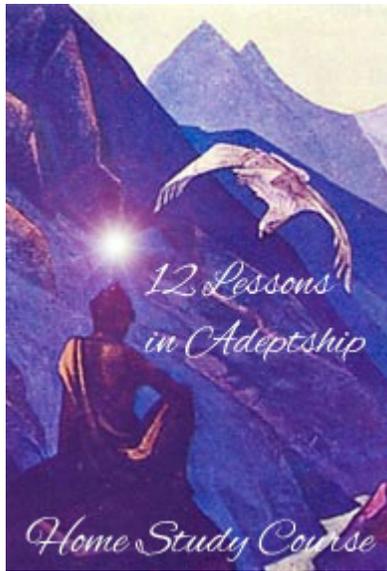


12 Lessons in Adeptship:
Loving the Path of Practical
Sainthood

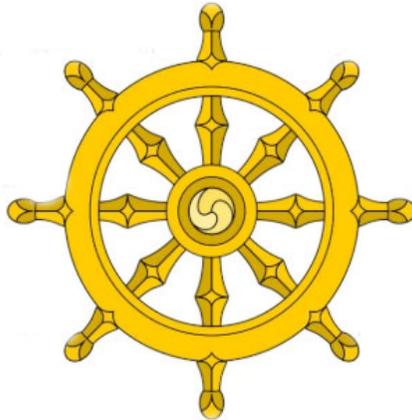


Thérèse Rose Emmanuel

Learn how to make your ascension
in twelve simple lessons!

Love the path of practical sainthood
found in the Teachings of the Ascended Masters!

Become a Mentor of the Spirit!



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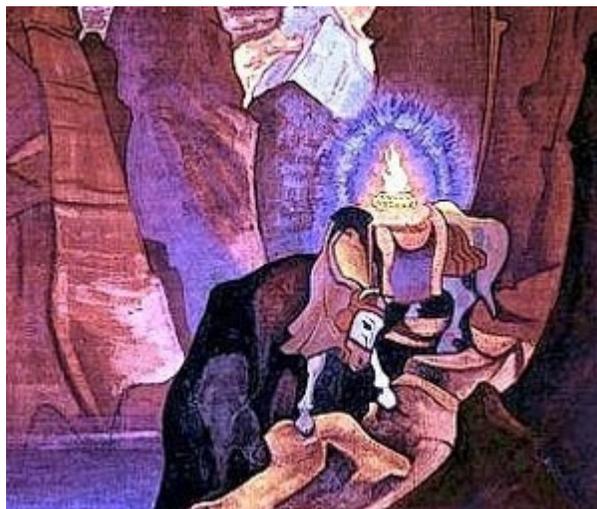
Pictures by Nicholas Roerich www.roerich.org

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Lesson 1

Your Threefold Flame



A number of years ago, I published an online course called "Become a mentor of the spirit. Twelve lessons in adeptship."

What do we mean when we are talking about adeptship? We are talking about practical sainthood, loving the path of the practical saints. We are also talking about what people in the East have called "sherpas." We are Radiant Sherpas. We are climbing the mountain of self back to our divine presence. We

are doing so joyfully, gladly, no matter what is thrown our way.

We begin this series by introducing you to the threefold flame in the heart. If you if you would just close your eyes for a minute, visualize a beautiful forcefield of energy. It's actually turning and it's alive and it's magnetic and the colors are yellow and blue and pink.

As the threefold flame spins, we enter a cosmic interval. A cosmic interval means that we are literally entering a place, a consciousness, an experience that is outside of our normal experience. The threefold flame is our source of divinity. When Jesus said, "Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you," he was talking about that threefold flame. The threefold flame is also the three measures of meal that leavens the whole loaf. Jesus said, "The kingdom of heaven is like unto leaven, which a woman took, and hid in three measures of meal, till the whole was leavened."

The threefold flame is comprised of three colors: blue, yellow and pink. These three divine energies, or radiations, blend together and activate together, creating a beautiful



rainbow evanescence, which ultimately becomes the resurrection flame.

Very early in my spiritual path, I had a direct experience of the threefold flame. It was not just a concept that I looked at in a book. I was on my bed, and fell into what seemed like sleep, but wasn't. I was taken to this vortex of extraordinary energy that was inside my very chest cavity. It filled my chest cavity, and I realized I was experiencing my threefold flame.



We were told in the various teachings of the Brotherhood of Light—the teachings of the Ascended Masters and the Great

White Brotherhood—that for many among mankind, the threefold flame had to be reduced to a quarter of an inch in height. Because this is the power of divinity, the power of God, if we misuse that presence of divinity, we create more karma. So our threefold flame, for the most part, was reduced, but our goal in life is to balance, expand and blaze our threefold flame once again.

Jesus, when he walked the earth with his disciples, was completely enfolded in his threefold flame. His threefold flame was the size of his aura. It contained his whole body. As ascended and unascended masters move in God consciousness, their threefold flame gets bigger and bigger. Gautama Buddha, for example, has a threefold flame that encompasses the entire planet.



Lord Lanto was an adept who became an ascended master. He walked in ancient China—the land of ancient Chin—

and was determined to prove the existence of the threefold flame to his disciples. He worked on this goal until his threefold flame could be seen through his chest. It was animating and pulsing through his chest, through his atoms, cells and electrons.

Holiness is a divine quality that increases as you keep walking the path. I have noticed how people who are truly holy become more and more transparent. They have a certain luminescence about them. That's because the frequency of their atoms, cells, electrons, is going faster and faster, and they are ascending. They are ascending even as they walk the earth.



When Jesus walked on water, this is what he did. He had an ability to intensify and accelerate his atomic frequency to

where it was lighter than the water element. He could keep his atomic structure up in the air, raised and pulsating.



It is so important for us to remember this beautiful focus of God in our heart, because that is what makes us God. We have a crystal cord. Some people call it the silver cord. It comes from our Mighty I AM Presence, the presence of God above us that Moses saw manifesting in the burning bush. That presence of God over his crystal cord gave him the name, I AM THAT I AM. I AM above. I AM below. I AM that I AM. And “that,” I would say, is the Heart Flame, meaning it is our connection to divinity.



Chart of the Presence www.tsl.org

Saint Teresa of Avila had some beautiful, mystical journeys where she entered what she defined as the secret chamber of the heart. She described an interior castle where she would go with her soul to meet her divine Bridegroom.



We can find in every religion and spiritual culture of the world references to this flame in the heart, this threefold flame, this God who is a consuming fire, this Holy Spirit fire that tries every man's works of which sort it is. When you visit the website www.mydivineheart.info, you will see a beautiful video with various quotes from all of the world's religions about the threefold flame. Whether you are Muslim or Christian or Jewish or Buddhist or Hindu or Zoroastrian or Taoist or follow Confucius, whatever your connection with God on the outer, whatever system you choose to abide with, what matters most

is the connection with, and increase of this threefold flame of life.

The Summit Lighthouse published a beautiful decree or poem to the threefold flame of life that was given to us by the master Zarathustra.

O Mighty Threefold Flame of Life,
Thou gift of God so pure,
Take my thoughts and energy
And make them all secure.

Under bond of Brotherhood
And understanding fair,
Send thee forth unto my soul
The gift of holy prayer.

Communication's strands of love,
How they woo by heaven's law
A tender blessing for the good,
Releasing holy awe

That draws me near the throne of grace
To now behold thy sacred face
And without fear dispense aright
The passions of pure God-delight
Which set me free from all that's been
The sinful nature of all men.

Christ, raise me to self-mastery,
The living passion of the free.
Determination, now arise
And lift me ever to the skies!

I AM, I AM, I AM
Enfolding life and being all
With the God-command
"Amen!" that shatters human pall.

I AM, I AM, I AM
The free—no bondage holds me back;
I AM the fullness of Love's law
Supplying every lack,
And consecration in full measure
Is my will and God's own pleasure.

Saint Germain and Jesus dear,
Hold my hand with Morya's here
And let the love of Mary then
Be the wings to raise all men.

Until they all unite in Love
To serve that purpose from above
That comes to earth at any hour
Responding to the call of Power;
Send thy shining Wisdom then
That is God's love
Expanded for all men.

I thank thee and I accept this done right now with full power. I AM this done right now with full power. This is the full manifestation of the Law of Love that raises me to my eternal Victory, now and forever!

This is the threefold flame—God's love expanded for all men. When we focus on our threefold flame, there is no more division between individuals and between religions. We are all part of that fire.

The teachings of the ascended masters from way back explain to us that the threefold flame is divided into the three primary colors of blue, yellow and pink. The blue is the plume of divine will, power, strength and protection. The yellow plume in the middle is the plume of illumination and wisdom. And the the pink plume is the plume of love, creativity and charity. Each of these three aspects of divinity are spinning on the what has been referred to as the "pearl of great price," the pearl of the Divine Mother in our hearts. This pearl is the foundation of life and the foundation of our spiritual life.

When a person passes from the screen of life and goes through the change called death. The threefold flame is removed and the heart stops beating. That is why the decree given to us by Zarathustra described the threefold flame as "the life that beats my heart." When a little baby is in the womb, that beating heart is already sustained by a threefold flame.

We must never forget that we are God's and that we are gods, like the scriptures tell us. "Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is." That "him" is the Christ flame, the threefold flame, the Atman, as they say in the East, the open door to our Atmic self. The East also has a very special deity name associated with the threefold flame, called Ishvara. Isn't that a beautiful name, Ishvara? We can call to Ishvara's presence of God within the threefold flame.

I will share a very sweet story that happened as I was writing this book. A sweet little miracle story about Ishvara, the hidden man of the heart. I went to the Bahia Honda State Park the day after Christmas. This was deep in the Keys not far from the island of Cuba and the retreat of the Priesthood of

Melchizedek. I had noticed all day that there were many people from India visiting the Keys.

As I put my belongings down on the sand, a young woman from India almost startled me. She got very close to me and said, "What is that on your heart? Are you Hindu like me? O this brings tears to my eyes. I am so emotional," she said with a large smile and tears in her eyes.

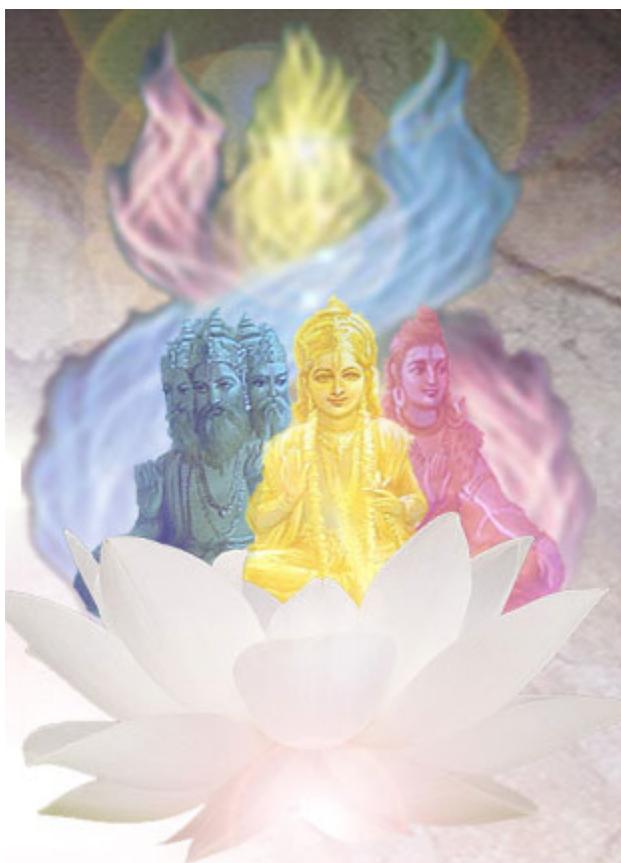
She was looking very closely at the jewelry over my heart but I was not wearing any outer focuses of Hinduism. Then she showed me her jewelry and was still convinced I was wearing a Hindu jeweled focus. I realized her soul had somehow caught a glimpse of my threefold flame and thought it was the gemstones I was wearing. I know this to be true because of the direct experience of my threefold flame so many years ago. I likened it to jewels and God showed me that the greatest jewel I could ever have was the threefold flame in my heart, which was that cosmic interval of immense whirling light that filling my chest.

"My heart," I said to her. "Brahma, Vishnu, Shiva." Her mouth dropped. "O Brahma, Vishnu and Shiva," she exclaimed, and ran elated to get her husband. "This person knows about Brahma, Vishnu and Shiva," she told him. "Come quick." Then she asked me, "So you are Hindu? Do you know the Bhagavad Gita?"

"I am everything," I said to her. "Krishna and Jesus. All one God, and the truth behind all of the world religions," I pointed to the very bright sun. "This is Surya," I said. "Om bhur bhuva svaha tat savitur varenyam. Vargo de vasya di mahi. Dhiyo yo nah prachodayat." Now she was even happier, and I remembered my days at Summit University where I had learned

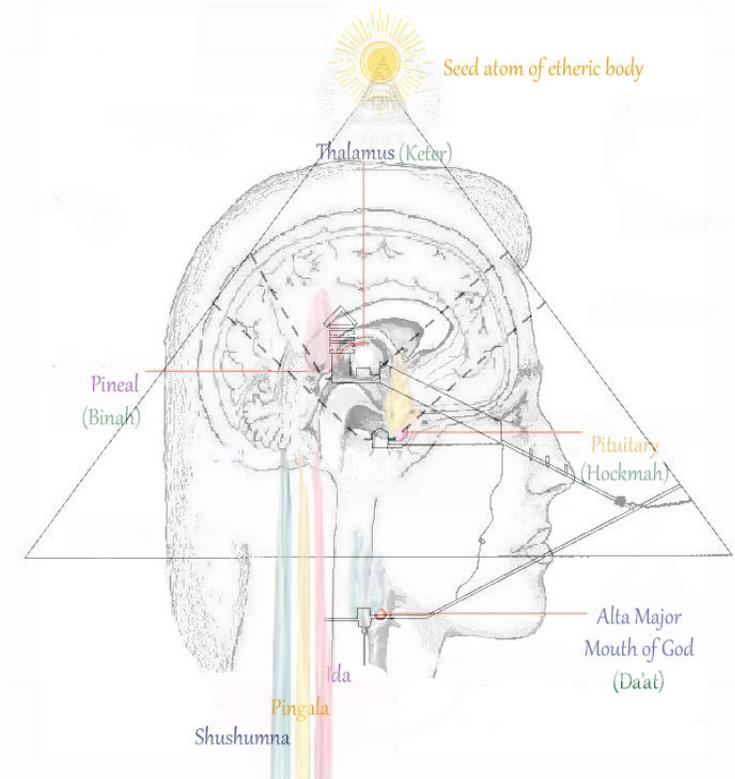
the mantra with my beloved Guru Ma Elizabeth Clare Prophet. Then her husband joined me with his very thick Hindi accent, and we all sang the Gayatri mantra together on the beach in Bahia Honda. And everyone was thrilled!

This is the truth of Lanello, the Sun King, the truth Ikhanaten stood for, even against the fallen priesthood of his time. This is the true unifying essence of the Sons of God who enter in. This is the Kingdom Jesus spoke of that is not of this world. This is Ishvara, the incorruptible Presence, and the fire which tries every man and woman's works of which sort it is. This is the heart of God that transcends all human error and effluvia,



and judges all unlike itself. In God we Trust.

We know that the threefold flame also connects to the points within our head, the glands that help us to cognize God at a mental level, within the physical apparatus of the brain. These are the pineal, the pituitary and by the cerebellum. The action of the pituitary is more focused on the yellow flame. It is right in the nub above the nose. The pineal is right in the center of the head. It is shaped like a pine cone and is the point in our head where we have these visions or exalted experiences. Then, in the area of the cerebellum in the back of the head is what the Hindus and Self Realization Fellowship founder Paramahansa Yogananda spoke of as the mouth of God. This is a focus of divine power.



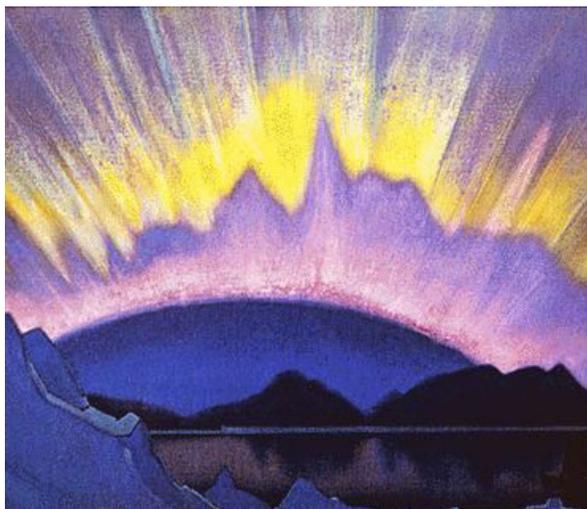
I wrote a book called *God, G.O. D: Embrace the Majesty of Your Divine Geometry*, (www.booksforaquarius.com) where you will find all of the explanations of how the threefold flame connects to the brain and even connects to the Great Pyramid of Egypt. Ultimately, we are that pyramid of Self.

