

CHAPTER 9

LAW OF DIVINE ONENESS

Spirit is the essence of consciousness, the energy of the universe that creates all things. Each one of us is a part of that Spirit—a Divine entity. So the Spirit is the Higher Self, the eternal being that lives within us. Shakti Gawain

Our thoughts, our visualizations, and the language by which we express our thoughts are some of the most powerful tools we have for spiritual growth. Just as God, or the ALL, creates with mind, so do we as human beings. Thoughts create, and constitute the basis for all there is because thoughts are vibrations before they become thoughts. We then express them as the energies of words, emotions, and actions. In this way we interact with the world and carry out our life activities.

The Law of Divine Oneness helps us understand that we live in a world where everything is connected to everything else. Everything we do, say, think, and believe affects others and the universe around us. As we grow spiritually, we learn how to transmute negative thoughts, words, emotions, and actions into positive ones. Thus, we not only manifest a better environment for ourselves, but we also help create a world that is consistent with the One.

To assist us now on this journey, Master Athena explains the Divine Concept of Oneness in the following way.

Greetings to all Aspirants who wish to become self-realized in the Light.

I, Athena, am pleased to be selected to work with Master El Morya to deliver the ancient wisdom of Hermes Trismegistus, better known to the Egyptians as Thoth, on the universal principle of the Divine Concept of Oneness. I fulfill this assignment with my heart connected to the Great Central Sun which provides me with the connection to the Divine. It is this lifeline, through the Higher Self, that shall bring forth the highest frequency of information to the reader of these words.

To the students of this lesson, one directive is given. Feel the message with the heart center, rather than receive the words in the mind. Absorb the Light that comes with the message, and in so doing, you shall begin the journey of becoming self-realized in the Light.

It is now time to allow the information to flow from the mind of the Creator.

The Divine Concept of Oneness is the Universal Mind. It is the realization that ALL IS MIND and the universe exists within this field of pure energy and Light. All is consciousness—the planets, the suns, the animals, the plants, the minerals, and all beings of multidimensional forms who grace the Creator's kingdoms. Nothing escapes this principle, for all is composed of the same substance at the subatomic level.

It is here, at the subatomic level, where the Oneness Concept sustains the life force within, and it is also at the level where higher consciousness is realized, for all is mind energy in the universes and all is information which can be reduced mathematically.

This field of mind energy is sometimes referred to as the Golden Liquid Light, or otherwise known as prana, chi, or life force energy. This field is accessed by individuals by silencing the active

mind. This state reduces the number of electromagnetic signals emitted by higher mental actions. Silence allows the nine bodies to align with the perfect code that locks the individual into this force field.

Once an individual resonates to the frequency of Divine Oneness, the mind connects with symbols and patterns that reside in this force field. These, in turn, enable the mind to use this connection for creation and manifestation. The key to accessing this “power” lies in the person’s ability to remain totally calm, balanced, and at peace during all situations.

Mind, body, Spirit, and Earth are all interconnected within the Golden Liquid Light. They are all one, yet each affects the other in subtle ways. Humans moving into the Fifth Dimension must understand this concept, and also understand the subtlety of the mental body’s and mind’s influences on the creative process. This is especially true for scientists. If this is not understood, evolution will be stalled and chaos will result, causing pain to those moving through this portal of time/space.

A magnetic flux exists in the universe which will be experienced more fully when Earth is integrated into the Fifth Dimension. It is sensitive and fluctuates easily through the stimulus-response patterns being emitted constantly by various energy sources. For example, whenever there is a disruption in the force field, a momentary disturbance is created in the magnetic resonance patterns around individuals. The cycles of the moon and the subsequent effects on human behavior illustrate this point. When such disturbances occur, information received by individuals is disrupted, and the mathematical symbols are disturbed. This causes “inaccurate” information to be received and assembled within the mind.

I place the word inaccurate in quotation marks to make a point. In reality, no information received is inaccurate, because all information is received as a result of the magnetic patterns that form around an individual. Students of Universal Laws know this to be true and recognize that this statement is in reference to the

Law of Attraction. By using quotations, I emphasize that information exists that is more stable and conducive to the growth of the individual's nine bodies, and that this greater wisdom can be accessed through higher vibrational patterns within the Divine Mind. When an individual is calmer and more stable, his or her ability to receive higher forms of information with fewer distortions is increased. Therefore, information received under these conditions is deemed to be more "accurate."

Another way to assist one's understanding is to provide another explanation. Accuracy also can be defined in terms of information received through stages of the evolutionary development of the soul. What is understood and accepted as truth and accurate in one phase of development is discarded later as the person evolves into higher fields of understanding. Thus, this explains how science has evolved throughout the centuries. As wisdom and knowledge expand and become stabilized, concepts are received at higher levels of understanding and development. This, then, changes the face of truth.

Awaken, my Sisters and Brothers of the Stars! You are the spark of Divine Creation, come to Earth to be the co-creators with God. Remember Oneness!

All is mind. All is thought. All is the All.

In the Universal Mind of Oneness, I, Pallas Athena, born out of the mind of Zeus, conclude this discourse. So Be It!

SUMMARY

Everything in the universe is connected in a force field of Oneness. All is consciousness. All is God. Since we exist within this field, we are one with it. Therefore, our thoughts, feelings, words, and actions are powerful forms of energy.

Some concepts to understand are:

- ALL IS MIND. Since we exist in this field of Divine power, we

are one with it.

- The field of mind energy often is referred to as Golden Liquid Light, prana, chi, life force energy, God, or the God Force.
- The most powerful tools for spiritual growth are our thoughts, visualizations, and language. Thoughts have the power to create.
- The key to accessing mind energy is the person's ability to remain calm, balanced, and at peace in all situations.
- We are the co-creators with God, come to bring Heaven to Earth through right use of the connection to this force field of Oneness.

CHAPTER 10

LAW OF VIBRATION

Nothing rests; everything moves; everything vibrates. The Kybalion

Everything in the universe is in motion, whether solid, liquid, or gas. All things move, vibrate, and travel in circular patterns. Each thing that exists is identified by its own unique vibrational frequency. Frequency is defined as the number of periodic oscillations, vibrations, or waves per unit of time.

No two things in the universe are truly identical, because each has its unique vibrational pattern. The differences between matter and energy are explained primarily by the differences in these vibratory motions. Phenomena such as light, heat, magnetism, electricity, and sound are forms of vibratory motion, just as trees, desks, flowers, and animals are.

When things vibrate very slowly, we hear no noise. Physical objects vibrate slowest, which is why we cannot hear any sounds emanating from them. As vibration is increased, we begin to hear lower-pitched sounds. Further increases in vibration allow us to hear higher-pitched notes, as when we strike the ascending keys

of the piano. If vibrations increase further, to a higher frequency, we may not be able to hear the sound because it may have moved out of our ability to register the frequency.

So it is with our ability to see color. We are limited in seeing only the colors that are contained within the spectrum of Light—the rainbow. Our first perception of color is of a dark red. As vibrations increase, the red becomes brighter, then turns to orange, and then to yellow, green, blue, indigo, and violet. Violet vibrates higher into ultraviolet where we no longer have the ability to see the color, just as we cannot see infrared with the naked eye.

The same principles of vibration that apply to the physical world also apply to us and to our thoughts, feelings, desires, and will. We each have our own unique sound, say the Ascended Masters, and that perfect sound is who we really are. If we could become still long enough to connect with this sound, we would discover our true, perfect self.

Disruptions in our lives, our life-styles, television, radio, people and noises in general all serve to keep us from hearing that perfect sound within and from becoming it. Many of the vibrational frequencies in the world work to compete with and disrupt our mental and emotional states, keeping us from connecting with the perfection lying dormant inside.

Our thoughts, emotions, and wills send out vibrations into the universe. Every thought or mental state has a corresponding rate and mode of vibration. The higher the vibration, the longer lasting the effects are. The lower the vibration, the more potent the effects are in the short term.

In the higher dimensions, such as the Fifth Dimension, the Law of Vibration is considered to be “what is.” In these dimensions, nothing is assigned meaning, only a frequency. Thoughts, emotions, behaviors, and actions are understood for the level at which they reside. An angry person is analyzed objectively as being angry, with no value assigned to the behavior. An effort is

made to try and understand the behavior, and perhaps a plan is prepared to try and raise the vibrational frequency to a higher level, thus transmuting the anger into something less painful.

We live in the Third dimension, the plane of dichotomies, which reflects most things as good/bad, black/white, or yes/no. Because our identity is associated with this mode of operation, most of us have a characteristic style of optimism or pessimism. Optimism resides on a higher frequency and pessimism resides on a lower frequency. Optimists tend to expect more of the world. This is communicated to others and is likely to be realized. Pessimists expect the negative. They anticipate gloom and doom and actually help create it. Our basic style is important because whatever we choose creates a vibration that goes out into the collective consciousness and helps either to raise Earth's vibrations or to lower them. When we express negativity, we take on an amount of negativity equal to what we have expressed. Similarly, when we express ourselves in positive ways, we take on an equal amount of positive vibrations.

Vibrations not only affect us, but also impact the people around us. Positive or negative vibrations may resonate in others and create similar vibrations. If we send out thoughts of envy, criticism, hatred, or jealousy, then the same thought-forms are aroused and sent back by others.

Each of us has the power to choose. We can align our bodies and our behaviors to create harmony and consistency with the God within us. Just as we care for our bodies by choosing options and behaviors—food, exercise, freedom from addictions—to maintain our balance and remain in a state of health, we also must take care of our minds by choosing good thoughts. Positive thoughts help us move on our journey to spiritual development. Other thoughts inhibit our progress or cause us to regress. When we learn to choose the good, we move toward spiritual goals with measured progress.

Often, the full impact of our behavior on others is not well understood. We can be a positive force working for the

betterment of our organization or community, or we can be a negative force and tear down what is being built. Perhaps the most difficult form of negativity to overcome is personal or group cynicism. Many individuals who have experienced multiple disappointments or failures begin to believe that nothing will work. The group mind then creates a vibrational frequency that draws to these individuals everything else that resides on that frequency. In order to solve their problems, the individuals must learn to open their minds and hearts and think from a place connected to a higher consciousness, for the solutions will be found only on the higher planes of existence. Through the Law of Vibration, this mode of behavior always brings the answers we are seeking, for the higher frequencies contain greater knowledge and wisdom.

A few try and rationalize their negativity by saying that they need to be honest. When people are motivated to behave in a negative way, however, the vibrational frequency emitted speaks for itself. We need to strive to be honest and helpful and still be positive.

Our goal is to keep our vibrations as positive and high as possible. This means that we must not let another's negative attitudes penetrate our feelings or mental state. One of the ways to accomplish this is to learn to keep from becoming over involved in the problems of others. We need to listen carefully, help establish goals for solving the problems, and assist in planning positive outcomes, but we must keep ourselves from taking on the lower vibrations emitted by others.

Understanding the Law of Vibration assists us to get in touch with our feelings every moment of the day. Since each thought, feeling, word, and behavior resides on its own frequency, we need to learn to assess how we feel and to choose behaviors and attitudes that only help us evolve. Evolution is why we are here. The Law of Vibration gives us the basis of knowledge to transcend all that is not in the Divine plan and provides us the way to move to higher planes of existence.

Master El Morya says this about the Law of Vibration.

Namaste, my Sisters and Brothers of the Universe.

I AM El Morya, Master in charge of describing the nature of the universe through the next eleven discourses. I fulfill this assignment with dedication to this mission, for it is through understanding these next eleven laws that human consciousness will move to a state of enlightenment never experienced before on Earth. I come in the Light of Sananda and carry forth this commitment to you.

