

Daily Meditations



ISBN 1-888985-00-3

DAILY
MEDITATIONS
ON
THE BELOVED
ASCENDED MASTERS

* * * * *

A BRIDGE TO SPIRITUAL FREEDOM
PUBLICATION



Copyright © 1999
By The Bridge to Spiritual Freedom
All rights reserved

ISBN 1-888985-00-3

The Bridge to Spiritual Freedom
P.O. Box 333, Kings Park, NY 11754
USA

PREFACE

Each day of the week is devoted to the outpouring of the Chohans, Elohim, Archangels and other great beings of light from the Seven Rays.

This booklet has been created to assist in co-coordinating the daily meditations of the entire student body. However, also feel free to enjoy these sacred words in any way that assists you on your path to enlightenment.

Daily Meditations is designed to fit easily into a pocket or bag. It is hoped that chelas all over the world will, in unity, coordinate this world prayer force in blessing the Most High Living God, as well as the dear Earth and all her evolutions.

TABLE OF CONTENTS

	Page
SUNDAY, FIRST RAY: Faith, Strength, Protection, Power, Will of God.....	1
MONDAY, SECOND RAY: Wisdom, Illumination, Perception.....	10
TUESDAY, THIRD RAY: Pure Divine Love and Adoration..	19
WEDNESDAY, FOURTH RAY: Purity, Resurrection, Ascension..	28
THURSDAY, FIFTH RAY: Truth, Healing, Consecration, Concentration.....	36
FRIDAY, SIXTH RAY: Peace, Grace, Healing, Ministrations.....	44
SATURDAY, SEVENTH RAY: Compassion, Mercy, Freedom, Transmutation.....	52

SUNDAY FIRST RAY

BLUE AND CRYSTAL
FLAMES
OF
STRENGTH
POWER
PROTECTION
WILL OF GOD

EL MORYA, Chohan of the First Ray of God's Will: Beloved, it is the Heart of God I represent! From it emerges the divine idea I send forth at all times through the power of my attention. I merely attune myself to God's Heart, and the flow commences and continues uninterrupted! Relax into the diamond heart of your own perfection and place your attention upon God's Perfection.

The Will of God is: divine order in all things; divine love expressed through all life; divine unity with the eternal source of all life - the One God - from whence we came. BE STILL and KNOW that I AM GOD! I AM that I AM and I AM is all there is!

The more you think of, and do, God's Will . . . the more your Three-fold Flame will expand, and the center of your being will join with the center of all life. The source of enlightenment is within the realm of spirit, and it is anchored within your heart. Let go and proceed with more faith!

As I direct a ray of light into your heart flames, breathe it in, absorb it, nourishing the sacred flame, for it is the Kingdom of Heaven within you. Expand this light, our combined light, love, and power, throughout your four lower vehicles on the outbreath, and project it forth into all life upon this planet. Feel the Earth as a blazing diamond heart of God's Perfection, and accept it done right now and eternally sustained!

ARCHANGEL MICHAEL, Protector & Defender of the Faith: Beloved ones, you are a being of great light! Open your hearts to my Presence, and I shall fill you with my faith in the eternally victorious power of God's First Cause of Perfection for all life. Enter the Silence and appeal to your Presence for a clear recognition of your own statement of being. Find your own purpose, your special God Quality, and then endeavor to express it at all times, in all situations. When you truly begin to live your part of the Great Divine Plan, all endeavors shall express the joy and enthusiasm of the Octaves of Light.

The perfection of God's glorious Kingdom of Light is all around you especially within the heart of the

sacred fire. Consciously draw forth and manifest in the world around you that which abides at the center of your being. Use your faith in the perfection of God's First Cause to bring about everything you desire for yourself and your world.

Invoke my faith through your own chalice of consciousness into the I AM Presence of every lifestream whose aura touches your own. In the Name of the Light of God know that as you act to increase the faith of another, my own joy in service shall be yours!

HERCULES, Elohim of Strength: The ONE Supreme Source of All Life, the I AM Presence, is the strength and power of the First Ray. The Father-Mother God in great wisdom

permits the very substance of their being to flow to all life everywhere, holding and recognizing only the ultimate of perfection, at all times.