The master Saint Germain and the ascended masters sponsor the Keepers of the Flame Fraternity for those who would keep the flame of life. When I first heard about this fraternity, I immediately wanted to be a Keeper of the Flame. Many lightbearers on earth are keepers of the flame on the inner, even if they are not outer members of the Keeper of the Flame fraternity. Nevertheless, if you join the fraternity, you will receive 33 monthly lessons that were designed by the ascended masters. The most important commitment is to keep the flame of life and these 12 Lessons in Adeptship will help you to do that.

I hope and pray that you will start to pay attention to your threefold flame. Always remember that through your threefold flame, you are God's Sons and Daughters. Send your threefold flame love. You can even just put your hands on your heart. By doing so, you will have a physical focusing of energy over your heart chakra, and you will feel God coming in. Call to the Maha Chohan, who is the representative of the Holy Spirit, because this action of the threefold flame is also an action of the Holy Spirit--cloven tongues of fire. You can say, "Beloved Maha Chohan, please come into my heart. And this, of course, is also where we find Jesus knocking on the door of our heart.

Lesson 2

Your Mighty I AM Presence



Now, we are focusing on the Mighty I AM Presence, a great sphere of light that exists above our head. For some, the Mighty I AM Presence draws nigh and hovers close to the physical body. For others, the Mighty I AM Presence is farther away.

The Mighty I AM Presence is what Nathaniel saw in the Bible when he was meditating under the vine and fig tree. It's

Jesus saw when he said to Nathaniel, "I saw you meditating under that fig tree." The fig tree is a symbol of the I AM that I AM.

When Jesus healed the blind man, the first thing the blind man said is, "I see men as trees walking." He was seeing the I AM Presence above the man as that fig tree, even the Tree of Life.

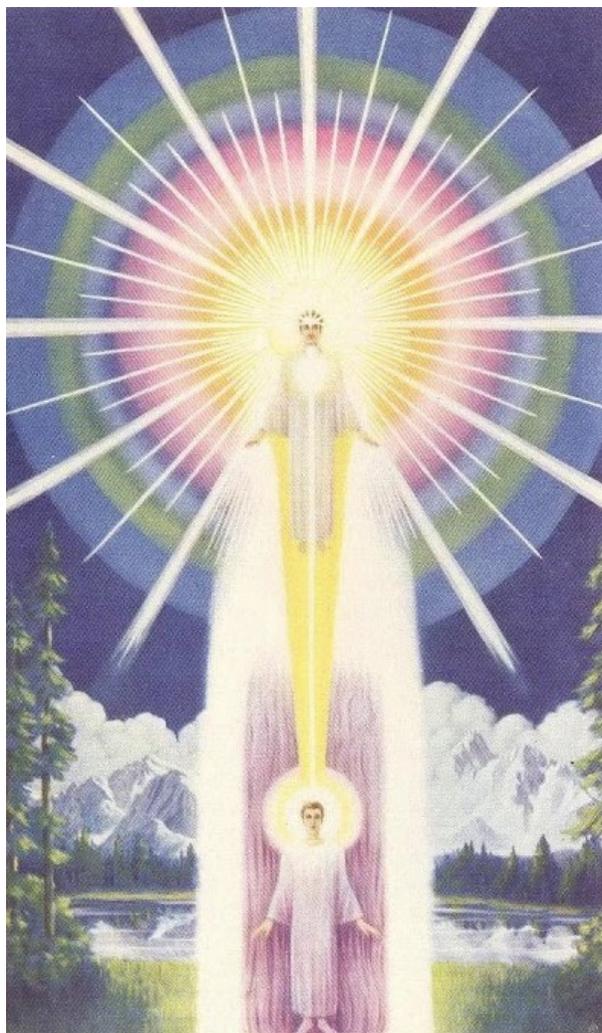


Chart of the Presence from the I AM Movement. Here, the student is fully one with the Christ.

The Mighty I AM Presence is round and beautiful. It hovers above us and we connect to it through the crystal cord. Our Christ Self is the mediator between that presence of the I AM that I AM and our human self.

We learned in the previous lesson about the threefold flame of life—the life that beats our heart—and how the energies of the causal body descend into our heart and animate our life. Now, let us consider what the Prophet Micah was speaking of when he said that every man should be under his own vine and fig tree. What is this causal body all about?

There are actually twelve spheres of light in our causal body, seven major rays and five minor, or secret rays. The secret rays form a close connection around the center, and they are actually associated with Buddhas—the five Dhyani Buddhas. If you read my book on the Buddhas—*The Crystal Fire Mist* at www.booksforaquarius.com, you can discover which Buddha is on which secret ray. The ascended masters have explained that the minor rays are like the black notes on the piano, the minor keys, and the major rays are like the white notes, the major keys.

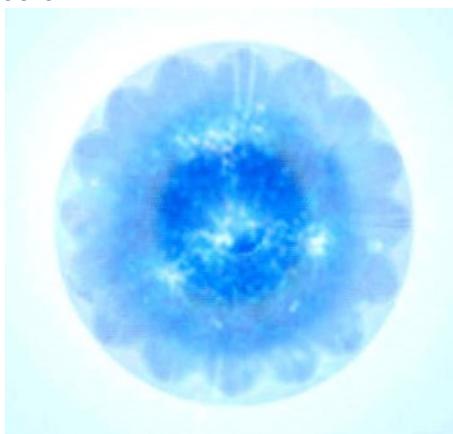
The seven rays of God are those we must externalize in order to fulfill our divine plan and to become more of who we really are. These rays and their corresponding color bands are our treasures in heaven. When Jesus said, “Store up for yourselves treasures in heaven,” he was talking about our causal body of light. Every good thought, word and deed that we have is sent back up through our threefold flame, through our crystal cord, back to our causal body. In fact, we have been told that every twenty-four hours, every good thought, deed, feeling and action of good karma is registered, and adds to our treasures in heaven.

There are seven spheres, and each sphere is a color band of a specific divine energy. God is energy, and the various colors of the rainbow rays. The *Book of Revelation* tell us, "Behold, there was a rainbow around the throne." The rainbow around the throne is the causal body formed by these rays of God, these colored bands around the throne. The throne is the three-in-one, the Holy of Holies of our being and the heart of our Mighty I AM Presence, who is the Angel of the Presence.

Each ray has a very particular vibration, energy and purpose. Let us look at each, from the outside going in.

The First Ray is blue. Blue is the ray of faith, goodwill, protection, law and order. It is the ray that corresponds to people who work in the armed forces, the police forces—anything that has to do with the discipline of protection. Archangel Michael is the archangel on that Ray.

Every time we do something that reinforces protection, direction, and our divine blueprint expands our blue sphere. The master El Morya who serves on that ray once told students that the blue ray of God is like skin. It is foundational and you cannot function without it.



We were created to be instruments of God. Our chakras are wheels that spin, through which the energies of each ray comes through, like the apertures on Krishna's flute. The chakra of the blue ray is the throat. Our throat chakra focuses power and the spoken word. The scripture, "Command Ye Me," is the mantra of the spoken word and the throat chakra.

The next ray we focus on is the green ray. The green ray is the ray of healing, vision, precipitation, supply, abundance and truth. Every time we are truthful, every time we serve in a capacity that has to do with healing or the divine economy and the supply, we are expanding that ray. Every time we are precipitating from God, and using divine vision, we are expanding that ray.

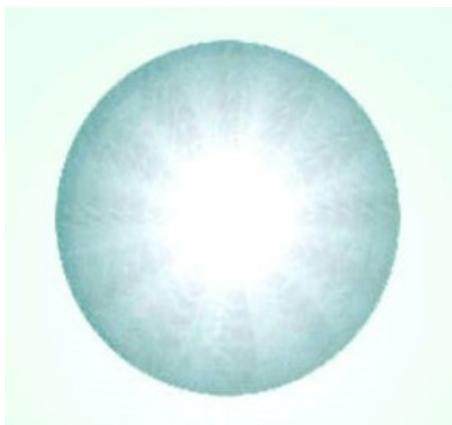


It has been said that without vision, the people perish. Vision is very important. It is the ray of the all-seeing eye of God. The all-seeing eye of God is a very powerful spiritual symbol that is intended to be used for right action. The Elohim Cyclopea, who focuses the all-seeing eye of God, sees all truth and error, so

there can be sifting of the tares from the wheat. We have this all-seeing eye in the capstone of our own pyramid, which was also enshrined on our dollar bill. All of this is the green ray of God's divine geometry.

If your soul, for example, had many embodiments in science and truth and healing, you will have a large color band of green. The Bible explains that one star differs from another star in glory. Everyone has a different causal body. Souls that have been incarnating for a very long time, called "old souls," have a larger causal body. They have also made more karma, which is why it usually takes them longer to get back to heaven. This large causal body is the treasure of our past-life attainment, that we can draw upon as we balance karma and move forward in life.

The third eye as the All-Seeing Eye of God is the chakra of the green ray.



The next band of our causal body is the purple band—purple and gold with flecks of ruby. This purple and gold sphere

is a sphere of ministry and service. It is also the band that has to do with judges, judgment, courts, legal systems and even the spiritual court of the sacred fire. Archangel Uriel serves on that ray, and he is definitely the angel of judgment of the Lord.

The most important thing we can do in life is to minister and serve life. This is what Jesus demonstrated when he washed his disciples' feet and said, "Those who would be great among you, let them be the servants of all." But Jesus called them to himself and said, "You know that the rulers of the Gentiles lord it over them, and those who are great exercise authority over them. Yet it shall not be so among you; but whoever desires to become great among you, let him be your servant." That's the ray of ministration and service. People who have a larger experience on this ray from past lives have a large purple and gold band.

The chakra of the purple and gold ray is the solar plexus chakra, the "place of the Sun" in our body, through which we master our emotions. We are intended to have a Great Sun Disc over our solar plexus and we can call it forth, visualizing a brilliant shield of light.



Now we move into the violet band, which is the energy of freedom, forgiveness and transmutation.

The violet flame is a very special flame. The knowledge of the violet flame is given to us by the master Saint Germain, who serves on that violet ray of freedom. In the time of ancient Atlantis, there was an extraordinary violet flame temple that was over what is now the island of Cuba, before the land shifted and the temple was removed to the etheric plane. During the cataclysm of the final sinking of Atlantis, the temple was no longer physical. Prior to that withdrawal, Archangel Zadkiel and many archangels were serving at that temple physically, along with the priesthood of Melchizedek. The violet flame was visible for many, many miles around.



This is all part of the work of the violet ray that we are bringing back. Every time we give a little violet flame decree,

like: "I AM a being of violet fire. I AM the purity God desires;" every time we pray for our planet and send the violet flame into our planet; every time we champion our sacred freedoms; every time we forgive someone—we are expanding our violet flame sphere. We also have to forgive ourselves.

The violet ray is also the ray of alchemy. To find out more about the violet flame, there are many books and websites you can go to, and a website I worked on that's very special to me is called <http://www.violetflamemiracles.com> You will find much information about the violet flame there. And if you would like more information about the color bands of your causal body, please visit www.mydivinepresence.com You will find more information about all of these spheres, and how each sphere corresponds to a chakra and to a sefirah in the Kabbalah Tree of Life. It is a very beautiful website—very meditative-- and will take you on a journey through the spheres of your causal body.

The chakra that corresponds to the violet flame sphere is the seat-of-the-soul which is located just under our navel. This is where the karma of the soul can be consumed by invoking the violet transmuting flame.



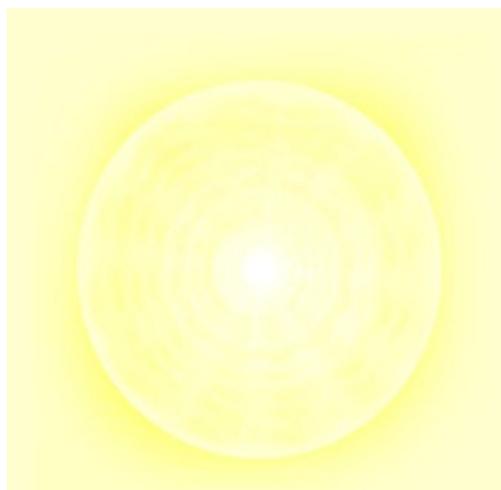
Did you know that if you didn't have at least 25 percent of your soul's karma consumed, you wouldn't even be interested in these teachings? The more violet flame you invoke, the more karmic transmutation takes place. This frees the soul to eventually rise into the secret chamber of the heart where she meets her divine bridegroom, and then ultimately to the third eye, where the pathway forms a "shepherds crook" over the head.

Next is after the pink ray. Pink is the color of divine love and creativity. Pink is the primary color of the Holy Spirit. It's the color of charity. It's the color of givingness and self-givingness. This is the ray that the apostle Paul spoke of when he said, "The greatest of these is Love."

If we have a big momentum in art, creativity, love, caring for others and being charitable, we are increasing our pink band. If we have done this a lot in past lives, we have a large pink band that we can draw from. Our heart chakra is the chakra of the pink ray.



The yellow ray follows, which is the ray of illumination. The yellow ray is a ray of wisdom and enlightenment. It is the ray of teachers, and anyone who is really expanding the mind. The Buddhas also love the yellow ray because they are in their crown chakra, which is a yellow chakra. That is why they have their little top knot, which represents the activation of the crown with wisdom. In the Christian tradition, this corresponds to the halo of the saints who also have achieved that wisdom.



There is a difference between wisdom and knowledge. Both are important. Wisdom is more internalized. Knowledge is more of an understanding on the outer. Gifts of the Holy Spirit can be acquired on all of the rays, and you can read about them at www.mydivinepresence.com. There is a gift of the Holy Spirit called the Word of Wisdom. And another called the Word of Knowledge. Both of these gifts are a part of the yellow ray.

Last but not least is the white ray. Between the yellow and the white rays are found that interval of energy where the five secret rays abide. These five energy frequencies are very

mystical. The secret chamber of the heart chakra is a repository of the secret rays.



The white ray is the ray of the ascension. It is the ray of eternal life. It is the ray of purity. It is the ray of discipline. It is the ray of beautiful sculpting. It also corresponding to discipline, including military discipline. So discipline, which is the quality of being a disciple, is most especially anchored on the blue and the white rays, which are the beginning and the ending of the causal body: I AM Alpha and Omega, the beginning and the ending.

The white ray is also the ray of the Elohim Astrea that cuts us free from demons, discarnates and all kinds of nasty critters in our aura and on the planet. The white ray is the ray of cleanliness, and the ray through which we focus the energies of the ascension on our spinal column. This is the ray through which we become the bride of Christ, with the bridal veil and the

wedding garment.

The white ray is the ray on which we expand our activation in God, our acceleration in God, and our actuation in God. When we talk about the ultimate self-actualization, we are speaking of the white ray.

Archangel Gabriel serves on the white ray. He is the Archangel of the Annunciation, who announces to the soul of every mother the conception of the incoming child. Archangel Gabriel was the one who announced to Mary that she would bear the Son of God and call his name Jesus. "Blessed art thou among women, and blessed is the fruit of thy womb Jesus." To this, Mary responded, "My soul doth magnify the Lord and my Spirit hath rejoiced in God my Savior." That is the action of the white ray—the immaculate conception.



The white ray is also the ray through which our soul leaves the earth plane in the final ritual of the ascension. Through the white ray, our soul enters the Great Pyramid of self in preparation for the ascension. This ritual also unfolds in the Retreat of Serapis Bey at Luxor.

Every time we have thoughts and actions of purity, discipline, order, cleanliness, we are expanding our white ray. The chakra of the white ray is the base-of-the-spine chakra.

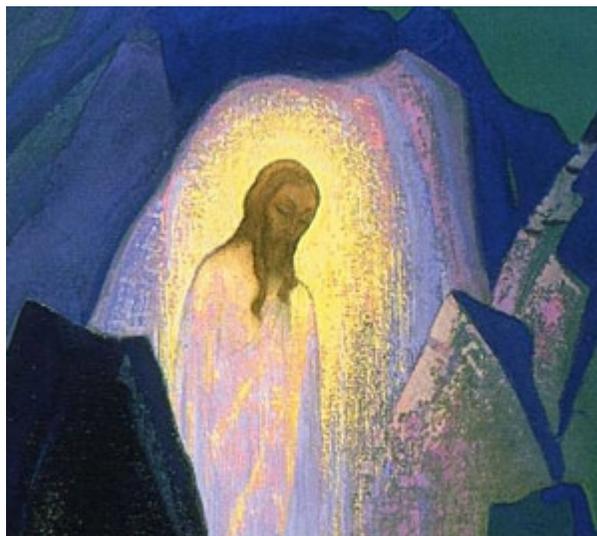


The base-of-the-spine chakra contains the white fire of the Divine Mother, called Kundalini in the East. I once had an experience in meditation where God revealed to me that the Kundalini is not just an energy. There is actually a divine being within our base-of-the-spine chakra, that is the personalized presence of God as Mother residing within the base of the spine. This feminine presence of God called the goddess Kundalini in the East attends the raising of the serpent force of the Mother Light that is the healing light of the Caduceus.

