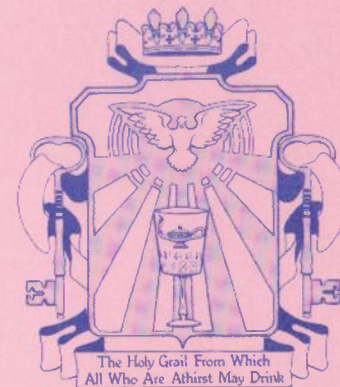


PRIMARY
INSTRUCTION

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MAN -
HIS RELATION TO THE
ANGELS AND
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THE BRIDGE TO SPIRITUAL FREEDOM
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THE BRIDGE TO SPIRITUAL FREEDOM

PO Box 753, Payson, AZ 85547
USA

PRIMARY INSTRUCTION

Lesson No. 11

PART I

THE GREAT PRESENCE OF GOD "I AM"

The Activity which, at the present time, is called THE BRIDGE TO SPIRITUAL FREEDOM, INC., explains a way of life. It brings to the attention of mankind the knowledge which the Master Jesus had and applied while on Earth, and which enabled Him to become Master over every human condition - even over the last enemy, of so-called death. Through His understanding of the Laws of Life, He achieved the Victory of the Ascension and became an Ascended Master. Jesus accepted that a part of God was anchored within His own heart which enabled it to beat, and He knew that He was truly a Child of God - Heir to all the power and powers of the Father. He constantly said: "It is not I who doeth the works; it is the Father WITHIN!"

Each and every individual on the planet has this same replica of God locked within the heart enfolded in the beautiful Three-fold Flame of Pink, Gold, and Blue representative of God's Love, Wisdom and Power of Perfection. Within each heart is every God Quality waiting for the individual to find the Key that unlocks and releases such Perfection into the world of man.

When you first came to planet Earth, the glorious Presence of God filled the entire form which you then wore. That God Presence enfolded in the Three-fold Flame was visible to the physical sight of all men. Through the rhythm

of that Flame, you were able to draw from Universal Light any form you desired, and by the magnetic power of the coalescing action of the Flame, you could design and precipitate food, clothing, shelter, Temples, or whatever you desired or required. Through the power of your feelings which energized these thought-forms, these manifestations took place instantly.

What has happened to that magnificent Presence? When the ATTENTION no longer rested on that God Presence, but began to focus on the human creation that man was generating, the Flame within the heart began to DECREASE in size and influence, and that which the life sustained through ATTENTION (shadows) began to grow larger. These shadows and mass karma began to increase until finally only a Spark of the great God Presence remained in the heart. Truly then it was called the UNFED FLAME, but now it is called the IMMORTAL THREE-FOLD FLAME OF ETERNAL TRUTH. As that Flame in the heart is now FED by your ATTENTION and LOVE - which is your life - It will begin to increase until it fills the body once again with Its Perfection.

The God Presence - "I AM" - which once filled your being DECREASED because you voluntarily chose to take your life and attention away from It and place it upon the human thought and feeling forms around you. The God Presence - "I AM" in you will again INCREASE as you take your attention AWAY from the discordant creations in your world and again hold it on the Perfection of the "I AM" within your heart. Then again will that God Presence stand revealed to all mankind.

When you acknowledge the Presence of God acting through you in whatever you are doing, you are expanding the LIGHT OF THE WORLD. When you allow the intellect and

human self to accept the credit for whatever is accomplished (even silently to yourself) you are denying the Presence of God as the ONLY POWER THAT CAN ACT, and are adding to the shadows.

The man who cuts wood, acknowledging the Presence of God's Energy flowing through his arm as the power by which he works, expands the God Presence within him, lighting his aura and lighting the world. The singer who acknowledges God as singing through him or her, expands the Light of the World. The woman moving about the daily household tasks, acknowledging that it is the Presence of God which enables her to do it, is also filling her aura with Light and expanding the Light of the World. The Presence of God, WHEN INVOKED AND ACKNOWLEDGED, always fills the individual with Light!

If you would be conscious that "I LIVE, MOVE, AND HAVE MY BEING IN THE VERY PRESENCE OF GOD; I cannot lift a finger except by the use of the Life of that Presence; I cannot speak a word but for that Presence", consecrating your mind and feelings to remembering that as you walk, as you speak, as you think, the actual Presence of God within you is endeavoring to widen the borders of God's Kingdom, then shall you truly be a LIGHTBEARER to the world!

