

THE BRIDGE

TO FREEDOM

A Monthly Journal Devoted to Individual Unfoldment, Contact
with The Great White Brotherhood and Cooperative World Service

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EDITORIAL

FOUR STEPS OF PROGRESS

IN this second seven year cycle of "The Bridge to Freedom Activity" four important steps of progress have been taken, to be followed by others. The first one was the reorganization of July 1958, which was not the result of the sinister force to separate individuals, as some good people believe or want others to believe. It was the action of the separation of the tares from the seed. That is a former state to which there will never be a return.

The second step of progress was the Dispensation by which a vast amount of unpublished Ascended Master Instruction has been freely given during the past year to the student body through the columns of "The Bridge to Freedom Journal", which has received the appreciation of the student body expressed through innumerable letters. This Dispensation will continue during this year.

The third step of progress is that under the direction of Beloved Serapis Bey the New Format of "Hope Magazine" emerges from its initial stages, and becomes in reality a stepping stone to deeper esoteric philosophy contained in "The Bridge to Freedom Journal", by the explanation of the Laws that govern Health, Opulence, Peace and Enlightenment.

The fourth step of progress, perhaps the most important, that has taken place has been the removal of The Mother House of our Beloved Maha Chohan, and the Headquarters of "The Bridge to Freedom Activity", under His personal direction, from Flourtown, Pennsylvania to the vicinity of Charlottesville, Virginia, in the proximity of the Blue Ridge Mountains, over which there is the Etheric Temple of the Beloved Archangel Chamuel from Atlantean days.

We are therefore in the process of the vitalization and expansion of "The Bridge to Freedom Activity". This is resulting in the widening of the Bridge from the Spiritual Hierarchy to mankind.

THOMAS PRINTZ (El Morya)

YOU CAN BECOME AN ACOLYTE OF THE VIOLET FIRE

Monthly Letter to the Transmission of the Flame Class
of January 16, 1960

Dear Children who wish to expand the Violet Fire:

January is the month to make New Resolutions. May I entreat you to make at least one? Resolve to become specialists in the Science and Art of Invocation and in the use of the Violet Fire of Mercy, to purify your bodies, your homes, your offices. Expand the Violet Flame, project it into every discordant condition in every part of the world, through the four elements and into the elemental kingdom.

1960 is going to be a year of cleansing to prepare the way for what is coming in the year 1961. Lord Zadkiel will be at the helm, as you know, with His Legions of Angels of the Violet Fire, but He needs you. This is the reason why He is establishing this year the **Order of Acolytes of the Violet Fire**. Every one who makes the resolution I have begged you to make, and keeps it, is a candidate to join this Order, and as such you will be taken in hand, given instruction, while your body sleeps, and used in your environment or anywhere in the world.

The distinguishing mark of those who are in earnest will be that on their foreheads will be placed a replica of the Thought-Form of the Year, that is, **The Royal Purple Shield of Archangel Zadkiel, embossed with the Crystal Likeness of His Archii the Holy Amethyst.**

The first requisite to qualify for membership in this Order is to try not to miss a single night in your attendance in consciousness at the **Etheric Temple of Purification** over the Island of Cuba, which will be open between January 15th and February 14th, 1960.

Lord Zadkiel, Holy Amethyst and My humble Self will be waiting for you every night at the Temple. Love and Blessings.

MAHA CHOHAN

HOW YOU CAN KEEP HEALTHY AND YOUTHFUL

An Address by the Beloved Archangel Zadkiel

HALL, Spirits of God, walking the ways of Earth in your magnificent vow to resurrect and resuscitate the God-Good inherent in all the life that is, and in all human kind that presently suffer from temporary distresses. As a Priest in the art of Invocation, it is always My joy, privilege and honor to explain in the simplest terms possible, that that Power of Invocation is alive within every human being who has a thinking capacity, a feeling nature, the power to draw and magnetize the blessings from God's highest Heaven into this Earth, temporarily distorted by shadows of one description or another.

Thus, as the Priests and Priestesses of the Order of Zadkiel walk again upon the planet Earth, We shall more quickly bring into manifestation the permanent Golden Age of Our Beloved Ascended Master Saint Germain, so that all on Earth may enjoy its beauty, although the few have invoked and prepared the way for the benefaction and blessing of the masses of the peoples.

