

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. XII

APRIL 15, 1963

No. 1

THE TEMPLE OF THE ASCENSION

At Luxor, Upper Egypt

The Ascended Master Retreat of the Month

April 15th through May 14th, 1963

Hierarch: The Ascended Master Serapis Bey; Color of Flame: White
(Crystalline) Musical Keynote: Liebestraum, Liszt

BREATHING STATEMENT for the Transmission of the Flame Class of April 20, 1963

To be repeated four times as follows:

1	2	3	4	5	6
1st time: "I AM" inbreathing The Flame of Beloved Serapis Bey's Constancy,					
7	8				

Discipline and the Ascension

2nd time: "I AM" absorbing - 3 to 8 the same as first time

3rd time: "I AM" expanding - 3 to 8 the same as first time

4th time: "I AM" projecting - 3 to 8 the same as first time

Description of the Temple of the Ascension: See "Bridge Journal", Vol. I, Nos. 6 and 9 (Supplement); Vol. III No. 7; Vol. IV, No. 6; Vol. V, Nos. 4 and 11; Vol. VI, No. 12 Vol. VIII, No. 1; and Series II Booklet 4 (two). See also "Transmission of the Flame History", pages 8-9; 25-31.

A few Addresses by Beloved Serapis Bey: See "Bridge Journal", Vol. II No. 4; Vol. III No. 7; Vol. IV, Nos. 6 and 10; Vol. VII, No. 6; Vol. VIII Nos. 1 (two) 2, 8, and 12; Vol. IX No. 1; Vol. XI No. 4 and 5
A picture of Beloved Serapis Bey appears in "The Bridge Journal", of March 1960

Festivities of this 30 Day Period

May 1, Wednesday Saint Germain's Ascension Day
May 8, Wednesday Lord Gautama's Day of Ascension
May 8, Wednesday Wesak Festival

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HOW TO BECOME A RESURRECTING POWER

By Beloved Serapis Bey

The Great Pulsating Flame that is the Original Identity of created beings is constantly pulsating in a rhythmic breath which is imperfectly translated by the physical heart-beat through the flesh form.

The rhythmic Breath of the Godhead sending forth the Twin Flames(Divine Complements) contains within Itself that portion of the Divine Plan which is to be manifested by those Two Flames of Life and the service to be rendered in its fullness cannot be completed until both Rays of the One Flame are Conscious, Pure Conductors of this Rhythmic Breath.

The Seven Bodies

As you know, there are seven bodies accorded each lifestream which are like the seven notes in the octave, forming one complete expression of God's Music. The rhythmic pulsation of the God Flame was intended to express through these seven bodies in perfect harmony and accord, and as the seven bodies are attuned to the seven planes of manifestation, each one of those bodies would enrich the particular plane of which it was a part. For instance, the emotional body would pour forth from the Pulsating God Flame a certain chord of music required by the Divine Plan to complete the whole of creation.

When the seven bodies are in perfect accord, the seven planes of nature evolve quickly toward the Divine Plan, as each body is made up of the elements to which it belongs and fulfills the purpose of creation and the natural activity of the lifestream.

The Keynote of the Lifestream

From the time the four lower bodies became dis-associated from the harmony of the Higher Self, the rhythmic pulsation of the God Flame was distorted and there is a constant state of disonance and inharmony as the

keynote of the lifestream became jangled and sent forth this requalified tone into the element of earth, air, water and fire. This accounts for the tremendous chaos in the Elemental Kingdom as well as for the unbalance and unrest of the outer selves of men. They are un-natural channels for dissonant sound and the first purpose to be achieved is to get the seven bodies of the lifestream again in co-operative working order.

You all know that each person has a keynote, a music tone, a color tone and a rhythm which is duplicated by the Complementary Ray of each lifestream. When one Ray of the Twin Flames has achieved the harmonizing and balancing of the seven bodies and enters the Higher Octave, the complete service of the outer world rests with the unascended portion of that Ray and Flame. You will see, therefore, that until the four lower bodies are brought into atunement with the Higher Self and in harmony with each other and the elements to which they belong, that the Twin Rays as well as the Individual Presence is limited in Its Expression.

The Gifts of the Ray

We shall endeavor now to point each one's attention to his own Higher Self with a view to harmonizing and balancing the lower bodies. When all seven bodies pulsate with the same vibratory action, the individual becomes a Resurrecting Power to every Kingdom and an absolute rhythmic pulsation releases his part in God's Divine Plan. Such a one becomes the Conductor of all the Gifts, Powers, Activities and Manifestations of the Ray of which he is a part.

