

THE BRIDGE

TO FREEDOM

**A Monthly Journal Devoted to Individual Unfoldment,
Contact with The Great White Brotherhood and Co-
operative World Service**

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THE BRIDGE TO FREEDOM

A Monthly Journal

VOL. XI

FEBRUARY 15, 1963

No. 11

THE TEMPLE OF TRUTH

Etheric, over the Island of Crete
(Southeast of Greece in the Mediterranean Sea)

The Ascended Master Retreat of the Month

(February 15th through March 14th, 1963)

Hierarch: Beloved Hilarion; Color of Flame: Green; Musical Key-note: "Onward Christian Soldiers", Arthur Sullivan.

BREATHING STATEMENT for the Transmission of the Flame Class of February 16, 1963

1	2	3	4	5	6	7	8
"I AM" inbreathing	The Flame of Beloved Hilarion's Truth, Service and Illumination						
"I AM" absorbing	The Flame of Beloved Hilarion's Truth, Service and Illumination						
"I AM" expanding	The Flame of Beloved Hilarion's Truth, Service and Illumination						
"I AM" projecting	The Flame of Beloved Hilarion's Truth, Service and Illumination						

Description of the Temple of Truth: Please see "Bridge Journal" Vol. II No. 7; Vol. III No. 4; Vol. IX No. 1; Vol. V Nos. 6 and 10 (Supplement)

A few Addresses of the Ascended Master Hilarion: Please see "Bridge Journal" Vol. III No. 4; Vol. V No. 6; Vol. IX No. 4 (2 addresses) and Series VI, Booklet No. 4.

Addresses by Ascended Lady Master Pallas Athena: Please see "Bridge Journal" Vol. V No. 6; Vol. VIII No. 11; Vol. IX No. 4; and Series VI, Booklet No. 4

A Picture of the Ascended Master Hilarion appeared in "The Bridge Journal" for July 15, 1960.

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ON TRUTH
Scriptural Quotations

"The Law was given by Moses, but Grace and Truth came by Jesus Christ"; John 1:17

"I Am the Way, the Truth and the Life"; John 14:6

"The Spirit of Truth will guide you into all Truth. . . He shall not speak of Himself"; John 16:13

"Ye shall know the Truth and the Truth shall make you free"; John 8:32

"The Lord is a God of Truth"; Deut. 32:4

"The Word of the Lord is right; and all His works are done in Truth"; Psalms 33:4

"Mercy and Truth are met together"; Psalms 95:10

"I will say of the Lord. . . His Truth shall be thy shield and buckler"; Psalms 91:4

"The Lord is good. . . His Truth endureth to all generations"; Psalms 100:5

"The Truth of the Lord endureth for ever"; Psalms 117:2

"God. . . keepeth Truth for ever"; Psalms 146:6

"Thy Law is the Truth"; Psalms 119:142

"The lip of Truth is established for ever; but a lying tongue is for a moment"; Proverbs 12:19

"We can do nothing against the Truth, but for the Truth"; II Corinthians 13:8

"If you have bitter envying and strife in your hearts, glory not, but lie not against the Truth"; James 3:14

"Stand therefore, having your loins girt about with Truth, and having on the breastplate of righteousness";

Ephesians 6:14

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HIGHLIGHTS on CONSCIOUSNESS

By the Ascended Masters

Saint Germain says:

- a) Consciousness is a Transformer of Divine Ideas.
- b) Consciousness is the Interpreter of the Divine Ideation.
- c) The physical manifestation is but externalized thought and feeling.
- d) Students and chelas must feel that their consciousness is the most important, and in fact, the only lasting activity of their lives.
- e) Supply precedes demand and is really the pressure behind demand.
- f) Change the cause, and the effect - if out of order - will disappear.
- g) We cannot free, nor heal, nor illumine, nor supply the outer self, except by changing the inner man.

Kuthumi says:

- a) Your freedom comes when you come to an understanding of what consciousness is and your relation to it.
- b) Creation takes place the instant that the energy of the lifestream is set into motion in thought and feeling.
- c) There is no lifestream in this system of worlds who is not constantly creating.