If you study the book *G.O.D: Embrace the Majesty of Your Divine Geometry* at www.booksforaquarius.com, you will find these teachings and many more. As I share my understanding of these teachings of the ascended masters, I most especially give gratitude to my beloved teacher Elizabeth Clare Prophet, who helped me so much in anchoring this understanding over the course of my life.

Lesson 3

Becoming Christ



We are moving to our third lesson in adeptship, which has to do with understanding Christ—our higher self, our best self, our energetic “Sunday clothes,”—versus the dweller-on-the-threshold. The dweller-on-the-threshold of consciousness resides between the conscious and the subconscious mind, hence the name. This is the “not self,” the shadow self: Mister Ugly.

Everyone has both a Christ self and a dweller-on-the-threshold. Do you remember those little cartoons where you would have the angel on one shoulder and the devil on the

other? That is what is going on in our life all the time. We have both the light side, the Christ side, that is trying to get us to do good—better—best, and then we have the dark side, the shadow side that is trying to get us ensnared.

The shadow side works with demons, discarnate entities and fallen angels. We find a very good description of how the dark side operates when we read *The Screwtape Letters* by C.S. Lewis.

The light side works with angels, ascended masters and all of the beings of the heaven-world who seek to bring us higher in consciousness, into higher consciousness. We are constantly functioning—moment by moment—as an agency of free will. That is what we are primarily as human beings. Our human personality is the agency of free will for our soul. Our soul is intended to reunite with Christ, to permanently merge with our God Self in the ritual of the ascension. To get there, she has to make good karma, gain mastery and balance the old karma that is not so good and would hold her back.

The dark force is continuously pitting itself against the victory of the soul and the light side is trying to help the soul get back to Heaven. When we are dealing with the dweller-on-the-threshold, we are wrestling with self-created momentums of darkness. These can be conscious momentums, subconscious momentums, unconscious momentums, and even planetary momentums where people choose to do what is not right, and what is evil rather than good.

Even Saint Paul talked about this battle when he said, “For the good that I would I do not: but the evil which I would not, that I do.” He did things that he regretted. That is the truth for everyone who walks the path until we get better. And even

when we get better, we can still be ensnared, which is why Saint Patrick gave us his Lorica for Protection. He said:

I bind me to-day,
God's might to direct me,
God's power to protect me,
God's wisdom for learning,
God's eye for discerning,
God's ear for my hearing,
God's word for my clearing.
God's hand for my cover,
God's path to pass over,
God's buckler to guard me,
God's army to ward me,

Against snares of the devil,
Against vice's temptation,
Against wrong inclination,
Against men who plot evil,
A near or afar, with many or few.

Christ near,
Christ here,
Christ be with me,

Christ beneath me,
Christ within me,
Christ behind me,
Christ be o'er me,
Christ before me.

Christ in the left and the right,
Christ hither and thither,
Christ in the sight,

Of each eye that shall seek me,
In each ear that shall hear,
In each mouth that shall speak me—
Christ not the less
In each heart I address.
I bind me to-day on the Triune—I call,
With faith in the Trinity-Unity—God over all.

In the Catholic Church, as well as in the teachings of the ascended masters, people invoke the Pope's Prayer to Saint Michael the Archangel: "Saint Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen."

We find similar concepts in the East, where powers of Light are invoked to roll back forces of darkness. That is what Gautama Buddha was doing under the Bo Tree. He was pushing back and defeating the armies of Mara—in his own consciousness first and then for a planetary alchemy. The armies of Mara are the armies of the dweller. First come the five daughters of Mara, the temptations of the five senses. Then come the armies of Mara, the forces of darkness pitted against the one who is seeking enlightenment. Finally comes the biggest test of all: the test of the ego, the false constructs that Buddha called "architect." Buddha said, "At last I have discovered you. You are not really me, because the me that is the real me—the permanent me—is not locked into you, my ego."

These are all tests of overcoming our dweller. When Jesus was tempted in the wilderness, he had a similar experience. He had to pass these initiations of pride, fear, temptation and lust.

That is why he gave us the Lord's Prayer, "Lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory."

The kingdom, the power and the glory is ultimately the victory of the threefold flame. The kingdom is the pink aspect of love. The power is the blue plume, and the glory is yellow illumination. This victory is fully anchored when the threefold flame within our heart becomes congruent with the threefold flame in the heart of our Holy Christ Self and ultimately with the threefold flame in the heart of our Mighty I AM Presence.

Our Holy Christ Self is our guru and mentor. Jesus comes to exemplify for all of humanity the role of the Holy Christ Self. All of the avatars who have come through the ages, who were sent by the path of Light—Krishna, Buddha, Jesus and so forth—all bring us to that same point, which is the point of our Christ Self.

My teacher Elizabeth Clare Prophet once said, "My job is to get you to fully reconnecting with your Christ Self. And when that happens, my job is over. You will be connected!" Saint Paul said something very similar in Galatians: "Christ IN YOU the hope of glory." That's our goal, and to do this, we have to defeat the not-self dweller.

We studied in the previous lesson how we store up treasures in heaven, and expand the spheres and color bands of our causal body through good works and deeds and actions and speech and all of the qualities that Gautama Buddha delineated for us in the Eightfold Path.

The same principle holds true in reverse. When we do things that are less than good, instead of that energy rising up to

our God Self to be permanently crystallized in God, that energy accumulates around us in this dark, kettle-looking drum that Mother Elizabeth Clare Prophet described for us as the electronic belt.



We are literally carrying this forcefield of self-created negative energy around the lower part of our body. This was also seen by theosophist Charles Leadbeater and other clairvoyants: the aura can be very dense and polluted with dark energies. Our electronic belt has all of this human effluvia circling in our aura, waiting to be transmuted.

The key to transmuting the electronic belt substance is the violet flame. We can call for the angels of the violet flame,

like Archangel Zadkiel, and all masters and beings of the violet flame, including Saint Germain, to come and transmute our electronic belt. This is something we do every day. Jesus said, "Sufficient unto the day is the evil thereof." We don't transmute just one time and call it good. We have to do it again and again and again, because every day, more records will come up that have to be transmuted and resolved from past life karmas and momentums.

Jesus said, "By their fruits shall ye know them." Even as each day, we put our good fruit "riches" in the bank of our higher self, we also have to transmute the lower self. Eventually, once we have all the transmutation accomplished, we will walk the earth in our full Christed consciousness. Then, our electronic belt will be a reflecting pool of the rainbow spheres of our higher self.

Hermes Mercurius Trismegistus gave us the alchemical statement, "As above, so below" in the Emerald Tablet. We are intended to be, below as above. That is the very point Jesus made when he said, "Our Father, who art in heaven, hallowed be thy name, thy kingdom. Come Thy will be done on earth as it is in heaven." This is the very definition of the New Jerusalem that we read about in the *Book of Revelation* becoming the City Foursquare in us. Therefore, we have to conquer our negative records to eventually have a shiny rainbow, electronic belt below, just like our shiny causal body above.

We read in the Catholic tradition that Mother Mary has placed the moon beneath her feet. The moon is the reflector of the sun. It is the energy that we must transmute. And when we have transmuted our lunar energies, we have a beautiful Omega aspect below reflective of the Alpha solar aspect above. Somebody was telling me recently how the moon has a lot of

dark forces, and that is often true, because it often reflects back to us the darkness in the planetary consciousness. The moon can also be a reflection of our light and transmuted emotions. Gautama Buddha loves the moon. He was born on the full moon. He made his enlightenment on the full moon, and he ascended on the full moon.

I'm explaining this to you because we don't want to give too much power to evil. El Morya and various masters, especially Mark Prophet and even Kuan Yin, remind us that evil is not real and its appearance has no power. Nevertheless, Mark Prophet added, if you're not careful, it can kill you. We have to be careful. We have to understand how evil works to deal with it, but not give it too much power. The same applies when we are dealing with the dweller-on-the-threshold, which is our own personal dark side.

There is a beautiful call published by the Summit Lighthouse that Jesus dictated for the binding of the dweller-on-the-threshold. Decrees are spoken prayers that we can give out loud on all of the color rays. They reinforce our good karma and our spiritualization of consciousness on each of the seven rays and the five secret rays. You can visit the Summit Lighthouse and get a copy of the decree book for yourself, so you can practice reading these words given to us by the masters out loud.

The call for the binding of the dweller-on-the-threshold is as follows. There is a large preamble, that invokes a number of deities from both East and West, to reinforce the spiritual action that will take place as we give the decree. It is important to always call for protection to Archangel Michael before you begin.

"I Cast Out the Dweller on the Threshold!"
by Jesus Christ

In the name I AM THAT I AM ELOHIM, Saint Germain,
Portia, Guru Ma, Lanello, Padma Sambhava, Kuan Yin and the
Five Dhyanis Buddhas

In the name I AM THAT I AM SANAT KUMARA, Gautama
Buddha, Lord Maitreya, Jesus Christ, Om Vairochana,
Akshobhya, Ratnasambhava, Amitabha, Amogasiddhi
Vajrasattva Om

In the name of my beloved Mighty I AM Presence and Holy
Christ Self, Archangel Michael and the hosts of the LORD, in the
name Jesus Christ, I challenge the personal and planetary
dweller on the threshold, and I say:

You have no power over me! You may not threaten or mar
the face of my God within my soul. You may not taunt or tempt
me with past or present or future, for I AM hid with Christ in God.
I AM his bride. I AM accepted by the LORD.

You have no power to destroy me! Therefore, be bound! by
the LORD himself.

Your day is done! You may no longer inhabit this temple.

In the name I AM THAT I AM, be bound! you tempter of my
soul. Be bound! you point of pride of the original fall of the fallen
ones! You have no power, no reality, no worth. You occupy no
time or space of my being.

You have no power in my temple. You may no longer steal
the light of my chakras. You may not steal the light of my heart
flame or my I AM Presence.

Be bound! then, O Serpent and his seed and all implants of
the sinister force, for I AM THAT I AM!

I AM the Son of God this day, and I occupy this temple fully
and wholly until the coming of the LORD, until the New Day, until

all be fulfilled, and until this generation of the seed of Serpent pass away.

Burn through, O living Word of God!

By the power of Brahma, Vishnu, and Shiva, in the name Brahma: I AM THAT I AM and I stand and I cast out the dweller.

Let him be bound by the power of the LORD's host! Let him be consigned to the flame of the sacred fire of Alpha and Omega, that that one may not go out to tempt the innocent and the babes in Christ.

Blaze the power of Elohim!

Elohim of God—Elohim of God—Elohim of God

Descend now in answer to my call. As the mandate of the LORD—as Above, so below—occupy now.

Bind the fallen self! Bind the synthetic self! Be out then!

Bind the fallen one! For there is no more remnant or residue in my life of any, or any part of that one.

Lo, I AM, in Jesus' name, the victor over Death and Hell! (2x)
Lo, I AM THAT I AM in me—in the name of Jesus Christ—is here and now the victor over Death and Hell!

Lo! it is done.

And in full faith, I consciously accept this manifest, manifest, manifest right here and now with full power, eternally sustained, all powerfully active, ever expanding world enfolding until all are holy ascended in the light and free.

Beloved IAM Beloved I AM Beloved I AM

It is important for us to understand how evil operates to some degree, so that we can recognize it in ourselves and others, and then ultimately cast it out. The Summit Lighthouse published a book called *Strategies of Light and Darkness*, which gives us more information on the various strategies of light and

darkness. There is also a very helpful book by Taylor Caldwell called *Dialogues with the Devil*. Taylor Caldwell had spiritual visions as a child. The ascended master El Morya told students that Caldwell could read the akashic records. In this book, Caldwell described the psychology of Lucifer in his dialogues with Archangel Michael.

The book, *People of the Lie* by Scott Peck, describes evil as a very gray zone. People have interwoven threads of light and darkness within them, good and evil. That is why Jesus gave us the parable of the tares and the wheat. The tares look just like the wheat, and it is only when the wheat and the tares have fully sprouted and grown that the angel reapers can differentiate between the two.

We want to be that wheat. The soul, in a given life on the spiritual path, really only has two options: to become the full incarnation of the Christ, or to become the full expression of the dweller-on-the-threshold. When a person becomes the full vehicle of their dweller, that is usually a form of pride. Sometimes these ones can appear to be holy, but that doesn't mean that they are holy. Surface peace and harmony are just that. So is false humility. False. Beneath the surface lies a slumbering monster.

Our Christ self wants us to dig deep to uproot the dweller. The deeper we dig, the more we experience the unsettling topsy-turvy, upside down, inside out, cataclysmic action within our own being. This is what was described by the Prophet Isaiah and included in Handel's Messiah. "Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain." Jesus and our own Christ self clears the way so that we can clean up the layers of dense and rebellious unreality as they come up.

The spiritual path is not the patine of human perfection. Neither do the masters seek mechanized perfection. The spiritual path is where we are willing to roll up our sleeves and dig deep and pull out these roots of pride and darkness deep within our psyche, our conscious, subconscious mind and unconscious mind. We must be willing to call a spade a spade. We take on this battle for the salvation and the glory of our soul in God. Every time another piece of our soul is rescued from the clutches of the dweller, that portion of the soul can bond to Christ. This is why it was said that "In patience possess ye your souls." The process takes time and we must not get discouraged. Little by little, piece by piece, we become more and more of our Christ Self. We become shining examples of the path that leads to the ascension.

When we battle our dweller, we are balancing karma and balancing karma is the ticket to the ascension. Until we have balanced enough karma, we have to reincarnate. If a person doesn't want to have to reincarnate at the end of this life, and wants to have permanent reunion with God in the ritual of the ascension, it's essential to battle that dweller, to recognize it for what it is ad to call upon the ascended hosts for help.

I created a helpful website, www.becomingchrist.com, with tools for the journey. Also if you really want to understand what Jesus was teaching at the depths of it all, I hope you will read a wonderful book and website called *The Gospel of Aquarius*. www.gospelofaquarius.com You will never quite perceive Jesus in the same way again, and you will find that all of these teachings that I am sharing with you now are hidden inner mysteries that Jesus also revealed to his disciples two thousand years ago.

Lesson 4

The Invisible World



We have looked at how we are divine both in origin and nature through our threefold flame, how we have a great causal body of light above us, and a Christ Self that we must fully merge with. Now, let us consider other divinely created beings around us, on this earth plane and in the heaven world, with which we can develop relationships.

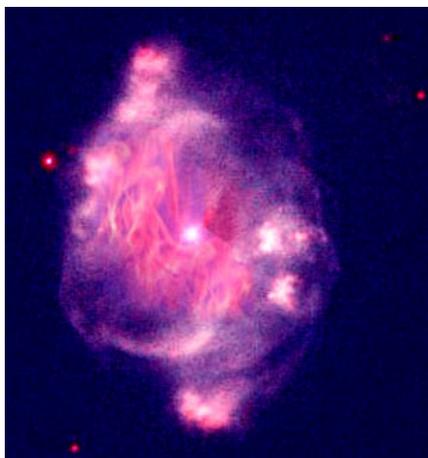
We are not alone. We have brothers and sisters on the path of life who walked before us and secured their victory in Christ. This entire world is peopled with other dimensions and

beings that our physical eyes cannot see, but that we can call to for assistance and guidance and blessing.

The elementals are the beings of nature. There are elemental beings of fire, air, water and earth, and there are elementals that occupy animal bodies. Most people cannot see elementals. They are our invisible friends. Whether we are looking after a pet or going to the zoo, we see lots of elementals.

The elemental spirit is separate from the physical creature. It also has an intelligence and a consciousness. We even have an elemental for our body called the body elemental, which is about three feet in height. It functions within our auric field to help maintain the health of our physical body. We can give it love and gratitude. There is a wonderful prayer published in the Summit Lighthouse decree book, a healing call that invites us to pour forth our love to our body elemental.

The salamanders are beings of fire. They can be very small, like a little match, or huge like a forest fire. A salamander also tends our etheric memory body



The sylphs are the beings of the air, clearing the air we breathe and our skies of pollution. A sylph looks after our mental body.



Then we have the undines, the beings of water that also assist us with our emotional body.



The beings of the earth are the gnomes, and include our body elemental.



Our planet would not exist, were it not for the elementals. We read in ascended master teachings that the elementals were the ones who helped the Elohim build the platform of life on Earth. When we sing songs like “How Great Thou Art,” or “For the Beauty of the Earth,” we are honoring the elementals who created a most magnificent place for us to live, balance our karma and gain or regain our mastery.