(The Student should visualize the activity of the Christ Flame within the heart expanding to the fill the whole body with Light substance) as the Director reads the following:

Thou Holy Christ Flame within my heart,
 Help me to manifest all Thou art;
 Teach me to see Thyself in all;
 Help me to show men how to call
 All of Thy Glory from the Sun

'Til Earth's great Victory is won!
 "I AM" we love Thee' Thou art our ALL!
 "I AM" we love Thee, HEAR OUR CALL!

I hear thy call, My children dear;
 "I AM" in thy heart, so never fear;
 "I AM" your mind - your body too;
 "I AM" in every cell of you.
 "I AM" thy earth, and sea, and sky;
 And not one soul shall I pass by.
 "I AM" in thee, thou art in Me'
 "I AM"! "I AM" Earth's Victory!

THE HISTORY OF EARTH

God said: "Let there be Light!" (Gen. 1:3) and then creation took place from out that obedient self-luminous intelligent primal Light Substance (which filled all space) "and it was GOOD!" (GEN. 1:4) This Light Substance, being obedient, took on the form and quality of what God thought and spoke. God is the Owner and Giver of ALL LIFE, and insofar as our Galaxy is concerned, is called the Great Central Sun. It is the Sun behind our own Sun, and the Source of all in our Galaxy. Our own Sun and Its seven planets form the System to which the Earth belongs.

It should be no more difficult to accept a God-Mother as well as a God-Father than it is to accept that every human being has a Mother as well as a Father - "as above, so below"! The God-Father and God-Mother of our System are two Divine Beings known to us as Helios and Vesta, and They dwell within our Sun and give Life to everything in our System.

These Divine Parents designed within Their thoughts and feelings our Earth and each of the other six planets of our System. They decided upon the number of lifestreams who would inhabit each one - including our Earth. One of the great Cosmic Beings has explained it to us as follows:

"When first you were breathed forth from the Heart of the God Parents, you came to an awareness and realization of individual identity. You felt and thought "I AM"! You found yourselves as self-conscious beings, and in every fibre and cell of your Electronic Presence, you realized "I AM BEING"! You lived in that innocence - sharing the Consciousness of your God Parents. You knew that primal life was yours to use as you chose. You were Holy Innocents, and exquisite, iridescent primal Life became your possession flowing into the Immortal Flame in your heart.

"In this innocence you lived, and created out of primal Life that which you saw around you. You lived in a realm close to the Heart of the God Parents where there were no forms that were not beautiful - every Angel shining in magnificence, every Master in the dignity of a Christ. You duplicated the Beauty around you and began to create tiny Cherubic forms and temples, your feelings of enjoyment filling those tiny forms, and they began to flow out from you into your aura.

"You passed through the Seven Inner Spheres with one of the Great Manus (about Whom we shall explain more later) observing the magnificent Brothers and Sisters in those Realms Who were building Stars and Galaxies in the Universe. You continued to create in your own small way - finding your thoughts and feelings were obedient to your will. This was the 'Garden of Eden'! There was no need for discrimination since there was no destructive pattern and no form of temptation; nothing could enter your consciousness that was not beautiful.

"Many Beings of Light remained in those beautiful Inner Spheres - never choosing to embody upon the Earth. It was the brave spirits who completed their journey through the Seven Spheres and who applied for opportunity to embody on the Earth and create in this lower atmosphere. The Primal Light Substance that is obedient to thought and feeling in the Higher Spheres vibrates slower on the Earth, and it takes more energy to bring forth a manifestation. They asked to embody here and complete a cycle of externalization by moulding Earth's substance into the beautiful patterns and forms of the Divine Ideas received from the God Presence.

"The Earth had been exquisitely created by the Seven Elohim, and there was no decay or imperfection of any kind. The flowers were like flames, and at the end of its season of expression, each manifestation just disappeared. It took nine hundred years to prepare the beautiful vegetation on the Earth, and there was little difference between the Earth and the Heaven World. Those who embodied on the Earth used the "I AM" Consciousness; they took Primal Life and moulded it into the beautiful Ideas received from God, filled them with the feeling of Love, and used the flesh body to externalize them - and so they builded on Earth even as they had done in Heaven.