The opportunity you have now

Beloved ones, on every planet up to the Octaves of Light, there are the great stratas composed of all the misuse of life energy, consciously or unconsciously charged with discord. At the end of an age and an Era, these tremendous tides flow into and manifest through weak individuals who have appetites or sympathy of vibration to such discordant expression. That is why the statement is made, "it is always darkest before the dawn". This is true in the dawn of a world cycle as well as in the course of your own twenty-four hour period through your personal trials, temptations, overcoming and the victory.

New We have opportunity, you and I, to call for the removal of these concentrated intelligent beams of energy before they

can longer find externalization through any member of the human race given the privilege of embodiment here for one purpose—and one purpose only—to bring forth more of God's Divine Plan and not desecrate the Earth with war plans and bombs and every kind of a destructive and nefarious activity. One vested Priest or Priestess of the Order of Zadkiel, so invoking the powers of Light into, through and around such conditions—audibly if alone, silently if in company—, will bring all of the Host of Heaven and primarily the Beings on the Seventh Ray into the atmosphere to remove those conditions and replace them by the Perfection of the Higher Realms.

It is not enough, beloved ones, to look to a Heaven in the "sweet bye and bye" or to adore even Our beloved Jesus' Victory apart from your own expression of victory here where you now dwell. It is the requirement of the hour to draw forth that glory and perfection which the Risen Christ manifested as an example to all generations that have succeeded Him and to exude the radiation of the Kingdom of Heaven which was the hem of His garment.

The "hem of your garment" explained

What is "the hem of your garment"? It is the periphery of your emotional vehicle, beloved ones; each vehicle fitting inside of the other, your physical vehicle interpenetrating your etheric, the etheric then by the mental, and then the emotional vehicle through which your life flows—that is the hem of your garment!

Are all those who touch it healed of distress, given comfort and peace, resuscitated and renewed in mind and body, in consciousness? If that is so, blessed be your light! If you are yet to reanimate that spiritual garment, blessed be your desire, unselfish, motivated by the request to help the God that made you. Those of Us Who serve with you will bring into, through and around you more and more of the glory and perfection of God's Kingdom.

Bring music into your activities

The Divine Music and Harmony of the Angels, the Seraphim and Cherubim as They swing through space upon Their appointed tasks, That Music shall be the heritage of the Earth and Her peoples when the very Earth Herself, moving on a straightened axis emits the song and paean of praise and gratitude to God for life and all that is upon the Earth; when every human being cognizant of the magnificent gifts of life in the Earth, in the Water Element, the Air Element and the Fire Element, All who have been willing servants to the human race through aeons of time.

One of those activities which brings music into your endeavors, auras and Tubes of Light, is **gratitude to God, gratitude to your fellowman, gratitude to nature, gratitude to all that is!** It raises the vibratory action of your inner vehicles and it is a health measure even to your flesh garments; gratitude to your heart and the organs that make up your vehicles; gratitude to your hands and feet, your eyes and ears—**ALL** of them serving you throughout the course of an embodiment, giving to you the flexibility and mobility of their ultimate potential expression.

How you can heal yourself and others

Those of you of more mature years can be grateful for the young, for they are yet thoughtless, enjoying the pleasures and the freedom of today although not the wisdom that comes with tomorrow. It is one of Our petitions and fiats to the Law that the young in mind and body **learn gratitude** for the gift of Life, and utilize the best years in the establishment of God's Kingdom on Earth, not waiting until the life is mostly spent and hoping then to enter the Gates of the Eternal Freedom by a few years of atonement. Then when the vehicles begin to expire from use, there is so often seen among the most sincere and worthy of chelas, a sense of impatience with whatever organ, cell or part of the vehicle that has functioned sometimes for eighty years, because it does not function as it did at eighteen!

Instead of impatience, pour the living fire of **Gratitude** to those organs and cells, to your eyes and ears and hands and feet, to every cell and atom that has served you in this life—within that feeling is healing! Be grateful, blessed ones, grateful for the use of life and grateful for all of that life which serves; thus you resuscitate yourselves! Thus you can resuscitate others, hundreds and thousands of individuals in homes and institutions of every kind and description who have no one to whom they can confide their fears of the "Unknown", and instead of the gratitude, which is a magnificent radiation of Love Divine, there is rebellion, resentment and fear, and hate, pouring out from those places.

You do not have to enter homes, asylums and hospitals physically. You could not, if you took a pilgrimage of a whole Earth life, enter all, but you can call to the God of Love, to the beloved Jesus and His Holy Mother, to Me, to direct right into the very heart center of every such place of incarceration that Flame and Feeling of Gratitude, anchoring it there and letting it be a buoyant feeling, and what happens? The dark grey and black effluvia is replaced by the pink, the rose, the violet and the purple light which is upliftment, not only to those individuals but to those who serve them. This is **ONE** of the activities that in five minutes in a day, you can render to imprisoned life!!!