The Law of Vibration is known by the ancients to be the law of power. Understanding the context and application of this law allows each aspirant to move closer to his or her destiny and carry the torch within to the higher mode of Spirit. This knowledge also assists all to understand the conflicts experienced on the dualistic plane of matter and enables the souls to use the principles contained within the law to balance and control individual lives.

In the mind of Oneness, everything is in motion. Energy exists in all forms in the Golden Liquid Light. This pool of energy that permeates all universes is never at rest and serves to carry the smallest particles of energy into various states of action, thus causing effects to be felt constantly.

Inherent within this understanding is the fact that everything vibrates within the universes to various degrees that lie on a continuum. To say it in a way easier to understand: there are degrees of motion experienced within the Earth plane that lie on a continuum that spans from physical manifestations of the most dense matter to the higher existence of Spirit. Matter, energy, thought, and Spirit form the continuum of this range of vibration experienced by all. Yet, regardless of the variations of the vibrations, all is absorbed and contained within the Universal Mind of Oneness.

Everything is connected through the Divine Mind of Oneness. All is seen as the absolute, although each item tends to carry its own

identification and appears to be separate. In the nature of higher realities, everything experienced is a part of the Oneness, and the individualistic vibrational pattern (or frequency) of each item determines its position of influence and strength.

The Law of vibration reveals that higher powers, and higher consciousness and understanding, reside on the end of the continuum that comprises the highest vibrations of Spirit. Spirit is associated with such terms as pure Light, the Merkabah, love, and God consciousness. Physical dense matter is defined as that which one experiences with the five senses. Physical dense matter also represents the human body (the vehicle that carries the soul). It is also defined as the lower, heavier, and more subtle vibrations, such as the energies experienced in the heart and mind that cause mental pain and anger.

Since all is energy, it is easy to understand how all objects and actions impact the total human being which is composed of nine subtle bodies. Body (the physical body), mind (the mental body), and Spirit are affected most by the Law of Vibration; yet the influence of the All is present in everything that we are.

In understanding and using the Law of Vibration, the aspirant learns to integrate the higher Light frequencies of Spirit into consciousness and the lower eight bodies, thus affecting transformation. Assimilating the higher frequencies into lower dense matter, through the direction and will of the mind and heart, allows the individual to raise his or her own vibratory patterns. This increased Light reveals itself in the aura around.

The wise, old ancients knew that the greatest power resides in the Light. They understood the Law of Vibration. They understood the ultimate strength of the lightning bolt and how Light energy stands at the point of creation. They also perceived the deeper construct of the etheric field that comprises the God Force and saw how this energy field resides within each individual, although it is unrealized in most.

Simply put, the ancients knew that HIGHER VIBRATIONS

CONSUME AND TRANSFORM LOWER VIBRATIONS. Thus, the concept "love conquers all" reveals one of the greatest mysteries of creation. The more Light one assimilates into the body, mind, and Spirit, the faster the acceleration, enabling one to control life and manifest the perfect reality all around.

OUT OF LIGHT, ALL IS CREATED. All individuals who are experiencing an accelerated path to become One with the Higher Self shall instantly grasp the notion that when the Law of Vibration is understood fully, they will be able to apply this law and manifest a Heaven on Earth. When this moment is realized, the prophecy shall be fulfilled.

Since everything is on a continuum, the mission, then, is to move from the plane of dense matter and duality up to the plane of Oneness. This is accomplished by understanding those experiences and forms that have caused discomfort, pain, and sadness and replacing them with higher thoughts and experiences of love, joy, and peace. All that is experienced in life is nothing more than events designed within the Law of Vibration to provide Initiates opportunities to learn of the Law of Vibration and to choose to remain on that level, digress to a lower level, or aspire to a higher one. Once an individual moves to a higher level, that which was experienced on the lower level is never experienced again as a test of learning. The higher vibrational level assimilated within the nine bodies (by the choice the individual has made) serves to consume and transform the lower vibratory frequency. Consequently, since each thought, event, action, and emotion is assigned its own unique vibrational frequency, all that is of a lower nature is slowly "burned off." This phenomenon serves to continue to purify all of the lower nature within the subtle bodies and rests at the heart of purification.

All Initiates must learn the importance of purification, which only can be realized through the mind and heart connection. Purification also comes from the understanding that emotion is the cosmic glue, and that what is willed with strong emotion will be created. This is so.

Therefore, when one experiences the higher and lower natures at battle, it is important, on the road to mastery, to acknowledge BOTH sides of the duality and walk the middle of the road. In the Oneness, ALL must be addressed and understood—nothing can be omitted. The key to transformation, then, is not to attach any emotion to the lower vibratory patterns, but only to feel the strength of the love and higher energies. Once this is accomplished, the individual will move quickly through the experience, enabling manifestation of the higher kingdom of Light and love to be realized more quickly. For now, this brief explanation shall suffice. Use it as a tool to carry the torch in the soul to the Higher Self. I am El Morya. Adonai

SUMMARY

Everything in the universe is in motion. Energy is never at rest. It is constantly in action, creating various effects. The differences between matter and energy are explained by the differences in their vibratory motions. Light, heat, magnetism, electricity, and sound are forms of vibratory motion, as are trees, desks, flowers, and animals.

- Everything in the universe is in motion, and objects and entities vibrate on a continuum.
- Our thoughts, emotions, desires, and wills give off vibrations which affect us and those around us.
- Higher power, consciousness, and understanding reside in the higher vibrations. When humans embrace a higher consciousness, their auras increase to a frequency closer to the speed of Light.
- We learn to integrate higher frequencies of Spirit into consciousness and the lower eight bodies, thus, transformation occurs.
- Higher vibrations consume and change lower vibrations.
- What is willed with strong emotion will be created and become reality.
- Once an individual moves to a higher level of vibration, that which was experienced on a lower level is never experienced

again.

CHAPTER 11

LAW OF ACTION

Action should culminate in wisdom. The Bhagavad Gita

Many of us work with personal issues or with larger social causes to try to make our world a better place in which to live. Involvement with groups in an attempt to achieve a goal is often frustrating. We often can attract others who seem sincerely committed to the concern at hand. We can make plans. But unless there is a visible crisis, it is often difficult to get people to carry through at the level of action needed to solve problems. It seems that we move from problem to problem without demonstrating the actions required to make significant steps toward solving the problems.

Action inevitably involves some change in our behaviors. It requires discipline, and an effort to make changes in our lives. We develop clever ways to avoid taking action. We deal with the trivia, the things we know how to do, and avoid the level of effort required to deal with more difficult problems where the steps are not clear and the risk of failure is high. We are willing to settle for less than what we or our institutions are capable of achieving.

What we seem to have missed is the need to be able to determine our goals, to develop plans, and to strive to achieve these goals. When these actions are accompanied with positive thoughts and expressions of love, we are able to manifest and achieve our desires.

Our problems seem to lie in several areas. Strange as it may seem, many of us do not know what we desire. We want to be comfortable, to get along, and not to have serious problems, but we may not have goals that are accompanied by the passion to achieve them. Goals and desires are the fuel for success. Our increased awareness of the importance of goals now is

incorporated in management circles as developing a vision of where we want to be in the future. It is this ideal state that many of us cannot visualize or allow ourselves to dream about.

A second problem is that we may not understand the actions or steps that are required to get to where we want to be. Knowing how to develop a program, or how to take the many smaller actions that lead to our desired goals, is an essential part of striving to achieve.

We may not have the will to persist in our beliefs and actions when we encounter conflict or difficulty. Persistence and the ability to stay with a dream constitute a critical part of success.

Finally, we may not understand the relationship between the physical and the spiritual. While action is essential in the Third Dimension, it also must be accompanied by positive thoughts and expressions of caring and love. We may not realize that a variety of forms of help are available to us from the Celestial World. We need only take the time to ask for this help. "Ask and it shall be given" must become a reality of our lives.

El Morya speaks of the importance of the Law of Action in the following message.

I greet you with the love of the Christos and the wisdom of the Buddha. I, El Morya, am pleased to bring to you the knowledge and understanding of how to apply the Universal Laws in the Third, fourth, and fifth Dimensions. Application of these laws is possible through the Law of Action.

In higher dimensions of time/space, such as the realms in the Fifth Dimension and higher, manifestation comes from thought and the expression of love emanating from within. In dimensions below the Fifth Dimension, such as the Third Dimension, in order for manifestation to occur, thoughts must be accompanied by action. That is because the Third Dimension is a three-dimensional existence and accompanies the physical world.

Things that reside in the Third dimension on Earth are all solid, liquid, or gas, even though the foundation for all has its origin in the etheric. Density comprises existence on Earth. It is important to remember this concept when living in a third-dimensional reality. The reason this is so is because third-dimensional forms need a greater force to assist them to reposition the electron into other existences. It is because of density that the Law of Action must be applied for manifestation to be realized more easily on the Earth plane.

An understanding of the Law of vibration and the principles that underlie this law provide the way for humans to raise themselves out of a third-dimensional reality into higher ones. Thoughts and changed consciousness are the keys to a successful transformation. As consciousness is raised, an individual slowly begins to change his or her vibrational rate, transforming from the Third Dimension and moving eventually into the Fifth.

As one's vibrational rate increases, the auric fields begin to align with the white Light. The greater the Light held within consciousness, the greater the power the person has to manifest things solely with the power of mind, accompanied by love. Before the vibrational frequency is raised to a high enough level, however, one must apply the Law of Action in order to manifest all that one wishes to create.

The reality today is that many souls remember the time when they could just "think things into action." They remember when life was not difficult and when their days were filled with pleasure, discipline, and dedication—to self and group advancement. The world is different now, and many get confused because they are not living the lives of harmony, peace, contentment, and abundance that they know are possible. They have not realized this higher existence yet because their thoughts are not strong enough and the Light within them is not great enough to sustain a higher existence. Many wonder why there is still perceived pain and suffering in their environments.

If I may be so bold, I will diagnose this situation. The reason individuals are not manifesting what they want, to the degree that they wish, is because they are not applying the Law of action fully. Their souls remember an existence in Atlantis and other such realities when they did not need this law, but their minds have forgotten that they are now ingrained in a third-dimensional reality. If they apply more action to their dreams and focus their wills and emotions, all that they desire can come true.

Earth is now in the transition from the third to the Fifth Dimension. Individuals presently residing on Earth carry vibrations ranging throughout all these dimensions—and even higher and lower ones. Those who have changed their consciousness successfully to match that of the higher dimensions display few to no problems in manifesting all that their hearts desire. Those whose vibrations match that of the Third Dimension (or lower) must understand that it takes action to move the electron to create what is in their dreams.

Before Earth is positioned firmly in the Fifth Dimension, many more years must pass. It will, therefore, take individuals an equal amount of time to change their vibrational frequencies because Earth and humanity are One. Because this is so, we advise that the Law of Action be taken seriously. By applying this law, more individuals will become co-creators with God and can bring Heaven to Earth. That is humanity's purpose for being.

The Law of Action means that an individual must engage in activities that support thoughts, dreams, emotions, and words. A commitment must be made first, however, for this step supports the basic principle of the Law of action. The commitment then is turned into a plan, and the plan then is supported by passion. Lastly, tasks need to be completed, because the action on the physical plane forms the bonds that connect all aspects of the energies working toward manifestation.

Simply put: thoughts, emotions, words, and actions are the keys to God-realization. But God-realization also means:

OF YOU, YOU DO NOTHING. IT IS THE FATHER/MOTHER WITHIN YOU THAT DOES IT ALL.

Raising the Light within, living a life connected to the Higher Self, putting into action that which you want from within, and applying discipline and will power are the factors that set up the God Force to work through you. Become One with this force and the will of God will become One with you.

Adonai, Dear Commanders of the Force. I AM EL MORYA.

