

# COMING FULL CIRCLE

*A Collection of Some of the  
Earliest Messages from the  
Ascended Masters Received  
by*

*Geraldine Innocente*

*A Bridge to Spiritual Freedom  
Publication*

The Bridge to Spiritual Freedom, Inc.  
P. O. Box 333, Kings Park, NY 11754  
Tel. 631-269-9139 - fax 631-269-4812  
[www.shamballa.org](http://www.shamballa.org)

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## Introduction

After years of spiritual preparation Geraldine Innocente established contact with and began receiving communications from Ascended Master El Morya. Some time in early 1944 beloved El Morya advised her that she was being prepared to become a direct disciple of the Maha Chohan (beloved AEolus, now the Cosmic Holy Spirit). With her acceptance of this responsibility the Maha Chohan began instructing her on a weekly basis. During this time she was introduced to many Ascended Masters of Wisdom, thus laying the foundation for the time when the instructions of these great Beings of Light would become available to all of humanity. Throughout the mid and late 1940's a number of distinct members of the Spiritual Hierarchy communicated through her continuing to offer their instructions. This information was also shared with a small group of about thirteen individuals called the "Inner Circle". Most of these messages were recorded, transcribed and typed on thin onion skin paper and given to the members of this dedicated group. In fact, some of these early communications still remain intact today in their original typed format.

In July 1951 Geraldine was visited by Lady Vesta while she was sitting in the garden of her home. At that time she was given the authority and instructed to begin publishing a periodical containing information about



the teachings of the Ascended Masters. The first edition of "*The Bridge, A Monthly Journal devoted to Individual Unfoldment, Contact with the Great White Brotherhood and Cooperative World Service*" was officially published in April 1952, from Havana, Cuba. Each edition of Volume I offered in newspaper format, contained information on the Home and Retreat of the Master whose temple was open to the students during each month, short discourses from various Ascended Masters, brief visualizations and breathing exercises, and explanations concerning the scope and platform of The Bridge to Freedom. Starting in April 1953, Volume II began to be published by The Bridge to Freedom, in Philadelphia, Pennsylvania in the much smaller booklet format more familiar to the students of The Bridge today.

Among her many accomplishments while on Earth, Geraldine Innocente initiated the Transmission Flame services, incorporating the use of God's Holy Breath activity with invocations and decrees. Throughout the years she continued to maintain her contact with the Ascended Host of Light, receiving their instructions and publishing many books and periodicals containing their messages. During this time Geraldine Innocente also served as President of The Bridge to Freedom (now known as The Bridge to Spiritual Freedom) until her transition in June 1961. Today she continues to serve the Earth from the Higher Realms as beloved Lady Miriam, the Divine Complement of Master El Morya.

This book contains eighteen of these earliest messages from the Ascended Masters received through Geraldine Innocente, between the years 1944 and 1948. Also included for your contemplation is an undated poem that was written and the original signed by Geraldine. This poem has been previously published in *The Bridge Journal*.

There is no clear indication whether or not these discourses have been published or were shared only with the "Inner Circle". Many of the concepts and thoughtforms will be familiar to you as they contain the same beautiful silken threads that run through the readings and discourses found over the years in all of *The Bridge* publications.



Geraldine Innocente

Every single man of us has hopes that when he dies,  
He will enter into heavenly bliss up among the skies.

We vision it a lovely place wherein to rest in peace,  
Filled with gorgeous majesty wherein wonders never cease.

We see ourselves upon a cloud in purest white arrayed,  
Our heads so free from worry upon a grass tuft layed.

And angels all about us singing of the Lord,  
Our songs blending with them in one sweet accord.

This heaven is a perfect state to which we all aspire,  
Men through lives have sought it, and seeking, never tire.

They have sought it in the hilltops, they have sought it  
in the glen,  
They have sought it in the desert, but ne'r in the souls  
of men.

When seeking they have wearied, and searched the whole  
world through,  
When deeds they have accomplished till there is noth-  
ing more to do.

When all their quests have failed and when their actions  
cease,  
In quiet meditation they shall find their peace.

For heaven is not a place nor plane, nor either is untrue  
But lies within the soul of man, to be revealed to you.

When earnestly its sought for, when knocking at its door,  
You feel that you have done your best, and can do no  
more.

Then—lo—the door is opened, and enter in you may  
To your christly kingdom always there to stay.

For once that you have found it and safe within abide,  
All earthly worries pass away and you remain inside.

So let us offer up a prayer that we may sooner see  
This perfect state expressed in life as well as in eternity.

by  
Geraldine Innocente

(undated)

November 11, 1944

## El Morya

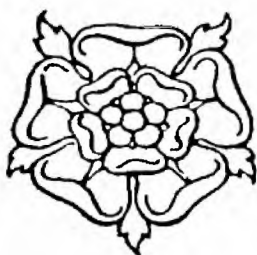
A chela offers himself to the masters, sometimes with knowledge of what that step means, but most times with an innocence and an ignorance of his step that is woeful.