Each time you call on us, your awareness increases. The more time you devote to your spiritual nature, calling to your I AM Presence, the more rapid will be your development. With each such call you make, you "open, expand, and strengthen" your channel to the Octaves of Light!

Continue to open your consciousness to our loving assistance, and as you do this more consistently, become more aware of yourselves as the sons and daughters of God that you truly are. Learn to live within your divinity thus becoming

a conscious part of the great, creative outpouring of God! For I AM is the only Power and Strength.

Spiritual strength is truly in command of any and all activities, *body, mind, and soul*, and YOU ARE EN-DOWED WITH SPIRITUAL STRENGTH. I counsel you that on awakening, daily and reverently turn your attention to the Presence of God within. As you do this, you will become a natural activity of service, for you have been called to be a Presence of The Mother-Father God.

PRINCIPA, Lord of Divine Order: I AM Divine Principle. I have clothed myself in a cloak of individualized consciousness and come forth from the Great Silence. I AM

the Flame of the Great Central Sun,
and of the Sun beyond the Sun.

I speak to you from the Great Silence. As I enfold you, I ask you to enter the Silence. There you will find me and merge into oneness with all that I AM! Truly then, will you find the divine principle that I AM, and from which you came. Once you can let go and ask God to take command, you will experience a happiness that is beyond words. A human being is Spirit made manifest in a world of form. Your primary purpose is to learn to draw forth the gifts of Spirit, and manifest them in visible, tangible form.

Begin to believe in your own light, and to command that light! Begin each day with the command, "I AM

that I AM!" Thus do you place yourself in the flow of God's Light.

* * *

Beloved Presence of God I AM within my heart, I love and adore you! I summon you forth to blaze your crystal and blue flames through me and see that God's Will is made manifest in all I do this day.

I love, bless and thank all the beings of light from the First Ray, who assist me this day. As God's most holy name . . . I AM.

MONDAY
SECOND RAY
GOLDEN FLAME
OF
WISDOM
ILLUMINATION
PERCEPTION

DWJAL KHUL, Chohan of Second Ray: All truth is given through the I AM Presence and released from the Holy Christ Self within your heart center when your consciousness is open to receive. As a chela, you observe the evidence that all humankind is awakening to the truth of their own inner divinity. Recognize that this truth and knowledge emerges from deep within the recesses of your own true beings and world.

I ask you to listen with your heart. Remember, there is always a new opportunity before you. Ask your Beloved God Presence, what is the next step? What would you have me do? Ask to see the divine principle involved and when this is clear in your mind and heart, move forward fearlessly.

The most important thing is to do your very best! What your very best is is truly known only to your Holy Christ Self and the ascended one with whom you are working. I ask that as you work with the Octaves of Light you seek counsel from the Master who lives within your heart.

JOPHIEL, Archangel of Illumination: Beloved children of light, your I AM Presence is a seed, which springs forth when the soil is fertile and the environment is pure. The flame of mercy and compassion is a major tool to prepare the soil in the garden of your heart. It is also used to keep your lotus pure and perfect after it has bloomed. As this takes place, your Holy Christ Self bursts forth, pouring forth its sweet essence into the grail of your

consciousness. Then you realize the unmeasured service to life your divine soul has given.

I bring to you my full momentum of illumination, wisdom and understanding. I ask you to breathe in deeply, realizing and accepting the holy breath as the transforming power which will bring you enlightenment! Feel the Presence of the Holy Spirit enfolding you and giving you the first breath of life. The outpouring of love within your human heart, brings illumination through love. Feel it quickening the sacred temple of your body, as you release the breath. Accept the clarity of consciousness activating your mind and feelings.

Each morning as you awaken, say to your Presence: "Mighty I AM Presence, take command of this outer self this day! Take command of every thought, feeling, spoken word, action and reaction!" As you do this, know you call forth the wisdom of your inner Christ Consciousness and that your days will be filled with the inspiration of the Divine Ideas of God!

This is the reason for your being... to become a conscious co-creator, to draw life's energy, to shape it according to your own God Design, to take these designs which are the ideas of the Father-Mother God, to plant them within your consciousness and bring them to fruition.

CASSIOPEIA, Elohim of Wisdom:
My Temple is within the aura of the Great Central Sun but it is also firmly anchored in the center of your brain, by a bridge of light lovingly built by you.