SUMMARY

Application of the Law of Action is a precondition for using the Universal Laws in effective ways. Actions may be understood in the following ways:

- Action requires a change in our behaviors, and it requires an ability to set goals and strive for their attainment or manifestation.
- Common difficulties in applying the Law of Action are inability to set meaningful goals, lack of skills or discipline to develop plans or a program for attaining desired goals, lack of persistence, and inability to link our physical and spiritual development.
- While manifestation can be achieved in the Fourth and Fifth Dimensions by thought and expressions of love, action is required for manifestation to occur in the Third Dimension.
- As we raise our vibrational rate, we are able to manifest things with the power of the mind, accompanied by love.
- When we apply the Law of action we grow spiritually toward becoming co-creators with God.
- Individuals can apply the Law of Action by making a commitment and engaging in activities that support thoughts, dreams, emotions, words, and actions.

CHAPTER 12

LAW OF CORRESPONDENCE

Long before the emergence of the “new physics” many spiritually minded and artistic people understood the unity and wholeness of the universe. William Blake wrote.

To see a world in a grain of sand
And a Heaven in a wild flower,
Hold infinity in the palm of your hand,
And eternity in an hour.
Auguries of Innocence

The term metaphysics, or the larger context of physics, symbolizes the truth of the Law of Correspondence. The principles or laws of physics that explain the physical world—energy, Light, vibration, and motion—have their corresponding principles in the etheric world or universe. The deep meaning of the Law of Correspondence is difficult for us to comprehend because our science and our world have been based on identifying the parts of systems or phenomena rather than looking at the whole and seeing interconnections and relationships.

Only recently have we realized the need to reverse our basic paradigms and views of metaphysics. Willis Harmon discusses the old, mechanistic view of the universe as M-1 physics, which is based on the belief that matter gives rise to mind. This view assumes that the basic material of the universe is matter and energy. Our consciousness emerges from matter such as the brain, and whatever we know must fit with our perceptions of the physical world.

Later, we moved to an M-2 view of the world based on the dualism articulated in Descartes’ separation of science to deal with the physical world, leaving the church to deal with the mind-spirit view of the world. This view assumes that two types of energies make up the universe—matter-energy and mind-spirit.

Within recent times we have moved to M-3 metaphysics, which reverses the original premise, and says that mind gives rise to

matter, since the basic energy of the universe is consciousness. First and foremost is universal consciousness, which also is called the golden Liquid Light, the god Force, or the basic Oneness of the Universe.

The second consciousness to be considered is the degree to which individuals can move to the mainstream of the universal consciousness. Each individual is unique, with his or her own human beingness or essence. The essence of the individual determines his or her consciousness, and consciousness is the basis for the human mind. When we expand our minds, we acquire a higher spiritual consciousness. As we grow spiritually, we become one with the God force.

This view of the world is supported further by our understanding that the world is holographic. A hologram is a photographic image that projects a three-dimensional image, which shows various views and images depending on the perspective. Contained in each small part of the whole is the whole itself. A holographic view of the world changes many of our views of reality. Some of these views (which also explain the Law of Correspondence) have been identified by Barbara Brennan (1987), author of the best selling book *Hands of Light*, as follows:

CONSCIOUSNESS IS THE BASIC REALITY

Each of us has unique characteristic which constitute the basis of our essence. Our consciousness is expressed through our intentions of our values. We develop perceptions of the world around us, which is our way of imposing an order of regularity on this world. We tend to perceive the world in ways which are consistent with our expectations, beliefs, and past experiences. Thus, we create our own experiences.

EVERYTHING IS CONNECTED TO EVERYTHING ELSE

Nothing in the universe exists separately or in isolation. Everything we do, say, or believe affects everything else immediately. When we behave in a positive, nurturing way it has

an effect not only on the environment around us, but also on the many, complex planes of the universe, as discussed previously in the chapter on the Law of Divine Oneness.

EACH PIECE CONTAINS THE WHOLE

Every cell within us contains intelligence and the whole pattern of our essence. We are beings with interacting systems which make up our wholeness. Similarly, we are part of others and of the world around us. There is a basic wisdom and knowledge within the universe which is beyond our physical reality.

While there are many other implications of the holographic universe, each of them impresses upon us the degree to which we create our reality and therefore must act responsibly. As more people gain this expanded consciousness and begin to live acknowledging responsibility for themselves and others, Earth moves closer to the Fifth Dimension.

All this documents that our views and perceptions of the world are indeed changing. No longer can we see ourselves as separate, disconnected entities. Instead, we are maturing into a species that must understand that we are part of a whole, finely tuned ecosystem, each part connected to and affecting the other parts.

The Law of Correspondence is THE KEY for understanding this connection, so let us read what El Morya has to say about this important principle.

It is with great pleasure that I begin to explain the Law of Correspondence—the law that eludes many Initiates interested in the path of Oneness. This law, often referred to as the principle of “As above, so below; as below so above,” is the basis for understanding the interdimensional operations of the universe. The aspirant who strives to increase his or her understanding of the Universal Laws must integrate the knowledge that all planes of existence exist simultaneously, and that, in this synchronicity, all is in motion.

In examining the Law of Correspondence, it is important to understand three planes of existence. They are the physical, mental, and spiritual planes. These three planes comprise the basis for operations and govern the harmony and energy convergence of the soul wishing to bring Heaven on Earth. While there are many interdimensional levels existing within these three planes, all vibrating at different rates, for the purposes of this lesson, it is important to focus only on the three major divisions just described.

The term “correspondence” (corresponding) implies that all “things” existing within these planes of existence, whether seen or unseen, exist in harmony or agreement with the All. There is only Oneness, and this idea is critical to absorb. Just as individuals cannot step out of this oneness, neither can any of the other elements found on these planes. Significant to this understanding is that all are truly in harmony, one to another.

Even though human beings perceive themselves to be limited to what they see and experience, this does not mean that they are separated from the larger picture or the macrocosm. Key to understanding the Law of Correspondence is to know that agreements have been made in Universal Mind that all are in harmony with Divine Law. This Universal Mind is the force field or Golden Liquid Light called the God force. Humans have been created and placed on Earth to learn this and to become co-creators with this force field, which is the basis for creation. If humans remain separate, never seeing this connection, they will pass out of embodiment in a separated state of existence. If they open their minds to this knowledge and see the universe in a different Light, by understanding that each individual IS A PART OF THIS WONDROUS FORCE FIELD, then they are destined to move forward in time and become demigods.

We smile at the term “gods in exile,” for it depicts the situation and frustration that we perceive humanity to be in today. The physical, manifest world around is so strong that it keeps many in a state of unconsciousness. This state of mind is likened to that of the sleeping giant, who, when cloaked in the sleep state, is quiet

and subdued. Awakened, the giant's potential can come forth to achieve great things. Magnificent deeds are destined to come forth from these sleeping giants in the Seventh Golden Age. Those who awaken will usher in the new millennium for the children of the Golden Dawn.

The Law of Correspondence is the law that holds the Oneness together. As mentioned, its name is synonymous with the Golden Liquid Light. Contained within this pulsating, vibrating field of endless energy is all that is and ever will be. It is the etheric, or cosmic, glue that holds everything together and connects the physical planes with the mental and spiritual ones.

Knowing that all exists simultaneously in each moment of time/space means that the Initiate has the power to affect any and all things in any moment of time. The reasons why many have not accomplished this thus far on their journeys are because:

1. they have not understood this law and consequently have not known that they could do so, and
2. humanity's will is weak

The mind, connected with the Universal Mind of the All, is the key to change and to creation. The strengthening of the mind comes from discipline and will power. The strength of will comes from the heart. Individuals have been distracted by the physical, manifest world, spending much of their time entertaining their five senses. Focusing attention on the outside has contributed to their forgetting the power within.

Going within allows the Initiate to connect the mind to other planes and dimensions of reality, for it is here that the soul connects with the All. When this connection is made, all power is returned. In the journey comes the awakening that all dimensional realities are connected. It is the wisest of souls who learns how to access these other realms.

The physical plane vibrates at the lowest vibrational rate, while

the plane of Spirit vibrates at the highest. Within each plane are also subplanes of existence, but it is not necessary to describe that phenomenon here. It is only significant to know.

Let us use the thermometer as an example to explain these concepts and show how easy it is to visualize the Law of Correspondence at work.

The thermometer registers numerical readings ranging from low to high. Nowhere are there markings which indicate absolute divisions separating one from another, such as hot or cold. Yet we are aware that all measurements are contained within, and each division has its own unique vibration or measurement, different one from another.

The various, different vibrations contained within the All exist simultaneously like the variations within the thermometer. These range from the physical to the spiritual planes, for the purpose of this instruction. The difference between the thermometer and Universal Mind is that there are billions of unending variations within Universal Mind, whereas the thermometer registers a limited range. Yet every change of condition will affect the reading of the thermometer.

What is significant about the Law of correspondence is that ALL LAWS EXIST WITHIN THIS CORRESPONDENCE; THEREFORE, ALL IS CONTAINED WITHIN IT. One plane of existence is affected by another and one plane affects another. All occur simultaneously. Consequently, all changes in one plane of existence affect the other planes as well. This includes thoughts, words, emotions, and actions. The Celestial realms and angelic, devic, and elemental kingdoms are all interconnected with decisions humans make on Earth. There is no escaping this. All are one and all correspond to one another. This also applies to humanity's decisions and how they affect other people and the world.

When the aspirant begins to realize this truth, the world takes on a new meaning. With this knowledge, power within the mind and

heart begins to grow. This is the beauty of the understanding. This knowledge is destined to transform the world when Initiates everywhere rise and begin to increase their individual Light frequencies through the power of the inner journeys and the mind.

Since Light is the highest vibrational frequency known to humanity, it is reasonable to conclude that Spirit is Light. Since spirit is the Creator with the power of manifestation, learn to illuminate the mind and the heart with the Light of the God Force, Dear Ones. Work with this state of mind to further your understanding of the Law of Correspondence. Become that which you already are. Become one with your destiny.

I, El Morya, will work with any Initiate who calls my name in the Light of the Most Radiant One. I shall direct the attention of the soul to finding the corresponding path that shall enlighten your world. Ask and Ye Shall Receive. THE TIME IS NOW. Come forward out of exile and build Heaven on Earth.

Adonai. In the Light of the Most High, I AM EL MORYA

SUMMARY

Much of our third-dimensional experience has focused on the analysis of discrete parts of the many systems around us. Only recently have we become aware of the many systems that exist, their interrelatedness, and the prevalence of patterns and order within seeming chaos or randomness. The Law of Correspondence helps us to see the unity and wholeness of the universe and how everything is connected to everything else. Some of the keys to understanding this law are as follows.

- Mind, gives rise to matter.
- There are three planes of existence –physical, mental, and spiritual.
- When Oneness is present, all three planes are in harmony and agreement.

- The Universal Mind is the Golden Liquid Light called the God force.
- Humans are part of this wondrous force field and are created to learn to become co-creators in this force field.
- The Law of Correspondence holds the Oneness together; it is the cosmic glue and connects the physical, mental, and spiritual planes.
- All laws exist within this interrelatedness or correspondence.
- All changes in one plane affect all the other planes.

CHAPTER 13

LAW OF CAUSE AND EFFECT

Every Cause has its Effect; every Effect has its Cause; everything happens according to Law; Chance is a name for a Law not recognized; There are many planes of causation, but nothing escapes The Law. The Kybalion

Many people live their lives responding to the events around them and never take the time to determine what is really important to them. This lack of goals or inner-directed-ness places them in the position of being victims to the pressures of daily life. A major problem in their lives is lack of will and lack of clarity regarding goals or life directions. They are experiencing the results of the Law of Cause and Effect without realizing that they have the ability to influence the effects of the law in their lives.

