a greater Light.

6

In the presence of Nature, absorb the beauties and gifts of Her Kingdom in gentle gratitude. Do not desecrate Her by vile thoughts or emotions, or by physical acts that despoil Her virgin beauty.

7

Do not form nor offer opinions unless invited to do so, and then only after prayer and silent invocation for guidance.

8

Speak when God chooseth to say something through thee. At other times remain peacefully silent.

9

Make the ritual of thy living the observance of God's rules, so unobtrusive that no man shall know that thou aspirest to Godliness, lest the force of his outer will might be pitted against thee, or lest thy service become impinged with pride.

10

Let thy heart be a song of gratitude that the Most High has given unto thy keeping the Spirit of Life which, through thee, chooses to widen the borders of His Kingdom.

11

Be alert always to use thy faculties and the gifts loaned unto thee by the Father of all Life in a manner to extend His Kingdom.

12

Claim nothing for thyself, neither powers nor principalities, any more than thou claimest the air thou breathest - or the Sun; using them freely but knowing the God-ownership of all.

13

In speech and action be gentle, but with the dignity that always accompanies the Presence of the Living God that is within the Temple.

14

Constantly place all the faculties of thy being, and all the inner unfoldment of thy nature at the feet of the Godpower, especially when endeavoring to manifest Perfection through one in distress.

15

Let thy watchwords be gentleness, humility and loving service, but do not allow the impression of humility to be mistaken for lethargy. The servant of the Lord, like the Sun in the Heavens, is eternally vigilant and constantly outpouring the gifts which are in his particular keeping.

MAHA CHOHAN