"The first Golden Age manifested the same Temples, the same exquisite Perfection they had known at Inner Levels. There was not one in the Earth Cycle of 14000 years who did not complete the course of evolution in Perfection and Harmony and returned Home. The Second Cycle was the same; and the Third. Then came the HUMAN CONSCIOUSNESS in which you live today, and which must be redeemed and transmuted back into the "I AM" Consciousness and Perfection again."

THE LAGGARDS

The Earth offered to accept certain lifestreams to embody here who had not attained the development required to progress with their own planets and systems. Those systems had moved forward in a great Cosmic Push something akin to what the Earth is going through today. The whole Creative Scheme has been delayed because of these LAGGARDS! The Earth and Her evolutions being of a more condensed and slower vibratory action than the other Systems, offered to take these 'laggards' hoping that by the contagion and pressure of Purity in the Earth people, they might redeem these laggards quickly. Up until that time, the people had seen nothing less than Perfection.

You might ask as to how these laggards got into the evolutions of the Earth. Just as anyone else, they came through the pure bodies of women belonging to this perfect harmonious evolution. These women were chosen because of their tremendous spiritual strength so that these laggards might have all the assistance possible to mitigate the evil in their consciousness by the pressure of Light in the mother. These laggards were born - the parents performing one of the greatest sacrifices by taking into their physical bodies, consciousness and homes, those individuals whose radiation was such that it has drawn the Earth into its present condition today. Everything that is wrong on the Earth has come forth since the laggards took embodiment here.

Here is where YOU left the "I AM" CONSCIOUSNESS! After birth, those individuals grew to a certain age and the Holy Christ Self had to release a portion of their destructive karma to give them the opportunity of redeeming it. Instead of redeeming it, they yielded to its malign influences and began to create secretly, in thought and feeling, forms of an

impure and distorted nature. There began to spread into the atmosphere a fog or smog which was picked up by the sensitive inhabitants of the Earth who had previously externalized only Beauty and Perfection. This temptation COULD have been repelled and the mind not allowed to accept these imperfect thought patterns and feelings, but some among the race, also in secret, opened their consciousness to these imperfect patterns, until finally there was externalized imperfections of form.

THE SOUL OF MAN

Curiosity and rebellion against holding true to the Divine Pattern, and the use of thought and feeling to create these imperfections build what is called the SOUL. The SOUL is a consciousness apart from the full Purity of God. The first thought a man had that was imperfect and impure, energized by a secret feeling, was a CAUSE, and after sending it out into the atmosphere, created an EFFECT. Like a boomerang, the EFFECT came back into the consciousness and made a RECORD. That record was the beginning of an impression that ENERGY SENT OUT in a certain manner RETURNED to affect the lifestream who had sent it forth - and thus a shadow began to be created between the 'I AM' Presence and the outer consciousness. When the individual would endeavor to contact the God Presence to receive the Divine Ideas, he would find these 'tramp' thoughts and feelings flowing between him and the God Presence, until finally the God Presence was shut away and the thought and feelings acted independently of a 'blueprint' or Divine Plan. Anything the individual saw registered in the mind, was energized by the feelings, and MANIFESTED! Acting independently of the God Presence the thoughts and feelings of mankind created most of the distressing conditions you function in, today.

Through the ages, this creation of thought-forms energized by feelings, as well as the action that followed through the flesh, built an Etheric Consciousness which is called the SOUL. The SOUL is this accumulated consciousness resulting from your experimentation with your life.

The nature of your Soul is determined by the way you have used your life through the centuries, and what life has returned to you as karma age after age. Your Soul endures, not only embodiment, but between embodiments, and your Soul will continue to live UNTIL IT IS TRANSMUTED by the Flame in your heart, and there is no longer this shadow self that thinks and feels apart from the Christ. Your Soul has lived through every embodiment you ever had. Today you have a name; you are born into a family; you live three score and ten years; and then you 'pass away' as a personality; but - the SOUL of you in the etheric garment, influences each personality each time you embody. If you were to look at an unbroken stream of one hundred of your Earth lives, you would find that the Soul was more or less the same through each personality.

Now you must UNDO the EFFECTS of aeons of time in a few short years! You must learn how to enter into the authority of your own "I AM" Consciousness, drawing Primal Life, getting directions from your God Presence, and manifesting Perfection. You must learn to silence the cravings of your lower bodies; the etheric rumblings, the human tendencies. You must begin to build anew as your God Self would have you do, until there are not TWO - the SOUL and GOD - BUT GOD ALONE! Thus you are re-instated in the "I AM" Consciousness, master of thought, feeling and action; and absolutely non-recordant to the impressions of the human selves of others and the vicious conditions of the etheric bodies which manifest as disease and distress of affairs.