The Law of Cause and Effect is the expression of Divine Order in the universe. The law states that nothing happens by chance or outside the universal Laws. We may not always be able to identify the many, often complex, chains of events that produce specific effects, but this is the result of our incomplete knowledge. Events experienced may be the result of past life actions, the result of our present behaviors, or experiences provided from higher planes of existence to teach us how to master our intellectual and

emotional behaviors.

Cause and effect does not deal with things so much as it deals with events. Every thought that we think, every act that we perform (individually or collectively), has its direct and indirect impact on the events which are part of the chain of cause and effect. Everything is like an ecosystem—connected and performing flawlessly according to the variables affecting the chain of events.

The Law of Cause and effect may apply to long-term or short-term outcomes. Karma is an example of the manifestation of this law. Karma that used to take lifetimes to come around now can appear within minutes following a projected thought or spoken word.

While we cannot live outside the chain of cause and effect, we can exert our will and discipline to grow spiritually in ways which help us to use the law in positive ways. Each of us has free will, or the freedom to choose at least some of our behaviors. When we act, we have the choice of right action or wrong action directed toward ourselves or others. Right action advances the cause of God or Spirit. Wrong action is an act that goes against the cause of God or Spirit. When we assume control over our thoughts and actions, we have moved toward mastery and the ability to live within the laws in positive ways.

A common problem which leads to negative effects is that of living with unrealistic fears, anxieties, anger, melancholy, or worry. These are real emotions that we all experience, but if left unattended they can consume our minds. These mental and emotional states will generate consequences by drawing events to a person that continue to perpetuate these experiences.

As we move toward mastery, we are able to live by faith and remain in the Light. Learning to listen to our physical bodies, emotions, and thoughts gives us the ability to recognize and deal with these irrational states of mind, seeing them for what they really are, and learning to bless them and embrace them before letting them go.

Mastery of our emotional and intellectual behaviors must begin with forgiving ourselves and others. Harboring old grievances and resentments is a sure way of creating negative energies which will produce negative outcomes. Knowing how to heal old wounds in positive ways and moving into the Light is an important lesson in the mastery of our behaviors.

The Universal Laws are not barriers to our living happy and productive lives, but rather structures and guidelines for helping us evolve and become free. The Law of Cause and Effect provides us with the knowledge that all behaviors produce either positive or negative results. What do you choose for yourself and for those around you? What kind of life and future do you wish to create?

In the following transmission, El Morya discusses the Law of cause and Effect.

Shalom to the Children of Light who are ready to become self-realized.

It is I, El Morya, tending to today's lesson that is destined to bring freedom to the masses. I come on the wings of the dove and hold the olive branch in my hand, offering it to all who are willing to accept it. The olive branch symbolizes peace, as it is through peace that humans will master the Law of Cause and Effect. If my humble gift is accepted, then the words in this passage will further your power because they shall describe the steps required to overcome the bondage of the human soul.

The Law of Cause and Effect is complicated on the surface, yet simple within the order of the universe. The law briefly states that "Every cause creates an effect, and every effect has its origin in a cause." On the surface it appears complicated because there are so many forces that can produce effects. For example, there are the thoughts, feelings, words, or actions produced in any moment of time that affect an outcome later on; or there are forces set into motion from previous lifetimes or through genetics that must

be realized. It is difficult to discern the cause when one is in the midst of solving a dilemma or learning from an experience. In the midst of confusion, what is important to remember is that all is created through perfect cycles of energy. This is truth because there is universal order in all things. That order says that everything moves in a circular fashion. This includes all experiences in every individual's life, as well as the forces of nature.

The Law of Cause and Effect contains certain interconnecting phenomena that must be understood when proceeding on the path to mastery. These phenomena are:

- The strength of will;
- The clarity of the aspirant;
- The fear of the unknown and its effect on events;
- Forgiveness

Every person participates in creating his or her own reality through individual actions. The difference between an "average" individual and a master is that the average individual is tossed about like a boat on a high sea, following the stronger wills of others. Masters learn that by using higher laws against lower laws and applying higher principles with strength of commitment, they create their own destinies and environment. Subconsciously, this is the state in which all wish to be. This, however, is a state few have achieved because the hearts and minds of most individuals are not strong enough to assume responsibility for creating their own realities.

Several planes of existence are operating simultaneously in the Law of Cause and Effect. Everything happens for a reason; there is no such thing as chance. All occurrences are continuous and unbroken, although the individual often does not understand the reason for the event. The higher planes are those that build mastery—the lower lanes are those that complete unfinished business. The soul stays on the lower planes of existence for many lifetimes until it has released itself from karmic debts and responsibilities that have been harmful to growth.

When an Initiate begins to assume a higher state of consciousness, the Higher Self (which controls the higher planes of existence) brings experiences and lessons to the individual that builds character. Karma is dissolved and replaced by Tests of Initiation to strengthen the soul. The Higher Self then defines personality characteristics that need refinement or strengthening and brings lessons with individuals (opponents) into a person's life to help that individual understand how to grow in the Light. Such examples might include lessons in:

- Overcoming pride;
- Asserting with love;
- Learning unconditional love
- Controlling fears;
- Surrendering ego to the will of God
- Controlling the emotional and/or mental bodies
- Desiring to be of world service

The lower planes of existence are those that keep individuals trapped in the wheel of rebirth, lifetime after lifetime, learning how to complete unfinished business with souls they have encountered. In these experiences, the individual often moves like a puppet at the direction of another individual's stronger will. Thoughts and emotions from stronger personalities often "cause" the individual to act and feel in ways that coincide with that stronger will. If the individual is not balanced within with the yin (female) and yang (male) energies and is not self-confident through self-love, then that individual will usually bow to the stronger will for approval or from lack of courage. Fear or the lack of confidence are the primary driving forces that keep individuals trapped in this wheel of rebirth. When there is something lacking within, humans try to fill the void through behaviors evident in the outer world.

The goal in mastery is to stay centered at all times and not to move to extreme positions of behavior. In this mode, the Initiates understand that they can experience maximum power and overcome all odds, unless fate dictates otherwise. Will is needed to stay centered, calm, and peaceful at all times. This is how will

is used to master the Law of Cause and Effect.

A Master knows that any approach other than this one will never work. Moving to extreme positions of behavior only grounds the individual more firmly in the lower planes of existence. Taking extreme positions sets up situations through the wheel of cause and effect that continue to bring more of the same experiences to the soul. This occurs until the lesson to be learned is finally mastered, freeing the individual to move to a higher existence.

In the Law of vibration, it was revealed that higher vibrations consume and transform lower vibrations. Lower vibrations never can change higher ones, for the higher energy is always too intense. Since all actions create other events, the Law of Cause and Effect teaches that the way to free oneself from events that appear negative and destructive is to begin the inward journey, monitoring all thoughts and feelings experienced.

Remember that the strength of the will drives the momentum in the Law of Cause and Effect. The will, when centered and in alignment with the heart and mind, has the power to perform miracles, and, in these moments, to control the electron spin. This is possible when the individual is both clear and free of judgment. It is also possible when he or she understands that it is Light that directs the currents of creation.

Another important concept of the Law of Cause and Effect is Karma, mentioned earlier. The popular descriptor for this phenomenon is "What you sow is what you reap." All that is experienced has had its roots grounded not only lifetimes ago, but also in this collective moment of time. This is truth.

When unpleasant events become a part of one's life, it is helpful to know that these events have come for one of two reasons:

1. Either there is unfinished business that must be resolved before the soul is allowed to move to a higher plane of

existence, or

2. There are lessons that must be learned to achieve a higher state of existence and enlightenment.

There are no other reasons for karmic debts experienced within the Law of Cause and Effect. All is designed for humans to evolve to higher states of consciousness.

Since the Harmonic Convergence in 1987, all Children of Light have been freed of karmic debts, yet few have known this to be true. At that time, the dispensation was given that allowed all to begin their Tests of Initiation, thus freeing themselves to journey on their paths to mastery. This is not to say that Karma (both good and bad) has not been accrued, for all are still responsible for the individual daily actions that direct life. This is only stated to reveal that the events in one's life no longer are tied to the wheel of the past, but now are connected to higher planes of existence that free the soul to achieve higher states of enlightenment and power.

Nothing escapes the law. All is in Divine Order. There is no such thing as chance occurrence or coincidence. To say that coincidence exists is to say that the events so designated could exist outside of Universal Mind and order. This cannot be. All is Universal Mind and all in order. All is law.

Therefore, what this means for the Initiate on the path is that one must begin to conquer the mind and the emotions. One must acquire self-love, enabling Light to flow continuously from the source through consciousness and back to the Source. All must be continuous and experienced in a circular fashion. When this is accomplished, the individual assumes a position of using the higher planes of existence over the lower planes of existence, and creates the utopia that is longed for within. Thus, freedom is experienced and bondage is gone.

I trust that this adequately explains the Law of Cause and Effect. Go in peace, harmony, and balance. I AM El Morya.

SUMMARY

The Law of Cause and Effect relates to our freedom of choice. While we have free will to choose our actions in life, we are held responsible by the Law of Cause and Effect. The difficulty most of us experience is learning that we have the ability to choose our outcomes and to develop the mastery over our behaviors needed to achieve positive results. In this sense, humans are provided the capability of moving beyond the Third Dimension and experiencing higher dimensions.

- Nothing occurs by chance or outside the Law of Cause and Effect
- We are responsible for creating our own reality, for every action produces a reaction.
- We can learn to identify the events in our lives that are the result of current behaviors, the results of past Karma, or Tests of Initiation for our spiritual growth.
- Developing the strength of our will and the clarity of our goals provides us with the power to create our own reality.
- When we have not developed spiritual awareness, we remain trapped in separating behaviors which inhibit our growth; we are controlled by the wills of others, we lack self confidence, and it becomes a struggle to change our stereotypic behaviors.
- As we begin to achieve a higher level of consciousness in our lives, we are provided with lessons and experiences that enhance our spiritual growth and move us toward mastery.
- We gain control over our lives by avoiding extreme behaviors, developing a strong will and sense of purpose, and staying centered, calm, and peaceful at all times.

CHAPTER 14

LAW OF COMPENSATION

If you help others, you will be helped, perhaps tomorrow, perhaps in one thousand years, but you will be helped. Nature must pay off the debt. It is a mathematical law and all life is mathematics.

G. L. Gurdjieff

The Law of Compensation is the law which helps us to understand abundance and how we can deal with financial matters. The Law of compensation is the Law of Cause and Effect as applied to blessings that are bestowed on us. While the Law of Cause and Effect deals primarily with events, the Law of Compensation deals with the material and spiritual gains we receive in life. It is in the manifestation of this law that we see the visible effects of our deeds as they are given to us in gifts, money, inheritances, friendships, and blessings.

Many of us do not receive these blessing as a result of the conscious and subconscious beliefs that direct the events of our lives. If we wish to master this law and receive abundance, we must break the poverty consciousness which comes from our conditioning in this lifetime and from the programming of past lives. We must leave the tapes of these experiences behind and see the world as a place of abundance, where there is plenty for everyone, instead of a world where there is not enough for all.

We need to overcome the programming of the past that was fed by statements such as:

Money is the root of all evil.

The rich cannot be spiritual.

To be spiritual means that we must renounce money and things in life that give us pleasure and comfort.

If we are to break our poverty consciousness, we must reprogram our thinking so that our conscious and subconscious minds do not sabotage our due returns. Affirmations are a valuable way to do this.

People are successful in life because they do more for others and because they have an attitude that supports success. If you want to get more out of life, then you must give more with right thoughts, emotions, actions, and words every time you give a gift or perform a service for someone else.