Serapis Bey says:

- a) Each individual ties himself to the highest consciousness of good, or to the lowest consciousness of evil - according to the particular qualification of his energy.
- b) To re-orient one's inner consciousness into a state of acceptance of ALL GOOD - financial, physical, mental and spiritual, the element of time must first be dealt with within the consciousness and the feeling world of the lifestream.

Mary, Mother of Jesus says:

Consciousness plus the use of the Sacred Fire is the Conductor between the Fourth and Third Dimensional Realms.

El Morya says:

The import of My message today is that you will never be free of the externalized consciousness until you make a drastic change in your inner nature.

Vista says:

One-seventh of your lifestream is manifest in the physical form and six-sevenths are under the influence of currents of energy of which the intellect is completely unaware.

Hercules says:

You are not prisoners of flesh, for Saint Germain has given you the Key to Freedom, and that consciousness as one desires, is as free as that of the Elohim.

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HINTS FOR SELF-UNFOLDMENT

By the Beloved Maha Chohan

Now is the Time to Balance your Debt to Life

Each man is a heart center of creative energy - his world is the result of his choice of creation, BUT, in the eternal scheme of things all men must redeem every ounce of energy they have drawn from the Universal Storehouse and sent forth into the atmosphere of Earth "under their name".

NOW is the time in the mercy of the Violet Flame to quickly balance your individual debt to the Life you have used so lavishly.

Seek your Central Point

There is a central point of each one's being which is the heart center of that lifestream. In this central point of poise is peace, mastery, dignity, happiness, enthusiasm and love of the Light.

Every man, woman and child who lives off-center, with their consciousness focused in any of the lower bodies, mental, emotional, etheric or physical will find themselves from time to time in distress, BUT, as one consciously makes one's way through the maze of human thought and feeling back to the Divine Identity of the Sacred Fire in the heart, one learns how to find the Open Door to complete release and relief from the outer appearance.

How to throw off your Shackles of Bondage

Freedom, like Light, is an abstract quantity and cannot be measured by any periphery or intensity of feeling. Yet Freedom is as essential to life and progress as breath itself.

The Master Saint Germain is the most concentrated Focus and supply center of Freedom to the Planet, as Helios is the most concentrated Focus of Light.

Through the attention, Freedom's Flame can merge with the Flame of your own lifestream and greatly assist your endeavors to throw off shackles of bondage, mental and physical.

You will rise to Cosmic Heights according to Your One-pointedness

The Aspirant on the Path to Mastery is not limited by the consciousness of the outer self of any man, once he has come under the Wing of the Almighty, and the conscious direction of the Godhead is presented to his intellectual self for assimilation.

He may rise to cosmic heights according to the one-pointedness of his own being. The activities of the Sacred Fire are limitless and their use assures Freedom.

Meanwhile, during the progress of the aspirant he becomes a greater and greater outpouring of good for the Master. Therefore, avail yourself of all your knowledge and become that "I AM".

What you ARE and what you are NOT

Your greatest study at present is to dissociate yourself from a "being of form" and substance and from the body consciousness.

You are a CONCENTRATED STREAM OF ELECTRONS flowing from the Heart of God in such rapid succession that there is no outer measure which could give you an idea of their speed.

These electrons are charged with the Divine imprint of your individuality and are constantly flowing around the Immortal Victorious Three-fold Flame in your heart, which is your individual Identity.

These electrons are differentiated from the universal light substance in that they form a precipitated Ray which you are and will remain in the universe.

You are not a body, nor a form, nor an accretion of intellectual knowledge. You are an electronic Stream of Energy from God's Own Heart and the radiation from that energy in thought and feeling and spoken word forms what is known as your "personality".

All of that radiation which is not an expression of harmony, peace, beauty and perfection and the selflessness of Love is impure radiation and a distortion of the God Identity of you.

The purpose of acquainting mankind with the "I AM" Presence and the use of the Sacred Fire is to purify the radiation of each lifestream, to harmonize the outflow of energy and to qualify that radiation with the manifestation and expression of Godliness alone.

When an individual becomes the complete master of every electron going forth from his lifestream and that radiation is ONLY expressing Perfection, he is then an Adept as Jesus was and is.

This is why there is no substitute for application.

Application is simply the transmutation of the energy rate of the self.