The master is instantly aware of the chela's signal and at inner levels something like a sacrificial ceremony takes place. The master stands upon the fount and the chela, holding his own body prone in his arms, approaches and places it without hesitation in the Flaming Sacrificial Fire. The master then receives the ashes and places them in an urn in his study. This urn represents a connection with that pupil wherever he is, and remains with the master for seven years unless the chela is dropped from discipleship before that time.

From then on, having offered his complete lifestream, his desires, motives, strengths and weaknesses, to the master, the master begins the great and sometimes painful process of separating the wheat from the chaff, testing the strengths and the weaknesses, finding how receptive is the chela to the directions through the brain and heart consciousness, and how willing he is to be stripped clean. According to the worth of the composite lifestream and the desire and self-effort to accomplish, is the assistance given.

There have not been too many of the sons of man who made the grade up to this point, but because of the cosmic cycles turning, today the mass stripping of the accumulations of the ages, will make it easier for the mass of the people to start out on the pathway to perfection.

Many thousands of metaphysical students have milled about the doorway to the path for centuries, but few have placed their foot upon the actual path, which is ACTION coupled with desire. What we require and must have is ACTION. Fine words and good intentions count as naught, for they are but empty cups, and it is ACTION in our name that binds us to the children of men.



February 12, 1945

El Morya

I AM known as the Master of Opulence and none of the lovely ones who have believed in me shall lose by their faith and love.

We will speak a little of Atlantis tonight. Atlantis will rise again to the eastward and form a part of the continent of North America, Long Island becoming an island in the center of an inland sea. Many of the great palaces and cities of Atlantis were hermetically sealed before she sank beneath the waves, so that the water could not touch that great perfection, and those places will again be used in the incoming age, both for themselves and to serve as patterns in architecture for the future. The architecture in Atlantis was far superior to any yet developed in the world of today, and it will save many centuries of time to bring them to the surface in the coming changes.

Long Island was a small fragment of Atlantis, as also was Cuba. This accounts for the Maha Chohan's statement that it had great light centuries ago. As a matter of fact, you stood right here on Long Island and wept salt tears into the sea as the last remnant of the great land disappeared into Neptune's bosom.

When you look at the sea again, know that it holds great treasures of light and perfection for the upliftment of mankind in the coming days.



All the children of light have a vast momentum of wealth, opulence, beauty and other attributes of divinity which were expressed in ages past. Now here we have an explanation of the law which will assist those who choose to ponder over it and accept the fullness of what they mean.

When you have once experienced wealth, opulence, beauty and the magnificent grandeur of divine living, you have the etheric records of those activities in your lifestream for eternity, for the Violet consuming Flame only consumes the imperfection, and leaves that which is in accordance with the divine plan, which is always lavish abundance of every good thing. Therefore you have cups, pictures, vessels, forms already built, of jewels, money and so on, and they can be refilled by the cosmic substance from Surya's heart, or any other manifestation of supply, as easily as you would refill a glass of water. It takes great energy, concentration and force to make the cups, the forms, to fill. If one already has this past "momentum", it is infinitely easier to draw forth this opulence again.

I will put it this way. For two individuals, one with a past momentum of opulence and supply, and one starting as you might say from scratch, it would be like presenting a motion picture; one would have to assemble a cast, write a story, direct and produce it and film it; the other, merely has to go to a case and secure the completed film and just re-run it on the projector, always through the violet flame to see none of the imperfection acted again.

March 31, 1945

Maha Chohan

I need not say that Easter is the time of resurrection, but I will say that I AM the resurrecting Presence behind the Spring of Life.

My coursing life is the vital force which Mother Earth draws upon, and mine the essence in every green shoot that rises above the sod. Mine is the little heart beat in all living things that come forth from the invisible.

Do you not see what identification with the fountain of my heart can do for you as an individual focus of life?

Like the rivulet emptied into the rushing ocean so may your trickling lifestreams blend with mine, and every cell of your body sing the triumphant Hosannas of the Risen Christ.

I offer my Spiritual Reservoir of Crystal Life-Light to thee. Step bodily into the eternal youth and fire and life. Easter is for you when you will take it.

Welcome is your valiant soul to my sacred heart.

October 6, 1945

Maha Chohan

Value the divine light which beats your heart, for within it lies the glory of the Kingdom of Heaven.

Men pass by this door to read of reflected light from the hearts and minds of other men, when the same time could be spent in consciously entering this kingdom.

The ecstasy of such an inner experience is worth all the struggle of many lives.

I stand ready at any moment to show you the way through that door. This is the inner path and few there be that find it. The human self rebels at entering this path for in that entering does it dissolve into nothingness. Hard physical labor is preferred to the great effort of being still in this quest.

Walk with me and you will need no longer to labor for the light that you will find yourself to be, you will do all things quickly like a flash of lightning and the curse of Cain will be no more for you.