The application of this law does not always mean that what you give is exactly what you will receive. Sometimes giving in one form (such as money) means that you will receive compensation in another form, such as a friend taking you out to lunch or someone giving you a beautiful gift. In addition, the law is extended by the Law of Tenfold Return. Whatever you give is returned in ways that are ten times the value of your gift.

Sometimes we have made an agreement to use this law in different ways. If you are a person who feels that you have given more than you have received, chances are that this is either because of karmic debt or because you have been using this law as a savings plan. Agreements could have been made where you gave freely with the understanding that the payments would come later in life—or even in a subsequent lifetime. You could be starting a savings plan of good Karma that will carry you into the future. Never despair of this law, regardless of how you feel you have been treated. Have faith always, and know that it is fair, just, and true.

Do not confuse the application of this law with the Tests of Initiation. Sometimes what has been delivered appears to be a punishment, whereas in reality it is not. It is a test to strengthen some weakness within. Discernment teaches us the difference between the two. Be mindful that what appears to be the opposite of a reward may actually turn out to be an incredible benefit and gift later on, once a test has been passed and a person has become the better for the experience. Patience is the key. Wait, and the gifts will be revealed.

Master El Morya describes the Law of Compensation in the following transmission.

Greetings, Oh sisters and Brothers from the Stars.

I come forth to deliver this next piece of information which is pertinent for understanding the full context of the Universal Laws. It is with great pleasure that I deliver the following instruction to

you, the recipients of the divine knowledge of the universe. I come as your servant and elder brother, as I provide you the secrets for increasing your wealth.

Allow me to begin by asking you the question, "In what way may I serve you?" I begin in this way, for doing so provides an example of what comprises the basic foundation for the application of the Law of Compensation.

The Law of Compensation is an extension of the Law of cause and Effect, in that it reflects the "just rewards" or "punishments" individuals receive for the seeds they have sown. It is an exact law, with its own deviations, that works to provide to the individual greater things than ever imagined. This occurs when the soul aligns with the Higher self in service to others.

The Law of Compensation is about giving and receiving. It is the law that guarantees that each will be provided for by God. It is the manifestation of Divine Order in all things and that which grants freedom to the minds that work to dissolve the attitudes of poverty consciousness and insatiable needs.

The law is flawless in its design. Basically, it says that for everything given there shall be a return. But there is a twist to this law that not everyone realizes,. This twist is called the Law of Tenfold return. What this law reveals is that once a person learns to give freely from the heart, the universe returns the gift with a tenfold yield. This supports the premise that "It is better to give than to receive."

I give this knowledge freely from my heart, Dear Ones. Furthermore, I freely ask, "What more can I give in this moment of time?" In so doing, because my attitude, motive, and heart are all aligned with truth, I reveal to you now that I shall be rewarded tenfold for this offering.

For most, the Law of Tenfold Return goes into effect primarily when the individual learns to release fear that sends the message that "there is not enough." Another condition that facilitates

enactment of this law is when the auric fields of the Initiate are attuned to the higher vibrations of Light. Attaining a higher frequency in the Light automatically raises the body, mind, and Spirit into a higher dimension of mind, which releases the old programming that keeps one in bondage.

One cannot separate the laws and their influence on individuals in a universe of Oneness. Therefore, it must be reinforced that compensation is also the reflection of a person's multidimensional thinking. The Most Radiant One stated this when He declared, "As a man thinketh, so shall he become."

This command assures that what is reaped is the just consequence of all that is sown. The Law of Compensation assures that everything is fair and all is in alignment with the Divine, for the laws are not biased. Each soul is treated impartially and indifferently by the laws. Each soul is its own judge while on the Earth plane, for free will dictates the gifts that will be given to each.

Another factor that enters into just compensation is the fulfillment of promises and contracts made between lifetimes. Each soul who comes to Earth is on a mission from God, whether it realizes it or not. Contracts are made in the etheric and reviewed periodically in the dream states, assessing the standards and measures of performance for the individual in embodiment. When promises are kept, the soul is regarded tenfold. This is the mark of those who possess the "Midas Touch."

When the word is not honored, a lower vibrational frequency is initiated which sets the individual up for what are termed "disappointments" and "frustrations," which are not readily understood on the Earth plane. When one assesses the complexity of all the dimensional realities and vibrational frequencies that impact the soul, one quickly sees that alignment with the Light of the Higher Self is the only way out of bondage. All must be in the highest vibration and truth to control one's destiny. Connection to the Higher Self and to God's will grants peace, harmony, and a fulfilled life.

Free will is God's gift to humanity. This allows all individuals to choose their own rewards in life, based upon the application of integrity. Integrity is the key which grants the soul on the spiritual path greater gifts and rewards, including both spiritual and material offerings.

When a soul feels helpless to change life events, invoking the Law of the Perpetual Transmutation of Radiant Energy (in cooperation with the Higher Self) is the way to remedy the situation. Apply this law and wait for the returns. Applying this law creates Divine Order, and the compensation that comes surpasses all understanding.

Speaking of compensation, there is another important aspect of this law which includes payment to oneself. Too often individuals give to others and do not give to themselves. This depicts a lack of self-love and creates an imbalance in the energy fields that support the natural flow of energy. All must learn to love themselves FIRST, and from this state of mind, all else flows. The more you love yourselves, the more love you have to give to others. It is like a cup that is always full. The cup that overflows is the cup of divine love that spills out into the universe, touching the robes of all others.

By not treating oneself with the same kindness bestowed upon others, a cycle for deprivation is established. Positive thoughts, attitudes, words, and actions are needed at all times to keep the energy flowing. Blockages create inequities, although from the universal perspective, inequities are only perceived and are not reality. Nevertheless, all must be kept in alignment with harmony and love, and this includes the love of self, which is contained within.

Overcompensation to others is another stumbling block to the smooth operations of this law. The human psyche is clever and can deceive one to believe that if one gives more to another, then that soul is deemed more worthy and loving. Therefore, giving

must be a good and honorable thing in that it justifies one's own self-worth.

As was stated earlier, giving, and giving freely, IS an honorable thing and THE action which grants freedom. But if giving is done with the wrong motive, such as giving to make up for the lack of love within, then the energies once again are blocked. All must give equally to themselves and to others to keep the energy balanced.

Balance, Balance. Balance. This is the only path to follow when achieving mastery. If balance is maintained at all times and truth and integrity are adhered to, then the Law of Compensation shall be realized.

In honor of the God within, I, El Morya, do complete this transmission for the Divine. Go in Peace.

SUMMARY

The Law of Compensation is the Law of Cause and Effect as it applies to material and spiritual gains in life. Some of the characteristics of its operation are as follows:

- We may not be able to receive abundance because of our beliefs and programming that we cannot be spiritual and also enjoy abundance. This is changed when we move into higher dimensions of the mind.
- We receive gifts and blessing according to the degree to which we have given to others.
- Our gifts to others are rewarded with a tenfold return for those gifts that we have given freely from our hearts.
- We must be able to love and give to ourselves first, as well as to be able to give to others.

CHAPTER 15

LAW OF ATTRACTION

What is hidden within will dictate what will appear on the outside.
El Morya

Most of us have had chance experiences in which our needs were met at exactly the right time—the page you turned to in a book which gave the information for which you were searching; the stranger you sat next to who answered a question you'd been thinking about; or the money that arrives just when you needed it. These are examples of the Law of Attraction.

The Law of Attraction extends the Law of Vibration in that we create or attract the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies, and these energies attract like energies. Negative energies attract negative energies and positive energies produce positive energies.

Our task is to monitor and to see that our thoughts, feelings, words, and actions are positive. This is often difficult for us to accomplish in a material world of thought-forms of violence, sex, and greed. While we cannot be protected from seemingly negative events, we can learn not to dwell on them and thus attract similar events into our lives.

An example of the power of this law may be seen in the copycat crimes or evil events which many, including children, see on television and in other media. When people observe certain phenomena some have a tendency to duplicate them. Just by thinking about things, they create similar events around them. There is strong evidence that the increase in violence among both adults and children is the result of negative images which are not balanced or placed in perspective.

A positive example of the Law of Attraction is that optimistic teachers who have higher expectations of children provide a climate in which children's learning and achievement are increased. Studies have identified similar outcomes among supervisors, or mentors, and adult workers.

When we think positive, loving thoughts we draw positive, loving people into our lives. We also influence the Tests of Initiation that we experience, for these tests are designed to increase our learning.

In the following message, El Morya reveals the secrets of the Law of Attraction.

It is with pleasure that I return to deliver another message regarding the Universal Laws. For this communication I shall focus on the Law of Attraction. This is the law that serves to frustrate many souls on the spiritual path, for it mirrors to them that what is hidden within.

The Law of Attraction demonstrates the power of the mind, heart, and will to project what is within, and the universe's ability to respond to this energy. It is likened to a cosmic magnet that draws to the person everything he or she focuses on or projects into the etheric.

In an earlier transmission it was established that manifestations are a result of multi-dimensional forces impacting the conscious and subconscious mind. Because this is so, it is essential that all persons watch carefully their thoughts, words, emotions, and actions, to assure that hidden, negative images, surrounded with emotions, are not stored within. This is emphasized because this is key to understanding the Law of Attraction.

Inner thoughts and emotions determine the level at which one vibrates. This is truth. One's vibrational rate is a frequency. This inner frequency creates a signal that is emitted outward. Once emitted, this signal begins to draw to it other things that reside on that same frequency. What is hidden within will dictate what will appear on the outside.

What the Law of Attraction also draws to the soul are one's Tests of Initiation, for the Higher Self understands every weakness within that creates a "void" or character flaw that must be "polished." The Higher Self is programmed to fill each void

(frequency) that has not been learned or mastered with experiences needed to assure personal growth. The beauty of this law is that once lessons are learned, and the individual's vibrational rate rises higher, the tests never come again. They do not, because the soul rises above the vibrational level of those tests. The soul, now residing on a higher level, will receive only experiences that vibrate on this new level. The miracle is that the higher one goes, the better and better life becomes.

The Law of Attraction controls the rate and sequence of events that impact a person's life. Quickness of mind and control over the emotional body are the key elements that dictate the rate at which events occur. Once individuals master control over their mental and emotional bodies, they then experience only that which has been carefully programmed into their conscious and subconscious minds. It is at this point that they demonstrate more control over what happens in their lives.

If a person has not mastered the mental and emotional bodies, and often performs erratically and negatively, then the law returns to that person events and people that reside on the same level of discordance. These individuals feel as if they are constantly swatting at flies, often wondering if they ever will get rid of them. This is the state that makes many people feel helpless and victimized. Often individuals believe they are like ships being tossed about on stormy waters.

I began this transmission by stating that this law is frustrating to many. This is so because individuals do not understand that what is delivered to the sender is what is built from within. It is inescapable. In a world bombarded with negative thought-forms emanating from sources such as television, discordant societal groups, troublesome group initiatives, war zones, ghettos, painful and distressing situations, and radios, it becomes difficult to separate personal thoughts and images from that which is not of one's own essence.

People must watch what is being fed into their minds! To master this law, great discernment and discipline are needed. Parents

need to guide their children better, and individuals must begin to select more carefully that which is allowed into their auric fields.

In the days of the ancients not many influences bombarded the mind. Today it is different. As Earth approached the Fifth Dimension, there is an exponential increase in stimuli, and one must use great discernment in protecting the most precious “commodity” humans have—the mind. This must be done before mastery can be attained. Practice and a desire to control one’s own thoughts and emotions are what dictate one’s vibrational frequency.

Controlling vibrations is the key to mastering the Law of Attraction! If individuals could learn to control their vibrations at all times, and learn to reside on a higher frequency closer to Light, then all could control the events and souls that come into their lives.