Parts of the earth have been greatly burdened by pollution and war. That was never the divine intention. The elementals cooperate with us and want to help us and love us, but sometimes they take on a great burden from all of the negative energies that mankind spew out. We really need to invoke the violet flame on their behalf. Otherwise we can have cataclysm, like earthquakes, tornadoes, hurricanes, forest fires, tsunamis and even the sinking of continents.

We want to give the elementals our love and violet flame so that a major karma doesn't have to be discharged through cataclysm. If you read the book *Golden Age Civilizations in Ascended Master Culture* at www.goldenageofaquarius.com, you will learn about all of the cataclysms that have happened throughout the ages—from Lemuria and Atlantis to ancient lost civilizations in Africa, India, the Sahara and the Amazon. All of these places at one point had higher civilizations that went down and disappeared.

The more we pray for the elementals, the more we understand that they are actual, real beings. In native traditions all over the world, from Australia and New Zealand to America, native people are very close to the elementals. When I participated in a fire walk, walking twenty yards on hot coals with my bare feet, we were praying to the elementals and the fire created a heart shape. Through the rituals and guidance of the native people, the fire did not burn our feet. After walking on all of these red hot coals, my feet were resonating with energy but were not burnt. One person in the group, however, got blisters. This was because she did not stay humble with the elementals and started boasting from the standpoint of her ego that she could do this. She walked on the fiery coals with pride and got burnt. Those who walked with a sense of humility and gratitude didn't burn. That is another example of how the elementals tend to us, even the fire element.

We can make calls for the reversing of the waves, the reversing of the storms, the reversing of fires. I've seen it happen again and again in my own life, even when there was a grass fire right above my house on a windy day. The elementals respond to heartfelt prayers.

Now, let us consider the angels. Everyone has heard of

angels and there are a number of different groups or levels of angels. The evolution that stands right between the elementals and the angels are the fairies. Fairies are real, and fairies are rounding up from being elementals, and evolving towards becoming angels. When children say they see fairies, it is true.



There are nine choirs of angels mentioned in Archangel Michael's Rosary. The highest choirs of angels are the Seraphim. They have six wings and are great healers. Then we find, in descending order, the Cherubim who guard the way of the Tree of Life, the Thrones, the Dominions, the Powers, the Virtues, the Principalities, the Archangels and the Angels.

There are archangels on each of the seven rays and even on the secret rays. On the blue ray are Archangel Michael and Faith. On the yellow ray are Archangel Jophiel and Christine. On the pink ray are Archangel Chamel and Charity. On the white ray,

we have Archangel Gabriel and Hope. On the green ray, we have Archangel Raphael with Mother Mary. Mother Mary was an incarnate Archangel. On the purple ray, we have Archangel Uriel and Aurora. And on the seventh ray of the violet flame, we have Archangel Zadkiel and Holy Amethyst. We also know from the teachings of the ascended masters that Archangel Uzziel and his twin flame serve on the Ruby Ray.



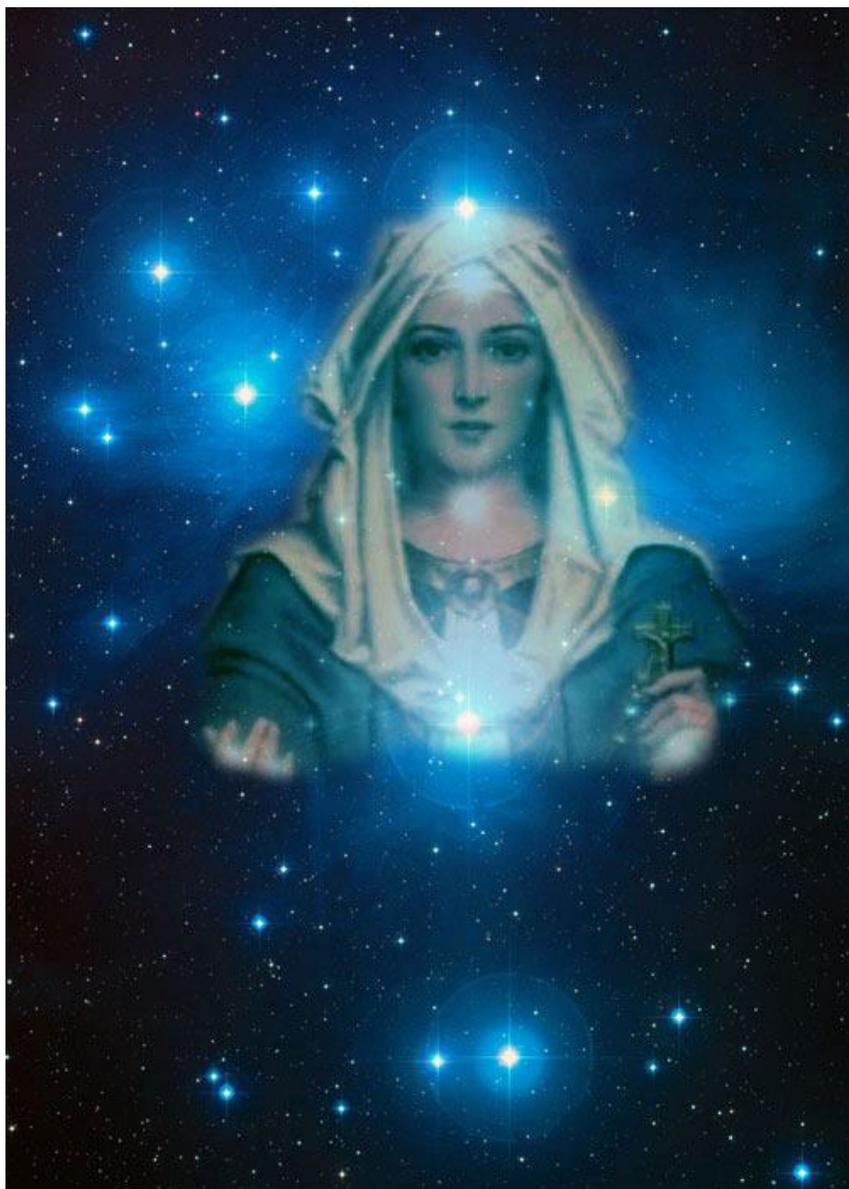
Then, we must consider the Elohim, who are the builders of form, the divine Creators who oversee the unfolding of the Matter universe. The Elohim are the morning stars that sang together mentioned in the *Book of Job*. They are the creators of life.



We also have the ascended masters. The ascended masters are beings who, for the most part, ascended from Earth or from other stars. They have gained their mastery in God and returned to God through the ritual of the ascension. A number of beings in heaven never incarnated. We still call them ascended masters, but they they did not actually go through the experience of ascending from a physical body. It is quite an honor in heaven to have gone through Earth's challenging schoolroom , especially in these times.

We have been told there are vast retinues of Cosmic Christs in the Pleiades. All of the various stars are actually causal bodies of innumerable ascended beings in God. All have a very specific intelligence and spiritual gift. As we move into greater

and greater spheres of awareness in God, we connect, or are allowed to connect, with great cosmic beings such as these.



We can then share in the collective mastery of the entire body of God in heaven and on earth. That is actually the meaning behind the term Great White Brotherhood. We read in the ascended master teachings from the early part of the 20th century that Sanat Kumara formed the Great White Brotherhood as an organization on earth and in heaven—a fraternity of divine beings who work together for God.

Everyone's attainment is gifted to the entire spirit of the Great White Brotherhood once we make our ascension, and then we can draw upon the attainment of others. We can, for example, when we need help with humility, call to the master Kuthumi, who was embodied as Saint Francis. He took the vow of poverty, and the vow of chastity. He was called by Jesus to rebuild his church. He is the perfect example of humility. So we can say, "Kuthumi, please bring us your momentum of humility."

This we can do with all of the various masters. When I was giving birth to my daughter, I called to Mother, Mary, and gave her rosary. I saw Mother Mary appear in the delivery room. She was so beautiful, and she was actually wearing a suit and pumps. She was there for business!

So whatever is going on in life, we can call to the Masters. The more we know about them, the more we can decide who we are going to call to. Catholics like to call to Saint Christopher as a the patron saint of travelers, and Saint Anthony of Padua, for lost items. Heaven is peopled with saints, and we call them ascended masters. They are the saints of East and West, who permanently reunited with God and work with us, as above so below.

When you read the lives of the saints, and various books that were published by the Summit Lighthouse and other

organizations like the I AM Movement, you will start to understand more deeply what all of these ascended master stories are. A good book to start out with is *Lords of the Seven Rays*.

The website www.ascendedmasterindex.net lists all of the ascended masters that we know who were described by Mark and Elizabeth Clare Prophet in the book *The Masters and their Retreats*. Here, you can find out more not only about the ascended masters, but also the beings of the elements, the Elohim, the archangels and angels—all of the divine beings that we know, and who are “invisible.” When Jesus was teaching the Gnostic teachings to his disciples, recorded in the Gnostic Gospels, he and his disciples called these beings who reside in the heaven world the “Invisibles.”

The Gnostics also called them the “Invisibles.” They were perfectly aware that there were all of these “Invisibles” working in the higher planes, and that it was lawful to commune with them and to visit them in meditation. Jesus would take his apostles and disciples, and they would go see the various planes of the heaven-world and meet with ascended masters. The Bible describes when he met Moses and Elijah on Transfiguration Mount, and brought John and Peter and James with him.

I had a friend who was the Messenger of Music for the ascended masters: Dorothy Lee Fulton who wrote the book *Here I AM*. She could see other beings on a regular basis, even in her home. She could perceive the presence of the ascended masters, and she could also perceive the presence of others who were not ascended yet. She would say to me, “Well, they have to be somewhere, don't they?”

We think our space only belongs to us, but space can be

occupied by multiple levels of consciousness. Jesus said, "In my Father's house, there are many mansions."

As we go higher and higher in consciousness when we leave our body, whether it is at night, during sleep or in that change called death, we can go up into higher planes and octaves. I hope you will enjoy discovering all that you can about the ascended masters. They are amazing. They have incredible past-life experiences and stories that we can tap into and learn from. They are geniuses. They all have extraordinary God qualities. They are like superheroes, and want to help us so that we can become like them.

Lesson 5

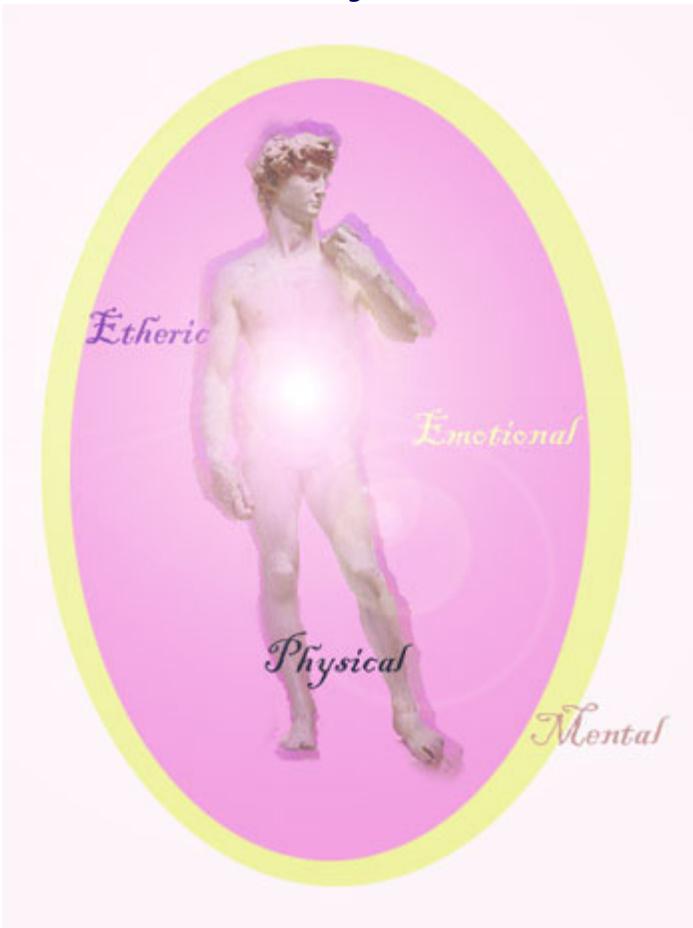
Soul Travel in Sleep



Let us look now at what happens when our bodies go to sleep, and also when the transition people call death takes place. We know that our soul resides within four lower bodies.

We have a physical body that is clearly the one that we see. There are three other bodies as well. We have an etheric body, which is sometimes called the body double, or the etheric double. It is right around our physical body. It is an energetic envelope in which our souls can travel when our physical body is sleeping. Then we have a mental body which resonates with, and relates to our thoughts. We also have an emotional body

where our emotions come through and are stored.



We carry our bodies throughout a given life. The etheric body—the body double—is the one closest to our physical body. It is the one with which our soul leaves the body temporarily or permanently. It is also the body that contains the records—the memories of what has taken place in our life. All of our thoughts, feelings and actions are recorded in the memory body. This is important, because when we “die,” the physical body, along

with the mental and emotional bodies, get dissolved. Whether you choose to be buried or cremated—and cremation is recommended by the ascended masters—there is a dissolution process of the physical, mental and emotional body energy fields. The etheric body does not die. It is in that body that our soul goes forth.

The etheric body contains all of the memories of our three other bodies. When it comes time to reincarnate, the soul fashions a new body that is in line with the karmic blueprint held in the etheric body. This is why people tend to have similar momentums from lifetime to lifetime. If they have challenges with their emotional body, those emotions will come back. If the challenge is in the mental body, that challenge will come back. If it is a specific karmas in certain areas of the physical body, those will precipitate again in a new life. There is a continuation of life and soul karma, and these are all spun or created out of the etheric double.

When we go to sleep, our soul leaves our physical body. She is called to go to the higher octaves of Light, especially if she makes the prayer to do so. Otherwise, the soul can be stuck in what is called the astral plane, the plane where bad dreams come from. Sometimes the soul will do both. It will go to the etheric plane, and then on the way back, it goes through the astral plane. This is why it is important to make the call to Archangel Michael to protect us when we go to sleep, or to be in communion with an ascended master like Jesus.

There was a little prayer I used to say as a child before I went to sleep, that my mother taught me.

Now I lay me down to sleep,
I pray the Lord my soul to keep.
If I should die before I wake,

I pray the Lord my soul to take.

And so whether the body no longer functions because it stopped, or whether we are simply sleeping, our soul is off doing other things. Sometimes our soul is even off doing other things when we are active in the body. This would happen to saints like Padre Pio, who were known to bilocate and be in two places at once.

When we go to sleep, we go to the etheric retreats, the retreats in the heaven-world that are places of great learning. There are beautiful descriptions and artistic focuses of the retreats at the website, <http://www.ethericretreats.com> Many descriptions can also be found in the book by Mark and Elizabeth Clare Prophet, *The Masters and their Retreats*.

In the *Ashram Rituals* and *Ashram Notes* dictated by the master El Morya to Mark Prophet, the master speaks about the importance of having an image of the Washington Monument to focus on as we go to sleep. Souls often gather at the Washington Monument, and from there, perform holy work at night. They can go and help the planet in different places where they are needed to hold the balance.

And so when we are out of the body, we might be in a retreat learning and we may be doing some sort of planetary service. It is a great privilege to be able to work with the Brotherhood of Light while we are out of the body. It also gives us a tremendous amount of comfort and renewal. Sometimes I am so tired and weary, and I go to bed and I know I will be recharged. By morning, we are recharged. Part of that recharge, of course, is the sleep process for the physical body, but a bigger part of the recharge is for the soul.

We can even travel to other systems of worlds and stars.

We can go to Sirius. We can go to the God star. We can go to Helios and Vesta in the Sun of our system. We can call to Archangel Michael to help us and protect us and guide us, together with our Holy Christ Self.



One of the things that is important, as much as possible, is to have a clean room and a clean bed. We make our bed daily so the angels can bless it. It is also good to shower before we go to sleep, because we shower the energy of the day off of us—dirt and whatever else needs to be taken off physically, as well as the energy that has accumulated. This is especially important if we are in a city or somewhere where there is a lot of heavy energy.

When we go to bed in a clean bed with a clean body, our soul can more easily go to the heaven-world, especially when we make the prayer before we go. Please avail yourself of the website, www.ethericretreats.com and to the book, *The Masters and their Retreats*. Understand the very real world that is waiting for you, where masters and angels and great beings of

Light abide, teach and serve all life. Your life is not limited to the outer physical plane.

I remember when I had to be under sedation for a procedure in my hip. I was fully aware that I was sedated and coming back from sedation, and that my soul was out of my body. I was so fully aware that I was up in a higher level of consciousness. It was so magnificent to be in the presence of God. I was speaking to God, and kept saying over and over again, "Never forget how much I love you." There was such a bliss and communion and union. Eventually, I started to come back down towards my physical body.