CONTAGION caused the fall of the Earth! CONTAGION of doubts, fears, impurity, lust, depression is a force you must diligently prevent if you intend to be a Master by the Power of your Godhead. You are in a constant sea of moving energy besides the accumulations of your own Soul. Every paper you read; every piece of music you hear; every picture you look upon that registers in the mind and which the feelings energize, adds to the accumulation of your limitations, your financial lack, your needs. Do you know that even RACIAL characteristics are just a matter of contagion and acceptance? Lifestreams have completely removed all racial imperfections in an unascended body IN ONE EMBODIMENT! It can be done; it has been done; it MUST be done by those who are the teachers of the race!

PART II

THE MANUS AND THE ROOT RACES

Manus have been provided for the Seven Great Root Races, and each One is responsible for one Root Race and all of its Seven Sub-races - there being seven Manus in all. A Manu is in charge of a certain group of spirits when they first come out from the Heart of God, and it is He Who prepares them for their future service and embodiment on Earth. The Divine Plan was for each Manu and those who belonged to Him, to embody on the Earth and attain Mastery during a Cycle of 14000 years, and the first three Manus came forth with their lifestreams and completed the journey in the allotted time.

The great God Himalaya is the Manu of the Fourth Root Race and its seven Sub-races, and He is responsible for the redemption of all who came in with Him.

The Manu of the Fifth Root Race is the Mighty Vaivasvata Who is responsible for the evolution, restoration and redemption of those who are His charges.

The God Meru is the Manu responsible for the Sixth Root Race and all its Sub-races, there being only a few of His people in embodiment at this time. His Retreat is near Lake Titicaca in South America, and His Focus is one of the original Foci of Light on the Earth - Lord Himalaya's being the other one - located in the Himalayan Mountains of Tibet.

The Seventh Root Race is under the direction of the great Lord Saithrhu, known to some as the Great Divine Director. His entire group of lifestreams has been denied embodiment on the Earth for millions of years, because of its already over-crowded conditions. It is necessary for the Fourth and Fifth Manus and Their charges to complete their journey and RETURN HOME, so that these Mighty Beings of the Seventh Root Race may come in and quickly establish the ERA OF FREEDOM! Since they have been forced to remain in the Heaven World so many millions of years longer than the usual time, they have drawn forth tremendous powers of Light and Love with which to bless the Earth. The civilization of the Seventh Root Race will first come forth in South America.

A Manu is a perfected Being Who takes the lifestreams that belong to Him through the seven Inner Spheres before they ever take embodiment on the Earth. It is during this leisurely journey that each individual builds the CAUSAL BODY, the width of the Rays of Light in each Causal Body being different, as each one stays in any one of the Seven Spheres as long as he likes. Therefore, the widest band of color will determine the 'RAY' to which he belongs - the individual having selected it himself by his love for that particular Quality.

THE THREE KINGDOMS OF EVOLUTION

When the Earth was first created, it was made beautiful by the Nature Kingdom and its Directors. Beloved Virgo (Spirit of the Earth), Amaryllis (the Spirit of Spring) and the Representatives of the Holy Spirit to the Earth brought forth the lovely flowers, trees and shrubs in great Perfection. Mighty Neptune brought the crystal clear waters; Beloved Aries the Air which Earth's children breathe. The Angels came as Guardians of the God Virtues, and the Divine Plan was for the three Kingdoms - the Elemental, Angelic, and Human Kingdoms to serve together - each one evolving ever upward into greater Perfection.

The Beings of the Elements were created to SERVE mankind through their own particular element; the Salamanders through Fire; the Undines through Water; the Sylphs and Fairies through the Air; and the Gnomes in the Earth.

It is through the effects and use of their life that these little Beings supply man with the garments of flesh which they wear, the water they drink, the food so abundantly supplied, the air they breathe, and EVERYTHING required to sustain him on the Earth. The Divine Plan was for man to be served in LOVE and in turn pour Love and Gratitude and Blessings back to them. It is mankind's own destructive thoughts and feelings which have caused the destructive expressions by these Elementals, in tornadoes, hurricanes, tidal waves, earthquakes, and disasters of Nature which is merely an endeavor by the Beings of these Elements to THROW OFF the impurity and discord which man has imposed upon them for millions of years.

