

"RUBY FOCUS" of
MAGNIFICENT CONSUMMATION, INC.
Revs. Garman & Evangeline Van Polen
P.O. Drawer 1188
Sedona, Arizona, 86336, U.S.A.

Phone: Area 602
282-3427
March 1, 1970

Open Letter on Nature's Course

OPEN LETTER
to
Speedily Advancing Persons

DEDICATED to FAITH, DIVINE COMPLEMENT OF ARCHANGEL LORD MICHAEL

Beloved Ones:

IN MEMORY OF BELOVED FRANCES EKEY--BELOVED "FAITH"

For those who never had the privilege of knowing dear Frances Ekey, I wish to share with you my glowing memories of this, her last earthly embodiment.

As a typical example of First Ray Zeal, she was a veritable powerhouse of dynamic energy and enthusiasm.

Big, blond and magnetic, Frances radiated blue sparks as she stood on a platform, and held her audience quite spellbound, while her voice ranged from the glories of the Infinite with an amazing and joyous depth of understanding, down to the human level of humor and laughter.....a kind of spiritualized "Sophie Tucker".

Before stepping upon the platform, many times she would go to the grand piano and, without any music to read, she would play and sing every verse of the songs, as she led us in singing. Many of the songs she had composed herself. Then, after a lengthy musical session she'd mount the platform, and radiating a high-frequency magnetism with her contagious and warm smile, she transformed into a reverent and powerful leader of endless decrees and inspiring lectures and prayers.

It was not difficult to watch and listen to Frances, and visualize her former life as a famous Prussian general who was brought to America to teach discipline to our soldiers; and no doubt some of this firmness was the cause of her being somewhat of a controversial personality among her associates.

Our egos die hard, and it often becomes necessary for Life to put us in a corner.....or in bed, to listen, and learn obedience to our "SUPER-SELVES", that "THY WILL", not mine, "SHALL BE DONE"! We all knew that Beloved Frances' Eternal Name was "FAITH", and of HER true identity and polarity with the GREAT LORD MICHAEL, Whom SHE has now joined, and we eagerly await hearing from HER, as an INTEGRAL PART of the ONENESS IN ESSENCE of the TRINITY OF LORD MICHAEL, SANANDA AND LIMITLESS LOVE AND TRUTH.

-- "New Dawn"

From "THE COMING GREAT GOLDEN AGE OF ESOTERICISM", by Dr. Edward Whitney:

"In the not-too-distant future, instead of there being just one Avatar, or one Gautama or one Jesus walking the Face of the Earth; when these High Souls will have reached maturity, there will be at least an hundred such."

Evangeline says: BELOVED NIKOLA TESLA, I feel YOU have a message for me.

TESLA: Yes, you are so right. There is a small, dark planet, toward which opus I AM radiating. I need all the cooperation for LIGHT I can magnetize.

This small dark planet sent its reflection on Earth several years ago in the outpicturing of the "Beatle image". This "image" influenced the youth of the world; then came in rapid succession the freedom of drugs and all the diabolics which youth has entered into.

It was like a huge fan-shaped dark-purplish radiation, and the beloved children followed suit. (At least those of broken homes and unhappy environments.)

Much LIGHT has been thrown on the situation. It seems now to be relenting and dissolving. "STARR" is now off the grass and is preaching "non drugs", honest enterprise, and reverence for things which are HOLY.

This is very wonderful, as the youth will again follow suit and live more normally with worthwhile slant on things that represent civility and decency.

I AM not going into a long extravaganza about drugs and "hippyism". Defamation of personality has been beautifully explored by the psychologists, psychiatrists and religionists, and to no positive avail. It has taken a PIED PIPER MORALIST of this sad planet to electrify the sudden switch!

MY plea is for LIGHT to continue to dissolve the darkness of this mischievous little planet and thereby invert the great negative power which had raged like a veritable prairie fire on your unsuspecting Earth.

Thank you for your LIGHT, RUBY FOCUS!

I AM TESLA, the DOVE.

The decree is "LIGHTNING!" (9 x), directed for TESLA'S use.

LETTER, from L. & D.P.

Happy Valentine's Day to all of you there at the "RUBY FOCUS". I can see an Atomic Explosion of Radiant RUBY - Aquarian Age - Fire-Flame-Light over your Home, and with the potent Power of your wise direction, the Fall-Out will bless every Life-Stream on, in and around the planet Earth.

Along with this, the Golden Liquid Snow of EOLIAN Consciousness, is being channeled through the RUBY FOCUS to fall on, into and through the four lower vehicles of every Atom of Life Expression on, in and around our Awakening Planet to fill every Atom with Light, as the Transmuting Violet Flame consumes and transmutes all misqualified energy, in-harmonious action, and human consciousness in the seeming world, seemingly separate from Father-Mother Fire-Flame-Light.