Now you have to consider first the necessity of bringing your own seven bodies into perfect accord, and then, like a beautiful musical instrument, you will truly become a part of the Godhead.

HOW TO INCREASE YOUR SERVICE

Analysis of an Instruction

By The Beloved Maha Chohan

There are among the people of Earth individuals who have chosen to cultivate the friendship and association of certain Ascended or Perfected Beings, and by choosing to contemplate the Lives of these Ascended Beings, of studying their words when such are available, by contemplating their pictures, or meditating upon their individual Focus of Intelligence, such human beings absorb the Life, the Radiation and the Substance of the Master they are wise enough to contact through the magic medium of their thought and their feeling.

You can cultivate the friendship of a Master with greater ease than you can build a human friendship between men because you are always connected with the Master through the medium of thought and feeling on an instant, whereas the human bodies, bound by time and space, must needs have personal contact in order to enjoy association one with the other.

* * * * *

The Beam of your Attention

The Consciousness and Personal Presence of an Ascended Master, by Divine Law, immediately connects with any part of life which chooses to place its attention upon the God Focus and self-conscious Intelligence and Cosmic Outpouring of that Being. This is an irrefutable law. The majority of individuals do not know that their life and the beam of their attention is a magnetic current that cannot be denied by any other expression of the One Life.

* * * * *

The Purpose of Group Decreeing

The radiation from every man, woman and child in the universe blends together and forms a whole. There is no electronic light particle, candle

flame or torch, or even a match that does not increase the sum total of light in the universe.

When you take a group of people with a common purpose and join their heart-beats and the outpouring of their light waves, the conglomerate whole forms a much greater focus and its effects stretch over a wider expanse of the Earth's surface than when one individual alone is dependent upon his personal pulsation and individual light wave. This is the purpose for group decreeing and group study.

* * * * *

Intensification of the Energy of the Godhead

The natural outpouring of the energy of the Godhead may be intensified without limit by any individual with the temerity to "force" a greater release of Light than that allotted for the human race at a given time.

Self-conscious beings have a God-given opportunity to learn how to draw energy, qualify it and send this energy forth in a harmonious manner.

Any unascended being inviting and invoking the Beings and Powers of Light may increase the heart-beat of the Elohim and man, and as the acceleration takes place, not only mankind but the Gods Themselves will grow in Glory and Splendor.

* * * * *

The God Flame in your Heart

From the Heart of your I AM Presence there flows a steady stream of electrons into a tiny receptacle within the physical heart, as you well know, which is called the permanent atom. When the electrons enter this chamber a magic, mystic activity takes place and they become a pulsating Flame that breathes within Itself and pours forth a radiation which is the animating principle of the physical body.

This small Flame within the heart, when recognized, begins to expand (as It has done through the attention of the chelas). As this activity takes place, it begins to pour forth shafts of Light through the upper part of your body in the same rhythmic order.

How your Aura is Increased

In the case of Group Leaders, your Holy Christ Self and the Masters must increase your aura to encompass and enfold your entire group, just as if with wings of Light.

Your aura is increased in one manner only-by pouring more pressure of Light into your heart-and that Light sends forth a shaft of greater length into the world around you than it sent before.

The end of each one of these longer shafts becomes the out-post of your aura and your student body live within that when they are with you, as well as when they are in their homes. Your aura is, therefore, fluidic and it stretches hither and yon, according to the particular activity of your student body.

This accelerates your evolution and also gives you a greater responsibility, because this invisible magnetic effluvia of your lifestream which, first of all, encompasses all your family, affects the lives of your entire student body and every lifestream between you and their personal presence. Remembering this you will be extra careful of the quality of your energy.

As your attention is on the Presence those shafts of Light increase and they form for you a protecting radiance or circle, deflecting the currents of energy in the world around you which are not of the same vibratory rate as the rhythmic perfection. This is the natural Mantle of Light which is emanated from the human form, and which increases as the lifestream remains in humble devotion to the life principle within the Flame.

You can cultivate a conscious and constant, and listening attitude until that Flame becomes the Directing Intelligence of your outer activity, and We can speak through that Flame to you.