The waste matter that has been put into the Earth and the waters, the impure energy that goes into the air, has

caused a pressure of human creation, not only on man, but on the Elemental Kingdom. Wise is he who will earnestly endeavor to purify his own world and make friends with the little Beings of Nature, pouring Love, Gratitude, and Blessings to these Beings who so ceaselessly and selflessly serve mankind if he wishes protection in times of crises.

It is part of the Service of the Ascended Master Saint Germain to again acquaint these three Kingdoms with one another and bring about a harmonious association and cooperation which will assist all concerned in helping to set the Earth free.

GRATITUDE

One of the quickest ways to release the God Powers locked within each heart is by a deep, sincere, and profound feeling of GRATITUDE for Life and the many, many blessings which you now enjoy. You will be surprised to find how very 'rich' you are, if you will take the time to ENUMERATE all the GOOD that is now in your world. GRATITUDE causes the thing you are grateful for to expand and double its blessings to you, so that where there was only ONE blessing, your Gratitude makes TWO!

GRATITUDE is really a stream of energy going forth from you with a BLESSING. Since all life desires to be loved, your Gratitude causes more and more of the Intelligences in all life, to RUSH to you to be blessed by your Gratitude and be temporarily relieved from the pressure of discord which they have been under. Lack of Gratitude for the Good now experienced has prevented many a door from opening for earnest students and releasing the bundance of Good which they desired and expected. THERE IS NO SUBSTITUTE FOR GRATITUDE AND LOVE!

THE EVOLUTION OF AN ELEMENTAL

We are at the end of a cycle of time when the Ascended Masters and Cosmic Beings come again to speak with men - not to entertain the intellect or soothe the feelings, but to give you - the intelligent shepherds of mankind - an education which will make you consciously aware of the God Plan, the coming of the Era of Freedom when the Ascended Master Saint Germain will join the Angels, the humanity of Earth, and the Elemental Kingdom to co-operate in bringing Perfection to the Earth once again.

The Electronic Pattern of the Ascended Master Saint Germain's lifestream is the Maltese Cross of Freedom - the perpendicular bar reaching upward into the Spiritual Spheres and drawing the Power of the Sacred Fire through His body into the Earth and anchoring It there for the redemption of the planet and its people; the cross bar representing His outstretched arms joining the Angelic and Elemental Kingdoms to the human evolution to serve in beautiful harmonious co-operation.

The Elemental Kingdom works upward from the tiniest intelligence into the Builders of Form that create bodies for mankind. They next graduate into Nature Devas who create mountains and cities; and later they become Elohim, and may even become Silent Watchers of planets, universes, or galaxies. The great Maha Chohan works closely with this Elemental Kingdom training them to become Builders of Form. In His Temple in the Third Sphere, He teaches the elemental life to look upon a design, perhaps a flower or a blade of grass, a dewdrop, or a snowflake. The Builder of Form Who is the Guardian of the Temple will make a design and externalize it in the atmosphere before Him. Then all the little elementals in the Class endeavor to embody a form just like it. They try to imitate that figure in shape, color and

design. They are only able to hold the picture for a second or two at first, but they are in school and finally they can embody that form. If it is an apple blossom, the Teacher in that Temple notifies the Nature Devas that there is a group of elementals ready to become the blossoms on an apple tree in someone's orchard.

It sounds simple, and yet it takes centuries of training and self-control, not only on the part of the elementals, but of the teacher as well. But finally you have a lovely pink and white Spring. The apple blossoms smell so sweet and people enjoy walking under them. The farmer has hope of a good crop in the Autumn. The bees are happy as they make their honey; and the Elemental is happy because he has fulfilled his purpose. Then, the short season completed, the blossom falls and the Elemental returns home for commendation, for rest, and for re-assignment. They are primarily mental beings (el-e-mental meaning Mind of God).

THE EVOLUTION OF AN ANGEL

Angels evolve primarily through radiation. They learn through the control of energy to become Cherubim, Seraphim, Archangels, and great Beings that guard and protect planets, galaxies, and systems of worlds.

Archangel Jophiel works with the Angelic Kingdom in His Temple where the smaller Angels are taught how to draw radiation, and how to radiate a FEELING. The Deva or Teacher in charge will radiate a FEELING - perhaps of Faith. The color and power of this Quality passes from His body and is instantly re-created in the feeling worlds of the little Angels who disport themselves in it and absorb its Quality and Virtue - and they are happy.