There is, however, one exception to this law that must be explained.

Contracts souls make between lifetimes can appear to negate the effects of this law. An example would be when the Most Radiant One came to Earth 2,000 years ago and fulfilled his contract for the celestial plan. The amount of anger and hatred projected on him in the final hours was not an extension of the anger and hatred radiating from within his essence. Instead, it was delivered unto his soul because lying within his auric field was the program that was destined to transmute the world. His Higher Self came into this world with the plan that when the time was right, this program could activate, and, in so doing, would transmit the “void” that needed to be filled. This drew the events to him to fulfill his destiny, yet, at the same time, raised his vibrational frequency to the point of ascension.

Great Ones who come to Earth to fulfill missions for God enter the Earth atmosphere with the blue-print for transmuting designated energies for the world. These blueprints contain information and instructions on how to transmute knowledge,

thoughts, emotions, and events. When the blue-prints are activated, the universe responds to the frequencies programmed within and calls the images, people, and events to the scene for the dramas to be played out.

The Most Radiant One had only the vibrations of compassion and forgiveness within his essence. That is why he was selected to fulfill that role. His vibrational frequency was measured to be the highest on Earth. For the painful event that had to be fulfilled (that of transmuting the sins of the world), an extremely high vibration was needed, because humanity's consciousness was so dark and low. There, a Being had to come forth that equaled the vibrational frequency at the opposite end of the spectrum. The strength of his Light was necessary to consume and transform the negativity of humanity.

If he had not been vibrating so highly, then an event of lesser consequences and impact would have occurred. It was because of his intense, radiant Light that the law could be fulfilled, but it took extreme circumstances to fulfill prophecy. This explanation also reflects the application of the Law of Rhythm, a law that shall be explained later. Because it will, I shall say nothing more about it at this time.

To the reader of these words, can you not see how the applications of each law build one upon another? It is necessary to understand the ALL before you can fulfill that which you have come to Earth to do.

Learn the meaning and significance of all the laws, apply them to your life, and see how you truly are the co-creator with the Divine. Heaven is waiting to be brought to Earth once again. The Heavenly force awaits to assist you in this endeavor.

Hold your thoughts on God and on the Light, and Ye shall see the wonderment of your inner life as it begins to spring forth the fruits of your essence.

Beloved Ones, hear the inner voice within that speaks of your

divinity. Do not be afraid to connect with this higher frequency. Visualize the Light in your daily meditations and prayers, and Ye eventually shall draw to you all that is of the highest.

God speed you on your journeys. I AM El Morya. Adonai

SUMMARY

The Law of Attraction helps us understand how we consciously and unconsciously choose the events in our lives.

- Our inner thoughts and emotions determine the level at which we vibrate. The level of our vibration attracts things and people operating at the same level of vibration.
- The level of vibration also determines our Tests of Initiation, for the Higher Self is expected to ensure mastery in the various areas of our own lives.
- When we have not mastered our mental and emotional bodies, we experience the discord of others in our own lives.
- As we gain mastery, we move toward creating the Fifth Dimension on Earth.

CHAPTER 16

LAW OF PERPETUAL TRANSMUTATION OF ENERGY

Good thoughts will produce good actions and bad thoughts will produce bad actions. Hatred does not cease by hatred at any time; hatred ceases by love. Buddha

There are times when we may feel trapped and helpless, unable to deal with the problems of our daily lives. What we do not realize is that we can change the conditions of our lives. It is our ability to use the Law of Perpetual Transmutation of Energy that gives meaning to the concept of free WILL. We have the power to choose the directions of our lives.

It all begins with the principles of energy. The material universe is made up of various forms of energy. Motion is the only

manifestation of energy. It may be the active or kinetic energy of the rays of the sun, ocean currents and tides, winds, waterfalls, or other forms of active energy, or it may be potential energy such as that contained in fossil fuels or other forms of inert energy. When energy is converted from passive to active energy, it is transmuted to other materials or changed to other forms. Transmission or transmutation of the forms of energy is a continuing process of the material universe.

Just as energy is changed in the material world, it also is being changed continually in our lives. The manifestations of our energy are found in our thoughts, our belief systems, our speech, and our actions. Each of us has some control over the ways we use these behaviors to send positive or negative energies to others or to maintain positive or negative thought-forms in our own lives. The process of sending out thoughts to others is known as transmutation of thought.

How does this operate? Every thought that we have produces two actions. The first action constitutes a vibratory energy, like sending out a wave from ourselves. The distance the wave travels and the intensity of the wave depend on our ability to focus and maintain our thoughts. When spiritual or positive people enter a room, their thoughts seek persons with thoughts similar to their own. All persons in the room will experience a raising of their vibrations, but the meanings are likely to be different for everyone in the room. Persons with higher thoughts and vibrations stimulate others to higher thoughts without conscious effort being exerted.

A second effect of thoughts is the creation of thought-forms. Every thought creates a materialized entity which operates on emotional and intellectual levels. Negative thought-forms may stay with an individual and increase in size over time. Persons with psychic vision often can see negative thoughts in the auras of other persons. Thought-forms can take on the form of entities that exist without our awareness.

Thoughts are forms of energy which may shape the conditions of

our lives. For example, if a person wants to enjoy abundance but does not feel worthy or is unable to visualize gifts or wealth, this goal is unlikely to be achieved.

Thoughts are sent or transmitted to others. When we have positive thoughts, we send them to others and they respond quickly or over a period of time. Positive thoughts that are sent are replaced with positive thoughts; thus, we feed our own optimism and sense of well-being. We also feed the positive thoughts of others.

Similarly, if we think negative thoughts, we send negative impulses to others. This lowers their vibrations and sends low grade thought-forms into the environment. As negative thoughts are sent, they are replaced by the same.

It has been said that a large number of our sins or separations from God are committed with our mouths. We do not think about our thoughts and our speech, even though they impact our own present and future as well as the present and future of others.

If we are to grow spiritually, we must begin to examine our thoughts and understand that our beliefs and our thoughts do not represent reality. They are our perceptions of reality that are incomplete. When we realize this, we open ourselves to moving out to understand in new ways and to appreciate the diversity of people's perceptions. We can control our thoughts, our beliefs, our speech, and our actions, but to do so requires that we will ourselves to behave in different ways.

A beginning step is to clear our minds of past negative thoughts and feelings. We do this by forgiving past oversights, insults, or transgressions. It is the forgiveness that helps us clear our minds and fill them with positive thoughts and energies which enrich our lives. Where our thoughts are focused, our energies are focused. When we move to positive thinking, we free our energies for the positive activities of life and for our spiritual development.

Master El Morya explains this law and how it applies to our lives

in the following way.

Greetings, Oh Children of the divine. Once again it is I, El Morya, responding to the request to explain the next law. I transmit this next message with total love in my heart, and know that because I do so, the words will be received within the heart centers of all who reside on that same frequency.

Today I will address the Law of Perpetual Transmutation of Energy. This is one of my favorite laws, for its application expresses the magic to be found in the Christos. Once understood, this law provides the answers many have yearned to know regarding how to change conditions in one's life from the point of stillness within.

So what does this mean in common terms? It means that all persons have within them the power to change all conditions in their lives, just by understanding how to use one Universal Law against another to facilitate the change. Simply put, since higher vibrations consume and transform lower ones, each person can become an alchemist of the heart, if he or she chooses to do so.

Since all is energy and everything is contained in Oneness, it is reasonable to conclude that everything is interrelated and affects everything else. But if this is truly the case, then one might suppose that all would continually be absorbed in the Light, and love and Light would reign on Earth. Looking around, the casual observer can see that this does not happen. So how, then, does this law work?

It works with the WILL, Dear Children of the Divine. It works when one chooses to transform the darkness into Light and when one has a desire to change surrounding conditions into a higher form of existence. This law is also a one-directional law; therefore, it is the key to one's harmony, peace, and love. Since higher vibrations only consume and change the lower vibrations, it is not possible to reverse the affects of this law. Lower forces, consumed by negativity, cannot apply this law to lower the frequencies of higher vibrations, for its effects cannot be

reversed. It is the law.

It is with great pleasure, then, that I offer this law to the Children of Light of the world to use as their weapon to embrace the darkness and bring it into the Light. There is no other law like this one, for its application has the power to raise Earth's vibrations into the Christos energy, carrying it speedily into the Fifth Dimension.

One uses this law by forgiving others, loving others, seeing in others the differences as well as the similarities, and applying higher frequencies to situations in life that are considered to be discordant.

The highest frequency one can see is the color violet. . St. Germain is the ruler of the violet ray because he is the master alchemist. In his role as Merlin, he came to Earth and brought the alchemist's magic to assist in transforming the energies of separateness into those of balance. He was the metaphysical king, while I, Arthur, was the physical king. Together we reigned with the vision, balance, insight, will, and courage that it took to re=energize England and prepare her to assume the vibrational frequencies that are destined to balance the world. We did so through the application of the Law of Perpetual Transmutation of Energy.

Violet is the favorite color of alchemists, and Merlin knew of its power. Since this color holds the highest vibrational frequency seen with the naked eye, it has the power to change all the frequencies that reside below it. Violet is the last color of the rainbow, before it turns to ultraviolet and then is reflected in the Light. It therefore holds the highest coding of symbols, and can be used to change surrounding conditions.

Visualize this frequency daily and surround any condition in your life that is discordant with this color. See the condition change from a disharmonious one to one of peace and delight. Hold this vision with the strength of the will, always from the perspective from the Higher Self, and great miracles will begin to occur.

The key to its effective use is the Higher Self. Recognize this and all power shall be granted to you. The lower bodies have no power on their own; it is only the Light from the Higher Self that understands how to use this precious energy.

If one visualizes this frequency, consuming and transforming all lower negative energies, the vibrations will change, first within the mind and then in the emotional body. The reason this is so is that negative entities cannot stay within this higher frequency for long. The strength of the will and the length of time this frequency is used will dictate how long it will take to clear a situation. When using this law, always remember the importance of the breath, for it is the breath that helps one command the emotional body.

Light is a higher frequency than violet. The white Light is the shield of protection. Visualize the Light within and around at all times, and it shall strengthen your will. With a stronger will, the soul's ability to manifest and transform events becomes more precise.

The Light also aligns the chakras with the Higher Self, thus providing the connection to the Great Central Sun, and the source of all there is. The Light strengthens one's faith, hope, and charitable nature, as well.

The third vibration that is important to know when using this law is pink. Pink is the color of self-love and resonates on the level of the soul. Surround others with this frequency and their attitudes will soften. Hold them in the soft glow of this field and watch their frowns slowly turn to smiles. The power of this frequency cannot be underestimated, for it generates much love throughout the universe.

The effects of this law are seen primarily when one meditates in silence and applies the principles to situations and events in life. Therefore, I invite all who wish to change the conditions around them to join with St. Germain in the stillness of the hearts and

ask for guidance on its use. He shall assist all to become the magicians of the new millennium, but demands that the wills be strong.

Journey with Merlin once again, Dear Children of the Heart, and learn of the magic of the ancients.

I close this transmission with a song in my heart and look forward to your accomplishments as you create a beautiful world for your children.

I AM El Morya. So Be It! So It Is!

SUMMARY

The Law of Perpetual Transmutation of Energy explains how our thoughts manifest positive or negative energy in our own lives and in the lives of others and how we may transcend negativity by applying higher frequencies to situations perceived as negative.