Use the Violet Fire through every prison

How about your great stockyards where there is so much fear and death, where elemental life is filled with rebellion, natural in such sudden demise? Focus the energies of the Violet Fire there and feel it acting in, through and around all those who are taken there; all those who are responsible for the activity of the preparation of food, and following the instruction you were given to charge the water, **CHARGE AND CHARGE AND CHARGE EVERY ELEMENT THAT ENTERS INTO YOUR PHYSICAL BODIES** with the most powerful activity of **GRATITUDE FOR LIFE**, the resurrection of the Divine Pattern and Plan for your life and for all life and let it act for you. This it will do!

You have not seen the continental surface of your entire Earth globe and what has been there that requires the activity of transmutation for the relief of the peoples who live there at present and who are to live there in the future. Establish that activity of the purifying agent of the Violet Fire through every prison, gallows, electric chair; all means presently employed to render an accounting to society, as well as those unhappy individuals who for money accept positions that cause the removal of human beings from this Earth by artificial means and before their time.

You cannot interfere with human life

The God Who has created each and everyone of you had a time for your birth, and has a time for your release, and there is no unascended human being that can interfere with that without having a tremendous karma recorded in his own world. We are endeavoring to remove that cause and core of the record and memory of it from each such an one.

Every parent who has not allowed through the gates of birth a new soul to enter into embodiment, for any selfish reason, must meet the Karmic Board and meet that soul too and make things right! Every illegal practitioner who has contributed to this practice has also a debt of karma which must be paid, but We pay great deal of that for them, for each and every one through the use of Our Presence in the atmosphere of Earth, and We are coming into your Presence whenever you choose to have Us abide with you.

I move forward into the affairs of men, into the worlds of each of you, and with Me come All of the Angelic Kingdom, until His crowned head and magnificent robes are visible to the physical sight of all mankind, and all shall truly bend the knee in gratitude to their Cosmic King.

A Holy and a Blessed and a Sanctified Year be yours!

THE USES OF THE ADORATION FLAME

By Beloved Archangel Chamuel

I AM the Angel of Adoration. The Adoration Flame is practical. It is one of the most practical activities that can be generated within the heart, soul and spirit of the bound, because it is an actual treatment of the feeling as well as of the mind and an actual therapy to the flesh. True adoration to God has within it no self-seeking. It is an absolute relaxation, basking in the goodness of God and loving Him for Himself or loving any great God Being Who represents some special service to life.

Adoration is just a pouring forth of your life and all the gratitude that your heart can draw forth to the heart of the Sun, to the heart of the Presence, to the heart of Saint Germain or any God-free Being.

I challenge any individual in depression, any individual in pain, any individual in chains of any kind, to use the Flame of Adoration that is the true nature of their being. If in using that, they do not see and feel freedom, then the Sun and the planets themselves will no longer move on their appointed course.

In the action of the Violet Ray that now plays on the planet Earth, what do you think that Ray will do for you when you give your adoration to it? How it will leap forth in response to your devotion and love! In the action of the Resurrection Flame, in the action of the Ascension Flame or any of the gifts from the hearts of the Masters of Heaven, beloved ones, practice pouring forth your greatest adoration.

Although you know not its fullness, thanksgiving and gratitude are the activity of the Adoration Flame. Feel it increase and multiply within you! Prove that not behind convent wall, not in the hermitage alone, but on the streets, walking the pavement, cleaning your homes, turning the wheels of business, the Adoration Flame is a practical alchemy for multiplying good and decreasing evil.

(From "The Seven Beloved Archangel Speak.")

1960 CALENDAR FOR THE ASCENDED MASTER RETREATS

Opened to the worthy chelas under the Direction
of Lord Gautama

Ascended Master Sponsors for the Year 1960: The Archangel Zadkiel and His Archii Lady Master Holy Amethyst.

Thought-Form for 1960: Royal Purple Shield of Archangel Zadkiel, embossed with the Crystal Likeness of Holy Amethyst.

JAN. 15, CUBA

Etheric Temple of Purification by Violet Fire, over the Island of Cuba. Hierarch: Lord Zadkiel; Color of Flame: Royal Purple; Musical Keynote: "Blue Danube", Strauss.

FEB. 15, CEYLON

Temple of Comfort. Hierarch: Lord Maha Chohan; Color of Flame: Pink and Gold; Musical Keynote: "Homing", Teresa del Riego.