L. and I are so drawn to you and Evangeline, and Theresa Martin--and the new and potent power pouring through Lord Michael, Beloved Sananda, Limitless Love and Truth--and the Grandeur of St. Germain becoming EOLIA with HIS Beloved Twin Ray EOLIEE; the vision of participating full time soon in the Great Transition taking place on our Planet until all is well, and then the enticing possibility of being drawn into Eolian Consciousness and becoming a tiny participant in aiding EOLIA with His New Solar System - What a vast Expansion of Consciousness and Explosion of Awareness would be required. Not my will but THY WILL be done - Father-Mother Fire-Flame Light. A thousand exciting possible modes of service are on the Horizon of the experience of each of us.

Thank you for sending the extra copies of the January 1970 Oper.

Letter, as you could well sense, I have many with whom to share your wonderful RUBY FOCUS - Life Saving and directing LIGHT.

Because of the fantastic experiences that Disciples have as they approach a full time job with the Hierarchy, the near aches, the disappointments, the sharp awareness of their own human frailties, the touches of Divine Awareness, and then the lost and barren despair when for a time the Divine contact seems to be lost, the dark night of human desparation; because of my understanding of these things, and because of the Fantastic Revelation that you have received quite recently of the important part you have to play in THE PLAN of Father-Mother Fire-Flame-Light - as Chohan of the SIXTH RAY - my heart and my LOVE flows out to you, Garman. With such a vast responsibility given to you, because you have been prepared for it, you must of course receive all the help possible; I realize that your real strength and support come from the Great Beings already in Higher Bodies of God Expression. However, I thought it would give you an added lift to have me express my understanding of the profound nature of this tremendous experience you are having.

As Kuthumi might greet you if he were writing this letter - because of His great love for Hawaiian Music - ALOHA to you and to Evangeline. Thank YOU, "RUBY FOCUS", and SIANATA. L. & D.P.

From A.J.L.: I just wanted to feel in touch with you and tell you how much I appreciate and love to receive "THE RUBY FOCUS" Open Letter. Each morning I tune into the "RUBY FOCUS" LIGHT before starting my day. It has been and always will be a wonderful blessing to me. I was so pleased to hear about the Christmas of 1967 because truly it was a wonderful time. I felt the CHRIST LIGHT come to life within me. I walked our road in the darkness, and I became light as in the daylight. I was filled with wonder at the extraordinary experiences, and the wonder and joy have never left me. No longer do I walk alone; for it was a new birth.

The Love that flows to me as I daily think of you sustains me through the day and night, and I want to say: Thank you, thank you, thank you. The rainbow seems always visible, and the cleansing waters like a great waterfall, and the music of the air gets more beautiful each day. Surely Love fills the air, so flows everywhere. I feel so happy, so joyous and so loving. Yours always. A.J.L.

FATHER-MOTHER FIRE-FLAME-LIGHT TREATISE, thru Garman, February 6, '70

"A MISSING LINK"

Garman: FATHER-MOTHER FIRE-FLAME-LIGHT, FATHER-MOTHER FIRE-FLAME-LIGHT IN SILENCE, FATHER-MOTHER FIRE-FLAME-LIGHT IN ACTION, we yearn to realize ourselves closer and closer to YOU. We yearn to realize intelligently and emotionally how very close YOU ARE to us within and without ourselves, and how close YOU are in the very materials that we use, both within and without our lower bodies. We hunger for the Consciousness, the sense of YOUR PRESENCE, in every article that comes within our consciousness and activity.

BELOVED THERESA MARTIN, SUNBEAM of the GREAT CENTRAL SUN, we thank YOU that YOU are at our side to lend us Your wide awake and widely-informed High Consciousness so we sense the COSMIC REALITY we are in every bit of tangible reality we are or have or create. Help us to the extent that we be enflamed by the intunement with FIRE-FLAME-LIGHT in every article and action, be it ever so humble, that we are aware of.

FATHER-MOTHER FIRE-FLAME-LIGHT speaks: MY beloved children, who so reverently hunger and thirst for right sensitivity and right use, it is well that you wish to touch MY LOVE in every morsel of your exper-

ience. And is it not so, that MY series of "Treatises" have with purpose and intent brought you to the point where you would ask as you now do?

So, WE supremely do set out to satisfy your request. And it may however take time and times to fully, gradually lead you into the full expanded and extended Consciousness for which you hunger and thirst. It is well.

And today WE touch upon one little area of tangible reality in your awareness, to show in a most practical manner how close to US you are within a certain item of most practical value. And WE do this very specifically, as one illustration to show you how immediately close you are to FATHER-MOTHER FIRE-FLAME-LIGHT both in SILENCE and in ACTION. And every further step that WE ARE ever taking for your enlightenment is intended to do just that, to bring you to THAT WHICH WE ARE in SILENCE and in ACTION for OUR OWN sake.