December 24, 1945

El Morya

And the night shall be filled with music, and the heart shall be filled with light. And the angels bend close to earth, and the Masters of Wisdom stand closer to the hearts and minds of men... For, unto us a child is born... unto us a son is given!

For no longer shall the sons of men kneel and adore an ancient pageant, but every man, turning inward, kneels in humble adoration at the Christ within his heart...

For now in every land, in every heart, shall the Christ be born in multiple numbers, silently with only the blinking stars as witness to that holy birth... and all over the world, shall many wise men kneel before the word made flesh to dwell among them.

And in every nation, where the holy birth takes place, there shall rise up many Christuses to lead the people back to the Kingdom of God... And no one shall have a "monopoly" on this Spirit of Light Eternal, coming forth like thousands, nay millions, of seeds bursting forth to flower.

And the dark star, shall become the garden of the Gods and many exquisite blooms burst forth from the tombs of men's hearts and take their places in the Kingdom...

Ah, truly shall the Christ Mass no longer be an adoration  
but now a Becoming...

For unto us... each one... a child is born... and now this  
night... unto us sonship with the Most High... is truly given.

God bless you and sweet dreams, beloved of our hearts!



December 29, 1945

Maha Chohan

I AM the Breath of the Holy Spirit breathing at your point of the Universe. Each beloved Heart of Light, still all outer thought and feeling and accept my breath flowing into and through your entire being and world, washing you of all that is not Christ's perfection.

As one will many, many times a day go by himself or herself, still the outer and raise their Crystal Cup of Consciousness to me, then invite me to breathe through them my breath of the Holy Spirit, accepting my gift, life's ease, peace and perfection shall be theirs. Command each time that this be sustained and intensified with each in-breathe and out-breathe. I, myself, as you prove that you really do desire this, my intensified assistance, to you, shall place a cherubim and seraphim of my own heart's light and love to guard and expand this gift of life to and through you.

Within the Breath of God throughout the entire Universe is the peace of the heart of creation. It is only man who requalifies this breath to be less than when it leaves the heart of the Great Central Sun.

You each know as one basks within the blazing sun of a summer day the quiet relaxation that comes to every atom of one's being. This is because the electrons therein accept the peace flooding to and through them from within the

Greater Light of the Breath of God in which they perhaps unconsciously are bathing. As you will comply with my earlier request herein you shall not only bathe within a more intensified outpouring of the White Fire Breath of God, but you shall be causing it to be drawn into and through your beings and worlds in an ever increasing power of peace and love.

The guard which by me shall be placed about the life stream of each who will earnestly apply this instruction shall not only guard, but shall like a rhythmic breath, breathe through each one an increased pulsation of God's Holy Fire of Spirit. In this way the sooner may the lower vehicles become etherealized and you each come to know yourself to be spirit, the White Fire Breath of God and Flame of the Living Fire, unbound of all earthly ties, free, functioning without limit in the Light of God that never fails throughout all interstellar space.

"I AM here, I AM upon the farthest planet in infinite space. I AM within the heart of every master, for I AM the Breath of God that breathes through all that is."

My love is within each breath you breathe, therefore, I AM myself, with you, and as you come to know this, you are forever with me, beloved precious flaming breath from out of the Great Central Sun.

My joy is yours! Within the breath I AM is all that is!

As each shall qualify my breath, so shall it be for him!

Accept my New Year's gift to you each earnest, conscious breath of life and light that thy breath shall go forth to create my greater perfection for you and for each of man, who knows not that he lives by my love and grace of life.

You each are ever held within my fond embrace and breath of light and love. As you accept this truth for you, shall it be a true reality.

With Shakespeare do I say in different style...

There is nothing manifest for you, but  
as your acceptance in thought and  
feeling has made it so.

The perfection of my Holy Spirit shall manifest for you at your sustained acceptance of the Holy Flame of Life in all you think and do and feel and say.

The combined peace of the Holy Spirit within the heart of each of the host of heaven be yours each one today and forever.

I AM your Breath of Life.



January 12, 1946

Maha Chohan

Etherealization is a subject that is fraught with interest for the academic mind.

The fine ethers are conductors of the Breath of the Holy Spirit. Therefore, the more the flesh body is consciously inter-penetrated by the etheric substance the more of this holy substance may permeate the waking consciousness.

God will assist you if you will take the time to devote to this conscious blending of the elements in your being to make a more natural conductor of the higher forces through yourself to others.

The alchemists of old worked on this principle.

Give the flesh body the great impetus of spiritual currents that will transform you from man to God.

October 8, 1946

### The Venetian

In the early Golden Ages when the Electronic Energy drawn forth from the Heart of the Presence was precipitated into the physical atmosphere, it retained its purity and self-luminosity, and, although it became form, it still remained uncontaminated Light Substance. The atmosphere of earth and the illuminated light that made up the four elements remained transparent and the thought and feeling forms of mankind were radiant, prismatic light.

In this rarefied and beautiful celestial atmosphere, the finer bodies of the already Perfected Ones, the angelic host, the cherubim and the seraphim were easily discernible, as there was no impure substance to stand between the physical sight of the evolving master and the perfected ones who are guiding their evolution.