Invoke your Holy Christ Self

If you will invoke your Holy Christ Self daily upon rising and CHARGE your intellect, your feeling world and your etheric body and the brain cells themselves with the full power of the Divine Plan fulfilled for that day, you will avoid any mistakes that may arise by reason of the misinterpretation by the outer vehicles.

"I AM THE PRESENCE THAT NEVER FAILS OR MAKES A MISTAKE" is a decree which would be of tremendous assistance to you.

Sometimes the Divine promptings interpreted by one of the lower vehicles becomes slightly distorted, and if a mistake ensues, the student or chela is liable to become discouraged and doubts the veracity of all other promptings.

Your Holy Christ Self is a real Being who can sit and converse with you and if you will allow It to give you counsel and guidance daily, and if you will offer It full authority over your lifestream, you will find no strain to do the perfect thing in the perfect way, at the perfect time.

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THE MASTER PRESENCE OF LIGHT

By Beloved Serapis Bey

This fiat issued with the full conscious understanding of what Light is allows the individual lifestream almost unlimited action in the fulfillment of the manifestation pressed into the consciousness by the Higher Mind.

Light in its original purity is really the emanation or radiation from the pure God Flame, uncontaminated by human qualification of any description, and the limitless use of Light is the Master Control of all circumstances and manifestations.

The individual, incarnate, discarnate or Ascended, has the capacity within his own God Flame to draw forth, generate and expand an intensified Power of Light without limit. To experiment with the silent, Masterful Control through one's own consciousness, or another's, of the Power of Light is to enter into a Realm wherein Light itself becomes the potent force as well as the substance within all manifestation.

The supremacy of Light over darkness has been proven again and again by the simple expedient of drawing forth Light through mechanical means, or otherwise, into a place where darkness seems to reign and you will find there is no battle between it and Light as the automatic mass control of the environment of darkness ceases to be where Light is invoked, either by the turning of a switch, the lighting of a candle or the directing of Cosmic Currents of intelligent energy. You will see, therefore, that there is no need of tension, or a sense of overcoming or battle in the calling forth of the Supremacy of Light which immediately expresses Itself Master Control where It is invoked.

The human mind, the feeling nature, the mental body, the environment and the physical form can only receive Good from the invocation of Light, for within the Light is every quality representing happiness and Eternal Good.

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"I AM" the Master Presence of Light in
my being and world today

"I AM" the Master Presence of Light in
my being and world to stay

"I AM" the Master Presence of Light in
my being and world for use God's Way!

* * * * *

(The affirming and accepting of the above statement will draw that Light into your being, world and affairs, and its repeated use will build a momentum until one can say, and affirm, with conviction - - -
"I AM ALL LIGHT" and BE that Light in action at all times.)

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THE PURIFICATION OF YOUR CONSCIOUSNESS

By Beloved Saint Germain

THE PHYSICAL MANIFESTATIONS ARE EXTERNALIZED THOUGHT AND FEELING

The physical manifestations that seem so real and tangible to individuals functioning on the Third Dimensional Plane are but externalized thought and feeling projected from that particular lifestream's consciousness.

We cannot emphasize too powerfully the importance of your contemplation and careful study and meditation upon the Truth that what the individual entertains within his consciousness must, by inexorable Law of his own being, manifest in his experience.

If you have a clear crystal bowl and place an object within it, the nature of the crystal is such that the object is reflected through it and stands revealed to all who choose to gaze upon it.

REMOVE THE CONSCIOUSNESS FROM THE APPEARANCE, AND THIS DISAPPEARS

For instance, a mortgage is but the inner feeling of limitation and lack which manifests in the physical world as insecurity. There is no external set of circumstances that has any reality or enduring life except as the inner consciousness continues to feed it by accepting and recognizing the appearance as real.

This has been proved positively, for when an individual passes through so-called death, all his debts and obligations are cancelled so far as he is concerned and the worry and sense of responsibility are no longer his because his consciousness has been removed, forcibly or otherwise, to another sphere of activity and the etheric records, though still cluttering up the physical world, are no longer a part of his lifestream.

HOW TO EFFECT A COMPLETE CHANGE IN YOUR WORLD AND AFFAIRS

People keep struggling with externals, continuing to hold the human concepts, thoughts and feelings, with regard to their human form, their estate, their family connections and obligations, etc. and wonder why their condition remains in a state of status quo.