As you work directly with the Ascended Masters and the entire Spiritual Hierarchy, you step upon a path of enlightenment, which is the path to your own mastery. It is a transition point in life, a transition of consciousness, of becoming more and more conscious to the needs of all life. The outer manifestation then becomes one of taking personal responsibility for the use of your own life energy.

You have within yourselves the will to do! I now offer you divine per-

ception, so you may more perfectly fulfill your part in God's Great Divine Plan. The responsibility of expanding and projecting forth my gift to Earth now also becomes yours. You have advanced to a point where work such as this is possible for you to fulfill.

LORD LANTO, Patriarch of the Rocky Mountain Retreat: True reverence for life has within itself only the recognition of the purity, sanctity and perfection of the life force accorded to each one and that life force is God!

As you realize your unity with all life, constantly be aware that the breath is Holy. The breath is the most sacred of elements. With every inbreath, you qualify that

breath with your own thoughts and feelings, and then you breath it out and it is absorbed by all humankind.

Let there abide within your heart the ever-present silent mantra: God loves me and I love God. Hold this mantra within your mind. Where your attention is, there you are, for you are your consciousness. Where your attention is, your energy flows and your energy is your life. GOD LOVES ME AND I LOVE GOD, AND I AM ONE WITH GOD!

* * *

Beloved Presence of God I AM in me, I love and adore you! I summon forth the golden flame of illumination to enfold me this day. I AM God's Illumination and Wisdom di-

recting me in all I do, as I listen and understand.

I love, bless and thank all the beings of light from the Second Ray, who assist me this day. As God's most holy name . . . I AM.

TUESDAY
THIRD RAY
PINK FLAME
OF
PURE DIVINE LOVE
AND
ADORATION

LADY ROWENA, Chohan of the Third Ray: The way of love is a path of service and silence. Embrace the silence... of looking within with compassion and love toward yourselves and everyone you meet upon your path. As you proceed, we shall teach you, and it is your responsibility to know and accept that we are always with you.

In silence now, close your eyes, and let your consciousness rest within the precious and secret garden of your heart. I AM here and the pink rose of love is safely growing within your heart. Nurture this rose carefully and constantly, until its aura of beauty and love expands, completely enfolding you at all times.

Divine love embodied in you, beloved ones, is a full attunement with the celestial love at all levels of consciousness and through this ever expanding stream of light you will find the pathway of understanding the virtues and qualities of pure divine love, for divine love embodies the first principle of creation... that all life is one!

Divine love tempers the understanding of the many challenges and tests encountered on your path to self-mastery. Through tenderness of expression of divine diplomacy and tact, gently and easily bring the divine will of our Father-Mother God into manifestation, dear ones. You will then receive the gifts of joy and happiness in return for expressing this way of being!

HOLY AEOLUS, Cosmic Holy Spirit: I AM the protective, loving power of Holy Spirit, descending always from your beautiful Presence of God I AM! I descend in tongues of living flame! I fill your entire being with the flame of my Presence, of my peace and my love.

Love is the integrating factor, the foundation every person needs, yes, requires to come home to the Heart of the Great Universal God Who created all life. There is, in that sense and understanding, only the ONE Path.

I breathe my flame of perfect love and tolerance into the creative fire within your heart, fanning it into a mighty flame that will unify all life on Earth with the love of the Cos-

mic Holy Spirit! Now, as you breathe in my radiant pink flame, expand it forth from your heart center. Become ONE with each and every lifestream! You are ONE in love, ONE in desire, ONE in service, ONE in loyalty ... Loyalty only to the PRESENCE OF GOD I AM within your heart.

Take time to enter the Silence and receive the gentle Love of God and within this Wisdom realize that "balance is the key!". Open your hearts to my devoted love. Contemplate the grace and the silent benediction of the Holy Spirit that flows so constantly through all that is. In all your living, emulate the pure and silent white dove which is the expression of the activity of the Holy Spirit.