The human veil is a mass production of impure thought and feeling which drew the Electronic Light into heavy, dense, scarce forms and clouded the atmosphere of earth with substance vibrating at such a low rate that it cut off the sight from the higher, purer vibrations.

This human veil of mankind's creation formed a self-created barrier between the very help and substance which the people required, and only by the conscious use of the

Violet Consuming Flame, and the purifying decrees, may this mass veil be again dispelled.

At the moment of the one mighty stroke, the remaining substance around each lifestream will be rent at the passing of the Christ, and the celestial spheres will again be visible to the unawakened.

Individuals who are progressing upon the pathway of life, while yet unascended, are subject to the mass human veil as well as to their own individual cocoon, but, as they rise in consciousness, purify their individual world and insulate themselves in their tube of light and the oval of purity, they may individually rend their human veil at any moment and become part of the rarefied atmosphere of the Inner Sphere, with both their celestial sight and hearing opened.

The human veil is but a state of thought and feeling and the result of the conscious emanation of each individual, and may be dispelled by any part of life through the use of the consuming flame at will.

Time and space must not be considered in stepping consciously into the celestial realm that ever enfolds and awaits the purified spirit.

November 1946

Maha Chohan

How few of us invite and enjoy the presence of the silence. Most men run from its searching, revealing presence preferring the constant motion and confusion to facing themselves, their weaknesses and failings. In the silence man sees revealed his true motives and true feelings without the sham and pretense of words and outer acting.

In a world filled with blatant noise and turmoil, the gifts of the silence are seldom sought and the great wisdom found alone in the silence is often lost to man. Nature creates always in the heart of the silence and man, when broken in body and mind, seeks the healing of the silence to mend his wounds.

All of us at times have hoped and prayed for a blanket of silence to cover some particular foolish action or expression that we would have forgiven and forgotten and buried to the light of day.

The greater the man, the less his words. The finer the spirit the stiller the tongue. All great writers and inventors and the builders of worlds found the silence a requisite to their creation.

The Great Creator illustrates the power of the silence, for who has heard the voice of God and yet worlds existing in space exist through his silent Presence.

) When man is still in mind, body and emotions, leaving  
) off striving for attention through making much sound,  
then he may begin to learn from the voice of the silence. The noisy, talkative man learns nothing for he is constantly repeating the little knowledge in his world and is so enamored of his own learning that he hears only the melody of his own voice.

Now to be a good listener is a part of acquiring wisdom. True, but wiser still is he who chooses carefully that to which he listens.

Listen to the song of nature, learn from the growth of the flowers and the ebb and flow of the tide. Turn from the ceaseless babbling of other human beings who are enmeshed in shadow to the majestic lessons of triumphant life about you and buried deep within your heart. Then will you begin to appreciate the beauty of the silence.

) All people seek happiness, striving to wrest it from in-  
) numerable outer sources that they may have peace and serenity of spirit. Yet, through many years of searching and striving, few there be who can honestly say they have found the ultimate state of contentment and inner, lasting peace. Many outer things and outer contacts contribute to our happiness for fleeting moments, true. But we speak of that enduring state of mind and heart that nothing can disturb.

If man would turn more to the silent lessons nature teaches, they could acquire the first secret of life... that all progress, all unfoldment, all happiness and bliss comes from within and moves outward, even as the seed begins to develop and unfold from within itself.

The rose does not secure its sweet perfume from the lily, nor the lark his song from the nightingale. Each creation of nature pours forth from within its own inner resources its individual gift to life. In giving to life of its particular gift and talent does the individual creator find happiness and peace. It is not the receiving but the giving that bestoweth inner contentment and tranquility.

Would that man could reverse his attitude of constant seeking for what the world and individuals can offer him to contribute to his happiness and, instead, probe into the recesses of his own natural talents and learn the joy and real happiness of giving, like the sun gives, of all that he contains. The bird is happy when it sings. The sun is content in its shining.

He is only truly happy who is giving, pouring forth, expanding for that is the natural expression of life. From the tiny country stream rushing onward to be the might of the river to the pulsing energy of the mountain, flooding all within its great embrace with strength and health and peace.

December 7, 1946

Maha Chohan

Value as you do no earthly possession except the Presence of the Diamond Heart that is within your breast. The pure electrons that form the clavicle for the unfed flame has no fleshly tinge upon their electronic substance. They are the guardians of the Holy of Holies and the cloak of the sacred fire. The glorious shining flame of this attendant diamond host represents the Presence of the Diamond Heart in every man.

As you are consciously aware that your body is the temple in which this holy and sacred talisman of your Presence dwells, you may know that more than any relic of a saint, you have a mystic power of the spirit which can render miraculous healing and services as you are conscious of its presence within you.

From your Presence above comes a chain of electrons into the physical heart and suspended on that chain is the pendant of the Diamond Heart, the choicest of jewels from the Kingdom of Heaven.