* * * * *

Expansion of the Cosmic Heart-beat

The Holy Christ Self of mankind governs the heart-beat of the personal self in order to diminish as much as possible the destructive impulses emanating from the unawakened masses.

Expansion of this Cosmic Heart-beat is only allowed when the universe will be benefitted by such contribution as the energy waves of that lifestream will choose to flood forth from time to time.

With the proper application, the Spark in the unawakened may become a Flame. You have heard it said that the Flame will fill the entire body as the individual becomes Master. This means that every release of energy from the Presence will have a one thousand or one hundred thousand more pressure as the individual advances Godward.

It would be a wonderful activity if you would daily ask for a greater outpouring of the cosmic currents through the hearts of the Angels and see what you can do to accelerate the evolution of Their Kingdom. If you will do this, you will see what They will do to accelerate yours.

* * * * *

The Shaft of Light from your Heart

In your physical heart beats there is an invisible shaft of Light which goes forth from your heart into the atmosphere around you. These shafts of Light form the natural aura around the lifestream.

An individual who would allow the energy of

the Masters to flow along these shafts of Light into the consciousness of the lifestream whom He is surrounding might render service without limit in uplifting and and raising them, and such radiation would draw forth from the other lifestreams similar shafts of Flame.

* * * * *

Directed Rays

The Ascended Master may, and does, direct consciously spiritual currents of force under His personal supervision and will for specific reasons.

These personally directed rays are more potent and powerful than the Universal Emanation of Light that fills the Cosmos, even as the Individual Flame from Helios' Heart can render greater service to one invoking It than the Sunlight which plays unheeded on the bodies of the masses.

Here you have the key by which an individual may receive and be the beneficiary of much greater power than that which is the natural enfolding presence for the humanity of Earth.

When you invoke the personal assistance of an Ascended Being, you immediately draw those concentrated rays and your lifestream is greatly accelerated by their presence within you.

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THE ACTIVITY of HEALING at the TEMPLE at CRETE

By Beloved Lady Meta

I AM Meta, Daughter of Sanat Kumara, come into the atmosphere of Earth in response to the heart call from the souls of men for Healing!

I have chosen to serve on the Fifth Ray, directing the Brothers and Sisters in Our specific Focus at the Temple of Crete. * One may ask "Why the Fifth Ray? Why did I personally choose to add My momentum of Light to this Ray?" All of the Rays are Healing Rays - their Cosmic Activity changes any imperfection into Perfection, and in so doing healing, or amending, imperfection.

Through the Christian Dispensation, to which Beloved Mother Mary is so prominently identified, She anchored specific and powerful currents into the octave of Earth, through Her Being and through the physical Foci which She personally established, and through those which were later established in Her Name, a momentum which is too great for your present consciousness to comprehend, are permanently active on this Earth. No matter to what Ray you have connected this Glorious Being, Holy Mother Mary, it is the Fifth Ray to which She and Her Divine Complement, Archangel Raphael, belong. She does send Healing currents along any Ray, or through anyone who prays or calls to Her for assistance. We are not limited to one Ray, anymore than you have to go to just one store to receive a certain commodity which you may desire or require.

My Being wells with joy and gratitude as I think of the great numbers of Foci on the Earth through which we may direct Our currents of Healing, and embodied chelas to assist in the dispensing thereof on the physical plane.

The mighty Ascended Master Hilarion renders

a stupendous service on the Fifth Ray, of which He is the Director (or Chohan). Into the receptive consciousness of men and women who have dedicated their lives to the Medical Profession, He blazes the Divine Ideas which proceed through His Being to alleviate the dis-eases to which men are heir, through their mis-creations of the past. As the majority of you are aware, the color green is coming into prominence in hospitals and in the attire of those who serve therein.

Oh, yes, I know many of you will say "why does this Being speak of the Medical Profession and their service, when we are told the Light through the Activity of Purity and Transmutation removes the causes and cores of imperfection which have been set up?"