CHAMUEL, Archangel of Adoration: The flame that you hold within the chalice of your heart is by its very nature adoration. Your way back home to unity with God is through the externalizing of this divine nature. Oh Immortal Flame of Life within these hearts! Arise! Let the song of thanksgiving, praise and the immortal gratitude to the Father-Mother God of light, sing through the temple wherein thou dost dwell. Oh great and mighty flame within these hearts! Send forth thy rhythm of adoration to God! Send it forth with each heartbeat, waking, sleeping, day and night, until the perfume of spiritual adoration fills ones aura; until the essence of love divine forms a protective shell around each one; until the music and paean of praise is so

tangible that even to enter the sphere of influence and touch the hem of the garment of each student, is to experience the bliss of Heaven. Thou shalt love thy God with all thy heart with all thy soul and with all thy very self, in a constant, happy rhythm.

The Adoration Flame is an absolute basking in the Goodness of God. Adoration is a complete devotion to the goodness of life. It is the same relaxed devotion that you feel when you sit in the sunshine on a beautiful Spring day and absorb into yourself the goodness of the light of the mighty Sun. Adoration is a pouring forth of your life and all the gratitude that your heart can draw forth into the heart of the Sun, the heart of your I AM Presence, to the heart

of Saint Germain or any God-free being.

ORION, Elohim of Love: Accept now, God's Love for you, and within it, your divinity and your ability to express that love to all life with which you have contact, every day upon your individual paths. The greatest expression of God's Love is the changing of yourself to make the world a better place!

Beloved ones, open your heart and mind to the Third Ray, and ask that the full measure of God's Love be poured into the cup of your individual consciousness. As you experience this blessing, let the quality of divine love flow into all ideas and inspirations.

Love is not merely an emotional feeling you experience for others and life in general. It also must include the understanding of how to express that feeling faithfully, to bring forth the perfect manifestation you so deeply desire.

* * *

Beloved Presence of God I AM in me, I love and adore you! Oh great and mighty flame within my own heart, blaze forth the pink flame of divine love until I AM the comforting presence to all life everywhere!

I love, bless and thank all the beings of light from the Third Ray, who assist me this day. As God's most holy name . . . I AM.

WEDNESDAY
FOURTH RAY
WHITE FLAME
OF
PURITY
RESURRECTION
AND
ASCENSION

SERAPIS BEY, Chohan of the Fourth Ray: Every day as you walk the path toward the full ascension into the light of your own I AM Presence, receive and accept the magnificent feelings of joy and peace embodied in all of God's Gifts that you require to be happy in co-service with our Father-Mother God.

The Christ within offers peace, harmony and unity of life. Once your consciousness has ascended to this higher level of awareness, through the ceaseless use of the sacred Violet Fire, and the rising powers of the Ascension Flame, all life will answer your every call to manifest the perfection that God desires for you. It is within this state of mastery that a true balance of energy is attained, and you are also able to perceive the

need of others as they, too, progress upon this same spiritual path.

GABRIEL, Archangel of the Resurrection: I AM here to announce to all the world with conviction, that not only does your Holy Christ Self live within you, it is an integral part of you, for this all knowing, all loving, and all powerful being of light is you beloved ones! Now the time has come to recognize your responsibility and all it entails.

The Holy Christ within your hearts is a three-fold being of light. You must be able to act as the Mother, nurturing and expanding the divine concept of the Christ for all humankind. You must, as well, act as the Father, protecting and permitting nothing to bring harm to the

Mother or Child within each human heart. Finally, you must bring forth the Christ in such a way that others will understand that the example of the Christ is not something done by one human, but something that was given for all humankind!

Silently ask yourself with every situation in your life: "How would the Master respond or react in each instance?" For in the very asking of this question you instantly reactivate and intensify the connection with your inner self and the answer will become clear.

ARCHANGEL OF RESTORATION: I AM the embodiment of the Heart Desire of our Father-Mother God, for the restoration of the beloved planet Earth and all life upon it, to

complete unity, total at-one-ment with God's First Cause—perfection for all things, and the restoration of this perfection is that for which I have been created!

The reality of this dear planet, and of each and every person who walks upon it, will be brought forth once more to the full Glory of God! It is the unifying of your heart's desire with your Father-Mother God that will insure the restoration of perfection upon the planet Earth.