I made note of the fact that a part of my consciousness was in the physical body, and a part was still out of the body. My human was in the body, to some degree, while my soul was out of the body. Then they reintegrated together, and it was a gentle descent. The ascent, by contrast, was very fast like in a hot air balloon. You just go up, up up! There is a decree given to us by Mighty Victory that describes this. Mighty Victory tells us we want to throw out some of the weight, some of the ballast, so our balloon can go up higher.

Yes, we want to be able to go up into heavenly planes, whether we are in a physical body or not, and whether our body is still functioning properly or not. We want to be able to get to the highest point we can. This is something the disciples also shared, that you can read in the book *The Gospel of Aquarius*, www.gospelofaquarius.com

Many mornings, I wake up with bits of songs from the etheric retreats. Sometimes, these are poetry or words that I know came from a master or from my twin flame or from my higher self.

Each song carries a glyph and reminds me that my soul was in the heaven-world. Elizabeth Clare Prophet also encouraged us to have a notebook next to our bed where we can start writing down our remembrances. It is possible to have a very vivid retreat experience.

I remember one time being in the Rhine Valley in Lanello's retreat. It was so familiar. I knew the castle, I knew the valley, I knew the retreat. It was as physical to me as a physical memory. I could plainly remember, "That's Lanello's library, and this is where the fountains are, and here are the classrooms." I have also had a number of dreams with Mother, Elizabeth Clare Prophet, and with some of the masters. There were always messages or teachings.

Little by little, the more we transmute our karma, the more we elevate our consciousness with violet flame, the more we will remember life in the etheric retreats on the other side of the veil.

Lesson 6

The Power of Precipitation



The word “precipitate” means to bring down from the skies, from the heavens. Precipitation is bringing from the etheric plane, substance or qualities that we need in the physical plane. It's the process of drawing down from on high what we need to fulfill our needs here.

One of the beautiful examples of precipitation in the Bible is found in the Old Testament. When Moses and the Israelites were in the desert, God showered manna upon them every day. They could only take one day's worth. They were not to stock it up, lest it spoil. The test was always a test of faith in

God—that God would meet their need. Even on the eleven o'clock line at the eleventh hour, we must have faith that the call compels the answer. We must have faith in God's "just in time" delivery system.

The way of the world is to stock up—stock up on money, stock up on retirement, stock up on stocks, stock up on real estate, stock up on food, clothes and everything else to ensure tranquility of mind. The way of God is to depend on the power of precipitation.

When God told Saint Francis to rebuild his church, he and his order took vows of poverty. The same holds true for other monastic orders, like the Benedictine monks and many others.

We have to learn to wait upon the Lord. It is a very important initiation to understand the magic, the "eye magic," the "imagine" of precipitation.

In order to precipitate, we must first imagine in our mind's eye. We must know what we want and call it forth. When Jesus precipitated the loaves and fishes, he said a prayer. He asked God to multiply them. He knew what he was looking for. Imagination plays a very important role in precipitation. It is the first step. We must treasure map what we want, even in our mind. The science of precipitation come down to divine vision, which is the green ray, in the building of our pyramid of life. Then we say the prayer, we use the spoken word, we affirm, we decree.

The final part of the alchemy is to let go. This is what Mother Mary teaches us in the mystery of surrender—the Surrender Rosary. We surrender our willing and our wishing. Mother Mary tells us, "My children, surrender your willing and

your wishing, just like you would put your dirty clothes in the washing machine and then let God give you back what he wants you to have. Let God give it back.”

The alchemy of precipitation is a co-creative process with our higher self. It is a walk of faith. I had a number of car accidents. After my last car accident, I said, “I have to have a white car, and it has to have a sunroof. I really liked my Jeep and there were certain things that I was absolutely determined it had to have. When I went and looked at different cars, they were not the right cars. They didn't have what I had “ordered” in my mind.

Then a car dealer called me up and said, “I have something for you Come see. I went to his dealership after having gone to all the other dealerships, and when I arrived, the car was exactly what I wanted and needed. It was a white Jeep with a sunroof even better than the one I had lost. It precipitated for me that day by somebody who had exchanged it. That was the alchemy.

Had I settled for something I didn't want, a car without a sunroof or with a different color, I would not have what I was given. That is why it is important to know what you want and then give it to God.

I had another alchemy of precipitation buying a car years ago in Montana. I felt guided to drive all the way to Butte. So I went and looked, but there was nothing in the dealership. I said to God, “I thought you wanted me to come to Butte. Why am I here?” Then, I surrendered the matter, even thinking my attunement had failed me. “That must have been a mistake,” I thought. As I was leaving town, I drove by a parking lot of vehicles right next to “Excelsior” Street, which is a name for the master Lanello. Excelsior! There was a car there that drew my

attention but wasn't even up for sale.

"This is exactly what I want," I thought. "It was an unmarked dealership building with unmarked vehicles that tuned out to be part of the first dealership I had visited. "We just got that one in," said the salesperson. "We haven't even priced it yet." And so they priced the car for me and I got it before it was even on the market, because it had precipitated for me.

An important aspect of precipitation, from my understanding and experience, is that it is very important not to have greed. If we get too greedy or attached, we block the flow of precipitation.

If you need one car, you're going to have one car. If you need one home, you're going to have one home. If you need a certain outfit, you're going to have that outfit, but God is not going to have you stock up extra. If you are determined to stock up your supply in a worldly way, you will block the alchemy of precipitation.

I have had numerous examples of God precipitating in my life at the last minute in the most unexpected ways, as a result of faith and good works. I have also been rigorously tested regarding fear and doubt and anxiety, even with no clear sense or vision of what's around the bend. Still, I kept going with what the Bible defines as the "evidence of things not seen," which is faith.

Over time and many years, my faith is strengthening. Now I can well say, "By the grace of God go I." I don't know yet what is coming three months or six months or a year from now, or ten years from now—but I know God will guide me and supply me, and help me to store up more treasures in heaven.

His eye is on the sparrow, and I know He watches me.



When we create a firm idea in our mind of what we want or think we need, we make the call. We ask God to “bless it or block it.” We have to be sincere. “Bless it or block it.” If it is blocked, we let it go. We are asking God to open the way—his way, her way, their way—to accomplish what we are looking for, a higher way.

When I was working on the book *Golden Age Civilizations in Ascended Master Culture*, that you can read at www.goldenageofaquarius.com, you will see that there were a number of golden age civilizations, from the time of Maitreya's Mystery School in the Garden of Eden on Lemuria, to the Golden

Age in the Sahara, which came much later, during the Atlantean period. There was also the story of the Suernis in what is now India, the kingdom of Casimir Poseidon and the golden age of Jesus Christ on Atlantis. These were periods in Earth's history when precipitation was a natural way of life. The masters and adepts embodied at that time knew how to precipitate. People who had the resonance and attainment and frequency to function at the level of these adepts and masters could also precipitate whatever they needed—be it artwork, clothing, buildings, food—and whatever they precipitated was always beautiful.

I remember a story from Theosophy where Madame Blavatsky, who was a chela, or student, of the masters El Morya and Kuthumi, was precipitating teacups. At one point she got flustered and told the master, "It's money we need, not teacups." I don't know why teacups were appearing in front of her. It must have been one of those cosmic jokes that Mark Prophet would speak of. "We will give you teacups." Nevertheless, her needs were always met and she traveled the world and wrote books for the Brotherhood.

There is a statement in the Bible that says, "If your father knows you need bread, and you ask your bread, he's not going to hand you a stone." This is in the *Gospel of Matthew*. "Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!"

There was a funny story that I included in *The Gospel of Aquarius*, which is recorded in the New Testament, about how Peter needed some money to pay taxes. Jesus told him they

didn't really have to pay taxes because they are sons of God, but nevertheless, he told Peter, "Go to the ocean and catch the next fish. When you open its mouth, you will find a gold coin. Tell the tax collector it is from you and from me." Peter did just as Jesus said. It was precipitated gold, and gold, the ascended masters tell us, is precipitated sunlight!

Jesus' life was full of precipitation. The same was true for Elijah and Elisha in the Old Testament. Both Elijah and Elisha had a lot of precipitation stories. The widow's oil did dry up. We know from the teachings of the ascended masters that the soul of Elijah was the prior embodiment of John the Baptist and his student Elisha was a prior embodiment of Jesus, during which time his soul was mastering all of these initiations.

Precipitation is truly a very important alchemy of trust in God. It is a walk of love. You love the Beloved so much, you know your needs will be met. And simultaneously, you work towards your goals. Jesus said, "My Father worketh hitherto and I work." We can't just wait upon the Lord and do nothing about it. We have to prime the pump, as Mark Prophet used to say.

Another important aspect of precipitation is to be willing and able to give, because it is in giving that we receive. We must give, whether it be money or talent, or work or effort or kindness or teaching. Giving ensures that we don't block the flow.

We must also act as if we've already received what we are asking for, and offer gratitude. Gratitude is a key element in the alchemy of precipitation: to be grateful, not only for what you have, but for what you want or what you're going to have according to the will of God. All getting must always be qualified with the will of God. "Therefore get wisdom," we read in *Proverbs*. "And with all thy getting get understanding."

In ancient golden ages, there was no childbirth as we know it today. Two parent souls would gather and through an exchange of light rays, would precipitate their offspring. That is the level at which divine precipitation can occur. In fact, according to Rai Ernon and others who were adepts in the time of the Suernis, and according to many of the advanced teachings that we find in the book *Phylos the Tibetan*, celibacy—the conservation of our sexual energies—is essential to really precipitate more abundantly. We don't have to be completely celibate, especially when married and wanting to have children, but the conservation of the sacred fire is one of the qualities that really opens up the mind of God. The divine energies of the caduceus are raised from the base-of-the-spine chakra to the awakened crown chakra demonstrated by the Buddha and by Jesus.

We want that mind to be in us, like Saint Paul said, that was in Christ Jesus. That is why celibacy was always encouraged and even mandatory in the Catholic Church for priests, as well as in Eastern Buddhist and Hindu monasteries.

Napoleon Hill was a master of the art and science of precipitation. He wrote the book, *Think and Grow Rich*. He really tried to bring that science of divine wealth to people, and one of the very important elements was mastering the sexual drive. He explained that a lot of successful men achieved success later in life, typically after the middle age, when people are no longer so focused on sex. This is when most began to display the genius which allowed them to accumulate wealth in return for their genius offering to life.

In order to precipitate, we have to raise the Mother light. Past golden age societies that fell and lost their powers of precipitation, did so because they refused to abide by that

discipline. Truly, the fast track to Golden Age consciousness is the preservation of the sacred fire by free will.

As the energies ascend from the base-of-the-spine to the heart, and then to the crown chakra, we can precipitate blessings more successfully. We enter the realm of Buddhic attainment, where the Buddha and the Mother are One. The Buddha adores the Mother Light. The base-of-the-spine chakra and the crown chakra work together as the Alpha-Omega, Yin and Yang polarities within the body temple to precipitate what we need, moment by moment, including the precipitation of our spirituality.

This is the path of adeptship by which we walk in the footsteps of the Masters and saints who applied all of these truths East and West.

May God bless each and everyone of us on our journey towards greater abundance and precipitation. Like Jesus said, "I AM come that ye might have Life and that more abundantly."

Lesson 7

The Beauty of the Violet Flame



Let us now focus on the beauty of the violet flame. The violet flame was given to us by the ascended master Saint Germain. The violet flame is a spiritual alchemy that was known in olden times and past golden ages on Atlantis, Lemuria and during the Saharan Civilization. Then, the flame and knowledge of the flame were withdrawn.

Jesus did teach the violet flame to his disciples, and some saints East and West became aware of the violet flame emanation of God in their inner meditations. God gave them

directly the knowledge of the violet flame, like he did to Saint Vincent, as we can see in this church in Paris. We also read in *The Masters and Their Retreats* how God revealed the violet flame to Cardinal Bonzano, who lived in Chicago who made his ascension after his transition in 1927 from the Catholic church. He told students of the ascended masters that he was taught inwardly the law of the violet flame. We were also told in the teachings of the ascended masters that to some degree, when people take Holy Communion, they partake of the violet flame that is in Jesus. For the last two thousand years of the Piscean dispensation, even though people didn't have the outer knowledge of the violet flame, they had the communion, which to some degree, depending on the devotion of the individual, shored the gap.



For the most part, however, people had no outer knowledge of the violet flame since the last days of Atlantis. That is why the master Saint Germain stepped forward with a

grant or dispensation to share God's gift of the violet flame with people in an outer way. The work began through the I AM Movement, with the messengers Guy and Edna Ballard, who are now known as the ascended masters Godfre and Lotus. These two messengers taught the violet flame to upward of forty thousand people in Chicago back in the 1930s.



I have a friend who made his ascension, Herbert Beigel, who was a part of the I AM Movement. He was one of the closest people to Edna Ballard. He told us that during World War II, the students of the I AM Movement in Chicago invoked the violet flame every single night together. The masters told Lotus that World War II was shortened because of students offering those violet flame invocations, decrees, and songs.



Many violet flame decrees can be found online. The Summit Lighthouse has a wonderful collection. The I AM Movement uses longer fiats published in their books, instead of repeating decrees. I also recommend the website I made, www.violetflamemiracles.com for a beautiful walk through the violet flame.

When we give the violet flame, we are invoking the action of God that is the seventh ray, and that is also in our causal body. It is the action of transmutation, freedom and forgiveness. We can call for that violet flame to go into all of our cells, atoms, electrons, and into the planet. We can visualize it

on a microcosmic and a macrocosmic scale. We can see it in our mind's eye and imagine it, even as we call it forth. We can also sing to it. All of these actions will bring to the forefront of our consciousness the divinity that is the violet ray.

We have entered the Age of Aquarius, and Aquarius is the age when the knowledge and use of the violet flame is intended to really take off. Saint Germain is the sponsor and spiritual hierarch of this age. If we give enough Violet Flame, we can transmute the karmas of past life civilizations like Atlantis and Lemuria. You can read more about these records of ancient history that still require transmutation in the book *Golden Age Civilizations in Ascended Master Culture*, and also at the website, www.goldenageofaquarius.com.



We can give a few violet flame decrees together. You are going to see a violet bonfire. You can find many animated illustrations, of GIFs online that will show you how the violet flame works, and the Summit Lighthouse and other You Tube channels offer a number of violet flame videos you can watch.

I AM a being of violet fire.
I AM the purity God desires.

America is a nation of violet fire.
America is a purity God desires.

The earth is a planet of violet fire.
The earth is the purity God desires.

We can give this violet flame mantra given to us by Gautama Buddha.

O violet flame, O violet flame, O violet flame
In the name of God, in the name of God, in the name of God
O violet flame, O violet flame, O violet flame.
Flood the world and flood the world and flood the world
In the I AM name, in the I AM name, in the I AM name.



We can give these decrees one time, three times, thirty-three times, one thousand times. We can also give mantras to the Goddess of Mercy Kuan Yin, the divine Mother savior of the East who is a master of the violet flame.

When we invoke the violet flame, we feel it in our aura. We feel it in our being. We feel it transmuting our personal karma and also helping the entire planet. The violet flame has been called the fountain of youth because it helps people stay young. It is literally consuming and dissolving the crystallized karmic substance between our atoms, cells and electrons that ages us. We are also transmuting the karmic records in the electronic belt that must be dissolved, and throughout our four lower bodies.

We can invoke the violet flame when we have conflict with others. We can give violet flame mantras for elemental life. There is nothing that cannot benefit from the violet flame.

We can even give the violet flame to dissolve the strongholds of the fallen ones. When we look at what's going on in politics, in government, in religion, in the banking systems, and on the international scene, we can send the violet flame into all of these. Wherever we see misuses or abuses or the taking of life, we can send that violet flame as a thought, as a decree, as a meditation.

This is another violet flame decree we can give, that is published in the Summit Lighthouse decree book.

O Violet Flame, come, Violet Flame,
Now blaze and blaze and blaze!
O Violet Flame, come, Violet Flame,
To raise and raise and raise!