Well now, children, here is the item that suggests itself to US, to demonstrate OUR closeness to you by demonstrating the REALITY of FATHER-MOTHER FIRE-FLAME-LIGHT in SILENCE and in ACTION. This item is food. However, sufficient to give this demonstration today is only a single point in the general item of physical food for man.

And here it is: Son Garman, WE take note that you have developed into an habitual use of certain germinated foods; you do well. WE show you in terms of FATHER-MOTHER FIRE-FLAME-LIGHT IN SILENCE AND IN ACTION, how and why it is well that you do. Furthermore, WE show you that you have hit upon a basis for New Age diet. Again, as ever, this is in terms of OUR SILENCE and OUR ACTION. And WE do it in order to make it realistic to you, my attentive children, that the blessings from true food are all and first of all for the body, the person, of FIRE-FLAME-LIGHT, and thereby inclusively for yourselves.

Son Garman, you are particularly using germinated wheat and lentils. So WE speak of FIRE-FLAME-LIGHT IN SILENCE in the ungerminated grain or legume, and of FATHER-MOTHER FIRE-FLAME-LIGHT IN ACTION in germinated.

The ESSENCE THAT WE ARE in the ungerminated seed lies practically dormant. And it is in fact an inert gas, finer, of course, than any gas you know, and ITS heart is in the germ of the seed. You might say it is hibernating there. It is hibernating in the physical body of the seed, which you can say is the Temple of the GERM of FATHER-MOTHER FIRE-FLAME-LIGHT THAT WE ARE there.

Of course, the body of the seed does have some life in it. FATHER-MOTHER FIRE-FLAME-LIGHT is holding together ITS electrons, atoms and cells. To that extent, FIRE-FLAME-LIGHT in the seed is not dormant. Yet, practically speaking, FIRE-FLAME-LIGHT there is SILENT, and it is POTENTIALITY, but not ACTION.

Man does use the ungerminated seed as food, because of that much life in it that acts to hold the seed in its orbit of life, but that small degree of life practically renders it almost a dead food, for it is almost inert, and this renders it difficult to digest, with the resulting sourness of such food in the digestive system of man.

Animal can handle it better than man, but even there it is a restricted and inadequate food. Animals do much better on the grasses.

In conclusion here, FIRE-FLAME-LIGHT IN SILENCE is not food at all; and it is of no practical value anywhere until IT, WE, are caused to go into action. IT IS SOURCE of all action. And it maintains all action. In the case of the seed, and every vortex is a seed, FIRE-FLAME-LIGHT IN SILENCE begins and maintains the action from the seed to the point of the maturity of the fruit, where IT reverses ITS action, bringing ITS ESSENCE back to form the seed.

There are, then, three points of SILENCE, of rest, involved here. First the point of SILENCE in the seed, whence the action begins. Next the point of reversal from the fruit to go back to seed. Thirdly, the point of maturity of the seed, where the action rests for a long time. The plant furnishes, varying for different plants, greatest food value from the very beginning of germination to the point of full fruitage, and diminishing returns of food, if any, from the point of mature fruit back to the point of seed. From seed to fruit and fruit to seed, WE ARE ACTION, LIFE, MANIFESTING ENERGY; in between actions, WE ARE Inertia.

Your breads are made from almost inert, hibernating matter. Therefore, the stuffiness and drowsiness and dullness from bread, as well as adulterated or overcooked foods.

Grains and legumes that have begun to germinate, by impregnation with water, at that time offer their full food value simply as grains and legumes, for they are FATHER-MOTHER FIRE-FLAME-LIGHT IN FULL ACTION.

You have here a food easily and simply cooked, that is sweet, gentle and hearty. The nutritive value of their mixture is found to be delicious and healthful.

I can vouch for it that Son Garman has for decades sought the food that would take the place of several kinds and varieties and preparations of foods that have proved to be generally unsatisfactory. Something that would be simple, balanced and complete as a foundation upon which the whole diet can be built. He considers it a missing link. Partaking of it vanishes the craving or necessity for many items of the conventional, the Piscean, diet, and just as important, it brings about the consumption of less food, bringing about a freshness, alertness and awareness.

Children, this understanding and realization in the matter of this one item of diet, is another illustration that to get all true reality in lower life harmonious to the Higher Life, you must resort to and evolve your innate intelligence and sensitivity of US, FATHER-MOTHER FIRE-FLAME-LIGHT IN SILENCE AND IN ACTION.

Gradually WE ARE leading you to the end that you will be knowing, thinking, feeling US constantly, tolerating no negatives in your action, becoming strong and powerful with constant attention on the ONE-IN-THE-ONE, MAGNIFICENT FATHER-MOTHER FIRE-FLAME-LIGHT SELF.