- The Law of Perpetual Transmutation of Energy is basic to our understanding that we are responsible for many of the conditions of our lives and that we have free will to change the nature of our lives and environments.
- Just as energy is changing continually in the material world, so energy is being sent with a predictable impact in the emotional and spiritual worlds.
- We use energy in our thoughts, our beliefs, our speech, and our actions; it is these behaviors which transmit and transmute energy to others, whether positive or negative.
- Positive energies attract positive energies and overcome negative energies through their higher vibrations.
- We control our transmission of energies through intent and will.
- We apply the Law by forgiving others, loving others, appreciating the uniqueness of others, and using higher frequencies in our lives.
- Violet color may be used to change conditions; white Light

may be used as a protection; and pink may be used to increase self-love and the love of others.

Chapter 17

LAW OF RELATIVITY

God allows us to experience the low points of life in order to teach us lessons we could not learn in any other way.

The Law of Relativity begins with our understanding that each of us is provided with problems or Tests of Initiation. These tests are designed to assess where we are on our spiritual paths and what experiences we need to learn.

Our response to these tests is important to our spiritual growth. On the one hand, we can compare ourselves to others and ask, "Why me? Why am I experiencing these problems when others do not experience the same problems?" We choose our response to these tests, and that response can advance or retard our spiritual progress.

When the heart and mind are connected, we realize the meaning of the tests and know that failure simply means that the next test will be more difficult. In this positive frame of mind, we say, "Thank you, Masters, for this Test of Initiation." When we look at our problem we consider that it might have been worse or more difficult.

The ways in which we view the world begin and end with our own minds and the meanings we choose. As we move on our spiritual paths we are able to see the positive aspects of our experiences, even the difficult ones.

El Morya speaks to us on the Law of Relativity.

This message on the Law of Relativity is protected in the Light of the Most Radiant One and transmitted with the vibration of the Highest. It speaks of observation and choice, and teaches the

importance of applying the Law of Vibration to the choices each makes.

Inherent in understanding the Law of Relativity is an awareness of the Tests of Initiation, which are lessons that all must learn to become enlightened. These tests determine how quickly the soul advances on the spiritual path, and how many times it must be reborn on the Earth plane for the purpose of making choices again.

I, El Morya, speak with the wisdom my soul commanded when I was Solomon centuries ago. It is with great pleasure that I come forth today and transmit my understanding of this most important law.

Although the Law of Relativity has been in existence as long as the universe, it received its current name from the Pharisees of old. The Pharisees I speak of were the ones who lived when the Age of Pisces was new. These learned ones understood the importance of maintaining a higher standard of living while practicing spiritual laws. Many who resided in Israel enjoyed the status of their positions and protected their ranks by citing the laws as the defense for their actions. They spoke with precision, for they had memorized the laws, and their minds understood the impeccable application of these statutes in the world.

They were, however, remiss on one count. Their hearts were not connected to the spirit of the laws. An intellectual interpretation of the law often differs from the spiritual intent, which was usually the reason the law was created in the first place. Unless a soul is sufficiently advanced to accept the spirit of the law, its meaning and intent often are lost in the winds of time. The Law of relativity is one of the laws that has been lost in the winds.

Basically, the Law of Relativity assures that each soul will receive a series of tests (problems, if you will), designed for the purpose of strengthening the Light within. As each soul is tested and provided with opportunities for advancement, options are given that guide the possible choices to be made. These options allow

the soul to use the understanding of the Law of Vibration for either advancement or regression.

Everything in life is relative, Oh Sisters and Brothers on the path. All is the All. There are no judgments regarding good or bad, better or worse. Everything is relative, balanced within the mental and emotional state of the person in any given moment of time. The reason one believes that things are better or worse is because the mind makes comparisons with people, things, and events that are not relevant, and applies these comparisons to the present situation.

Each event in one's life stands alone and should not be compared with other things. This is because each event has its own vibrational frequency, with unique lessons to learn, and should be analyzed from the perspective of "What is it I am to learn from this situation?" Instead of approaching life from this perspective, individuals frequently choose to compare their lives and situations with those of others, and it is through these comparisons that they often become depressed, believing that others are more blessed than they are.

The Law of Relativity speaks to the fact that all things are known only through their relationship to the mind. The mind controls how one feels, what one believes, and how one behaves. It is a powerful tool—and God's gift to humanity. But the mind can be too clever sometimes, especially if it becomes disconnected from the heart. Too much analysis or reason sway one from seeing the higher truths. When this occurs, the individual becomes attached to the letter of the law and not to the spirit of it. This is what happened to many of the Pharisees of old.

The Law of Relativity brings clarity to the mind, for it cautions individuals not to compare current problems to former ones. Instead, the law guides each soul to look at challenges as opportunities for advancement and learning. Since each will be presented with Tests of Initiation, and everybody's tests will be different, it becomes obvious that the journey in life is not about comparisons, but about mastering the lessons each has come to

learn.

The Law of Relativity is considered to be one of the more advanced laws. The key to using this law effectively comes through the control of one's mind. When one learns to use the mind to focus only on the present situation, the soul is freed to pursue new and higher solutions for problem solving.

Learning to analyze each moment of time, staying connected with the heart, is the key to freedom. The law essentially reveals that in every moment of one's existence, the soul is provided with choices. The ultimate goal is to choose that which is beneficial and good for advancement, thus creating a higher frequency within.

When one does not understand this law, great repercussions may develop because choices made, not connected to the heart, can bring heavy returns of Karma. When people are pious and feel they are in a state of grace, they sometimes act righteously. This is especially true of those who also have memorized the laws. In this frame of mind, they can be compared to the Pharisees.

Keep in mind, Oh Children of Earth, that the souls of the Pharisees are still caught in the wheel of rebirth. The choices they made did not take into consideration the importance of the connection to the heart. Make all choices from the heart center, and the wheel of rebirth will no longer chain you to the Third dimension. Let the Law of Relativity guide your understanding and set you free to pursue other forms of existence.

Come join us in the Fifth Dimension and higher. We shall teach you the higher truths that you are seeking to learn. All you need do is to assure that each choice you make is aligned with a higher frequency, and you shall quickly advance on the steps of the high Initiate.

May the Creator of All watch over your every footstep. Go in peace. I AM El Morya

SUMMARY

The Law of Relativity deals with the ways in which we manage our thoughts as we face our problems and our Tests of Initiation. We may respond to these tests with self-pity, or we may look for the learning opportunities they bring.

- Each of us is provided with Tests of Initiation to determine whether we have mastered lessons of spiritual growth.
- Our responses to these tests may be judgmental in that we compare ourselves with others, or they may be positive in that we respond to the problems with mastery.
- Our ability to respond positively requires that our hearts be connected to the spirit of the laws and that we use our tests to advance on our spiritual paths.

CHAPTER 18

LAW OF POLARITY

To destroy an undesirable rate of mental vibration, put into operation the Principle of Polarity and concentrate upon the opposite pole to that which you desire to suppress. Kill out the undesirable by changing its polarity. The Kybalion

The Law of Polarity states that everything is dual, that there are two poles or opposites to everything found on the physical, mental, or spiritual plane. Polarity is the difference in dimension or direction, and it represents the two extremes of one thing. In the physical world there is no summer without winter. In the mental world there is no structure without freedom, and in the spiritual world there is no good without bad. In each instance, both of the poles have meaning.

The Law of Polarity considers an object or condition in itself as unrelated to other objects or conditions. Thus, love cannot be related to winter on a continuum because these conditions are on

different planes, or refer to different classes or objects or relationships.

When we consider those conditions or objects found on the same continuum, we soon realize that there are no absolutes. When does water move from hot to cold, or when does summer become winter? Opposites are two extremes of the same thing. The difference is simply the degree to which we perceive either pole as being on the same continuum.

If two poles are degrees of the same thing, then we have the power to move from one extreme to the other. We may dislike some individuals strongly and then, when we come to know these persons, feel compassion or love for them. We may dislike the discipline of exercise but, over time, learn to look forward to the high of working out. Or, we may think we cannot do without certain food items and then learn to dislike these same foods. These are examples of how we use the Law of Polarity on ourselves by moving from one extreme to another. Using this law is part of the discipline we need to change our lives.

What may be even more surprising, however, is that we can influence others in positive ways. When we dislike others, we can visualize them as being good and put violet light around them. We then may find that these persons have changed in some ways, and we may even learn to like or love them. Thus, we have the power to change our own feelings, and, often, the feelings and behaviors of others.

El Morya describes the Law of Polarity and the Celestial Hierarchy's views of what the law does for humanity.

Greetings, Oh Sisters and Brothers of the Stars. I, El Morya, come forth today to transmit the message on the Law of Polarity. I deliver these words as the Representative of the Council of Light from Lyra, and as the designated Ambassador for the Tribunal Council of the galactic Command. These Councils pay tribute to the Law of Polarity because it is through the operations of this law that their work is deemed successful.

The Law of Polarity designates that everything has opposites and opposites are the same; they only differ in degrees. What is considered truth for one is the half truth for another. In all things there exists duality, which comprises the nature of the universe.

If opposites are really the same, then it is reasonable to conclude that love and hate are but two extremes of the same emotion residing on the same continuum. The differences between these two reactions lie in the degree of emotion expressed. The same holds true for concepts such as hot and cold or good and evil. Where does love begin and hate stop? Where does hot begin and cold stop? The answer resides not in a point on the scale, but in the degree of the mental and emotional attitude of the individual in any moment of time.

For the average student on the spiritual path, this law provides the power and keys for understanding transformation. Since all things contain the principle of polarity within them, then all things can be changed. The way things are changed is by directing the “charge” of energy along the continuum that resides between the two polarities. It is that simple. The power of the mind, which controls the emotions, is the key to understanding that ALL THINGS CAN BE CHANGED. The first step in change is CHOOSING TO DO SO.

Humans possess eight etheric bodies and one physical body. Four of these bodies are better understood, and, therefore, “used” more than the others. These are the physical, mental, emotional, and spiritual bodies.

In the universe, there are three primary planes of existence:

- The physical, which is the lowest, densest plane of matter;
- The mental, which comprises the mental and emotional bodies, and
- The spiritual, which includes the etheric and spiritual essences of the higher planes.

The physical plane includes the physical body, the mental plane includes the mental and emotional bodies, and the spiritual plane includes the higher etheric bodies and encompasses the soul and Higher Self. Polarities exist on each of these planes of existence; yet the polarities within everything that resides on each plane cannot be crossed between the planes. That is because the vibrational frequencies residing within each of these planes are distinct unto themselves. For example, one cannot turn love into cold, or heat into evil. Therefore, each thing must be analyzed for its own essence and being. Each reaction emitted then must be analyzed, for the frequency that it contains, and a decision can be made to change the behavior to either a higher or a lower one. This is possible, because all things reside on a continuum.

The power of the Law of Polarity comes from this understanding, for this knowledge gives the individual the foundation for choosing other responses. The universe, through the Law of Cause and Effect, will return whatever behavior is emitted from the source. If a lower behavior is sent, then the individual can expect events in his or her life to come around that will deliver a similar package of events or experiences.

Knowing that all reactions and emotions reside on a continuum aids the individual to achieve higher states of consciousness and to evolve. Nature is set up for all to evolve. That is the secret to life and to understanding the laws. Humans are to continue to raise their vibrations through the power of thoughts, the mind, emotions, and actions. This is accomplished through choice.

The key to mastering the Law of Polarity lies in one's ability to stay balanced, focused, and detached from the world and things around. Extreme reactions most assuredly bring returns that match the emotions and behaviors emitted. Balance is the key to success. Never forget this, and this Law shall come to serve you and raise your vibrations unto the divine's.

Thank you for this opportunity to deliver this message of power.

On behalf of the Council of Light from Lyra and the Tribunal Council of the Galactic Command, I bid you farewell for a brief moment in time.