(Repeat verse between the following endings:)

1. The earth and all thereon (3x)
2. The children and their teachers (3x)
3. The plants and elemental creatures (3x)
4. The air, the sea, the land (3x)
5. Make all to understand (3x)
6. Bless all by Omri-Tas' hand (3x)
7. I AM, I AM, I AM the fullness of God's Plan fulfilled right now and forever (3x)

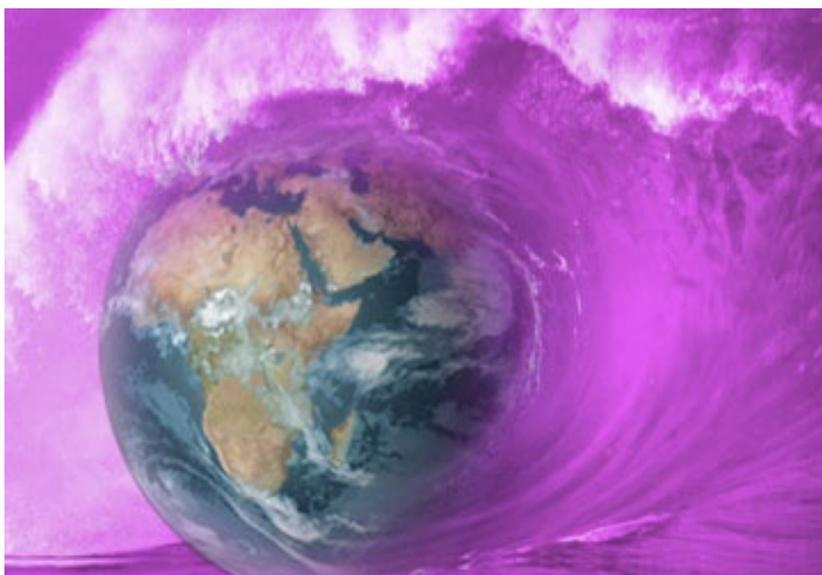


Omri Tas is a great being of the violet flame. He is the ruler of what has been called the violet planet. The teachings of the ascended masters explain that there is a planet that had a tremendous amount of problems and chaos, just like we have on earth today. A number of priests of the sacred fire and spiritual adepts gathered there and started giving that violet flame, until

they completely freed their planet of darkness. This story is also in the book that can be found in the section on the music of the spheres at www.goldenageofaquarius.com.

The first time I experienced the violet flame, many years ago in South America, I was shown a chart of the I AM Presence, and a picture of Saint Germain. Then, I was invited to give violet flame decrees with a group of people decreeing in Spanish, and when I first experienced the violet flame, I was transfixed. I was so elated. I was transformed. I felt like I was walking on air, and knew I had found what I was looking for. There was no more powerful meditation or spiritual work than to give the violet flame.

Now, I give the violet flame every day, even when I'm driving, or taking a shower, or doing chores around the house. Gautama Buddha asked us to give the violet flame every waking moment we have. The more violet flame we give, the more karma we transmute for ourselves and for the planet.



Now we can make even more violet flame miracles for the transmutation of all darkness that can be transmuted. The masters recommend that we give the violet flame at least fifteen minutes a day, and they will multiply it. If we give violet flame every day, we can balance enough karma to make our ascension at the end of this life. That is why it is such a tremendous gift.

The violet flame is the frequency of God's light that is closest to the physical plane. I once had a picture taken on a Polaroid camera, and the violet flame showed up in my aura. I had been giving lots of violet flame prior to the picture being taken.

I would like to share one more violet flame decree that was given to us in the final years when Mother Elizabeth Clare Prophet was directly serving the Summit Lighthouse headquarters. The decree is called *Violet Flame Is* and Mother dedicated it to the South American chelas, or ascended master students. We know from the teachings that there is a group of souls coming into South America called the Seventh Root Race. These are souls serving on the seventh ray incarnating in South America. South America is intended to really expand the knowledge of the violet flame for world transmutation, and these newly incarnating souls have an innate understanding and ability and love for the violet flame. This is why this decree was dedicated to them. It contains a beautiful visualization and meditation on the violet flame.

Breath of God inside each cell
I AM the Violet Flame
Pulsing out the cosmic time
I AM the Violet Flame
Energizing mind and heart

I AM the Violet Flame
Sustaining God's creation now
I AM the Violet Flame

With All Love
With All Love
With All Love

Shimmering in a crystal cave
I AM the Violet Flame
Searching out all hidden pain
I AM the Violet Flame
Consuming cause and core of fear
I AM the Violet Flame
Revealing now the inner name
I AM the Violet Flame

With All Peace
With All Peace
With All Peace

Flashing like a lightning bolt
I AM the Violet Flame
Stretching through the galaxies
I AM the Violet Flame
Connecting Soul and Spirit now
I AM the Violet Flame
Raising you to cosmic heights
I AM the Violet Flame

With All Power
With All Power
With All Power

I truly hope that you will now explore the beauty of the violet flame. Let's make this a violet planet together, transmuting darkness into Light, and bring in a golden age of Aquarius for our beloved Saint Germain.

Lesson 8

The Full Armor of God



We focus now on the full armor of God, and the two color bands that begin and complete our I AM Presence causal body—the blue ray and the white ray. We will consider the protection that comes from the blue ray of faith and the exorcism that comes through the white ray of the Divine Mother, known as the mighty Elohim Astrea, our great starry Mother. .

It is important when we go out into the world that we put on the full armor of God. We never know when we might get tested. In fact, Mother Mary gives us an attunement prayer that she tells us to call forth first thing in the morning, before we are

interrupted, disrupted, attacked, challenged or hurt. This call is published in the Summit Lighthouse decree book.

Beloved Mighty I AM Presence, Father of all Life—
Act on my behalf this day:
Fill my form.
Release the Light that is necessary
For me to go forth to do thy Will,
And see that at every hand the decisions I make
Are according to thy holy Will.
See that my energies are used to magnify the Lord
In everyone whom I meet.
See to it that thy holy Wisdom released to me
Is used constructively for the expansion of God's
kingdom.
And above all, beloved Heavenly Father,
I commend my spirit unto Thee
And ask that as thy Flame is one with my flame,
The union of these two Flames shall pulsate
To effect in my world
The continuous alertness and attunement
Which I need with thy Holy Presence,
With the Holy Spirit, and with the World Mother.

The ascended master Cuzco also gave us a beautiful decree called the *Count to Nine Decree*. He told us give this decree before getting upset. Our beloved Mother Elizabeth Clare Prophet told us to keep this decree in our hip pocket so we can invoke it anytime we need to reconnect to God, while visualizing white light in our aura.

Come now by love divine,
Guard thou this soul of mine,
Make now my world all thine,
God's light around me shine!

I count one,
It is done. O feeling world, be still!
Two and three, I AM free, Peace, it is God's will!

I count four, I do adore my Presence all divine!
Five and six, O God, affix my gaze on thee sublime!

I count seven, come O heaven,
My energies take hold!
Eight and nine, completely thine,
My mental world enfold!

The white-fire light now encircles me,
All riptides are rejected!
With God's own might around me bright
I AM by love protected!

The full armor of God also means that we invoke the presence of Archangel Michael every morning for at least twenty minutes a day. We can give a rosary to Archangel Michael. We can give a decree to Archangel Michael. Many decrees to Archangel Michael were dictated through Elizabeth Clare Prophet and are available online on YouTube.

We want to invoke the full protection of God every day so that Archangel Michael has enough prayer energy from us to be able to intervene when we need it. I have had multiple car accidents in my life, for example, and many other situations where had it not been for Archangel Michael, I would have been dead so many times over.

Archangel Michael tells us there are many other times in our life when he intervened to protect us and we didn't even know, because we had been giving one of his decrees. When my son was four years old, he was going to play with some friends,

and we said to him in the car, "You have to do your Archangel Michael traveling protection," which goes like this:

Lord Michael before

Lord Michael behind

Lord Michael to the right

Lord Michael to the left

Lord Michael above

Lord Michael below

Lord Michael, Lord Michael, wherever I go.

I am his love protecting here.

I am his love protecting here.

I am his love protecting here.

Then we visualize Archangel Michael and his armor of light around us, just like we can visualize the full armor of the Seraphim around us.

My son said this little decree, and was then dropped off to be with his friends. When I picked him up later that night, he was crying and he showed me his neck. Right on his neck were two fang marks that he received from a rattlesnake. The children had been playing in a ravine. These snakes hide in holes, and the snake jumped out at him and bit him on the neck. It was what they call a dry bite, which snakes can sometimes do to scare off people. When I took him to our family doctor, Cowboy Kurtz, he said to me, "You realize what kind of a miracle that is, that he wasn't killed. A rattlesnake bite right next to the head. He would have had no time." This is just an example of how Archangel Michael came to protect him.



I have had many incidents of protection, from when I was drowned in a river to multiple car accidents with major semis, where the police would come to me and say, "Do you know how many people walk out alive from being hit by a semi?" And earlier in life, I went through very, very dangerous neighborhoods and I was protected by God's grace.

When we call to Archangel Michael, we also ask that this decree be extended to loved ones and lightbearers who may need an immediate transfusion of light from the Captain of the Lord's hosts. Archangel Michael made a vow to defend all who pursue their Christhood. He has pledged his undying fealty to each Son and Daughter of God that desires to make it home. When we call to him, we have his absolute full commitment.

Archangel Michael was the one who cast out Lucifer from heaven, and he knows what it is like to battle the dweller and the devil within and without. He has a beautiful statue in Paris and other beautiful presences in churches all over the world.

We can also daily give the call to the Elohim Astrea, published in the Summit Lighthouse decree book. Mighty Astrea is the feminine twin flame of the Elohim of Purity. She comes forth with the circle and sword of blue flame every time we give her decree. She has called herself the cosmic garbage collector, who cuts us free from entities, demons, discarnates and dark forces that would hold us back. She cleanses us spiritually and physically.

I wrote a song to the Elohim Astrea called *Astrea Dear*. You can listen to it at www.songsofdivinelove.com and invoke her presence through this song. We call to mighty Astrea every day for yourself, for your loved ones and for lightbearers worldwide to be cut free from lower planes of consciousness. This is most important, especially when we consider the popular rock and rap music of our time—which isn't even music—and

drugs including marijuana, and all else that clouds the brains and the minds and the hearts of people. When we call to Mighty Astrea, she helps us clean up corruption wherever it is found.



This is her decree, published through the Summit Lighthouse. When you give the decree, visualize a beautiful circle and sword of blue flame around you. The more you give a decree, the more you can accelerate the speed with your voice. This takes a little bit of time, but if you practice, you will get there. If you would like to see me modeling the acceleration of this decree for you, please watch my Lesson 8 video at www.12lessonsinadeptship.com

In the name of the beloved mighty victorious Presence of God, I AM in me, Mighty I AM Presence and Holy Christ Selves of (give the names of people for whom you are decreeing), by and through the magnetic power of the sacred fire vested in the threefold flame burning within my heart, I call to beloved

Mighty Astrea and Purity, Archangel Gabriel and Hope, beloved Serapis Bey and the Seraphim and Cherubim of God , beloved Lanello, the entire Spirit of the Great White Brotherhood and the World Mother, Elemental Life—Fire, Air, Water, and Earth! to lock your cosmic circles and swords of blue flame in, through, and around: my four lower bodies, my electronic belt, my heart chakra and all of my chakras, my entire consciousness, being, and world.

Cut me loose and set me free (3x) from all that is less than God's perfection and my own divine plan fulfilled.

O beloved Astrea, may God-purity
Manifest here for all to see,
God's divine will shining through
Circle and sword of brightest blue.

First chorus:

Come now answer this my call
Lock thy circle round us all.
Circle and sword of brightest blue,
Blaze now, raise now, shine right through!

Cutting life free from patterns unwise,
Burdens fall off while souls arise
Into thine arms of infinite love,
Merciful shining from heaven above.

Circle and sword of Astrea now shine,
Blazing blue-white my being refine,
Stripping away all doubt and fear,
Faith and good-will patterns appear.

Second Chorus

Come now answer this my call,
Lock thy circle round us all.
Circle and sword of brightest blue,
Raise our youth now, blaze right through!

Third Chorus
Come now answer this my call,
Lock thy circle round us all.
Circle and sword of brightest blue,
Raise mankind now, shine right through!

Give the entire decree once through, using the first chorus after each verse. Then give the verses again, using the second chorus after each one. Conclude by using the third chorus after each verse.

The most effective way to decree is to visualize with your mind and third eye, while your voice is giving the decree through your throat chakra. Then, you pour the love of your heart into the decree. Invoking divine light through the science of the spoken word becomes a threefold action. You may even feel heat in your body as the decree activates substance in the aura with its purifying action.

The ascended masters have told us that through our Astrea call, we can cut free even a million souls caught up in the astral plane. We can also call for the multiplication of our decrees by the hosts of Light. God takes our offering and multiplies it, so we strive to give a quality offering. For more information about the practice of decreeing, you can read the book by Mark and Elizabeth Clare Prophet, *The Science of the Spoken Word*.

Thus, we ask daily for Mighty Astrea to clean up our entire consciousness, being and world, and then we can ask Archangel Michael to protect our purified consciousness, being and world so we are able to move through life in a cleaner and more holy way.

In the East, people call to Shiva for a similar action. Shiva is the aspect of the Holy Spirit that dances on and destroys all that is not of the light.

Now both Archangel Michael and mighty Astrea have encouraged us to use stainless steel knives or swords to cut free our aura and habitations. These knives should be blunt, so that you won't hurt yourself. Stainless steel is a metal that actually cuts through entities and dark forcefields. When I would go into hotel rooms that felt very heavy or dense energetically, I would take my sword with me, or even a kitchen knife, and cut through the air around the room. There are also Eastern Buddhist daggers, like Vajra daggers that can be purchased online for a similar purpose.

Make the call for the sword of Archangel Michael to be placed over the knife, even if it is a little table knife. And if you have no physical knife, then you can ask Archangel Michael and your Christ Self to help you draw forth a sword from your heart.

Entities like to attach on the nape of the neck and on the back of the heels, and then through our chakras. They syphon light from us to feed themselves. You can also use the knife to cut around pictures of loved ones in order to help them become free of invisible, astral, parasitical energies that would sap us of our light and energy, and our spiritual, mental, emotional and physical health. Then when we put on Archangel Michael's full armor, we are less likely to attract the entities. We should also daily call forth our tube of light to descend from our Mighty I AM Presence, and we can reinforce this action throughout the day. This is the short Tube of Light decree published by the Summit Lighthouse. It is part of the Heart, Head and Hand decrees given to us by the master EL Morya, who told us we can ascend just by giving and internalizing these decrees. You can find all of the Heart Head and Hand decrees on YouTube and in the Summit Lighthouse decree book.

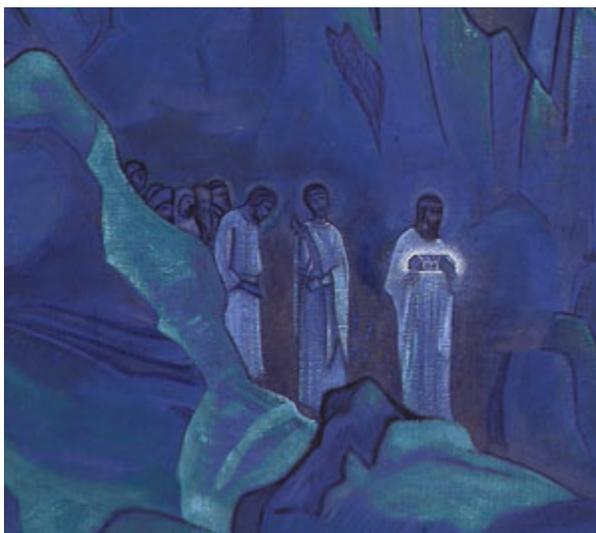
Beloved I AM Presence bright,
Round me seal your Tube of Light

From ascended master flame
Called forth now in God's own name.
Let it keep my temple free
From all discord sent to me.
I AM calling forth Violet Fire
To blaze and transmute all desire,
Keeping on in Freedom's name
Till I AM one with the Violet Flame.

With Archangel Michael, Mighty Astrea, our Tube of
Light, Mother Mary's attunement call, Saint Patrick's Lorica for
Protection and the Count to Nine decree, we can be squeaky
clean and go forth with the full armor of God!

Lesson 9

Your Divine Plan



We are now moving into understanding our divine plan. The divine plan has also been called the Dharma in Buddhist teachings. The three jewels of Buddhism are the Buddha, who is the teacher, the Sangha—the community of the Holy Spirit—and the Dharma, which is the teaching and the divine plan.

Each one of us, as a soul coming into embodiment, is given a divine plan. We meet with the Lords of Karma, also called the Great Karmic Board, before we come into embodiment and we work out our divine plan. There are very specific junctures in

our life where we will meet very important people or go to places that will have a tremendous impact on us. This was all worked out ahead of time.

Our ability to fulfill our divine plan is also dependent on our karma. If we balance more karma with the violet flame, we may have an accelerated divine plan. That's why there can be multiple tracks of opportunity and we cannot be limited to what is written, for instance, in our astrology. When we walk with God and with Christ, when we do the violet flame, when we accelerate our being through decrees, we can move beyond the limitations of fate, or what has been called fate. We can even be given an extension of life.

Our divine plan must be accomplished before we can be granted the ascension. My recommendation, then, based on the ascended master teachings I have read, would be to always do more rather than less. What I have taught my children, and also adopted for myself, is to shun the concept of "good enough." "Good enough" is not the ascended master chela's mantra. The Chela of the master pursues excellence in all things. We want to master our life. We want to do our best. We want to shine, and outshine even our past efforts. We want to continuously self-transcend. We are not competing against others. We want to accelerate into the Light so that we can ultimately receive the same message that God gave to Jesus. "This is my beloved Son in whom I am well pleased. Hear ye Him."