As they grow, they go a short distance from the Temple and the quality of the Virtue they have absorbed passes from their bodies without any restraint or control - making little sparkles of light of the quality and color of the feeling. When they learn to hold the Virtue for a longer period of time, they are then assigned to some Deva or Member of the Angelic Kingdom Who is about to proceed into the lower atmosphere of Earth. They are asked to hold the Quality (Faith or whatever it is) WITHIN THEMSELVES until the Angel points out some lifestream on Earth in need of that Quality, and then directs them to pour it forth. Sometimes they are able to hold the radiation, and sometimes they are not able to do so, for they are in training. If they are able to follow through, they may come into the atmosphere of a city, and the Silent Watcher of that city will direct them to a home where perhaps a mother is watching a sick child. The little Angel is instructed to RELEASE the quality (of Faith) into the FEELING WORLD of the needy one, and thus it renders the service for which it has come forth.

The Faith of the little Angel is its gift to the human being, and the human being feels the Angel's Presence in a surge of new hope and confidence, but neither sees nor knows of her little celestial visitor, for the little Angel rushed back quickly into the protective aura of its Director - the whole contingent speeding back to the Sun or Temple from which they came forth.

Thus do the little Angels grow, until they have enough control of energy to be given the care of a home, a church, a hospital or institution of some kind. There they remain, drawing down the energy from the Godhead to bless their charges, weaving out of the energies of the people whatever prayers or calls to God go forth.

The Angelic Kingdom is primarily concerned with bringing the Gifts of God, and are one-pointed in the extreme. If they are told to bring Faith, that Quality represents their entire consciousness. They are embodied obedience, and render the service given to them, and return home.

The Angelic Host also expand the virtues present in mankind. We are told that they are not over-whelmed with this service at the moment, but with the mighty service the students are to render, it is hoped that these latent virtues may be awakened and allowed to bless mankind.

The Elemental Kingdom, the Builders of Form, and the Ceremonial Angels work to build a Spiritual Edifice at every Class, at every meeting. It is time that mankind recognizes this service and send to both, the Elemental and Angelic Kingdoms, the recognition and Love which they deserve for Their constant service to mankind. Without the Elemental Kingdom, there would be no form. Without the Angelic Kingdom, man could not draw the blessings from God.

MANKIND'S RELATIONSHIP TO THE OTHER KINGDOMS

Within man is the kingdom of the mind where the Elementals, responding to his THOUGHT become the form which he holds in his mind. Within man is also the emotional world which is the Kingdom of the Angels, to which They respond, amplifying every virtue, every tiny pulsation of Hope, Purity, Peace, Love, or Kindness generated within the feelings. The MIND is the magnetic center for the Elemental Kingdom, the FEELING WORLD is the magnetic center for the Angelic Kingdom. Within mankind, one day, both shall be blended consciously, and man will be master through controlled energy in the feelings, coupled with definitely

directed thought, to be a 'bridge' between the two great Kingdoms; and one day these three Kingdoms will again unite in worship, in service, in evolution, and in God Happiness for Eternity.

The Elemental Kingdom must learn control of energy through THOUGHT to hold a constructive pattern and design so that you and all people may enjoy the Perfection designed in the Nature Temples. The Angelic Kingdom must learn control of the FEELINGS to hold within Themselves the Virtue They have chosen until directed to release it to one in need of it. MAN must learn control of BOTH, and thus become a Master!

If you were to stand an Elemental, a man and an Angel before your Chalice, this is how it would appear to each consciousness: the Elemental would see all of his little friends right in the glass that makes up that form - their shining faces, their tiny bodies - sustaining the outline of the Cup and the stem; the man would see the glass and judge its worth wondering if it were crystal or otherwise; and the Angel would see the Powers of the Sacred Fire, drawn by your invocation and decrees, flowing through the Cup. The activities of all three Kingdoms are necessary to have a perfect manifestation in this world of form.

THE MAHA CHOCHAN : SERVICE OF THE HOLY SPIRIT

There are three Great Cosmic Beings Who work in parallel service in rendering Cosmic assistance to the evolutions of the Earth. These are the Manu, the World Teacher or Cosmic Christ, and the Maha Chohan.