MAR. 15, LUXOR

Ascension Temple. Hierarch: Serapis Bey; Color of Flame: White; Musical Keynote: "Liebestraum", Liszt.

APR. 15, HOLY LAND

Etheric Resurrection Temple over the Holy Land. Hierarchs: Jesus and Mary; Color of Flame: Mother of Pearl; Musical Keynote: "A Perfect Day", Carrie Jacobs Bond.

MAY 15, TITICACA

Temple of Illumination, near Lake Titicaca, South America. Hierarchs: God and Goddess Meru; Color of Flame: Gold and Pink; Musical Keynote: "Faith of Our Fathers", Hemy-Walton.

JUNE 15, ROCKY MOUNTAIN

Temple of Precipitation, Wyoming, U.S.A. Hierarch: Beloved Confucius; Color of Flame: Chinese Green with Golden Radiance; Musical Keynote: "O, Thou Sublime Evening Star", Tannhauser.

JULY 15, CRETE

Etheric Temple of Truth, over the Island of Crete. Hierarch: Beloved Hilarion; Color of Flame: Green; Musical Keynote: "Onward Christian Soldier", Arthur Sullivan.

AUG. 15, DARJEELING

Temple of God's Will. Hierarch: Beloved El Morya; Color of Flame: Crystal with Radiance of Sapphire Blue; Musical Keynote: "Pomp and Circumstance", Elgar.

SEPT. 15, BANFF

Temple of Faith and Protection, Canadian Rocky Mountains. Hierarch: Lord Michael, Archangel of Faith and Protection; Color of Flame: Crystal with Radiance of Sapphire Blue; Musical Keynote: "Soldiers Chorus" from Faust.

OCT. 15, HIMALAYA

Temple of Wisdom and Peace, Blue Lotus Retreat. Hierarch: Lord Himalaya; Color of Flame: Gold; Musical Keynote: "Love's Old Sweet Song", Molloy.

NOV. 15, SHAMBALLA

Home of the Spiritual Hierarchy of the World. Etheric City over the Gobi desert. Hierarch: Lord Gautama; Color of Flame: Pink, Gold and Blue; Musical Keynote: "Song of India", Rimsky-Korsakov.

DEC. 15, ROCKY MOUNTAIN

Temple of Precipitation, Wyoming, U.S.A. Hierarch: Beloved Confucius; Color of Flame: Chinese Green with Golden Radiance; Musical Keynote: "O, Thou Sublime Evening Star", Tannhauser.

**FEATURES IN THE FEBRUARY ISSUE
OF "HOPE MAGAZINE"**

H EALTH through gratitude

O PULENCE through visualization

P EACE through love

E NLIGHTENMENT through meditation

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TRANSMISSION OF THE FLAME CLASSES IN 1960 — BREATHING STATEMENTS

The following Statements are made four times preceded by the words, first time: (1) "I AM" (2) inbreathing; second time: (1) "I AM" (2) absorbing; third time: (1) "I AM" (2) expanding; fourth time: (1) "I AM" (2) projecting.

Dates of Flame Classes	Breathing Statements
Jan. 16, Cuba	(3) Zadkiel's (4) and Amethyst's (5) feeling of (6) the Violet (7) Fire (8) of Mercy.
Feb. 20, Ceylon	(3) the Maha (4) Chohan's (5) feeling of (6) strength (7) peace (8) and comfort.
Mar. 19, Luxor	(3) the feeling of (4) the power (5) and joy (6) of the (7) Ascension (8) Flame.
Apr. 16, Holy Land	(3) the resurrecting (4) power (5) from (6) Jesus' (7) and Mary's (8) Temple.
May 21, Titicaca	(3) God (4) Meru's (5) feeling of (6) illumination (7) peace (8) and power.
June 18, Rocky Mountain	(3) the precipitating (4) power (5) from (6) beloved (7) Confucius' (8) Temple
July 16, Crete	(3) the illumination (4) of Cosmic (5) Truth (6) from (7) Hilarion's (8) Temple
Aug. 20, Darjeeling	(3) El Morya's (4) Power (5) Wisdom (6) and Love (7) to do (8) God's Will
Sept. 17, Banff	(3) the faith (4) and protection (5) from (6) Archangel (7) Michael's (8) Temple
Oct. 15, Himalaya	(3) Himalaya's (4) feeling of (5) Peace (6) Wisdom (7) and Love (8) Divine
Nov. 19, Shamballa	(3) Lord Gautama's (4) feeling of (5) Patience (6) Humility (7) Illumination (8) and Love
Dec. 17, Rocky Mountain	(3) the peace (4) love (5) and reverence (6) for life (7) from Confucius' (8) Flame.