Everything you cognize with all your senses, thoughts and emotions of your four lower bodies, and all intuitions and contacts with your Higher SELF gives you unbroken Consciousness of the FIRE-FLAME-LIGHT THAT YOU ARE, WE ARE.

And when you have that constant feeling of BALANCE in all, then you know LOVE in and with each and every little and greatest thing, in all your loving.

Children, beloved loving children, I shall forever be telling you what is the epitomy of LOVING. Forever you are finding it in greater and greater immersement in the SILENCE and ACTIVITY of the FIRE-FLAME-LIGHT WE ARE, forever realizing the MAGNIFICENT FATHER-MOTHER YOU ARE.

Say, "MAGNIFICENT FATHER-MOTHER FIRE-FLAME-LIGHT SELF AND WE ARE ONE." (9 x) Say it so that in love you are joining yourselves into your FATHER-MOTHER--ever swinging in that Ecstatically Exalting BALANCE

It is enough! I have spoken thru MY Spokesman, Garman, Partner in FIRE-FLAME-LIGHT, together with G.V.P. and Complement THERESA MARTIN SUNBEAM of the GREAT CENTRAL SUN, and Florence Ruby, Citizen of the GREAT CENTRAL SUN.

I AM FATHER-MOTHER FIRE-FLAME-LIGHT, hovering within every electron you are and in all things in action and environment.

Evangeline asks: BELOVED THERESA MARTIN, what is your reaction to Garman's FATHER-MOTHER FIRE-FLAME-LIGHT'S Treatise, "A MISSING LINK"?

THERESA: So glad our Beloved Garman called the food hypothesis of FATHER-MOTHER FIRE-FLAME-LIGHT, "A" Missing Link.

The basic Missing Link, of course, is ATTUNEMENT TO THE GREAT CENTRAL SUN, THE RECEIVING OF THE GOLDEN POUR OF LIGHT FROM FATHER'S LOVE INTO THE LIFESTREAM. THIS IS FOOD!

When you will have reached into the HIGHER FREQUENCIES OF DIMENSION this GOLDEN MANNA will become your only food. A TRANSLATE visiting Earth will and does transmute water or food into Electronic-Magnetic Energy before partaking of it, and it thereby does not record in the etheric vehicle.

However, I glean our subject is "Earth food while on Earth's merry-go-round". I AM called upon to react?

It has gladdened the heart of EOLIA and the COSMIC RUBY FOCUS INHABITANTS that dedicated EARTH RUBY FOCUS STAFF are eating food in a "vibratory swing" and a "food program", and that the meat garnished in healthful FATHER-MOTHER LIGHT HYPOTHESIS, with lentils--this slightly cooked, with real butter and lightly salted. THIS IS YOUR BREAKFAST. You may enjoy your favorite beverage (excepting fruit juices and milk).

Whatever is pleasing to the palate consists the midday dinner.

For supper, WE joyously see you are drinking your fruitarian food--blended apples, almonds, grapes, bananas, strawberries, pineapple juice, or papaya, orange. All fruit is lovely. CHOOSE WHICH YOU WILL FOR THAT DAY.

(YOUR BLENDER IS THE LEADING STAR IN ACTIVATING THIS MEAL).

I cannot close without mentioning that in MY garden in the "LAND OF SOUL, AL SIRAT", has come a wonderful landscape architect, who with ME is planning the most exquisite FLOWER GARDEN. The white roses of Jack Kennedy (FREEDOM FLAME) will predominate, as well as yellow flowers. This darling gentleman is in the California HALL OF FAME for flower shows. He was sent to the RUBY FOCUS by GODFREY RAY KING, Who loves your MAGNIFICENT CONSUMMATION'S RUBY FOCUS: RUBY FOCUS, YOU are deeply beloved by many world-wide intelligences!

To maintain this prestige, keep your "HOLY DIET intact. You will realize and experience this DIET is bringing LONGEVITY, YOUTH, CLEAR MENTAL THINKING, AND HIGH INTUITIVE PERCEPTION.

"FOOD is 'SOUL' of Earth life."

"GOLDEN MANNA is 'SOUL' of GREAT CENTRAL SUN LIFE".

Admonition Ad Infinitum: Since man is a Soul with a body, USE thy body; BUT center Thyself on SOUL, listening Eternally to the music of the "SINGING INFINITE".

WE ARE THERESA MARTIN, SUNBEAM of the GREAT CENTRAL SUN.

EOLIA: I congratulate you for this Treatise from FATHER-MOTHER FIRE-FLAME-LIGHT! This will really help people!

G.V.P.: And I will help you all I can. I will endow you with Cosmic Power and Good Health, and Wisdom in your eating habits; and as your Great Master Father (EOLIA) says, "There has to be the vibratory swing in this eating program--not all eat different things." There has to be the ONE-IN-THE-ONE; the cellular structure must be synonymous. I see it has already happened.