The Manu takes the responsibility of drawing the new primal Spirits from the Heart of the Sun of the System and

carrying those Spirits through the Seven Inner Spheres where they are allowed to develop and mature according to their own free will choice on any one of the Seven Rays. These Spirits are then released into embodiment in seven rhythmic pulsations through the Root Race and the Sub-races. The Manu is the God-Father of these Spirits, and it is His duty to guard and help mature them. We have four Manus working on the Earth at this time.

On the Second Aspect of Divinity is the World Teacher or Cosmic Christ. It is the Service of the World Teacher to work with the Chohan Who will be the presiding Master for that particular 2000 year Cycle, and together design the religion, the system of education, and activities which will best benefit the spiritual selves of all the people in that Cycle.

The presiding Maha Chohan draws the energies from the Heart of the Universal and dispenses those energies through the Seven Rays. He draws this primal life, and charging it with the Qualities of the Holy Spirit, gives to it the capacity to energize and give life to form. It is then directed into the seven channels under the direction of the Seven Chohans Who, in turn, dispense it through Their individual Rays to and through the chelas and lifestreams who are working in the world of form in an endeavor to externalize some portion of the Divine Plan along that particular Ray.

The Light first passes into the consciousness of the Maha Chohan and is then directed out to the Seven Chohans so that They become Sons of blazing Light. The Light goes forth from Them in millions and millions of lesser Light Rays to give the impetus, the energy, the ideas, and the vital currents necessary to stimulate the consciousness of the people of Earth into action. The people embodied on the Earth

are the open doors through which the Chohans hope to bring into manifestation some part of the Divine Plan.

Until very recently, when THE BRIDGE TO SPIRITUAL FREEDOM came forth, the Maha Chohan had very little to do with the individual student in the outer world - working almost exclusively with the Chohans of the Rays. It is a privilege that students do not fully appreciate in receiving the weekly SHAMBALLA LETTER from this Great Being, the Maha Chohan, and having His personal attention directed toward them.

The great Maha Chohan is Director of the energy of not only in the human kingdom, but also of all the energy which passes through the Devas and the Nature Kingdom which energizes all the produce of Nature which mankind enjoys. You do not know the value of ENERGY and what it means for an Ascended Master or Cosmic Being to turn His attention to an unascended being, even to give a blessing. You do not realize the import of that benediction and Sweet anointing from Above.

DISCOURSE BY THE BELOVED MAHA CHOCHAN

“The Office of the Holy Comforter to life embodies many diversified activities because there are so many countless ways and means of creating and sustaining Comfort. Every self-conscious intelligent being created by God, through the use of his own thought and feeling centers, creates vibration and contributes to the motion of the energy of the Universe to which he belongs.

“In the endeavor to bring the consciousness of the Holy Spirit into active radiation through the lifestreams, I stress the great need which arises from life imprisoned in the

shadows for the COMFORT which alone comes from the Presence of God.

"Comfort is not the negative condonement of imperfect patterns of thought, feeling and action, but is the positive, kindly, encouraging, enlightening consciousness conveyed by thought, word and feeling by which the enshadowed one may self-consciously co-operate with the Laws of Love, Harmony, Purity, and Perfection. Comfort is interpreted by each man according to his place upon the Path. To some it means no more than a bed of ease, freed from the responsibility of sustaining the body's life. To another, it is embodied in the Presence of a loved one; to another, it is an occupation of delight to the natural talent of the soul.

"The Mystic Law of the Universal works upon the principle that the self-conscious intelligence must give of itself the first impulse carrying the Quality that he desires to return to him. A smile begets a smile; a frown begets a frown.

"It is My desire to help you to comprehend the Peace which you can enjoy when you become a Comforting Presence TO ALL OF LIFE! Then will you experience the active RETURN OF COMFORT through every externalized form. When you call to your own great God Presence and to Me for the FEELING and desire to be a comfort to all of life, you will find opened within the realms of your own consciousness a new attitude toward the life around you, and that which has seemed a battle for survival will become a joy - each day fraught with new opportunities to feel your reason for being - in externalizing Comfort to Life.

"Each individual is to become his own Comforting Presence through learning to abide within the Laws of Harmony, Love, Beauty, Kindness, Tolerance, Purity and

Peace, Every man must some day become the Comforting Presence through his own energies to his own physical body, his inner bodies, and the forces of the elements within and without; then to all life that is drawn into his environment through circumstance, karma, or the desire to receive of the blessings emanating from such a one.