Hold the perfection of the Earth and all her evolutions first and foremost in your consciousness. Accept and feel my love, as I now anchor a laser beam from my flame into your waiting heart. Through this act, we shall always be consciously con-

nected. From this time forth we are ONE in love and ONE in service to the great Universal Source of all Life.

CLAIRE, Elohim of Purity: I AM the Flame of Cosmic Christ Purity, the natural activity of your own life. I AM alive in every cell of your body, moving around the central core of every atom of your flesh. I AM your life! I AM the living breathing electronic light of purity within your mental bodies, waiting now to be released in order to manifest the perfection of your divine conception. I AM the living, breathing, flame of pure white light, invoked by each one of you into the great sea of your emotional world, awaiting release to again manifest perfection. I AM the pure electronic light within

every cell of your etheric garment, upon which you have impressed those records of impurity. I AM now expanding my purity from within every cell and atom of your four lower vehicles expanding, expanding, and expanding my true nature which is the purification of this Earth; all that is in the Earth; on it, or in its atmosphere. I AM the guardian of the Immaculate Concept for this sweet planet Earth, as well as for this entire universe.

* * *

Dearly beloved Presence of God I AM in me, I love and adore you! You know the reason for my being, through the energies of my world this day, let me fulfill it!

I love, bless and thank all the beings of light from the Fourth Ray, who assist me this day. As God's most holy name . . . I AM.

THURSDAY
FIFTH RAY
GREEN FLAME
OF
TRUTH
HEALING
CONSECRATION
CONCENTRATION

HILARION, Chohan of the Fifth Ray: The first step is the preparation of your own chalice of consciousness for service with the Octaves of Light. After you have called forth the protection of the First Ray, it is necessary to invoke the Cosmic Ray of Truth and the Violet Transmuting Flame. The Ray of Truth will reveal to your outer consciousness anything that stands in the way of your complete unity with your higher bodies. The Violet Flames then transmutes these causes and cores, purifying your individual chalice of any doubt or other inhibiting force that may be binding your spiritual consciousness to that of the human. Once these preparatory steps have been taken, you are ready to offer your individual chalice of consciousness to your I AM Presence.

As you progress in the service of self-healing, your body elemental will mirror that which you have changed in your etheric body through your conscious effort and full cooperation. This beloved one, begins the process of re-unifying your four lower vehicles; and as you stabilize and remain in this state, with crystalline clear feelings thoughts, memories, actions and words, your natural state of being is restored. The expansion of your divine pattern of expression then begins to flow outward, offering you as an example to all your brothers and sisters in the human family, and one they will wish to emulate. You will be the manifest expression of perfect health and harmony in the world of form, here and now!

RAPHAEL, Archangel of Healing and Consecration: I offer you my Cup of Consecration, that you may renew your vows made at inner levels, to be the healers and teachers of the New Age. Remember, as you drink from this cup, the essence of my flame flows through your entire being and encompasses your aura. As this takes place, I impart to you the strength and courage required, and it shall be yours from this moment forward. You may draw forth from the Realms of Light enough supply of all good things to see you through. You are our hope, our love, and our healing manifest on the Earth... right here, right now and forever sustained.

When consecration is coupled with dedication, it is a true feeling that will help you in all you do. When one is dedicated, you are accepting, and offering your service to a lofty ideal. When you dwell within the Christ; when you know I AM the DOER, the DOING, and the DEED, then you are doing God's Way. Remain centered, dear children, for you have come a far way on the path, or else you would not be here.

ELOHIM VISTA, The All-Seeing Eye of God: I AM dedicated to expanding the power of concentration into all that is of the light, until all humankind is able to realize their fullest potential which is total unity with the PRESENCE OF GOD I AM within. The power of concentration is a gift that must be brought to

bear upon every aspect of your life, until you, by your love and power of concentration, have transformed everything within your expression from the human to the divine.

Everyone has being but few are aware of the truth of that being, and this is what the gift of concentration must be used to discover. The truth of yourself is that you are created in the divine image and likeness of the Most High Living God.

The purpose of the inner eye is to lift your gaze toward the Presence of God I AM for every instruction. When this is fully understood, you will take great care to permit your vision, inner or outer, to rest only upon conditions that you wish to encounter, for manifest they shall!