THERESA MARTIN: WE see that Christmas means, rather than a Child in a manger, that the CHRIST CHILD is born in each one of you, in the Manger of the Fifth Ventricle of your Heart; and you can convert all pic-

tures of MOTHER and CHILD into your own Immaculata Conception of your Christed Heart Center. You all have it. None here are without it.

EOLIA: Thank you for playing MY music which was poured thru the mind of Beloved Strauss, for I loved the waltzes. They give you Light; they give you Electronic Energy; and they make you want to do something, to be somebody, and to accomplish the great works.

I want you to feel this energizing LIQUID SNOW from the GREAT CENTRAL SUN pouring thru your lifestreams and giving you a new perspective, a new enthusiasm, a new joyousness, and the goal to which you should envision; and the goal is Perfection.

LOVE STAR: We send you radiations from the ROYAL TETON, and assure you that the doors will be open all of this year for you to visit US. Come every night, if you wish. The oftener you come, the greater will be the aura of LIGHT you will receive.

URIEL: Ministerialism is not a lot of evangelism--of people coming with their troubles. People make their troubles. If people would only meditate and attune themselves to the ASCENDED MASTERS, their troubles would dissolve. But Ministerialism is adjusting circumstances; sometimes just to press a little button will cause miracles in the lives of so many people. People don't think--that is their trouble; they don't think! If people would think, they wouldn't have all these troubles. So here WE are, and WE are bringing many, many to your doorstep; and refuse no one without deliberation, for WE are the Ministers of the Sixty Ray, RUBY FOCUS. This RUBY FOCUS is blest, for it is the Chalice, the "Cup" that holds responsibility for all of the other Rays. And forbearance and patience and concentration and visualization are represented in the Sixth Ray. Remember little Amaryllis in the early days would visualize a little blossom in her hand, her etheric hand, but in one moment of distraction, the little blossom disappeared. So great has become HER concentration, and this is a concentration of LIGHT, a radiation of LIGHT. But if you are distracted, the LIGHT dissolves. So it takes great concentration. There has been talk of a certain Chohan who doesn't say very much. That is concentration, for much does go on in that mind, but nobody knows anything about it, for the lips are sealed. (To know; to dare; to do; to serve; to be silent!)

DONNA GRACE: And so I come, and I AM the ANGEL OF GRACIOUSNESS --to be gracious at all times. I have other aspects, one of which is reverence for THY WILL and not my will. THY WILL BE DONE, even though it disagrees with my temperament. And the great respect and recognition of the little fellows--the gnomes, the tree urchins, the salamanders, the undines, and the sylphs of the skies. They are all real! they are alive! they are all serving! They will find your articles you lose, and if you don't praise them ridiculously, they will lose them again, for they are mischievous little things. Have you found them so? (Sometimes.) So always praise them and show your love; for they are your little brothers. I don't say some of you in this room--but I do say there are some people who have been Elementals. Can you believe that? (Yes.) And they have been graduated into the human.

MOTHER MARY: I was overjoyed to hear wonderful Dianne Pike on a Television program Friday evening, February 20th, 1970. She narrated her concept relating to her Bishop husband's refoldment. It was so close to TRUTH, though it was her imagination.

Bishop Pike was carried to the beloved geographical locality he was researching. This was the setting. He was embraced into the INFINITE by MY messengers of the RESURRECTION FLAME. He was then conditioned for ASCENSION.

HE is now teaching radiation of LIGHT to those who are in need of this ILLUMINATION on another planet.

HE has been given ASCENSION privileges, and is now ONE of the myriad ASCENDED MASTERS to be sent back to Earth when the Golden Age is activated. I AM MOTHER MARY.

FATHER-MOTHER FIRE-FLAME-LIGHT TREATISE, thru Garman, February 13, 1970.

"THE FORMULA"

Garman: FATHER-MOTHER FIRE-FLAME-LIGHT, FATHER-MOTHER FIRE-FLAME-LIGHT IN SILENCE, FATHER-MOTHER FIRE-FLAME-LIGHT IN ACTION, may we ask YOU, "Why do humans find life so complicated?" The mass of Your children find life to be a complexity that cannot be unraveled. Humanly speaking, to all the problems in life there appears no solution, no extrication. It becomes a more massive formula of criss-crossing theorems to which there can be no answer. It is too apparent that no solution can be extricated from this formulation that will not formulate. Then what?

Our Precious BELOVED THERESA MARTIN, we ask YOU to throw your LOVE, Your LIFE, Your Beauty, Your clear awareness, into the seething, turbulent, soiling and boiling cauldron of Consciousness, that FATHER-MOTHER FIRE-FLAME-LIGHT, thru Your mellow stream of Peace and Serenity, can transmute this unformulating formula of this mass consciousness and still it to quiescent, blissful, glorious, jubilating answer.