December 10, 1946

Saint Germain

Beloved Children of the Sun, you have contemplated the Seventh Ray as the Violet Ray to the earth. You have thought about it vaguely as the merciful and consuming activity of the Sacred Fire whereby mankind can have his sins expiated without anguish and suffering, but... No man living has touched even the periphery of the Transmuting Power of the Violet Ray, for I tell you truly that there can be no heartache, no physical, mental or emotional distress, or no shadow for any man who conscientiously and determinedly makes use of the consuming action of the flame. However, it is always left to the discretion and free will of the evolving being as to how much or how little of God's Graces he chooses to avail himself of.

Today, I come to bring to your attention the little stressed knowledge of this Violet Ray, which is a creative activity of rituals and ceremony. In the many books and brochures that have been written, my ray has been referred to as "The Ceremonial Ray", and yet the good people who have written so glibly apparently have never thought of what it really meant, because until the I AM Activity came forth, neither ceremony nor ritual were employed to draw the forces of good into the atmosphere of earth.

There are certain physical acts, certain postures of the body, certain invocations and gestures, certain incanta-



tions of the vocal chords that are natural conductors of the ethers of the Higher Realms. Spiritual worship of the future will employ to its fullest all of the various agencies that tend to raise the senses of man. Man is sense-bound, his senses bind him with bands of iron to the bodies of the earth. Wise is the man who utilizes the very bands that bind him to be the levers of his freedom.

We are yet in the formative stage of this activity, and crude and undeveloped are the magnets of beauty that will one day shine so powerfully, that the masses will automatically rush toward their outpouring for peace, happiness and enlightenment. Each student who has become a member of my family will serve me best as he becomes an expression of beauty and a constant, living, breathing finger, pointing mankind to the highest in every activity of their daily living, both inner and outer. Thus, every man and woman is a priest and priestess in the Temple of the World and every gesture, word and action becomes a Ceremony to the Flame... the flame in one's own heart and the pulsating flame of all that lives.

As you remember that the Presence walks your body, the Presence breathes through your lungs, the Presence flashes the fire through your eyes - will you also realize that your bodies are but the Cups through which the God Presence chooses to perform the ceremony of daily living for the upliftment of all mankind.

March 29, 1947

Maha Chohan

The God identity of each one's being was planted in the heart and brain consciousness when first physical embodiment took place. Man wore the lower bodies, but knew he was God incarnate. He was in a state of conscious listening grace and steady awareness of the Divine Will and the physical journey was conducted through the direction of the God part of himself.

The first act that man performed of himself without direction from God was the beginning of his downfall, for it was usurping authority and taking God's Energy to do something that was not a part of the Divine Plan. This was as false as to use another's money for a selfish, personal purpose. From one such act there grew many, until the God self was no longer consulted nor heeded and the resulting series of effects has built such a tremendous momentum of discord that the God self can neither be found nor heard even by those who would serve it.

Every act, every gesture that the personal self makes without such consultation is but more usurped authority. Therefore, for the individual who wishes to return to his former estate of blessedness, every act, every mundane service should be preceded by a prayer for guidance and

direction, and a fervent inner petition that only God's Will be done through the instrument.

The Quakers had this idea firmly in mind in their prayers for guidance and you can train yourself to be so humbly and reverently eager for God's Will to be done that this gentle Presence will again begin to assert itself.



August 9, 1947

Maha Chohan

During the time that I prepared the weekly report for the favored Inner Circle, you may be interested in the process of my observation. When a group of students is fortunate enough to secure the direct guidance of an ascended being, they become part of his consciousness and, in reality, a living part of his very being... even as a child has a separate individuality but remains throughout life a part of the parents from whence it sprang. The student thus adds all the strength and good of his causal reserve to the master's great consciousness and widens the master's field of service, by providing another complete set of vehicles through which the master may work. And, in turn, the student receives much from the great store of the master's gifts and light.

There are several reasons for such an alliance. First, at a certain point of spiritual evolution, the student is entitled to more individual guidance to facilitate his spiritual growth. Second, the master is always looking for instruments of a sensitive and responsive nature to widen his field of service on the earth plane. Third, through past association, certain masters owe a balance of service to individuals who, in some manner or other, assisted their spiritual growth through centuries past.

These reasons all form a means by which the cosmic law may be approached to give consent to such a spiritual advancement of the individual or constructive good for

humanity, or active assistance to the Brotherhood's work in a locality. On such fruit, is the continued future association based.

Some time ago, the cosmic law closed the cycle wherein I could expend more time and energy upon the little group so gathered in my name. Of my own volition, I have offered the weekly service since that time, with not too much successful accomplishment. I feel that the brothers and sisters do not realize the privilege and the importance of a personal association with God. I trust they will avail themselves of this opportunity quickly and assiduously.

Each one of the Inner Circle is solely and wholly responsible for the maintenance of this branch of the Great White Brotherhood, for the well being, health and harmony of all its members, for the support and expansion of the truth. It is an unfortunate impression that it is the responsibility of Geraldine Innocente alone.