Our divine plan is very important. There was a book called *What Color is my Parachute?* It was intending to help people figure out their purpose in life. Your divine plan could be relatively simple to understand. There are some children who incarnate, and they know for a fact: "I'm going to be a veterinarian," or "I'm going to be a singer," or "I'm going to be a scientist," and they really have it clear.

Other people don't have it so clear, and they might go through four years of college and still not be clear. Then some people like myself go through what appears to be hundreds of lives in one, where our life takes us all over the place, in all different locations and countries, meeting with all kinds of people to balance karmas, doing all kinds of jobs and activities—from being a homemaker to being a professional to serving in all kinds of ways, cycle after cycle.

Sometimes we have to take so many different paths, one after the next, to balance karma, that our divine plan may look like a hodge podge manifestation to those who have a straightforward life. Nevertheless, as we keep moving forward, and especially when we are working with the masters and calling for the highest manifestation of our divine plan to manifest into form, things will become clearer.

My friend Mother Caspari, who lived more than a century, would speak of the golden thread that ties all of our life events together. She explained to me that as you get older and look back upon your life, you will see that everything had a purpose and led to the next stage. Nothing was disparate or useless, like we read in the poem *The Builders* by Henry Wadsworth Longfellow, who was one of the lives of the master Lanello.

All are architects of Fate,
Working in these walls of Time;
Some with massive deeds and great,
Some with ornaments of rhyme.

Nothing useless is, or low;
Each thing in its place is best;
And what seems but idle show
Strengthens and supports the rest.

For the structure that we raise,

Time is with materials filled;
Our to-days and yesterdays
Are the blocks with which we build.

Truly shape and fashion these;
Leave no yawning gaps between;
Think not, because no man sees,
Such things will remain unseen.

In the elder days of Art,
Builders wrought with greatest care
Each minute and unseen part;
For the Gods see everywhere.

Let us do our work as well,
Both the unseen and the seen;
Make the house, where Gods may dwell,
Beautiful, entire, and clean.

Else our lives are incomplete,
Standing in these walls of Time,
Broken stairways, where the feet
Stumble as they seek to climb.

Build to-day, then, strong and sure,
With a firm and ample base;
And ascending and secure
Shall to-morrow find its place.

Thus alone can we attain
To those turrets, where the eye
Sees the world as one vast plain,
And one boundless reach of sky.

To get to that place of complete self-realization, we have to first balance the smaller karmas. Remember what God says in the Bible: if you are faithful over the little things, God will make you ruler over the big things. We have to be faithful over

the little things. We have to balance the karmas. If we have too much pride and say, "This job is beneath me," then we won't get to the next place. As chelas on the path, we have to do whatever is in front of us do, and do our best with it.

Mother Mary once told us that when we are unsure of what we are supposed to do, to just take the next right step. She also told us that whatever we do, to put love into it. Whether you are sweeping the floor or washing the dishes or whatever it is that you are doing, put love into what you do. There is no such thing as a menial task for the Brotherhood. Saint Germain even called for scrubwomen to help him change the world.

The menial tasks performed with love actually help us expand the pink plume of divine love held within our threefold flame. When we are doing more mental, intellectual or wisdom work, we are activating our crown chakra and drawing upon our yellow plume. When we do physical work, like people who build homes, architects, gardeners, or people working in a kitchen, this will strengthen our blue plume.

It is important to be well rounded and to develop mastery in all areas of life. That is also part of our divine plan. Mother Mary once gave a teaching where she said she taught Jesus how to sew and cook and clean. We also have to be willing to start at the beginning. When Jesus went to see the hierophant of Egypt, he was very advanced already as a soul. The hierophant recognized that. Jesus insisted on starting at the very beginning. This was true humility and for a greater deepening of soul because the mantra of God is always, "Behold, I make all things new." You can read more about these experiences in the life of Jesus at www.gospelofaquarius.com

Our ultimate divine plan is to make it home to God, to ascend in this life. The ultimate outpicturing of this divine plan is to create as much good karma as we can, in every sphere and

aspect of divine consciousness, so that we can add to our causal body.

Our ultimate divine plan is also to invoke the violet of flame and spiritual protection, so that we can accelerate spiritually no matter what we must do. Then, we may be able to work on those aspects of our divine plan that we find most appealing, either part-time or full-time.

Our divine plan may or may not be part of a professional career. It can involve having children. Sanat Kumara once said that the greatest service we can give to life is to become parents and to have children. So having children and supporting those children may be the divine plan for your life.

Again, your life may have many chapters. One of the things I have noticed with people who have been on the path of the ascended masters for a long time is that they tend to have many lives in one. They tend to have many different episodes or chapters in their life—more than the average person out there. Many older souls did not incarnate to just be with one person, to have just one job and then to retire. The many karmas that must be balanced in the final incarnation demand otherwise.

Look at our beloved Messenger Elizabeth Clare Prophet. She had four husbands. Each one was a karma that had to be balanced, and also an opportunity for redemption, especially when she was married to her twin flame Mark L. Prophet. We may never fully understand at the human level why we have to go through all of the various challenges but our soul knows the initiations that we have to go through.

Mother explained that when she went traveling all over the world, she was balancing karma in Africa, balancing karma in South America, balancing karma in Europe. Now we have the gift of the internet which allows us to do that karma balancing without even having to get up from our seat, which in many

ways, is a lot more convenient. The gift of the internet is actually Saint Germain's technology, and it is a great gift for the Aquarian Age—to be able to multiply our ability to reach people and to do good works on a larger scale in order to balance karma more quickly.



We must not take for granted the accelerated technology, which, when put to right use, is a tremendous acceleration for our divine plan. I remember when I was in high

school, the first computer class I attended. We were learning basic computer programming, with just ones and twos. “How boring,” I thought. “Don't they know, we are supposed to use computers to see the whole world, to learn everything there is to learn about the whole world and to communicate with the whole world? I had the inner memory or prophecy of the internet. I knew in my soul that this was coming, at least ten years before it was released into the world.

When my children were little, they talked about flying cars. They told me, “We are going to have flying cars.” We know that in China, they already have flying cars, and we probably will get them here as well. These are all parts of the divine plan.

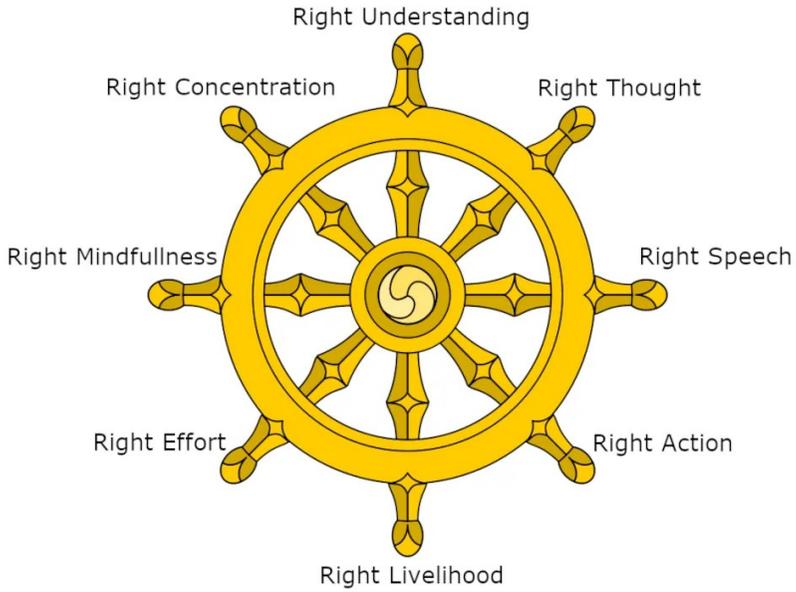
Souls of light study for their divine plan in the etheric retreats before they come into embodiment, and then go again during sleep to the retreats to gather more information and direction about the next steps and stages of their divine plan.

We've been told that the master known as the Great Divine Director, holds in his causal body the divine plan of every man, woman and child on this planet. We can call to him if we need assistance in figuring out the next step of our divine plan.

And so we began our lesson on the divine plan and the with the Dharma with the Buddha in the Sangha. We will end this lesson with the Buddha by looking at the Eightfold Path. Every aspect of the Eightfold Path has to do with our divine plan. The Eightfold Path consists of eight practices: right view, right resolve, right speech, right conduct, right livelihood, right effort, right mindfulness, and right meditation or samadhi.

There's one practice in particular—right livelihood, where we want to make sure that the way that we earn our living does not harm life or ourselves in any way. Our divine plan and its expression through right livelihood is a sacred adventure and a sacred contract.

So no matter where we stand on the road of life, we need to always follow the next right step and adhere to the Eightfold Path.



Lesson 10

Choosing Your Sponsoring Master



We have learned about the ascended masters in the heaven-world, and we know that many can be found at www.ascendedmasterindex.net and in a lot of other places.

I would like to share a teaching with you now that came through the dispensation of Theosophy. It is a teaching that our beloved Elizabeth Clare Prophet also revisited when she was studying Theosophy with ascended master students. She read the book *The Masters and the Path* by C.W. Leadbeater during her darshans, that I highly recommend and that you can find on YouTube.

The ascended masters explained to students of Theosophy that you can pick one master in particular and make him or her your sponsoring master. Even though you might have several masters that you feel close to and that form a “mastermind alliance” with you like Napoleon Hill talked about, the recommendation here is that you want to really devote yourself to one master in particular.

You devote yourself to that master by doing good works in the Master's name. You want to create a close bond with the master. You can read their dictations and teachings. You can give their decrees and talk to them each day. As you do this, so the master will create a compartment in their consciousness for you, to directly observe you and help you. You become a part of the master's consciousness. They are able to tune into you, and you are able to tune into them.

What is most special about the sponsoring master relationship, the master Kuthumi explained, is that the master will then help you balance your personal karma, and in exchange, give you world karma to balance. This helps you balance karma more quickly, and planetary karma is less difficult to balance in some ways, because it does not register on your soul so personally. Personal karma can be very challenging to go through, because it really “gets our goat,” as they say. World karma, on the other hand, may be heavy and difficult and challenging, but we are not as personally invested. We are more impersonally invested in our world service, like those saints who bore the stigmata.

The master can also give us token karmas. This is illustrated in a story Paramahansa Yogananda recounts in his book, *Autobiography of a Yogi* about the master Babaji, who took a hot coal and placed it on the shoulder of his disciple, burning him. The master explained that the student's karma demanded that this one fall and perish in the fire, so the master instead

took on the karma and gave him a token experience, thereby saving his life. Then Babaji placed his hand on the shoulder of the student and healed him of the burn.



So the gift of the sponsoring master relationship is that our master by cosmic law can help us balance our karma more quickly and give us world karma in return. This is also an acceleration of our spiritual path, just like gift of the violet flame, which is probably the most tremendous acceleration that we could ever find.

We really want to take advantage of this sponsoring master relationship. Pick an ascended master of your choice. There may be a time when you move from one master to the next. For about twenty years, I was very, very close to the masters Lanello and El Morya. Then for the next ten years, I drew very close to Jesus and still do. Now, I find myself drawing closer to Gautama Buddha.

Just like with human relationships, we build a friendship and a connection and a commitment with each master who

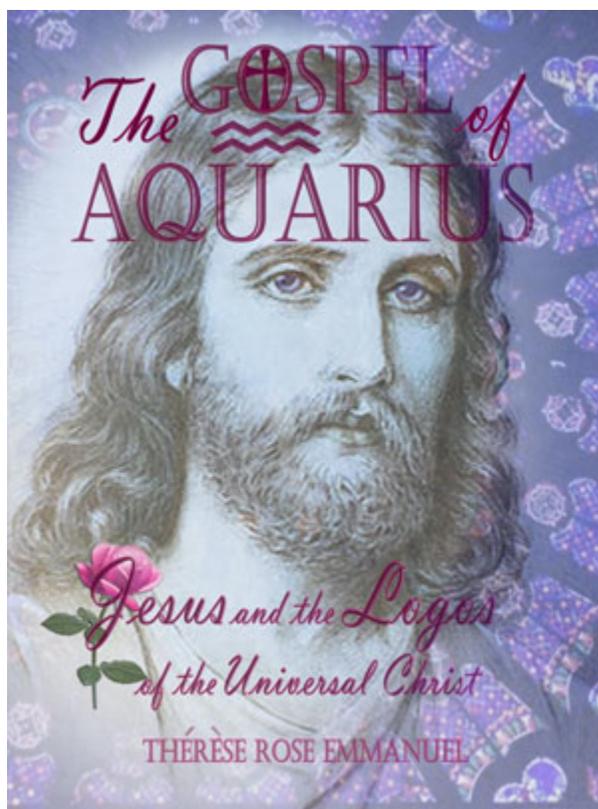
ultimately plugs us into the entire spirit of the Great White Brotherhood. Then, once we are ready for the next teacher, that teacher will appear.

We study under one master. We gain a certain mastery with them, and then we may be given the opportunity to be shepherded by a new master. We must always be flexible, even as we still treasure those previous ascended master relationships who have been our best friend. Like the saying, "Old friends are like gold," so are the masters who helped us in the beginning of our journey . They will always remain a big part of us because they invested their light and attainment into us, and we would give back to them with much gratitude.



I still very much appreciate Lanello. I often write and burn letters to him. I also appreciate very much the master El Morya and his incredible givingness on that blue ray of God's will. And I so appreciate Jesus, who saved my soul. He really is a world

savior. He went and found me as a little lost sheep in the bushes and brambles of life. He never let go of me even though at times, I almost let go of him. I am so thankful to him. I really am. That is also why I wrote for him *The Gospel of Aquarius* that you can read at www.gospelofaquarius.com



Now I am developing such a beautiful love for Gautama. I realize that I always loved him and want to serve him. I don't know if he is my sponsoring master completely, but he is certainly working more closely with me now.

I'm explaining these things to you because as the

masters work with us, there is a flexibility and always room for growth. Things are continuously evolving and expanding in heaven through the law of transcendence, that applies to us as well. As above, so below.

So please consider when you look at www.ascendedmasterindex.net or any of the websites or teachings on the ascended masters, who you might pick as your sponsoring master.

Do you feel very close to Mother Mary? She will absolutely work with you if you give her rosaries. Even if you become a part of another master, you can still give Mother Mary's rosaries. She is the queen of Heaven.

Perhaps you feel close to Kuan Yin, the goddess of mercy, and the Asian masters and mantras. Perhaps you are determined to be Archangel Michael's knight in shining armor. Or perhaps you just know Saint Germain is your master and you say: "Everything I do is for Saint Germain, for the Golden Age of Aquarius."

If you are a student of psychology, you might really want to work with Kuthumi, because he is the master psychologist. If you want to become a minister and expand your heart with love, Djwal Kul is a very good choice and a master who focuses on love.

Whichever master you pick, cling to that master. There is a concept in Hebrew in the Kabbalah called Tikkun, which means "to cling." Cling to God. I used to think of these little burrs in the wilderness—when you get burrs on your shirt or on your socks, and you can't get them off because they cling so hard with their little hooks. They have tiny little hooks if you look at them closely. That is what we have to do with God. We have to cling to God like a burr! We have to cling to the master that we are working with.

Tell that Master you love them. Tell them you will do whatever they ask. Then try and do whatever they ask. Study their words and what is important to them. Treat them like you would your very best friend.



Every relationship has to be built and forged and won. This is the way through which you become more of your master and your master allows himself or herself to become more of you. It is really a figure-eight flow at the level of your Christ self,

because at the level of the Christ, we are all one. The Christ of yourself and the Christ of your Master are one. So your master is bringing you and shaping you and finessing you for the work and the relationship of your soul with your Holy Christ Self, in preparation for that alchemical marriage where she will be the bride of Christ.

You can look up the book *The Masters and the Path* online to read what Leabeater said about becoming a chela of the master, and then moving from chelaship to adeptship and arhatship. You can read about the various levels of sponsorship where you become a disciple, and then ultimately an unascended master, before finally becoming an ascended master.

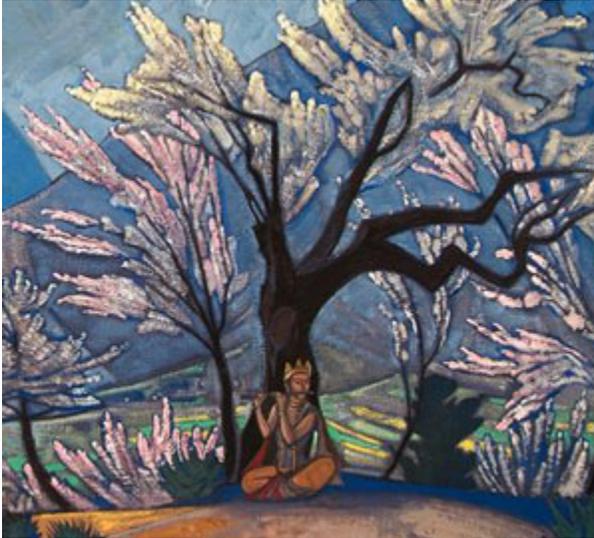
All of this takes place with or without a physical body. We don't have to wait for the change called death to have these changes take place in our life. We can change right here and now, while we are living simultaneously in the etheric plane and in the physical plane.