Bless your hearts, children of The Father, the number of lifestreams who are cognizant of the Spiritual Law is minute in comparison to those who are aware of the Gifts of God which but await their acceptance to be of benefaction to themselves or others. The gratitude of the Hierarchy for the steadily increasing number of people who are searching for and recognizing that there is something more than coming to the Earth for the "pursuit of happiness" and after a certain span of years, leaving this octave. Many years back, the beloved Ascended Master Saint Germain brought to the attention of the students that it was wiser to employ the so-called "outer agents" to temporarily alleviate dis-ease and discomfort until they had builded a momentum, and accepted in their feelings, the true activity of Healing through the Spiritual Law. When the physical body is not rebelling through the action of imperfection, the lifestream can turn its attention more one-pointedly toward the Spiritual Law. You have often heard someone who is experiencing distress in their body say "I just can't call and get the desired results for myself, although I can for others." The reason for this is elementary. The

distress which is manifesting is the stumbling-block and gets in the way of the undivided attention upon the I AM Presence and the particular Being to Whom they would ask for assistance.

More and more individuals in the Medical Profession are realizing, within themselves, that there is something more to curing or assisting their patients with the agents which are at their disposal. The reason for this is that the receptive Doctors and Scientists are being taken while their bodies sleep into the Temple of Truth and given the Spiritual Law. They cannot be "subjected" to God's way of Healing unless some of it "rubs off on them" to use the common vernacular.

We would so much appreciate your Calls for these dedicated and receptive men and women to awaken to God's Healing and to let go of the intellectual accretion of their profession. You all have read of certain substances which were sure to cure a condition, only to hear at a later date that it was being discarded. It all comes to the fact that through public acceptance and opinion the individuals who took the recommended substance put their FAITH in it, when actually the Healing could have taken place through putting that FAITH in God, the I AM Presence!

With the Fifth Ray particularly active this year of Nineteen Hundred and Sixty-three tremendous progress can be made in Spiritual Healing through the conscious cooperation of the chelas who are privileged to know of the Service which is but awaiting to be lowered into this Earthplane, through your calls for Purification and Truth! Accept the Healing which is Ours to give- and yours to accept - for yourselves and for all mankind.

With the Blessing of My Holy Father, Sanat Kumara, Mother Mary, Hilarion and the Brothers and

Sisters Who serve specifically on the Fifth Ray, and
My humble Self, I AM

Your Sister in the Light

Meta

* * * * *

* We quote from an early Booklet - Series 4 - 2 -
Beloved Meta speaking:

"From the Fifth Sphere I drew Ascended Beings and then drew volunteers from unascended mankind making groups of seven. These individuals were already trained to project the light from their bodies. (You have seen the revolving searchlights in airfields - the beams of light that play back and forth in the night). This is a good visualization of the activity that is performed by these groups of seven in the etheric cities.

The procedure they follow is something like this - they either sit or stand in a circle, facing outward, so that their backs are toward each other, each one directing a beam of energy into the atmosphere. Then the entire activity revolves and so, like a spinning wheel, these beams of light are playing constantly through the inner atmosphere of Earth. "

(Such a Group projecting the Light Rays of Healing is one of the Activities of the Temple of Truth at Crete.)

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NOTES FROM A MASTER TO HIS PUPIL

No. I

(This is a new feature! As a special dispensation granted to the Bridge Students this year, one of our Chelas has been permitted to share with them the private instruction received from the Master.)

Acceptance: Your heart has chosen the stony path of Chelaship leading to self mastery. For some weeks your lifestream has been under the personal scrutiny of the Lords of Karma and Myself. We have found that with tremendous application and self control you may become a valuable conscious co-worker with the Gods.

It is not a path of ease, but one of work, but that work can be a joy and you may become an invaluable cog on the Cosmic Wheel that turns ever toward Perfection.

Blessing on your Spirit and may the Holy Light and Truth enable you to rise quickly into your freedom.

At inner levels one must have two sponsors for chelaship. Saint Germain and Jesus have spoken in your behalf.

Widening of Consciousness: 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 co-operate is his consciousness widened.

Self-conscious Effort: Remember - the Gods are not the Law of one's own lifestream. They are merely Friends Who point the Way. 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 be it unto you.

Resurrection: Jesus availed Himself of the Resurrection 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.

The Ascended Masters Realm: 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.

A Twofold Communication: 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. The closer communication is twofold: it enables the evolving soul to progress more rapidly and it enables the Spiritual Hierarchy to expand Its plans of divinework through self-conscious co-operation of members of humanity who volunteer their service.

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 God's Presence speak.

Ascension: The Ascension of the student body in the West is an unprecedented activity secured by dispensation from the Cosmic Law. The evolutionary scheme of our planet has been delayed for many centuries by mankind's mis-use of free will. The Solar System is not to be longer impeded by the ignorance of the outer mind. According to Spiritual Law, hundreds of thousands of mankind were due to complete their Earthly pilgrimage centuries ago.