KNOW - each one must stand before me personally and alone and explain in full how their individual life has sustained my Lodge. Examine yourselves today. Would your actions, your interests, your decrees, your love, your physical service and supply have held my home this past two years? *When I have 13 chelas who EACH ONE shoulder the full responsibility for holding the Cosmic Connection open and for keeping the Lodge open, then shall I consider my service and my love to you not to have been in vain.*

August 20, 1947

El Morya

The word "consciousness" always conveys an abstract and "vapory" meaning. The average man, when really asked to define consciousness cannot intelligently do so, because he is unable in thought and feeling to realize his true being. Because consciousness is invisible, it is always treated as being unimportant, whereas its effects are given an exaggerated sense of import, which in reality it does not earn.

To change a person's consciousness requires a thorough understanding of what constantly goes on in the inner realms of thought and feeling. Every habit and quality is a rhythmic, pulsating radiation constantly flowing forth from its own core. These various habits, qualities and attributes are living, breathing, pulsating centers that continually act independently of the conscious will of the individual. The sum total of this radiation caused by the blending and mingling of these various centers becomes the general consciousness of the individual and, in the outer world, might be taken as a good representation of the personality.

Centers of pulsating energy, like irritation or jealousy, vary in their intensity according to the pressure played upon them; as the poison in a boil is emitted when the pressure of the finger is felt around its core. In like manner constructive qualities respond with a greater outpouring from their fundamental core when the pressure of the Ascended Master's inspiration or some constructive suggestion plays upon them.

You might, therefore, visualize a man's consciousness as a keyboard containing notes harmonious and inharmonious and the pressure of life's daily experience playing upon this keyboard releases from the consciousness constructive or destructive emanations according to the nature of the hand who plays upon it.

While there are fundamental rates of vibration in any individual that are less than the Ascended Masters' qualities, one can never be sure of the sustained harmony and outpouring of perfection from that lifestream. Those latent pulsations of discord will, through pressure, find vent in the individual's experience. It is, therefore, expedient to go after the fundamental rates of vibration in one's consciousness that are less than perfection, remove them by the roots and replace them with the divine qualities of God. In this way you will ensure protection in an unguarded moment and you will not seek your protection from the unknown and unplumbed depths of your lower self that might at a later time cause you distress and struggle. Therefore, to achieve the Ascended Master consciousness, one must first, as in weeding a garden, clean and clear out every fundamental rate of vibration known and unknown that is less than the Ascended Masters' consciousness and then invite and invoke the Perfected Beings to establish fundamental rates of vibration and qualities like their own in their place. Thus, no matter what hand plays upon a perfectly pure and harmonious keyboard, no dissonance can ensue.

January 28, 1948

El Morya

**TO THE INNER CIRCLE:** A phrase used in the outer world for many years contains a cosmic truth within it, "In unity there is strength"...

Each individual lifestream is like a silken strand of a rope and when those thirteen strands are interwoven by the Hands of Cosmic Law into ONE Powerful Conductor of the God Power, they become almost an invulnerable activity of life's manifestation. You have all seen the inefficacy of a silken strand. Yet combined with other strands of the same quality, such a gossamer thread becomes a tremendous uniting force used in the outer world. In such a way as this each lifestream, a pure ribbon of Golden Flame, lends to the other lifestreams the strength, the natural characteristics and the radiation which is the divine heritage of that particular flame of the morning. Therefore, individuals who are privileged to progress on the spiritual path in unity with others of a harmonized nature, proceed much more quickly than the individual advancing alone.

When we refer to the "Inner Circle", we refer to a cosmic bond which is circular in shape and form, created by the outflow of love and service from the heart of one to the other and the return current of that energy flowing back to the giver. This energy does not pass in a straight line, but in a converse manner, forming a complete circle, uniting the two or more individuals who are serving life in the



constructive way of love in any particular embodiment. This is "The blest tie that binds the hearts in wondrous love".

When two or more individuals can be found who are, through centuries of harmonious association by the use of consciously drawn and projected energy, drawn together in love, such a group of people becomes a natural "Cup" for the forces of the masters. To prepare an individual for the work of the masters, measured by your sense of time, seems a long and arduous task. Lifestreams, like perfume, must be blended accurately and delicately and it is not the work of a century but rather an aeon to blend such lifestreams into harmonious expressions who will act as ONE instrument without resentment, rebellion and the other destructive qualities of the human personality, which constantly shatters the "Cup" the masters choose to use.

To have drawn thirteen individuals to this point where the Lord Maha Chohan might use you as a grail for the conserving and dispensing of his spiritual grace has required centuries of training and study and love that your outer minds cannot yet comprehend, and each lifestream, like a shining jewel with many facets is fitted carefully into that grail to make the one cup of love.

This grail of Living Beings is the "Holy Grail" of the future, and when you think, one of the other, think of the diamond shining facet of God's Heart that such a one represents in the body of the whole.