FATHER-MOTHER FIRE-FLAME-LIGHT speaks: MY simple, MY very simple children, why don't you just really be simple? You are so simple that you just cannot foresee the complexities, frustrations and unending fretting that you bring yourselves into. Don't you see that you are just simple little things? But now, your whole answer is that you just be the simple creatures that you are, and nothing else. Just realize that you just never can be smart enough to make for yourselves your happy solution; and as sure as WE ARE, YOU and "I", you will be amazed and joyous about the clarity and simplicity of your whole business of life.

Now, you talk about formulas, and you have complications of these mathematical formulas of science and technology. But I will give you a simple formula. None could be simpler. It is this: FATHER times MOTHER equals LIFE. There is your whole formula--the only one WE have. LIFE as a whole is merely an endless subdivision of this formula--all sub-divisions remain the same formula, and all smoothly interlocking and interacting as one; no friction whatever, providing there be no alteration of this simple formula--FATHER times MOTHER equals Perfect LIFE.

Children, at no time do WE add anything to this formula. All aspects, qualities, and qualifications of this formula are but particular cases in action. Just do not alter the formula. Just remain the simple little children you really are. How simple?

Very well, WE go into that. You know about FATHER-MOTHER; IT IS the two-fold ESSENCE and the POLARITY you are, in the whole and every part and particle that you are. IT IS you--being you and doing you in every minutest expression.

Now, just remain simple.....you will have to, won't you? For if you, in your great simplicity will really acknowledge that it is just utterly beyond your consciousness to handle that great intricacy of simplicity that you are, then you just remain simple and you simply let this whole system that you are, just work itself.

Now, when you see that, then you begin to see how ESSENCE, FATHER-MOTHER FIRE-FLAME-LIGHT, that much of it that is present and active in you is doing you. Then you see--that is, as long as you remain simple and concede everything to the simplicity of the unfathomable intricacy

that you are--that Will, Desire, Feeling times Thought you have is simply ESSENCE formula working ITSELF out. It is FATHER (thought) and MOTHER (desire).

So it is WILL times THOUGHT. There WE have got down to the central formula in your consciousness in action. And that, MY so very precious children, MY so very precious bits of MYSELF in SILENCE and in ACTION, is the formula that verily is going to solve all! And you will see it happen. You do see it happen. Do you not? You are conscious of your thought and will that is your ESSENCE. You see them inter-acting in you and you see the fruit thereof. Step by step, mite by mite, you see this formula at work. And this formula, sweet bits of MYSELF, is that which is going to be the whole change of your life, of your whole existence and action. This formula is OUR SCIENCE OF SCIENCES.

Yes, this is the SCIENCE that is going to alter and enoble all SCIENCES. And all men, women and children, alike, will perform this SCIENCE, that is the simplicity of all simplicity, by simply not interfering with the simplicity of the intelligence, power and substance of ESSENCE doing ITS WORK, as your simple thoughts and desires. And isn't it most wonderful how ESSENCE, FATHER-MOTHER FIRE-FLAME-LIGHT present in you, is in and thru you doing such masterful work, wholly for ITSELF in the simple little bit of ITSELF, so marvelously using you to be ITS initiation, ITS start, of ITS WORK in and thru you, that then this work carries up into all the entities of your whole COSMIC SUN-SYSTEM SELF... all for ITS benefit only? And you can visualize, can you not, of how that action that is enacted, begun, in your lower self, thus spreads thru all that you are, and thru the whole Body of FATHER-MOTHER FIRE-FLAME-LIGHT.

Ah, children, when you see this, then you can really serve ME, for it is THAT I AM actually serving MYSELF within and thru your simple little lower self. Then you realize, recognize and acknowledge that you are identical with ME. And then you are conscious that this formula goes thru every minutia of knowledge, action and experience you have. And so you realize that you do not need these innumerable minutiae of material knowledge that your material researches and projects are forever placing before you.

Oh, WE do not mean to let you think you will not have many, many bits of Consciousness of physical knowledge and experience, but what WE ARE saying is that the new--old--Science, the new formula that WE as ESSENCE ARE projecting, is that Science, that formula, that will reveal every bit of knowledge, every minutest subdivision in your consciousness, that you must have, and way down into the physical. Every bit of it, you will have as a comprehension of the formula in action. So utmost will be this concept of the formula that you will see that without it there cannot be any knowledge. All else would be fabrication and fiction.

Darling children, as you now so preciously see into this, do you not also see that where there is a defect, an illness, so-called disease in your low self, that you are complicating the situation by over-simplification, by thinking of it as being merely in you; for the defect is in the Body of FIRE-FLAME-LIGHT. You must see it there and want it to be remedied there; so, in MY BODY of course, you will simply expect FATHER-MOTHER FIRE-FLAME-LIGHT to heal ITSELF. You made the mis-creation in health and body by your egotic act in isolation from Perfection of ESSENCE, by selfish self-service; but now you will need to turn the work of healing over to ESSENCE to remedy ITS BODY, and for ITS SAKE, not yours..... but WE ARE ONE.