When the chela begins to understand the pliability of consciousness and the tremendous power of the Sacred Fire to RUSH through the individual's consciousness, transmuting and dissolving the accumulation of centuries - when such an individual consciously invites and draws the Ascended Master Consciousness through his own world, his affairs, etc., his physical appearance and his whole life will effect such a complete metamorphosis as will be proof to the entire outer world that such an individual has perceived and applied Cosmic Truth to re-orient his life experience.

REFUSE TO ENTERTAIN ANY IMPERFECTION

The changing of the human consciousness is not the matter of a minute, because the habits of centuries have gained a tremendous momentum and the hospitality of the human self has invited every conceivable thought and feeling into the confines of his or her human consciousness.

When the Master Jesus drove the money changers out of the Temple He gave a powerful example of the positive attitude the student must take in clearing his thought and feeling process from the entertainment of any imperfection.

USE! USE! USE! THE VIOLET TRANSMUTING
FLAME OF PURITY

Use! Use! Use! the powerful pressure of the Violet Transmuting Flame of Purity. Open the doors and windows of your soul and let there be washed out those imperfect concepts which continue to express in your world while they are rooted in your inner self.

INVITE AND DRAW THE COSMIC CONSCIOUSNESS

Invite and draw the Cosmic Consciousness - let it INFILTRATE your thinking and feeling processes. Let it particularly enter into the vortices of doubt and fear until your consciousness is so impregnated with the Ascended Jesus Christ Consciousness in the ALL POWER OF GOOD that you can never recognize discord again nor permit it to enter your consciousness.

THE POWER OF THE COSMIC FLAME OF PEACE

By the Beloved Elohim of Peace

At this crucial hour in the evolution of the peoples of this Planet, of the very Planet itself, I come to bring you, each one, the combined pressure and power of My Cosmic Flame of Peace!

As you read this, I shall pour through each of your four lower bodies this tremendous Aspect of Divinity - that Quality which is a dynamic one and which embodies a powerful feeling of Faith in God in order to be sustained.

My beloved ones, Peace must be attained, maintained and sustained, for the Divine Edict is that the Earth must move forward, as fore-ordained, and not hold up the evolutionary scheme of this System any longer. In this so-called 'survival of the fittest', according to Divine Will all should survive and progress in the light. This, of course, does not mean that the individual will be destroyed but he will have to embody on another Planet akin to his lower vibratory action!

I come particularly at this time to beseech you who know of and are trained in the application of the Spiritual Law to employ the Power of Prayer and Invocation on behalf of yourselves and all the evolutions of this Earth.

Beloved ones, do not entertain displeasure in your feelings for any part of life because in so doing you dishonor The Christ within that individual and make a conscious tie with the imperfection which you permit yourself to see in your fellow traveler on the Path of Attainment to Spiritual Mastery. Rather call forth the

Powers of Purification and Transmutation for each of you and replace that imperfection with Pure Divine Love and Good Will toward men.

At this time much is spoken, read and sung about Peace on Earth, Good Will toward men. If you will invoke the Beloved Ascended Master Jesus, Prince of Peace, My humble Self and Those Who serve on the Sixth Ray of Peace and Ministration, to release Our Momentum of Peace through all life, MARVELS CAN BE ACCOMPLISHED. The hearts of all the peoples on this Planet are crying for Peace as against the 'warring' vibrations so rampant. You, of course, know that this Peace they are seeking is not only a Peace between Nations or supremacy one over the other, but it is the positive Peace which man must bring forth from WITHIN HIMSELF in order to become VICTORIOUS over his lower self.

I suggest you ask Us that every time the word 'Peace' is mentioned that it be amplified a thousand-fold, until the Earth and all Life thereon is completely blanketed with this quality. There are untold Angelic Legions waiting for the call of those in the human octave, who know the Spiritual Law, to invite Them to enfold all in Cosmic Peace, and it is Their Joy to render this Service.