An Acceleration Course: You might call the Bridge Activity an Acceleration Course as lifestreams are now As-cended out of this octave more by Grace than by merit. It will enable the Perfected Ones to more quickly redeem the Earth by withdrawing many feeders of Earth's present discord. Every possible lifestream is being quickened and ascended at this time. There will be a mass exodus that precedes planetary changes.

What is a Master?: Life is one. Consciousness is one. Thought and feeling are one through the universe. Energy is one. The individual God Flame who identifies himself with the One begins to understand the inherent Powers focused through the heart and then begins to realize that God Power and to control the energy and substance through the creative Flame of Divinity.

When one has once relinquished all earthly ties and earthly passions, one begins to enter the Flame of one's Being, and from the premise of that Flame he becomes Master of the substance and energy of his own individual world. He who has overcome self is master wherever he moves.

Leadership: We have chosen to give you the opportunity for leadership that We and you, too, might see the inner strength of your inner spirit in guiding and guarding the evolution of souls. You have a tremendous understand-

ing in your mental body, which makes a fine instrument for expanding the Law, but, like so many scholars, you have yet to learn that the greatest part of the work of a teacher is in using the Flame through the inner bodies of the students to prepare the ground for the seed.

Class Work: The average scholar is like a man planting a field without first plowing, and harrowing and fertilizing the earth. The a) use of the Violet Flame, the b) contact of the Holy Christ Self of the individual, the c) invocation of the Unseen Powers, and d) the pressure of the Flame of Purity, all these activities must precede the class work to facilitate the proper planting of the seed, and then the ten or fifteen minutes instruction takes root in fertile ground.

Charging the Group: It is necessary to charge the group yourself with the Flame for an hour before your class to insure ninety percent greater efficacy in your work. 'this application will also protect you from the natural flow of the lifestreams of the students into your own feeling world, which gives you something to handle. It is most important that the Leader be cognizant of their important activity!

THE FESTIVITIES OF THIS 30 DAY PERIOD

(April 15 - May 14th, 1963)

- May 1st - St. Germain's anniversary of His Ascension, and Ninth anniversary of His Coronation, in May 1, 1954, as Ruler of the next 2,000 years period.
- May 8th- Lord Gautama's Day of Enlightenment, which this year coincides with the Day of the Wesak Festival. This only happens once in 19 years.
- May 8th- The Wesak Festival. Please read the article on this subject in this issue. This is a very important spiritual activity in 1963.
- May 12th- Mothers' Day. On this day not only the mothers of the race are honored, but also in the Higher Realms the Feminine Aspect of the Deity, represented by the beautiful Goddesses and Lady Masters, to Whom we offer our deepest gratitude and admiration.

During all the Month of May

(Consecration of Souls at the Secred
Heart Temple)

During the whole month of May in each year our Beloved Mother Mary consecrates all souls who are to incarnate in the following months up to next April 1964.

(See "The Bridge Journal" for May 1960, page 40; and May 1962, Page 17)

THE WESAK FESTIVAL (May 8, 1963)

Our readers know that this is the time when the Lord Buddha, now Lord of the World, visits the Sacred Valley on the Northern side of the Himalayas, near the frontier of Nepal, about 400 miles west of the city of Lhasa.

This yearly Feast takes place every year on the Full Moon in May, which month is called Wesak in Ceylon. Thousands of pilgrims visit the Sacred Valley from all over Asia, and also thousands of students from all over the world visit the place in their projected consciousness, if they earnestly desire it.

In this year of 1963 an enormous outpouring of spiritual currents will circle the planet. This has not occurred in the last 19 years, that is since 1944, and will not occur again until 19 years from now, that is in 1982 (in the West on May 7th, at 8:16 P. M. E. S. T.)

This is because the anniversary of the Day of Enlightenment of Lord Buddha on May 8th and the Full Moon of May coincide this year, making it a memorable event.

This year has another significance, that the Lord Buddha attends for the first time, as Lord of the World, the extraordinary Festival which only takes place every 19 years.

Another reason for the importance of the Festival this year is that we arrive at the middle point of the 20 year period of the spiritual crisis through which our planet is passing, as announced by the Lord Buddha Himself in "The Bridge Journal" of April, 1963, (and which period of course does not expire until 1973, that

is ten years from now). Then in 1974 will start a great spiritual impetus.