"In My capacity and Service, I endeavor to encourage the individual to enter into the vibrations of My Nature and then externalize that Comfort through Love and Harmony rather than that I should build a canopy of Protection which is the Essence of My Being and not of the students. This is the Path of the Spiritual Father which seemingly is more strict than that of indulgent human parents, but which builds a PERMANENCE in the consciousness of the lifestream which will sustain such a one were the Sun to dissolve and the Host of Heaven cease to be.

"I would suggest that you withdraw into yourself for five minutes, three times a day, and contemplate whatever Master you seem to have an affinity with; let that Master's Consciousness flow through you and get His feeling about the people with whom you are associated; ask for His Consciousness, for it is the only way you can attain the Ascended Master Consciousness.

"The Kingdom of Heaven is WITHIN! Enter deep, deep, deep within your heart until you find the "I" of you; then kneel in spirit and be enfolded in its Divine Embrace; be absorbed into its way of thinking and feeling. Beloved ones, I welcome you, this day, into the Inner Consciousness of Spirit and the Comfort of My Being."

Angels of Love; Angels of Peace;
We send our call to Thee;
Angels of Beauty; Angels of Grace;

Come with Perfection that sets all free.
 Angels of Pink Flame, Comfort and Ease;
 Angels that heal, to Thee we sing;
 Angels of Kindness and Happiness;
 We accept the Gifts that You bring.

PART III

GROUP DECREERING

FOR THE COOPERATION OF THE ANGELIC, HUMAN AND ELEMENTAL KINGDOMS

In the Name of the One Universal Presence manifesting through all the kingdoms of Expression . . . Angels, Elementals and mankind.

We call Your force of God Reality . . . One in all, all in One . . . to remove from the consciousness of mankind all uncertainty and distorted, concepts concerning the Angelic and Elemental Kingdoms.

CHARGE! CHARGE! CHARGE!

mankind with the certainty of brotherhood amongst the kingdoms, as known and lived in the Realms of Light ... Thy Kingdom Come on Earth, as it is in Heaven.

We now expand, expand and forever expand our feeling of gratitude and love to the Angels and Elementals for Their limitless support of our existence on the planet and thus our path to self mastery.

We make this call as One Christ Presence working through all mankind. As His Most Holy Name ... "I AM"

PART IV

OUTLINE FOR THE DIRECTOR TO USE IN CLASS

1. Three Candles should be lighted by the Director BEFORE Students arrive.

Soft music should be played for at least a half hour before the Class commences, and all should be seated for fifteen minutes of this time maintaining SILENCE and ABSORB the radiation.

2. After greeting the students, the DIRECTOR gives a short visualization and then follows this with the INVOCATION.

INVOCATION

Dearly Beloved Presence of God "I AM", the Source of all that is, everywhere present, and anchored within each one of our hearts and that of all mankind, we love and adore You! We acknowledge You to be our Life, our Intelligence, our Substance, our ALL! Come forth and take full charge, command and control of us and all mankind, and see that Your Divine Plan is manifest to us and through us for the blessing and freedom of all life everywhere. SEAL us in Your blazing Light and Love, and send Your Angels of Perfection before us to prepare the way each day, that we may always walk in the Path of Light, Love, Comfort, and Victorious Accomplishment. Guard and protect us, guide and direct us; and give us the Illumination we require to fulfill our chosen service to Life. We thank You!

Great Beloved Ascended Masters and Cosmic Beings, the Seven Mighty Elohim, the Seven Archangels, and especially Beloved Holy Æolus - Cosmic Holy Spirit; Beloved Paul

- the Maha Chohan; and the great Ascended Host of Light -
COME and be with us during this Class. Imbue us with the
power of the Holy Spirit that those Divine Qualities of which
we have momentum may manifest NOW to perfect our own
worlds and assist in bringing Perfection and Freedom
through the Power of God's Love to all of Life everywhere,
We thank You!

3. READ PARTS I, II, III

4. BENEDICTION

Sealed in the Mighty Love, Wisdom, Power, Peace and
Comfort of the Cosmic Holy Spirit and the Beloved Maha
Chohan, we thank You and the Elemental Kingdom, the
Angelic Kingdom and all the Ascended Host Who have min-
istered to us during this Class. Help each one of us to be the
COMFORTING PRESENCE to all the life we contact in thought,
feeling, word and deed.

Amplify our humble efforts and enfold every part
of life in this city, this state, our country and the whole
planet Earth until all life is happy, beautiful, comfortable
and FREE! We thank YOU!

5. Extinguish candles.