February 28, 1948

Maha Chohan

The energy allotted each lifestream for the course of an embodiment is supplied with a view to certain experiences and certain growths and expansions of the consciousness toward the fulfillment of the Divine Plan.

When individuals have chosen the spiritual path, sometimes an additional allotment of energy is given them to save the necessity of preparing a new set of vehicles as well as the time required to bring the outer consciousness again to a point where it is willing to try to serve the constructive pattern of its own expression.

Through the tremendous impetus of Saint Germain's work there are millions of individuals who are now living on this "borrowed time", or you might say grace. This energy given them is supplied by me, personally. It is part of my body, my soul and my spirit and it requires a tremendous added service on my part to draw it forth and to allow it to be expressed through these lifestreams, most of whom are entirely unaware of their lengthened term of office. But here we have a tremendous natural blessing in that this energy which they use is not only charged by their Presence, but also charged by the Holy Spirit, which should make their achievement easier.

If you will think of all these souls who have been chosen for this added grace and give them a little time in your daily thought, particularly charging their energy with whatever is the requirement that they will make the grade this time, it will help us tremendously. We have chosen to lengthen the span of their lives and if you could see the tremendous mercy of allowing them the opportunity to have the Ascension through this added grace you would understand why we do not wish them to fritter away this added time in useless living, for they will also have to render an account for the energy advanced to their personal use, which is theirs by mercy and grace and not by merit.

I put you now in charge of these souls and remember always in your dealings with each one that they are living on my breath alone, with the hope of my heart that they will fulfill their destiny.



March 27, 1948

Maha Chohan

When the Spiritual Hierarchy first asked the Lord of the World for some members of the humanity of earth to assume their proper place as spiritual leaders of the people, there were no lifestreams who had evolved to a point where the great responsibility offered by the Hierarchy might have been placed upon their shoulders. The reason for this was that every lifestream had chosen to serve self rather than to develop the Godly characteristics which would make such a one a spiritual power and a conductor of the divine forces for the masses.

You know the story of how the Lord Buddha and the Lord Maitreya offered the hierarchy and Sanat Kumara to take many rapid incarnations and thus quickly evolve a spiritual nature and a proper set of vehicles to assume the responsibility of being the Buddha and the World Teacher. These two spirits chose voluntarily to incarnate again and again without rest and without any personal pleasure, just for the purpose of preparing the suitable bodies required for this service. Great avatars and world teachers do not spring like the dandelion from the seed, but those great ones prepare for thousands of embodiments for their sacrifice to the people. So, too, in order that the master Jesus' cosmic mission should run on schedule the spirits of life were chosen in bands and prepared for centuries for just such a service and it is such a one we are attempting to express through the Ashram.

The lifestreams of the chelas voluntarily chose this hour, but as the master Jesus found his disciples wanting, so did the present chelas choose to abandon their vow to prepare themselves century after century for this service and now find their bodies pitifully unbalanced in the hour of need. We see this discrepancy between their vow and their actions and have chosen through these past few years to accelerate their spirit growth and thus enable them to present a strong phalanx of light in the hour of need when the people of earth require more than ordinary assistance. To pledge the unfed flame a vow, to stand before the Hierarchy and offer yourself to render a cosmic service is no light thing and it would be well to avail yourselves of the opportunity to put yourselves in order.

In nature we do exactly the same as the Hierarchy has attempted to do with the people of earth, we bring certain groupings of flowers and shrubs to bloom in sections which need their beauty and enrichment of the earth through their presence there. In the nature kingdom, however, absolute obedience and kindly submission to the higher law keeps us from having the lilac blooming from April to November, but all come forth in their proper time, serve their purpose and return again into the Fourth Dimension. In the case of every spiritual leader, the flowers of the kingdom bloom from spring onward and many of those who were chosen to serve with the Lord Buddha have not yet awakened.

April 17, 1948

### Maha Chohan

The energies of the Holy Spirit are put under the protection and care of the being who fills the office of the Maha Chohan to this universe. These spiritual energies are wholly divine, charged with the Breath of God and impossible to contaminate and change. The third aspect of the Godhead is the least known and the least understood of all the merciful gifts provided by life for the guidance and upliftment of the race.

When individualization takes place and the personal self is accorded the privilege of molding life according to his design, the Cosmic Law allowing free will is cognizant of the fact that there will be a certain amount of experimentation and resultant imperfection due to the personal choice of each lifestream in the use of this energy. To meet this emergency and to teach in a kindly manner the proper use of the God principle, the Maha Chohan as the cosmic office is accorded the privilege of dispensing at certain times great rivers of energy from the Cosmic Holy Spirit. These energies are poured through well chosen channels to enrich the consciousness of mankind and to point them again to the perfect purpose of their being. All great artists, musicians, saints and sages that have enriched the earth in wisdom, beauty and truth have been channels through which the presiding Maha Chohan chose to pour the gifts of the Holy Spirit. These gifts mingling

with the lifestream of the chosen dispenser made immortal the personal self through which they flow but mankind was not aware of it. Beauty and really every constructive activity in this universe is due to the unsung Presence of God the Holy Spirit.