As it is of the utmost importance that all earnest students should try to tune in to this extraordinary influx of Light, which only takes place once in 19 years, we suggest that all that has been printed in "The Bridge Journal" about this Festival be read and meditated upon by the students. This would make it easier for them to visit the Sacred Valley in their projected consciousness and bring back as much as their receptivity allows.

Particulars about this Festival appear in the following issues of "The Bridge Journal":

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INSTRUCTION BY THE MAHA CHOCHAN AND THE SEVEN CHOCHANS

On the Ascension

The graduation of the lifestream from the necessity for embodiment is the ultimate achievement toward which all students upon the Spiritual Path aspire. At the solemn hour of the Ascension, the lifestream faces a great decision as to what Its future service to life will be.

The Maha Chohan

How to enter the Path

At the moment when any man applies for instruction on the Law, he is placed under the scrutiny of His Spiritual Sponsor. The Sponsor is chosen, usually, by the Maha Chohan, and becomes in fact "God Father" to the aspirant. The seven bodies through which the individual's consciousness is endeavoring to develop some sort of life plan are carefully examined and-under the new Dispensation-the Teacher endeavors to develop those particular inner bodies that are most immature.

El Morya

The Preparatory School

Into the Heart of the Rocky Mountains comes every lifestream who has chosen to carry The Light into the world - if not in physical garments, through the Inner bodies - and into the Heart of Luxor passes every lifestream who has completed the cycle of his own evolution, and has won the right to rise on the Ascension Flame into the Heart of God. No matter in what physical point on the Earth's surface the Ascension is attained, the soul must pass through these currents at Luxor.

Lanto

True Friendship

The sharing of individual consciousness is the sweet communion of true Friendship and Brotherhood.

Those who have become the Guardians and Teachers of the human race can only serve mankind as They can pour Their Understanding and knowledge of Life and Truth into the receptive consciousness of attentive men. Those who serve Us must make mankind aware of Our Presence. We must be first accepted and acknowledged.

Paul, the Venetian

The Law opens the Door

When the student applies for more knowledge than the world can give, the Law opens the door by which he may enter into association with those who are Masters of the particular phase of spiritual endeavor which has drawn his interest. The Master will at all times turn the student back to the development of his own consciousness. He will share the understanding by which He attained, but He will never allow the student to lean upon Him for accomplishment of his own individual development. Such a student loves, reveres and honors his Teacher, but worships only and always the God that lives within them both (Guru and chela).

Serapis Bey

Gratitude

Scientifically speaking, vibration is consciously created by thought, feeling, action and the spoken word. Vibrations that are inharmonious create clouds of impure substance in the aura of the individual sending them forth. Gratitude is a feeling which changes the quality of vibration and creates light and harmony in the aura. It is not enough to be grateful in the mind. One must consciously endeavor to be grateful in the feelings, where the greater portion of the personal energies of the individual is qualified. A grateful heart creates a happy mind, a healthy body and adds to the light of the world.

Hilarion

The Emotional Body

The emotional body, being the storehouse of over three-fourths of the energy allotted the lifestream, can become a tremendous pressure of dynamic energy to bring into manifestation any constructive thought, desire or plan, but the qualities of the emotional body will determine the vibratory action of the resultant expression.

To invite the direct Ray of any Ascended Master to play upon and establish pulsations of Their qualities in the emotional nature is to change the very substance of that nature and, filling it with Light, make it a mighty storehouse that can be drawn upon at any moment as the requirement appears.

Lady Nada

The Gifts of your Causal Body

You must learn to think of your Causal Body, not just as bands of color, but as living, intelligent, God-qualified energies and virtues which await expression through you NOW! It should be of encouragement to you to know that these virtues are already at your command.

In the silence of your room turn your attention to the Holy Christ Self within your hearts and invoke It to magnetize and externalize the gifts of your Causal Body through your outer self NOW! I challenge you to do this earnestly! It is truly the requirement of this WorldHour.

In the Name and by the Power of the victorious Presence of God, which "I AM" without limit, I invoke all the powers of the Sacred Fire to purify your outer consciousness and the substance and energy of your four lower bodies. They shall become and remain Grails for the Glory of God to flow into and manifest through you NOW! I invoke the Holy Christ Self within your heart to expand the manifest gifts of your own Causal Body to hasten the externalization of the Golden Age of Freedom NOW!

Saint Germain

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