Think you in order to sustain Peace that you are just to be in a placid state of being - DEFINITELY NOT! Peace is not lethargic in any sense of the word. That is an erroneous concept. As you have all experienced, it requires a tremendous power of control to hold the Peace regardless of the situation in which you may find yourselves. In the activity of precipitation you know that the Sixth and Seventh Rays are inverted - for Peace is required to sustain the manifestation when it is drawn forth from the Universal.

Beloved ones, precipitation does not only mean the bringing forth of objects of the physical world! Precipitation is taking place with every breath you breathe, for you are letting flow through you and into the very life of all that which you entertain in your consciousness. You are 'branding' life with your qualification of the God Light and Life which is flowing so generously and ceaselessly through you. You, who are privileged to know of the Spiritual Law, are endeavoring, through the application of that Law, to use the Powers of Transmutation to change imperfection into God Perfection, and for this wonderful service I bless you.

If you are willing, in your daily application, to call to Me, the Elohim of Peace Tranquility and My beloved Complement Pacifica, you will, I assure you, experience a tremendous step-up in the radiation of Peace-POWERFUL yet soothing to your lower bodies and you will become a Radiating Center through which that Peace may flow to enrich all life everywhere. Wonderful affirmation that - "LET THERE BE PEACE, AND LET IT BEGIN WITH ME."

I enfold you, each dear child of God, in that loving and powerful God Quality - PEACE!

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CODE of CONDUCT for A DISCIPLE of the HOLY SPIRIT

By the Beloved Maha Chohan

(A Summation to aid the student to engrave it on his consciousness for daily use.)

1. Be conscious ever that you aspire to the full expression of God. "Thou shalt have no other gods before Me." (This reference to "Me" is the "I AM PRESENCE").
2. Be harmless! Neither by word nor thought nor feeling inflict evil upon any part of Life.
3. Stir not a brother's sea of emotion. It would react upon thyself. Bring tranquility to Life. Be "oil on the troubled waters".
4. Disassociate thyself from the personal delusion. Don't love the self more than the harmony of the Universe. Avoid self-righteousness. If thou art wrong, pray for forgiveness.
5. Walk knowing that the body is a temple of the Holy Spirit that brings peace and illumination to life everywhere. Keep thy temple always in a respectful and cleanly manner. Respect and honor the temple of thy brother.
6. Absorb the beauties and gifts of nature in gentle gratitude. Do not desecrate her by vile thoughts, emotions or physical acts.
7. Do not form nor offer opinions unless invited, and then pray for guidance.

8. Speak when God chooses to speak through you. At other times remain peacefully silent.
9. Don't exhibit your Godliness, to prevent opposition and pride.
10. Be grateful that you are the custodian of the Spirit of Life to widen the borders of His Kingdom.
11. Use always your faculties and gifts to extend the Father's Kingdom.
12. Claim nothing for thyself, anymore than you claim the air you breathe or the sun. Recognize the God ownership of all.
13. In speech and action, be gentle but with dignity.
14. Place your faculties and inner unfoldment at the Feet of the God-power endeavoring to manifest perfection through one in distress.
15. Let your watchword be gentleness, humility and loving obedience, but shun lethargy.

The Code of Conduct in 15 Words

The following are the key words of the 15 Rules, to be memorized in three groups of five. These should be used as "pegs on which to hang" the full text of each rule. These could be easily memorized in three days, if the student devotes one day to each group of five. Then he will have the Rules at his finger-tips for daily use:

- | | | |
|--------------------|---------------------|----------------|
| 1- One-pointedness | 6- Nature | 11-Expansion |
| 2- Harmlessness | 7- Opinions | 12-Ownership |
| 3- Tranquility, | 8- Speech | 13-Gentleness |
| 4- Disassociation | 9- Unobstrusiveness | 14-Charitable- |
| 5- Temple | 10- Custodian | (ness |
| | | 15-Watchword |

THE POSSIBILITIES OF THE CHELA

By the Beloved Maha Chohan

Unfoldment must come from Self-conscious Effort

When an individual seeks entrance to the so-called Mysteries and the personal association with the Gods, he steps forward voluntarily into the Light, which will of necessity reveal both his strengths and his weaknesses.

He then uses that portion of the Law of which he is aware to remove the weaknesses and to become a fit instrument for the Gods. According to his ability to consciously cooperate is consciousness widened.