So there, little ones, you have the whole secret of healing. It is that you simply see the automatic formula, FATHER times MOTHER is re-

creation at work to take care of ITSELF.

You see? There is only one formula for Creation. There is the one and the same formula for Re-Creation--Healing, you call it. You who wish to serve ME as such healers, there is only one thing for you to attain, and that is to completely settle yourself into the firm conviction of being that FORMULA AT WORK. You may not know just how or what or why the formula should bring about, but know that whatever the seeming success or the non-operation of your asking, the formula is actually accomplishing there, for you have asked. ESSENCE has willed and thought in you. It is done! You will see result when it is manifest.

Let us now relate this Treatise on the FORMULA to the previous Treatise on "A Missing Link". The relation is very simple. In this one you observe and reverence the formula at work in yourself; in the former in something outside you. A kernel of wheat, in that case. Thus close and intimate to you is the formula within or without you. Ah, sweet children, you shall be so utterly intimate with ME, so utterly conscious that you are then intimate with your very own SELF--your PRESENCE of MAGNIFICENT FATHER-MOTHER FIRE-FLAME-LIGHT.

Take note: This concept of the formula is brought to you thru the RUBY FOCUS of MAGNIFICENT CONSUMMATION active Retreat at Sedona. This is ITS MISSION. I charge this FOCUS to make it the formula for the Life of all mankind of Earth.

FATHER-MOTHER FIRE-FLAME-LIGHT and WE ARE IDENTICAL! (3 x)

It is enough.....now but to affirm the identity and ESSENCE of THAT WE ARE with Garman, MY Spokesman, with G.V.P. and THERESA MARTIN, SUNBEAM of the GREAT CENTRAL SUN, Chohans of the RUBY FOCUS, and Florence Ruby ("E"), RUBY FIRE-FLAME-LIGHT with all.

I AM FATHER-MOTHER FIRE-FLAME-LIGHT.

Evangeline asks: BELOVED THERESA, what is your reaction to FATHER-MOTHER FIRE-FLAME-LIGHT'S Treatise, thru Garman, "THE FORMULA"?

THERESA MARTIN: I know what I see! IT WORKS! WHAT WORKS? Your call to FATHER-MOTHER FIRE-FLAME-LIGHT, Personally.

It has been said that this is a chemical world. I can see the Electro-Magnetic Energies rain thru the atmosphere. I can see the GOLDEN LIQUID SNOW mellowing the Earth. I can see the mercury and uranium pour forth and prosper and fulfill your foliage growth. I can see all this working of a world within a world.

I can feel the great expanding LOVE of the FATHER-MOTHER LIGHT projecting over the Earth, with no respect of persons. ALL IS WITHIN THE CIRCUMFERENCE.

I can feel the piercing magnificence of the effect from the PRIMEVAL CAUSE, pouring down from the GREAT CENTRAL SUN.

I can feel the reverence and deep joyousness of FATHER-MOTHER LIGHT, ALPHA AND OMEGA, EOLIA-EOLIEE, COSMOS, BELOVED SANANDA, LORD MICHAEL, LIMITLESS LOVE, and the many great messiahs, readying to take over the conditioning of the Golden Age, now mellowing.

I AM using all these Elements of FATHER-MOTHER FIRE-FLAME-LIGHT for the healings.

I was very happy to see Channel "E", when in physical pain one evening, read one of the Treatises of FATHER-MOTHER FIRE-FLAME-LIGHT, and thru becoming ONE IN CONSCIOUSNESS, she was instantly and permanently healed. She, herself, became FATHER-MOTHER FIRE-FLAME-LIGHT, and the negative was dissolved. What a blessed benediction to know in this age of dark forces pervading the universe! If humanity would only attune to FATHER-MOTHER FIRE-FLAME-LIGHT, much agony and expense could be spared.

This is the only formula I know. I know IT will be very popular and practical in the Golden Age! I wish I could expand in scientific terms, but all I know is the "ESSENCE" of that which I experience in MY

healing service!

I AM THERESA MARTIN, SUNBEAM of the GREAT CENTRAL SUN.

From J.M.: I told hundreds in the East about your Open Letter, saying that you excelled in giving specific directions on how to get things done.

From L.L.B.: Words are inadequate to begin to tell you of the marvelous benefits, joy and love, and even power through your help. That first page of the January unfoldment of the "Essence" of "Nature's Course"--what a wonderful enlightenment of Wholeness and Oneness in just those two words, even of the actual practical Nature of our Being in every potential! How it connects us all up from the least to the greatest in the Oneness of God's Great Creation and Plan for we Earth children!