THE BRIDGE TO FREEDOM

A Monthly Journal

KEYNOTE OF OUR SECOND SEVEN-YEAR CYCLE:
FREEDOM, PEACE, IMPERSONALITY, CO-OPERATION, EXPANSION

Vol. 8

January, 1960

Núm. 10

HOW TO DISTINGUISH THE TRUE FROM THE FALSE TEACHER

An Address by the Ascended Master JESUS

INDIVIDUALS from time to time are of the opinion that there is no need for a Mediator or Bridge to connect the God Self with the outer intellect. These people are honestly and firmly convinced that as the God Presence "I AM" is connected through the Holy Christ Self with the heart of every life-stream, outside means of communication and spiritual guidance is unnecessary. To these people I address the following, having been a Mediator Myself and having served the Hierarchy to carry the Word of God to the ignorant masses:

The Purpose of a Mediator

The purpose of a Mediator is to convey the Truth from the Heart of God to the outer minds of individuals who have lost their personal and direct contact with their own Divinity. When this purpose has been accomplished, no mediation or transmission of consciousness is required, but until this point is reached, the outer mind of men, unable to rise to the inspiration of their own Higher Selves, are benighted. Through the Mercy of God they are given enlightenment by those who have attained a degree of evolution wherein they may climb the Mount of Attainment.

assimilate the Truth and carry the knowledge of that Truth back to the pilgrims on the Path. The wise pilgrims will avail themselves of the Cup thus offered and in so doing, their climb up the Mount of Attainment will be less arduous.

Every lifestream on the planet has had direct communication with the God Presence from the time individuality first took place. Over every lifestream on the planet hovers a Silent Watcher, and yet without a Mediator or Spiritual Guide in flesh form, these individuals are unable to receive direct guidance from their own God Presence, "I AM".

God in His Mercy, has thus provided spiritual counsel—a step down through physical bodies highly developed, as Mediators of this Counsel—which turns the outer self towards Truth.

The True Mediator

Many false mediators have come, but you can always test their reality in this manner: If their teaching turns the outer self toward the individual's own God Self "I AM", that mediator comes from God. If such a teacher makes the individual dependent upon his or her personal identity and keep the aspirant looking to him or her for instruction and guidance rather than his own Divine Source, then such an one is not a true mediator.

Humanity is like a great group of people on one shore of a wide river where there is neither food nor drink nor sunshine. On the other side of the river is a land flowing with milk and honey. Humanity is unable to cross the river into this land of plenty except through the offices of a bridge! Those who are wise walk on the bridge into the rich and fertile land and receive of its bountiful nourishment and carry it back to their less alert brethren, who refuse to enter the rich land by means of a "bridge" preferring to remain in privation until they can cross the river under their own motivation.

A bridge is required until the spirit has developed through repeated crossings to the other shore where all Truth is attained.

The "Bridge" is required

Levitation is of the spirit as well as of the body. When spiritual levitation is developed, each individual can plunge into the Heart of his own God Presence and bring forth the fullness of Truth; but the mass of mankind will never develop those spiritual powers until they use the medium of the "bridge" to carry them into the Realm of Truth where they may sit humbly at the feet of the Master and acquire the ways and means by which their own spiritual perception is developed.

A man who is starving is wise to walk across the "Bridge" to the land where his supply and food and clothing and sunshine are easily attained, not condemning the "plank" of the bridge, but availing himself of the mercies that such a span affords.



CALENDAR OF HOLY DAYS FOR 1960

Mar. 17, Thurs.	St. Patrick's Day.
Apr. 17, Sun.	Easter.
May 1, Sun.	St. Germain's Ascension Day.
May 8, Sun.	Day of Lord Gautama's Enlightenment.
May 11, Wed.	Wesak Festival, 0.43 A.M. EST.
May 26, Thurs.	Jesus' Ascension Day.
June 5, Sun.	Pentecost (Whitsun Day).
July 8, Fri.	Asala Festival, 2.37 P.M. EST.
Aug. 15, Mon.	Mother Mary's Ascension Day.
Sept. 30, Fri.	Angelic Harvest at Shamballa.
Oct. 31, Mon.	Elementals Harvest at Shamballa.
Nov. 1, Tues.	All Saints' Day.
Nov. 2, Wed.	All Souls' Day.
Nov. 30, Wed.	Mankind's Harvest at Shamballa.
Dec. 25, Sun.	Christmas Day.