Remember - - - the Gods are not the Law of one's lifestream. They are merely Friends who point the Way to spiritual unfoldment and eventual Freedom.

Application and unfoldment must come always from self-conscious effort. The student unfolds and expands from within himself if he is alert to apply the instruction given. The Teacher does not apply the Law of mathematics for the student, but advises him of the method and then he must abide in the student's own ability to work out the intricacies of the mathematical law. So it is with you.

Use the Resurrecting Power of Life, which is yours

As the Holy Spirit to this Earth, "I AM" the Resurrection and the Life of the Vegetable Kingdom, the Animal Kingdom and Mankind.

Jesus availed Himself of the resurrecting power within Life when He reanimated His physical body on that first Easter morning. He said - "What I have done, all men shall one day do".

This same resurrecting power is yours and it may be utilized to quickly raise your lifestream into the state of pure Christ Consciousness. As you use those powerful words of Jesus, feel yourself and your affairs raised quickly into freedom.

Your specific Desire should be to become The Hand
of God

Each man becomes aware that he is God through self-conscious unfoldment. When an individual recognizes his Divinity in his feelings he becomes self-luminous and passes from this school room into the next Octave, which is referred to in metaphysical parlance as the Ascended Masters Realm. Even in that Realm expansion, growth and unfoldment continues up the ladder of cosmic evolution.

There is a spiritual law which allows a certain number of the Hierarchy after the Ascension to supervise the laboratories of Earth and, when conditions permit, to come into close association with those lifestreams who are being prepared for graduation.

This closer communion is twofold:

- a) it enables the evolving soul to progress more rapidly, and
- b) it enables the Spiritual Hierarchy to expand Its plans of Divine work through self-conscious cooperation of members of humanity who volunteer their service.

Such a close communication with the Gods is, of course, a tremendous privilege, but it is neither comfortable nor easy.

- a) be honest with yourself;
- b) persevere;
- c) examine your motives, which are open to the Masters, and
- d) do not attempt chelaship unless you have but one desire - to become the Hand of God and ultimately to ascend.

Your Goal: to hear God's Presence speak

A tree is known by its fruit - a man is known by his actions - a God is recognized by His works. Wise is the man who has the intuition to pierce the veil and hear the "I AM Presence" speak.

How to Regain your Divine Powers

When man voluntarily left God's Kingdom through accepting a power opposed to God, he left on the threshold of that Kingdom all the Divine Powers of his being. When he swore allegiance to the physical appearance world he relinquished all claim to the Powers that belonged to the Godhead.

When he chooses to return to God's Kingdom he must, in his own feelings, relinquish all claim to human powers and all belief in all powers opposed to God.

He must step within the threshold of God's Kingdom gently and humbly, as a child, and in this state of humility the God Powers will leap forth to unfold him, for They are most eager for avenues of expansion.

You may become one of My Channels

The progress of every incarnate spirit and the unfoldment of his consciousness to a point where the personal self blends with the Divine, is My particular individual responsibility in this universe, for without Life there can be no evolution and all Life is the Breath of God. This Holy Breath passes through My Body into the Earth plane, as I AM the Representative of the Holy Spirit.

As I AM, then, the Dispenser of the Gifts of Life to the Planet, to the Kingdom of Nature and to man, it becomes My immediate concern to teach mankind the proper use of Life, that they might unfold according to the Divine Plan, for as you must render an account for your use of Life, so AM I responsible to the Father for all the energy that is used in this Planet and I must return it one day in the same purity with which the Father gave it forth to Me. Therefore, you can see how very important the evolution of every individual soul is when they are consciously endeavoring to become a channel through which I may assist and reach the masses. Such a channel you may become and for this reason I AM willing to give you My Personal attention.

How to Become Truth

To become Truth one must pierce the veil of words for the most beautiful expressed revelations are but the coarser clothing of reality.

Printed instruction is like a door, but one must pass through the "words" into the inner realization of the fact which the words so clumsily endeavor to portray. In the Octave of Perfection the Light Pictures and Colors express much more accurately the Truth of Life than the most beautifully written or spoken essay, but even the Light and Color Patterns are but a door to Reality. One must experience through the flesh the Truth as presented by such expressions.

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