PALLAS ATHENA, Spirit of Truth: I AM the Way, I AM the Truth, and I AM the Life. In order for you to live a truly spiritual life, you must experience clearing away every error, every desire, every prejudice, and every habit that stands in your path. Only when you have cleared this away will the light within guide you home.

The acceptance of truth very often involves the need for you to sacrifice old ideas, perhaps even some cherished ones. Accepting the truth usually compels the seeker and the finder to make fresh mental adjustments. Although the truth is "simple", it is not always "easy". Do not allow old concepts and old ways to keep you from the truth. Each time you call for light to be brought

into any situation, you are making a real contribution to all life on Earth.

* * *

Dearly beloved Presence of God I AM in me, I consecrate my life this day to the service of God. Let me only see, feel, think and carry out God's Perfection.

I love, bless and thank all the beings of light from the Fifth Ray, who assist me this day. As God's most holy name . . . I AM.

FRIDAY
 SIXTH RAY
 GOLD AND RUBY
 FLAMES
 OF
 PEACE
 GRACE
 HEALING
 MINISTRATION

JOHN, THE BELOVED, Chohan of Sixth Ray: I AM called Beloved, because I know that I AM Beloved of God. What is true for me, is also true for you. I AM one who reveals the truth of God's Love for you, and for all life. I AM part of the activity of the Cosmic Holy Spirit, because I reveal the love nature of the Father-Mother God at all times.

My beloved ones, you must embrace your true divinity. "Let go and let God BE God in and through you", for this is your true self, the divine archetype, who is now, ever has been, and ever shall be!

However, by letting go and letting God, you are releasing your human will to the thoughts, feelings, actions and reactions of Christ Con-

consciousness within. This is the part that is up to you, and must be done through your outer consciousness and your free will decision.

Free will is the divine gift that lies between human consciousness and divine consciousness. This gift is sacred. The decision as to whether it shall be used by your divine consciousness or your human consciousness dictates the outcome of the world that will be created. This is the key which you may use to allow the Kingdom of Heaven to manifest upon the Earth. This is the "letting go", beloved ones.

URIEL, Archangel of Ministration, Peace and Grace:
Wherever the name of God is invoked, silently or audibly, there I

AM with the fullness of the love, the blessings, the healing, the faith and the power of the Almighty. I say to your consciousness, to your minds and to your bodies, "In the name of the One Mighty God, peace be unto you! Let it enter NOW into every cell and fiber of your being as you relax in the knowledge that you are immersed in the Presence of the Almighty!"

DONNA GRACE, Archaii of the Sixth Ray: Remember, beloved ones, that by the Grace of God, you descended to this Earth. In a State of Grace you shall remain. And through the Gift of Grace, you will ascend back into the Heart of our Father-Mother God one day! Each person is on a divine journey or a spiritual quest, which will ultimately

lead them full circle, reuniting them at all levels of consciousness with our Father-Mother God.

TRANQUILLITY, Elohim of Peace: You can experience I AM Consciousness and be at one with all life! Be I AM at all times and you will be a PEACE COMMANDING PRESENCE, radiating the quality of peace with every thought, word or deed ... precipitating at all times with every breath the spirit of the one universal feeling of I AM. Now is the time to be I AM, with peace so essential in fulfilling the edict of Cosmic Law ... and now is the time to dispense this virtue.

In the oneness of being, you will find your consciousness expanding and encompassing the universe,

knowing that peace is your ultimate protection. Affirm within your mind, I AM A PEACE COMMANDING PRESENCE, and in the oneness of I AM, PEACE SHALL MANIFEST.

LADY NADA, former Chohan of the Sixth Ray: Love is the power that holds the universe together. It is the love emanating from the Father-Mother God to each of Earth's children that sets all constructive ideas into motion. The strongest and most valid proof you will ever have is the actual seeing of the gift of love working in your life, all around you, and within you. You must always remain centered within this pure, unconditional, divine love!

Encouragement is a special facet of divine love. To encourage a person means to enfold them in a spirit of courage, to give them the strength of your confidence in them, and their ability to succeed in whatever their work may be.

Of utmost importance is the unifying of all activities working for the good on this planet, with the final goal being the full establishment of Saint Germain's Permanent Golden Age. For this to become a manifest reality, each chela and light worker must live and work in unity and harmony. You must know that whatever is going on around you at any time is a manifestation of the Perfection of God.