ON SELF-TRAINING

AN INSTRUCTION BY THE MAHA CHOHAN

(With interpolated headings to bring out main points)

How to change your consciousness

To treat a lifestream with a view to a permanent unfoldment of his spiritual nature, we must change the consciousness of that individual.

Every thought and feeling the student entertains, even for a fraction of a second, becomes part of his consciousness and will form the environment in which he must dwell. Therefore the student must start to cleanse the consciousness of impurity and imperfection.

Man's pure consciousness is polluted constantly by every appearance that he accepts and allows to enter his world consciously or unconsciously.

These appearances dwelling within him form the cause that reflects on the screen of his Life, and will continue to remain there until such an individual chooses to cleanse his inner world by the use of the Sacred Fire, and replace these tramp thoughts and feelings by consciously generated and carefully chosen constructive thought and feeling images, which will, by the very Law of Life, manifest on the screen of maya in the appearance world as Perfection.

Root out fear and doubt, and open your mind to constructive ideas

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

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

Never picturize imperfection

One of the rules of the Great White Brotherhood is never to picturize an individual imperfectly. Every lifestream is endowed with the birthright of Perfection. When any individual recognizes imperfection in any other lifestream in the universe, he is dishonoring the Will of the Father who created man in his image and likeness.

Remember that when you recognize imperfection in any individual, you are disobeying the Father, Himself, Who created man in His Image and Likeness and who sees him always as that Perfection.

To energize thought-forms of imperfection is a SIN

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

Ideas—the cause of every manifestation

Every physical object in this universe was preceded by an idea in the mind of man or in the Mind of God. These ideas are the Cause that lies behind every manifestation from a stone to a star.

Every manifestation in your own life was first presented to you, or to some one in your environment, as a mental concept or thought-form. This proves the power of thought in moulding the very environment in which a man lives.

How to receive divine ideas

As there are many more Divine Ideas than there are receptive spirits to receive them we are always eagerly looking for life-streams to whom we may give the inventions which they can translate into practical physical objects which will interpret the Will of the Divine Mind for the blessings of this universe.

The intuitional faculties

The Student should constantly strive for the unfoldment of his intuitional faculties. When we can achieve the unfoldment of the intuitional faculties of the student to a point where he or she does co-operate with the Divine Plan we have a more pliable vessel that can be used on a moment's notice when it is not always possible to contact the soul through the medium of the intellect.

Detachment from the mass consciousness

The mental and feeling worlds of mankind are one. An individual who aspires toward spiritual illumination and freedom must detach himself from the mass thoughts and emotions of the people by withdrawing the magnetic pull of the essence from the appearance world, and as those senses are focused on the quality of the spirit, the Spirit responds in drawing such a life-stream into an oneness with the Ascended Masters Kingdom rather than the pull of the world without.

Ask to be constantly enfolded in Our Luminous Presence, ask that the Flame of the Masters be placed upon your forehead, ask to be sealed against the intrusion of those externals which you shall by necessity pass through.

How to cross the "Bridge"

It is not so much an effort of the outer man to leap the chasm as it is for the outer man to **let go** the authority which he has claimed. Invoke the God-Power to do that which seems impossible of accomplishment, and if you can **let go** enough, the God Power will do for you what you can never accomplish of yourself.

How to use God-Power

God can be addressed in simple terms and God will never fail to respond when **given the opportunity** to act.

This **opportunity** comes when the personal self acknowledges that **without** the power of the God-self **nothing** can be done, and then if he addresses God as one would a good friend or Father and **CALL** this God Power into action he will prove that God is an ever present help at all times.

Saint Germain says: "Put God to work". Every time your attention returns to a condition or the problem in question—**IN-VITE** God again and again to act.

I would like you to get used to this activity in a small way. In raising a window or in closing a door put God to work. Your momentum gained by such daily practice will manifest for you what would seem to be miracles to those who have not built up that momentum.

Practice the Presence! Saint Germain has said "**Practice the Presence!**" Practice the Presence in living. Practice the Presence in talking. And then when you require the **FULLNESS OF THE PRESENCE** you will find that "Practice has made perfect" and the Presence will answer your call in all Its Fullness.

HOW YOU CAN HELP THE ANGELIC HOST

An Address by the Beloved Mother Mary

THE Angelic Host are the representatives of Love. They are the embodiment of the Divine thought and feeling of the Godhead and Their bodies are made up of the pure electronic light that fills the Ascended Masters' Octave and which forms the vehicles of the Ascended Host, as well as the electronic bodies of the unascended humanity of the Earth plane. These beautiful bodies are pure God Essence vibrating at the highest speed and express the most perfect tone of love and light in the universe.