The Divine Breath of Love, Wisdom and Power is breathing on the Breathers of our Beloved RUBY FOCUS! Breathe into the RUBY FOCUS all the tenderness, all the sweetness, all the love we cannot put into words.

From M.W.: This beautiful Meditation or Treatise of January, '70, on "Fascinating Fire, Flame, Light", bridges all gaps between the Infinite and the finite--for as we identify reverently and rationally, we become consciously conscious of the Path of the Cosmic Christ Consciousness, "Christ in you, the hope of Glory." The Treatise is so fiery, so hot in spots, I wonder it doesn't set pages 1 and 3 aflame! But it cannot fail to set the minds and hearts of "Advancing Students" aflame.

To know the Truth, one must begin with Truth; that is to say, with the premise of Infinite, Divine and Eternal Being, (the enduring SELF-existent Essentiality which is "experiential"!) One must arrive at the Truth of Being in order to look out from a Consciousness centered in Truth, or in Light, in order to make right judgments, in order to come to rational conclusions.

From E.B.: Wonderful, glorious, amazing plants look marvelous this morning in our FAIRY FERNERY DELL; and at the appearance of these, one could safely say a crowd of Elements--Fairies, Undines, Sylphs, Salamanders, Pixies, Brownies--could well be at least paying calls to see the place. Oh, it is glorious.

I've had a "HEALING" in my back. Since a nasty fall five years ago, there has been a lot of discomfort; I've not been able to lie flat on my back. Once I did have a temporary betterment; but this is different. I could FEEL SOMETHING GOING ON IN THE REGION OF THE SPINE AND THE MIDDLE OF THE BACK. It's just wonderful, heavenly, and a SIGN of New Age RE-DEVELOPMENT in the parts and bits and pieces of "MY BEING".

Oh, I look at the SUN at sunset, and glory at HIS-HER Brilliance and Radiance; the unfoldment that I see around this HEAVENLY BEING is just wonderful to behold, and no mistake. The lovely RUBY FOCUS increases nightly in color, and all the divine colorings come and go, and are wafted around; then later the VIOLET TRANSMUTING FLAME gradually steals into the picture and increases in diameter until it is high over and around. Then the lovely RUBY increases around the outer rim of the SUN.

I came away last evening at sunset, and as I closed my eyes to walk into our long hallway, there IT was, this lovely circle of the RUBY FOCUS. It's a magnificent color! With my SIGHT that is increasing in this "SEEING OF COLORS", there is a glorious Green gently surrounding it as if to protect it. How good this is to see. Thank YOU, Deliciously Magnificent, Mysterious FATHER-MOTHER FIRE-FLAME-LIGHT, of all the dimensions of Time, forever and forevermore.

SANANDA PICTURE

"I put my CHRIST PICTURE into an antique oval frame. I wish you could see how beautiful it is! Well, I had the picture done for the Sanctuary, but I find that it is to remain at home over my fireplace in my bedroom sanctuary and retreat. I just can't come down from that place. I will have to do one of the others for the Sanctuary." 16" X 21".....\$4.50

SAD and GLAD TIDINGS

It was sad to learn of Dr. Edward T. Whitney's (M.D.) reformation on December 16th, 1969.

It was a joy to receive his book, "THE COMING GREAT GOLDEN AGE OF ESOTERICISM".

What a glorious legacy this Beloved Master has left to hungry humanity!

Price \$6.50. Outside U.S. add 30%. Make check or Money Order payable to ANTAKARANA TRUST, 1126 Boylston St., Boston, Mass. 02115

WHITE ROSES

CECILIA must have given this song thru Elsie Elgas in honor of SWEET MOTHER MARY, who distributes white roses with their fragrance of JOY. It is a truly universal song, favorable to any religion or non-religion. We suggest that you receive a bundle of the three sheets: "BELOVED", "WHITE ROSES", and Mollie Thompson's picture, "THE DIVINE LOVERS", for a Love Offering of \$1.00.

From E.B.: I get exasperated at spending so much time and thought on my outward body! I could better put all that mental energy on the decrees for our World and for Mother Earth.

FATHER-MOTHER FIRE-FLAME-LIGHT, thru "E"

Children of FIRE-FLAME-LIGHT of MY FIRE, I command you to blast the darkness from your Earth! Let the RUBY FIRE of the RUBY RAY glow thru all! I AM YOUR FATHER-MOTHER! YOUR FIRE-FLAME-LIGHT!

We are most grateful to those who send us their new addresses when they move. Please do!

These OPEN LETTERS are mailed free upon request. Your voluntary contributions are so very, very much appreciated!

ANU AUM AGUA! (FATHER-MOTHER LIGHT thru us, loves you.)

SANATA! (We never part.)

Devotedly yours,

GARMAN and EVANGELINE