* * *

Blessed Presence of God I AM in me, I love and adore you. Pour forth through me this day your pink and gold flames to bless everyone and everything I contact this day!

I love, bless and thank all the beings of light from the Sixth Ray, who assist me this day. As God's most holy name . . . I AM.

SATURDAY
 SEVENTH RAY
 VIOLET FIRE
 OF
 MERCY
 COMPASSION
 TRANSMUTATION
 AND
 FREEDOM

SAINT GERMAIN, Chohan of Seventh Ray: Lasting balance can only be attained within the heart of the great, Great, Silence. Only then can be found the strength, love and wisdom needed to lift the vibration of your Threefold Flame into harmony with God. As you allow yourself to be lifted by your inner Christ Consciousness into the heart of your Presence, the perfect balance and harmony you seek becomes a manifest reality! In this way your Spirit evolves into a higher vibratory action, moving forth to enfold and bless all life. Diligently seek your time in the Great Silence each day.

As the radiance of Violet Fire intensifies and expands around you, your world of expression increases

and you are enfolded in the flame of transmutation. Have faith in the Violet Fire, and it will provide you with the answer. Remember, you are an integral part of your I AM Presence, and through the power of your attention, you can reach the inner most treasures of your causal body. The divinity in you blesses itself in all others, and confirms the unity of all life! As the Violet Fire becomes a conscious and constant emanation from your heart center, be assured that you are drawn closer to my heart, and I to yours.

The major task in the building of this New Age is to bring together into one harmonious planetary activity the limitless numbers of lifestreams with their many levels

of consciousness who have chosen the Earth as their home. Each and every lifestream is special and must perform their assigned task in unity and love to enhance the glory of the others. Concern yourselves only with the divine will of our Father-Mother God.

ARCTURUS, Elohim of Invocation, Rhythm and Freedom: My divine quality of rhythm is a very necessary part in the process of mastering the use of the Violet Fire. At your visualization and call, the Violet Fire will go into action instantly to render the service of raising the vibration of energy, thus changing its quality to perfection. You must learn to use it so well that it becomes an integral part of your being.

ZADKIEL, Archangel of Invocation and Transmutation:

Those who have gained a significant degree of spiritual freedom know there is a deep responsibility involved. True freedom is a gift that requires maintenance and upkeep, and should always be treasured.

The power and activity of transmutation combines the Threefold Flame in your heart. You have the power, because God, in the glorious chalice of your heart, has anchored it in you. You have wisdom because cosmic law has repeatedly given to you the words of the Ascended Host of Light. You have the Love of God, for you are here.

In a rhythmic activity each day, let the Violet Fire blaze up, through

and around your physical, etheric, mental and emotional bodies, especially through your brain structure and feeling world, commanding it to transmute any hard and unforgiving feelings.

Breathe in deeply, experience the peace and comfort of my liquid light and life substance entering your aura, cleansing and purifying it. You are now able to feel how loved by God you are and how you can love others, just as God loves you. Breathe in the pure essence of our Father-Mother God, so you can continue your onward and upward path toward your ascension in the light.

LADY KWAN YIN, Spirit of Mercy and Compassion: The impetus of the Seventh Ray exerts its

influence on each one, at their own level of evolution. As spiritual consciousness develops, the very same impetus calls forth different responses. The vibration of your four lower vehicles is being raised at a rate that may cause discomfort in you, manifesting as some form of imbalance. Personal and group situations may arise which require more patience, love and understanding than you feel you may have at your command as yet. During this process give yourself extra time to rest, to absorb our teachings into your bodies. Give yourself time to connect the inner teachings with your physical experiences and situations. Be confident that all will become clear to you at the right time.

Mercy is more kindness than justice requires. It is more kindness than can be claimed by merit or service ... and forgiveness. Where you see distress of mind and body ... stop for a moment and consciously forgive the misuse of energy that created such an appearance and set it free.

* * *

Beloved Presence of God I AM in me, keep me sealed in a pillar of violet fire that transcends all human creation in, through and around me, until I AM wholly ascended and free!

I love, bless and thank all the beings of light from the Seventh Ray, who assist me this day. As God's most holy name . . . I AM.