This is the teaching on the sponsoring master relationship that I chose to share with you as our ninth lesson nine, for you to accelerate on your spiritual path home.

God bless you and your Master!

Lesson 11

Nurturing Your Four Lower Bodies



In this lesson, we will learn more about how to take care of our four lower bodies. We know we have four lower bodies, our etheric body, our mental body, our emotional body and our physical body. Each of these bodies is actually looked after by an elemental being. Our etheric body is looked after by a salamander. Our mental body is looked after by a sylph. Our emotional body is looked after by an undine, and our physical body is looked after by a gnome that we call "body elemental."

Mother Elizabeth taught us that the body elemental looks just like us and stands about three feet tall in our aura.

We want to look after these four lower vehicles, because they are the transportation for our soul in this plane, while she balances her karma and fulfills her dharma. These bodies are a gift from God. The Bible tells us that our body is the temple of God. Saint Paul writes, " Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

We don't want to take our body for granted, and we are careful with how we look after it. Certain habits can be helpful to the body, while others can be very detrimental. A lot of people, especially in the West, pay special attention to the care of the physical body, and we know that includes diet and exercise and good sleep. In the East, people also looked after their body with yoga, which is now popular in the West as well. The ascended master Saint Germain encouraged the practice of yoga.

When it comes to diet, I have seen many fads and phases that people were into to try to do what's best for their body. Each phase can have different benefits. Students of the ascended masters have journeyed through many food phases. There were phases of raw food; there were phases that were vegan; there were phases that were vegetarian; there were phases that were macrobiotic; there were phases where meat was reintroduced for strengthening.

Above and beyond this, the ascended masters definitely encouraged students to avoid sugar as much as possible, and also pork, which is a meat that was genetically engineered in ancient times and contains a human gene. That being said, the masters also do not want us to become completely fanatic. I had experiences with Mother, where she invited us occasionally to eat some things that you wouldn't consider the healthiest, like

ice cream. This helped me to understand that, especially as a mother with children, you must avoid imposing rules with fanaticism.

Jesus also told us that what comes out of our mouth is far more important than what goes into our mouth, meaning that we have to watch our words, our deeds, our consciousness even more than what we put into the body. I think a lot of people can get hung up on dietary restrictions on the spiritual path and can become idolatrous of the health of their body.

Remember the teaching that Jesus gave to Peter, "Rise, Peter, kill and eat." There were restrictions in the dietary laws of Judaism, which is the kosher diet. There were certain things that Peter would not eat because they were not prepared in a kosher way, and what Jesus was telling Peter is that now that he was teaching the Gentiles, he had to become more flexible.

Ultimately, if we bless our food and charge it with spiritual fire, we can transmute the impurities therein. When the master Saint Germain was the Comte de Saint Germain—the Wonderman of Europe—and wrote the *Most Holy Trinisophia*, he would eat a little bit of chicken. Then two hundred years later, the students of the I AM Movement sponsored by the ascended master Saint Germain were complete vegetarians.

This was because meat registers fear, which it the animal produces at the time of death, especially if it's a larger animal. Nevertheless, Saint Germain taught that fish and lamb were the spiritually cleanest meats. The I AM students also shunned onions and garlic, because their smell is repelling to the angels, but these were later reintroduced in the Summit Lighthouse dispensation through the macrobiotic diet because they strengthen the physical body. El Morya also told students in the Summit Lighthouse that if you eat meat, you have to give more violet flame.

Fasting is important and beneficial. It is a practice the masters have called for again and again. All spiritual traditions ask people to fast and pray. When you fast, you must do so in a way where you are undisturbed and you can handle it, because fasting can dislodge entities and become problematic. For this reason the Messenger advised students not to fast more than three days in a row. Otherwise, it can become unbalancing.

Where you live will also have an impact on how yang or dense the diet needs to be, based on the eastern system of yin and yang. If you live in a cold climate, you are more going to want to eat more yang foods like stew or meat. If you are in a tropical or warmer yin climate, you might be fine with mostly fruits. Yogananda always recommended fruits to his students as the most spiritual food.

So all these things have to be taken into consideration, as well as the age of the person, and food allergies. There was a teaching that I found helpful called *Eat Right for your Blood Type*. I think there is validity to that concept, but again, we can transmute and bless our food even if it does not match our blood type. This makes it so that we are not completely dependent on our food ideations. My great grandfather, I was told, would say, "We don't live to eat. We eat to live."

That is the bottom line. The masters do not recommend or sponsor alcohol in any way, and especially for entertainment, but a little homeopathic remedy or Bach flower remedy is permissible. Generally speaking, alcohol cuts us off from our Mighty I AM Presence. It is an astral spirit, and there's an entity called Spiritus that comes with alcohol. The same holds true for tobacco and drugs. Marijuana, especially, will take you away from the path of the ascension. It is a terrible detriment now that it has become mostly legal in most of the United States.

We must express how dangerous marijuana is to our

spiritual integrity, because it literally kills our drive to get things done, to fulfill our divine plan, and it deeply harms the brain, our spiritual brain centers and the functioning of our chakras. The same is true for other drugs. That being said, medically prescribed painkillers after surgery for example, are a blessing. In fact we were told that the the lady masters known as the Goddess of Light, the Queen of Light and the Goddess of Purity have sponsored many medical advances including anesthesia.

When it comes to the health of our mental and emotional bodies, we must refrain from a lot of the dark and destructive forces that play out in the entertainment industry, in the movies and in so-called music. Tremendously dark forces pile up on rap music, rock music, heavy metal, and so forth, as well as on video games, some forms of advertisement and most children cartoons.

Programs that flash a lot of violence, sexual content or ugly thoughtforms are simply not what the masters want children to sit in front of and take into their consciousness. Jesus spoke in a dictation about how everything we watch must be processed for at least two weeks in our subconscious, as if we had lived it. I have found that as I accelerate on the path, I process everyone and everything I look at, even in the news, and so I must put on the full armor of God and be selective of what I put my attention on, even for short periods of time.

Every relationship, in person or through the media, is a figure-eight flow and can carry a cost and become a burden unless transmuted, so we must choose our associations wisely. When you have more light, you often unknowingly give your light to others. That is why we make the call not to give away light unlawfully and invoke the presence of Archangel Michael.

There is a lawful dharma and service to life, and then there is the bringing into our life of people who will steal our

light. We have to be very careful about that. This includes sexual relationships, because we are literally figure-eight flowing with a sexual partner and taking on an exchange of electronic belt substance. Now marriage is a consecration, which means that the causal bodies, the Mighty I AM Presence and the Christ self of each individual is involved in the consecration of that union. Without the vow of marriage on the outer and/or on the inner, the sexual union can only be a meshing of electronic belts.



Sanat Kumara gave us the call that we should use daily: "In the name I AM that I AM, in the name Brahman, take command of the youth of the world. Take command of rock music, rap music and the entire drug culture." To this we can add other personal and planetary concerns.

I was telling a friend recently that when fish were caught from the various oceans in the United States, it was found that a lot of fish carry antidepressants and other drugs in their system.

This means our ecosystem is literally carrying some of these drugs. And though some of these drugs may be a stop gap measure for a while, we should be concerned about overuse because a lot of these drugs make it much harder for people to connect to their Christ self and Mighty I AM Presence. They affect the pineal gland, and densify and calcify it. Drug use and abuse can really shut down our ability to have a true and ongoing connection with our higher self, which is the only thing that will ultimately free us from depression.

Our daily decrees can also keep our four lower bodies energized and happy. We can invoke Light daily with mantras and songs, and through the science of the spoken word. We invoke that flame to accelerate ourselves and to purify our world.

The adage, "Cleanliness is godliness," also comes to mind. We want to have cleanliness and order in our environment as much as possible, so that our lower bodies can be at greater peace—the peace that comes with order.

Mother Caspari, who worked with Maria Montessori in India during World War II, would say that it was very important for children especially in their early years, to be surrounded with order and discipline. "A place for everything, and everything in its right place." Otherwise, chaos ensues.

When chaos invades our consciousness and life. We become accustomed to chaos, and chaos is the antithesis of the Light. The chaos of the unformed is what happened before God formed the universe. He drew out of chaos the formed. He separated the light from the darkness and brought forth an ordered universe that runs "like clockwork," or even better than clockwork. Think about the precision with which the sun rises and sets every day. Think about the nature of our heartbeat and how precise our cellular functions are.

Like God, we also want to avoid chaos and the forces of anti-creation in our world, which is the part of life that we manage. The force of anti-creation is the force of anti-love because the source of all divine creativity is Love. True co-creativity with God is the love that will nurture our four lower bodies better than anything else and help to bring us home.

These are my thoughts on the caring for your four lower bodies and your chakras. Be careful what you listen to. Be careful what you ingest. Be careful who you tie yourself to. Be careful who you sleep with. Be careful who your friends are. You want a like-minded community of people. This is just as important to your spiritual success as the foods that you eat. What you take in is what you become. Who you spend time with is who you will be like, so choose wisely those who will edify you.

Be careful what you watch. Be careful what you eat. Be careful what you drink. Be careful about not smoking. And make sure that you get your decrees in, along with even a short meditation each day for the rest of your life. Make sure you draw nigh to God, for God promised, "Draw nigh to me and I will draw nigh to thee." In Jesus' name.

Lesson 12

Praying for the World



Well, my friends, we have arrived at lesson 12 in adeptship. This is where we will get off our little prajna boat.

I have thoroughly enjoyed and appreciated being able to share these teachings with you, and taking this journey with you. I highly recommend that from here, you keep going with the path, with the teachings, and with all that's out there to

study and to find in ascended master culture. I encourage you especially to listen to the dictations by Elizabeth Clare Prophet, and the teachings that came straight from her. She was, is and will always be such a wonderful teacher.

I wouldn't be here if it wasn't for her. She changed my life. She was the most sublime juncture in my divine plan when I was in my early twenties. In summer camp when I was fourteen, a girl who had been raised with gypsies read the palm of my hand. She said to me, "Something very important is going to change your life in your early twenties." Sure enough, I found the teachings of the ascended masters and met Elizabeth Clare Prophet. This changed everything for me.



So please do avail yourself of all that is out there and through the Summit Lighthouse that will help you to accelerate your path even further, now that you have gone through these 12 Lessons in Adeptship.

The last lesson we include is how important it is to pray for the world. We have to balance karma, and we balance karma when we pray for the world. Furthermore, when we pray for the world, we are ensuring that our planet has a chance to carry on, not only for ourselves, but for future generations. We need to, as responsible sons and daughters of God, pray for the world every day.

There are many topics that the ascended masters have asked us to pray for, beginning with the defeat of abortion. Abortion is a terrible crime against the incoming soul. It literally aborts the divine plan of a soul and the people that soul was supposed to connect with. It is not just a physical tragedy. It is a soul tragedy. It is the greatest collective sin that we have.



Then we look at the wars. We look at the misuses of money. We look at what Saint Germain has called the

“International Capitalist Communist Conspiracy.” We look at the problem of socialism. We look at the problem of excess materialism. We look at what is God Justice and where there are injustices in the world around us, and in the justice system. We look at what is going on in the economy and where our money supply and resources are manipulated. We look at all of those things that would seek to encroach upon our Constitution and our sacred freedoms, including the entire new challenge of artificial intelligence, robot creation and totalitarian agendas for mass control and surveillance.

Only our prayers, powered by the threefold flame in our heart and our connection to the ascended masters can turn these problems around and bring in the necessary change. The more we give the violet flame, the more we will see change in our world for the better. The violet flame will help us lift up the planet and ourselves to the next dimension and level of consciousness, so that the worst doesn't come to pass in the physical plane.

I remember a dream I had of Armageddon several years ago. It was a very real dream with shooting going on around me, and terrible war. Then I was given the understanding that I was experiencing this war in the astral plane, so that it wouldn't have to come to the physical plane.

We know that every time there has been a major setback in world history, and the ascended masters included the French Revolution on that list, astral forces were involved. The French Revolution became so bloody and violent with the Reign of Terror and the guillotine. It was not the will of God for that to happen, especially in the way that it did.

So when dark events are allowed to happen, they take on a life of their own. There are beasts of war—predatorial beasts of vampirism that come in from the astral plane—and they can

literally rip the planet apart. We saw this again and again in ancient times, how civilizations were destroyed by war and by cataclysm and by the misuse of science and music and sound, as well as the misuses of God's power and light through the fallen priesthood. This can happen in every religion and even in the teachings of the ascended masters if we are not careful.

We have to pray continuously for the reversing of the dark sound that comes through popular music. We witnessed the sinking of entire continents also because of the misuse of science, atomic weaponry and genetic engineering. You can read all about these records of history in the book, *Ancient Civilizations in Ascended Master Culture* and on the website www.goldenageofaquarius.com

We must continue to pray about all of these things, including the misuses of science and viruses and chemtrails and everything else that is a burden on the four lower bodies of the planet and her people. We also have to make calls on the educational system and downward spiritual trends in society.

The ascended masters are not in favor of same sex unions and marriages, because it is important for a soul to balance the energies of Alpha and Omega in a given life. Whatever gender a soul embodies through is their given gender for that life, and their dharma for that life. They must fulfill that dharma. Not doing so becomes a rebellion.

The more people engage in homosexuality, the more they will reincarnate with the same issues multiplied. They may think this was a genetic predisposition from birth, but it is the karma of their soul's past rebellion against the laws of God, against Alpha and Omega and the union of Alpha and Omega, carried from lifetime to lifetime. That doesn't mean we hate homosexuals. That doesn't mean that we cannot appreciate who they are in other aspects of their lives. Mother welcomed many

homosexual spiritual seekers into the teachings of the ascended masters on the condition that they would remain celibate and use the science of the spoken word to purify and raise the divine sacred fire energies in their temple once again as God always intended for them.

So we have so many things to pray for: the economy, national politics, international affairs, wars, drugs, drug, child and human trafficking, homelessness and so much more. We must look at what is going on in the news, without becoming overpowered by it—and only long enough to be able to give specific prayers on everything that is not the way it should be.

This way, we hand over our problems to God every twenty-four hours. Then we know that the masters will work with our calls because we, of our own free will, have invoked their intercession. They cannot lawfully intercede into our world without our call.

Remember the master Sanat Kumara gave us that beautiful, short prayer. He said that we can invoke the name I AM that I AM and the name Brahman. These are two names of God, one from the Jewish tradition and one from the Hindu tradition—one from the East and one from the West.

In the name I AM that I AM, in the name Brahman I call to Sanat Kumara and the legions of the thirteen archangels—Christ in the center of the twelve—to take command of...

Then he said, list the issues. Take command of the youth of the world: drugs, sugar, liquor, nicotine, rock music, rap music, and all of the rest, including the drug culture. Take command of the misuses of power within the pharmaceutical industry, the medical industry, politics, government, environmental problems, educational problems, cultural problems, the misuse of entertainment and music and everything else that we see, including abortion, child trafficking

and all of the harm that is done to children around the planet.

We call now for the removal of those who are in positions of power, the power elite and the International Capitalist Communist Conspiracy. We call for the cleaning out of our government agencies, our military and everything else. We call for the cleaning out of the entertainment industry, Hollywood, the media and every department of church and state, including the cleaning out of corruption from all the religions of the world, and wherever there is false teaching.

So much happens around us every day. It is easy to spend an hour, a day or more, in prayer for the world. And this, if you are truly pursuing the path of adeptship under the tutelage of the Great White Brotherhood, is an important responsibility.

The ascended masters and the angels and younger souls who do not know this teaching are counting on us to make these calls for them, including the youth of the world, so that heaven can intercede, thanks to our free will invocation.

Then we pray with all our heart that these calls will be answered perpetually, multiplied perpetually, and will catch like wildfire from heart to heart as we nurture that threefold flame, and grow and expand it. Every time we give our energies to God in prayer, and thanksgiving and service, that energy will be returned to us multiplied many times over, so that we keep growing in grace and divine consciousness, and so that we can ultimately make our ascension even from the physical plane.

These are my thoughts. I am so thankful that you walked this journey with me. God bless you on your path.

Namaste, which means, "I bow to the light within you."

About the Author



Thérèse Rose Emmanuel is a poet, artist, writer, photographer, songwriter/singer, web designer, teacher and mother. She has authored many books and websites for personal and spiritual growth. She also composed 52 Songs of Divine Love to celebrate the mystical fusion of the world's spiritual traditions, and the teachings of the ascended masters.

Thérèse was born in Paris, France. She has traveled to many countries and speaks several languages. She highly appreciates the beauty inherent in classical art, music and nature.

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