In order for these perfected Beings to render service to men in the outer world, They must descend into the sphere of activity in which Their service is to take place, and in so doing, Their bodies undergo a change in vibratory action corresponding to the sphere or plane in which they are serving, in order that the electronic substance in the lower sphere might receive the full radiation that They bring. If they remained in Their pure and perfect electronic bodies, the vibratory action of Their release of love and light, healing, purity and peace, would be so rapid that the denser and coarser vibrations of the lower sphere would record but a very small part of Their outpouring.

The Service of Archangel Michael

A great many of the Angelic Host, particularly the Cherubim, have never functioned in the lower spheres, remaining constantly above the vibratory action of discord as represented by the four outermost spheres of the Kingdom today. However, the Archangel Michael and His Legions are particularly endowed with the capacity to function in the mental, etheric and emotional planes, and They take for this purpose vehicles made up of the purest substance that these planes can offer. This brings them

much closer to the sense consciousness of the people and makes it possible, from time to time, for the veil to be parted and the veiled glory of the Angelic Form to be revealed to some of the astute members of the human kingdom.

The people who admire the beauty and perfection of the Angelic Host little realize that Their splendor is dimmed by mercy and that the awe-inspiring Presence of these Mighty Beings is but a limited expression of Their true perfection when functioning in the Higher Octaves.

How the Ascended Masters help the Angelic Host

The advent of the Sacred Season places the attention of mankind upon the members of the Spiritual Hierarchy, the Heavenly Host, and the Angels, which allows a tremendous outpouring from the Perfected Side of life and draws into the lower spheres many thousands of those Representatives of Love Who perform a service and give a radiation through the mental, emotional and etheric and physical kingdoms by identifying themselves with the atoms that make up these various realms.

The Ascended Master under Whose direction the Angelic Host work, directs the Cosmic Rays and assists the Angelic Brothers in the process of lowering the vibratory action of Their bodies to a point where They can tangibly assist the kingdom in which They are temporarily stationed, and when the Master withdraws the Ray, the Angels automatically increase Their vibration and return to Their former estate. That is why you have seen in the representations of the early artists, the Rays directed by the Master, and the Angel representing the culminating point of such a Ray.

How You can Help

Here we have the particular service that I feel you can render during this season: **Any of the Angelic Brotherhood can be of-**

ferred the full use of your inner bodies for a temporary habitation in order to form a radiating focus in the lower spheres. This provides for Him a set of vehicles and obviates the necessity of the Masters using tremendous force to create temporary vehicles for the Angelic Brothers, and saves the force required by the Master in holding the Ray that the Angel might be sustained in the lower realm. In this way, the Angels and Men working together as conscious members in God's Service would form a tie of Brotherhood based on cooperative service, and their very close association would develop a spiritual affinity and consciousness, and through the blending of the two lines of evolution, both parties would be tremendously accelerated in their spiritual evolution and the tremendous force of the Gods could be utilized in another manner for the good of all.

In the Coming Days, when the Ascended Master Saint Germain fully takes command of the predominant consciousness of the people, the Angels and Men will consciously and constantly abide with each other and be co-workers in both Kingdoms; but in following out the above suggestion I would say that the assistance to the lower spheres through the anchorage of countless Angels Who are radiating centers of love, kindness, patience, beauty and perfection, would reveal to you the full Truth of this.

Become a Co-Worker with Me

As My Service is directly concerned with the Angelic Host, and as I see the countless opportunities for the establishment of members of that Brotherhood in the many places where mankind are in such distress and agony of body and soul. I would that the students understood more fully how they might become conscious co-workers with Me in offering the bodies of all people in distress, and those incarcerated, to the Ascended Host, and the Angelic Beings Who would establish Themselves within the strata of the mental, emotional, etheric and physical distress, would by RADIATION change its quality into perfection.

HOW YOU CAN CHANGE YOUR ENVIRONMENT

An Instruction by The Maha Chohan

EVERY man, woman and child designs his life's experience by the thoughts and feelings he holds in his consciousness and to change the external world he must learn to change the thoughts and feelings within.

To think of a negative and imperfect condition is to create a mental picture which stands in the invisible and which sooner or later will manifest in your affairs.

You must learn to think positively, constructively and perfectly. You must learn to think consciously and steadily and as you begin to entertain these opulent, healthy, peaceful thoughts, they will take form and dwell among you.