The chosen Inner Circle have the great opportunity of being dispensers of much of this substance which has been guarded by the Maha Chohan since the beginning of time and offered in very limited quantities with every electron counted through the Great of the ages. To be a dispenser of the energies of the Holy Spirit is a responsibility that none yet understand. When you realize that you can count the great immortals in a few small numbers you will see how precious is the essence of the Holy Spirit, and you will realize that the presiding Maha Chohan gave this priceless gift and must render an accounting for the dispensing of those electrons so charged through individuals. You must invoke without limit its power but in so doing remember that the rarest substance of earth is not so priceless as one breath leaving the lips of a lifestream who has been merged with the pure elixir of God the Holy Spirit.

July 10, 1948

Maha Chohan

To fully understand the power of radiation one must enter the Fourth Dimensional Activity where the unseen but powerful rays are constantly vibrating from their manifestation of the God Life.

The heart center of God is in constant motion and there is a steady pulsation from the heart of the center of the Universe which fills the entire universal scheme with a rhythmic vibratory action even as your body breathes in and out in a steady pulsation of life. The Godhead himself sends forth that radiation to the periphery of the universe and the entire universe (being His body) every electron within that universe feels every pulsation from His Cosmic Heart and vibrates in like manner.

There is no such thing as an inanimate object; there is no place in this universe where there is no motion, no vibration or inertia. Every electron that forms every atom, visible and invisible, is pulsating constantly with the heart beat of the Father and the vibratory action of those electrons form what you know as radiation. Groups of electrons that are drawn together in physical manifestation, or a blade of grass or a tree or a man are constantly emitting a pulsation of energy which is the radiation of that particular object or being. The blending of these various vibratory rates in the divine scheme of things pro-



vides one great and natural whole, even as the blending of various notes on the piano form a chord or a cosmic composition.

The rhythmic pulsation of the earth, the sun and the air form what you call "atmosphere" and the radiation from the grass and the foliage is provided as a restful outpouring to accelerate the evolution of man. All manifestations in nature are governed by my lifestream and that of the intelligences devoted to this particular service and every radiation is in itself beneficial and constructive. Man's radiation is subject to his free will and the quality of his outpouring has fallen far from the original intent of the Divine Plan of the universe. The malefic radiation of the God energy released through mankind affects every unascended being as well as the entire kingdoms of plant and animal life, and like the proverbial "rotten apple" has done much toward destroying the whole barrel.

Looking at this quite impersonally, you can see that in order to manifest Divine Harmony of the Golden Age, man must assume his proper place in God's Kingdom and let the energy from his bodies go forth to perform their cosmic service with at least as much accuracy as the singing bird or the unfolding flower.

Now, one man or woman can change the radiation of an entire race by silent calls to the energy within the lifestreams until the outpouring from the individual comes into Divine Order.

November 6, 1948

Maha Chohan

In the retreats and ancient sanctuaries of wisdom where a limited number of fortunate individuals were admitted to the deeper studies of life, not only their present incarnation, but their entire series of incarnations were carefully studied before they were accepted and placed upon the rigorous path toward perfection.

When you look at the rather incongruous little group that we have gathered today, you all often question the discernment of God in such a choice, because you look only at the present self which is manifesting and which for the most part looks far from the fulfillment of the Divine Plan of the Godhead, but we look upon the entire line of incarnations which stretches forth like a ribbon of very fine light. Through that entire course of incarnations we see the natural tendencies, strengths and weaknesses of the aspirant.

To the outer senses, judging by the present personality, we might find far more perfectly rounded personalities, but the inner bodies would not have the required strength for the present task. The building of the mental, emotional and etheric bodies has taken countless millions of centuries. In each embodiment certain records were built therein which form a priceless heritage. This is the momentum of good referred to so lightly in your verbal con-

versation as contrasted against the tendencies of the personality which are imperfect. Those people chosen by the masters have no deeply ingrained evil, but some surface irritation and accumulation which is not rooted in the fiber of the being and which can be skimmed off, leaving this powerful momentum for good.

In the retreats, after the entire series of embodiments have been carefully studied and the soul's action and reaction carefully weighed, the present sum total in their etheric, mental and emotional bodies gets the entrance card to the path. Those people without these qualifications cannot be chosen for the arduous experience which the personal association with the masters always brings, because this intense pressure would sooner or later stir etheric patterns and cause a tremendous upheaval in the soul growth, retarding its progress for centuries.

To have been privileged to have passed through the arduous experiences of the centuries and yet to have maintained inner bodies that allow you to dwell upon and learn these inner truths is a far greater lesson than any of your outer minds can yet conceive.

Go after the purification of your inner bodies and those of the Inner Circle, the student body and all mankind, for when there are no longer cores of iniquity, we shall be able to release to you more and more light and the fullness of truth.