Inharmonious energy is an atomic bomb to the body

The magnetic centre of the atom is THE LOVE OF GOD, and an atom smasher with all its powerful dynamic pressure can only release the electrons in one atom, whereas the energy in the Emotional Body passing through the atoms of the physical form completely shatter the magnetic pole within the atoms that make up the body until you have the disintegrated forms manifest by the human race after thirty years of age.

When one comes to an understanding of the Law of Life he or she must realize that every atom in the body, revolving around a core of Love, is affected by every emotion which sets them off centre and it delays the progress of the lifestream and more quickly brings disintegration and death. Harmonious energy strengthens the magnetic centre and brings eternal youth, harmony and health.

You must use the Violet Flame

The mercy of Life has given to you the Violet Flame, which you may pass through your mis-creations of the past, and then begin anew to create in thoughts and patterns of Perfection what you would like to see expressed in your world and experience. Pour through these patterns of Perfection a harmonious feeling and they will manifest to you.

Ask the Ascended Masters to pour Their feeling through your picture

Determine what you want to manifest, and then ask the Ascended Masters to pour Their feeling through your picture and energize it by Their Love and Light, and in that manner you can re-create and re-change the manifestations around you, even as you can draw an eraser across a blackboard and wipe out a sum, and write it anew in a more perfect manner.

Use the Sacred Fire

Utilize the Sacred Fire without limit at inner levels and the Realm of Inner Causes will be set into order by the Cosmic Law, and the souls of men will no longer be deluged by their human accumulation.

The wise individual, once understanding that every experience and manifestation in life is but an outpicturing of the inner consciousness generated through hundreds of centuries, **INVOKES** every activity of purification through the inner causes, and such an one is thus by his own conscious effort set free from the karma that would otherwise manifest in his experience.

When the consciousness is so cleansed and purified, it is then a glorious cup through which the Divine Beings may pour Their Thought, precipitating them into form.

Try to remain in the Heart of your Holy Christ Self

Human beings for the most part are functioning in one or more of the lower bodies **instead** of remaining in the heart of their Holy Christ Self and directing their activities through these lower vehicles for the uplifting and balance of all.

As the Ascended Master Harmony explains in detail, the self-conscious individual inhabiting the seven vehicles making up the one lifestream **must** come to a point of mastery, wherein the cosmic keynote of such an one's lifestream is played through the seven bodies in a rhythmic pulsation from within out, that cannot be disturbed or varied by any pressure of energy or vortex of force in which the seven vehicles might find themselves at any given moment.

When the seven bodies of the lifestream are vibrating at a harmonious rate, that cannot be affected adversely by the appearances of the outer world, such an one **has become** master of energy and vibration and dwells in the realm of Cosmic Cause alone.

This individual, setting into action cosmic causes within his or her consciousness, knows in a tensionless, confident manner that the energy of his lifestream passing through his bodies will produce the effect which is an exact out-picturing of the inner cause he sets up consciously through thought and through feeling.

Constitution of the Electron

Electronic Light is the primal substance from which all created form is composed. Each electron is composed of a point of Flame, and the radiation from that Flame forms its aura, or forcefield. The entire electronic force in the Universe forms the Body of God, and is intelligent Life.

Thought and feeling in the building of a form

Electrons are drawn into form through the designing faculty of mind, and the speed at which they revolve within the mind

pattern is determined by the feeling which pours through them and sets the pattern for the vibratory rate. Thought, therefore, is the cup, design, or outline into which the primal substance of Life is poured, and feeling is the vibratory pulsation sent through the electronic Light which gives it its quality of manifestation.

Concentration of the mind and use of feeling necessary

The student must master the faculty of concentrating his thought processes into constructive pictures, entertaining these picture within his mind, but he must go further in the analysis of his creative powers, and realizing that the quality of his picturization will be determined by his unconscious, or conscious, **feeling** which permeates every thought form, known or unknown, entertained within his consciousness, and if the **feeling** be harmonious, the cup which he creates, when manifest, will vibrate at the rate set by his feeling world, and his manifestation will be as perfect or imperfect as the constant state of that feeling.

TO OUR READERS

Although we are giving our readers extra valuable information by printing four useful and indispensable Calendars, we are adding four pages to this issue in order that they may not be deprived of their usual amount of reading.

"THE BRIDGE TO FREEDOM" JOURNAL
CALENDAR FOR 1960

Showing the dates of the Transmission of the
 Flame Classes within **Squares**, and other
 Holy Days within **Circles**.

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