Adonia. I AM El Morya

SUMMARY

The Law of Polarity expresses that we can change ourselves and even change others. We may do this in unconscious ways as we learn and experience new things or the same things in new ways, or we may use the law consciously to bring about change in ourselves and others. Some of the key understandings of this law are as follows:

- There are two poles, or opposites, to things or conditions found on the physical, mental, and spiritual planes.
- Polarity is the difference between the two extremes of one thing.
- There are no absolutes of difference between the extremes or poles of any one thing; rather, there are degrees of difference.
- When we choose to change, we can change our attitudes or behaviors on the continuum of extremes when we choose to do so.
- We can change the behaviors of others by raising our vibrations.
- Mastery of the Law of Polarity requires learning how to maintain balance, focus, and detachment from the distractions of the material world.

CHAPTER 19

LAW OF RHYTHM

Everything flows out and in; everything has its tides; all things rise and fall; the measure of the swing to the right, is the measure of the swing to the left; rhythm compensates. The Kybalion

The Laws of Vibration and Polarity are expanded when we add the Law of Rhythm. While everything vibrates and moves, and has two poles or opposites, everything vibrates at or responds to certain rhythm. This rhythm establishes seasons, cycles, stages of development, and patterns—all of these reflect the regularity of God's universe. It may also be viewed over long periods of time as the continual creation of the universe, the rise and fall of nations, and our own birth, death, and rebirth.

The cycles or rhythms apply to all areas of human life—the physical, mental, and spiritual. Many of the cycles in our lives and in nature occur in multiples of seven—seven days to the week, seven notes to the scale, seven rays of influence, etc. it has been said that human beings were designed by the Creator to live for twenty and one-half periods of seven years each, or about 144 years. Our failure to do this is the result of our inability to live within the laws of nature. Today we find many who are extending the life span from 68 or 70 years to 80, 90, or even more than 100 years.

In the natural order of the Law of Rhythm, we experience the positive cycles and the positive emotions of faith, generosity, kindness, patience, love, courage, and duty. Everything goes well and we feel happy and confident. We may describe this period as "being on a roll" or experiencing unusual luck. We feel this way because our lives are in balance.

When we move into the negative cycle our feelings and mental states change. We now may feel more fear, greed, envy, criticism, or hatred. Our natural tendency is to blame this on other people or events. We can overcome these feelings by transmuting the feeling and overcoming the negative. Our will or mental state is superior to the manifestations of this law. The rhythm continues, but the negative takes place on the lower, unconscious level. It is overcome or transmuted to a higher level by the use of our will to remain positive. We rise above the natural rhythm and do not experience the negative.

Since the Law of Rhythm is inevitable, we can adapt in ways by using our knowledge. We can plan new ventures at the times when things are moving to a positive side and we can remain positive to lessen or eliminate the effects of the negative.

We do this by learning to control our emotions at all times. We must work at reducing episodes of fear, worry, selfishness, greed, hatred, or other negative emotions. Even though we may have some of these feelings, we should strive to keep ourselves from owning expressions of these feelings. In this way we will not be subject to these emotions when the pendulum shifts again. When we allow negative emotions to be expressed, they remain with us and they provide the poles for shifts of the pendulum. When we are expressing positive emotions, the positive stays with us and assists us in transmuting the negative swings of the pendulum.

The key to success in mastering this law is balance. Never allow your emotions to swing too far to the right or left. If you can accomplish this, life gets better and better.

El Morya describes the Law of Rhythm in the following way.

On behalf of the Light within each person who reads this message, I greet you from the heart of Sananda. It is I, El Morya, here to transmit the next message on the Law of Rhythm.

The universe moves in a cyclical fashion, with energy flowing one way and then the other. This movement is defined as the rhythm of the universe, and this rhythm is found in all things. It is called the Law of Rhythm.

The principles underlying this law are defined as the movements of the in-breath and the out-breath of God. Life moves in cycles and is constantly renewing itself, first from the highs and then from the lows, next from within and then from without. These rhythms connect the two extremes revealed in the Law of Polarity. These rhythmic motions are what constitute the heartbeat the pulse of life itself.

The Law of Rhythm basically states that all things move in a cyclical fashion, like the pendulum swinging first to the right and then to the left. The tides flow in and the tides flow out; the sun rises and the sun sets. These rhythms constitute an order of renewal in the universe that can be either disruptive or pleasant, depending upon how one wishes to perceive these rhythms.

Like the physical plane, the mental and spiritual planes also have rhythms. Thus, individuals witness mood shifts and states of mental imbalance. These periods constitute some of the most difficult times that people experience, for the extremes drain individuals of precious energy and serve to lessen the mastery they command over their own mental and emotional bodies.

For every high there shall be a low. This is the Law of Rhythm. This is the only law the individual cannot learn to control. The only way in which one can command mastery over it is through mastering one's own emotional and mental states at all times. Doing so allows one to rise above this law.

Those who thoroughly enjoy life and are filled with excitement must also experience the extreme lows, for as the pendulum swings from the right and back to the left, the opposite event or experience must be brought to them. Once the individual tires of the lows, the soul is open to learn new ways to govern specific behavior patterns. This begins the process which leads to the lessening of the extreme depressions that intrude on one's life. When the Initiate commands this state of mind and demonstrates that he or she is ready to receive instruction on another, "better," way to experience life, he or she then is introduced to the Law of Rhythm.

The way in which one escapes from the effects of this law is to rise above it. That means that the only escape is to control the mental and emotional bodies at all times and to govern the extreme mood shifts that interfere with one's path. The individual learns to walk the center of the road, never getting too excited or allowing negative things to penetrate his or her consciousness.

Masters know that all is energy and that this precious life force is given to each to manage and use wisely for manifesting God's plan on Earth. Since energy can neither be created nor be destroyed, it must be transmuted. The Law of rhythm teaches a way in which to transmute energy and manage the extreme rhythms in life.

The key to transmuting the effects of the Law of Rhythm is through the strength of the will. By applying one's will to manage reactions towards events in life, the individual actually can learn to detach emotionally from all experiences. Will power can be used to prevent the individual from getting too excited when events occur that serve only to steal the energy, under the guise of enthusiasm. When the highs are controlled, the swing of the pendulum will not be so extreme. Therefore, the polarized event that will come to the individual will be of a lesser negative quality, and will be easier to accept.

To be successful at rising above the Law of rhythm and detaching emotionally, the Initiate must learn to walk the middle of the path at all times. This is the road to mastery. Few have been able to accomplish this in the past, however, which is why there are so few who have ascended from the Earth plane.

The time is come for more to make this journey and move into their Light bodies to sit at the right hand of the Father/Mother Creator. Those who master the Law of Rhythm will surely be among those who will have seats reserved for this gathering. This law separates the Masters from the Initiates, the leaders from the followers. It is the turning point toward spirit and the step away from the material world of the Third Dimension. Learn it well, Dear Children of the Command, for to understand it grants you your ticket to the stars.

Adonai, Oh sisters and Brothers of the path. In the name and radiance of the Most High, I AM El Morya.

SUMMARY

There are many rhythms in our lives that we cannot escape. We can overcome the effect of rhythms by remaining positive and transmuting the effects of negative rhythms or cycles.

- The universe moves in cyclical fashion, with energy moving one way and then another. This rhythm is found in all things and is known as the Law of Rhythm.
- Individuals experience mood shifts and mental imbalance as the negative cycle or rhythm is experienced.
- One can overcome the Law by mastering his or her mental and emotional states at all times.
- The individual overcomes or transmutes negative cycles by walking the center of the road or remaining calm and centered.
- It is our will power which allows us to master our mental and emotional states and to remain centered.

CHAPTER 20

LAW OF GENDER

Gender is in everything; everything has its Masculine and Feminine Principles; Gender manifests on all planes. The Kybalion

The Law of Gender is often difficult for people to understand because they assume it refers to the physical differences between men and women. Physical differences or sex are one small manifestation of the Law of Gender on the physical or organic plane. The term is used in a much larger context to refer to creation or production.

Masculine and feminine energies are found on all planes—physical, mental, and spiritual. Gender refers to a division of labor or effort which is required for all creativity. Gender is found in organic as well as inorganic matter and within the operations of heat, light, electricity, magnetism, attraction, repulsion, etc. In each instance, both masculine and feminine energies are essential—the masculine energy directs itself to the feminine energy, thereby initiating the creative process. The

feminine energy is the one doing the active creative work, and this is true on all planes.

On the mental plane we are the Law of Gender manifested. Although male and female bodies and brains differ in significant ways, both sexes have the need and abilities to use both masculine and feminine energies. Both must be present in the creation process, and both sexes need to develop these skills.

Current brain research supports the distinction outlined above. The male brain usually emphasizes left brain thinking, and it appears to be suited for analytic functions. When these are employed, they culminate in the skill of initiation of action. On the other hand, female brains appear to demonstrate more right-brain activity and to be suited for synthetic functions. Both men and women can perform both sets of functions, but in different ways. In most cases, each of us has access to both masculine and feminine energies. Part of development, maturity, and spiritual growth is the ability to use both sets of energies based on the requirements of a given situation.

Masculine energies may not be used because of our fears of success and failure and ignorance of our missions. When we learn about our missions, we gain the confidence to act and to initiate.

Feminine energies sometimes are viewed as weak. Even though we must live lives of positive thoughts and actions which exhibit gentleness, patience, humility, self-control, graciousness of speech, sympathy, and wisdom, these are not manifested in passive ways. We are expected to use these positive behaviors in bringing about the fifth dimension. It is the feminine energies that will bring about a balance that will enable us to become co-creators with Spirit. In full spiritual development, masculine and feminine energies are understood and expressed by both women and men. It is then that we manifest the fullness of the human and third-dimensional experiences. El Morya's message on the Law of Gender expands the concept.

I come once again to deliver the final message. Today I will speak

on the Law of Gender. In so doing, I shall impart the wisdom of the ages, for in the understanding of this law comes the union with the Divine. I am delighted to begin, for there is so much to say. Therefore, I, El Morya, shall commence with this discourse.

The universe is made up of two active principles, yin and yang. Some call these positive and negative aspects of life, while others refer to these as the polarization of the subparts. Regardless of what term is used, these two principles are found in every subparticle in the universe, and comprise the foundation for creation itself.

The Law of Gender is the expression of yin and yang, otherwise termed the feminine and masculine. The law states that these two principles reside within all things, and it is through these principles that humanity is able to create.

The Law of Gender is the creative force that runs from the inner into the outer world. It is the force of the Gods and the power of the giants. It creates life, even that which is born into the physical manifest world of "things," for both of the principles (yin/yang) must be present to build and to manifest in the third-dimensional reality, as well.

The receptive side of humanity's nature is often called the negative side. This is further termed the feminine or the yin. This is the force that creates, spins ideas, and weaves the threads to make the tapestry into a work of art.

The positive or directive side of humanity's nature is called the masculine or yang. This force is directed toward the creative force of the feminine principle. It is the originator of ideas and actions. The masculine energy is attracted to the feminine principle, and when they unite, they form a union that assures that the creative process will be realized.

These two forces are present in everything that exists. These forces are the great mystery of the universe. The natural attraction of the positive and negative energies are everywhere,

for there is consciousness even in the atom. Remember that it has been stated earlier that God is thought. Therefore, the chi or prana that exists everywhere has intelligence. This intelligence, which has the power to create, is demonstrated in the Law of Gender.

It is important to understand this law if one wishes to advance, because mastery requires the person to command everything in the physical world. This means that individuals will be guided and tested until they are expert at manifestation and creation.

Of the two, creation appears to be the easiest, but in reality it is not. To truly create in the physical world, individuals must balance the yin and yang within to a point of stability. This means that they must have mastered how to receive dreams and visions and also how to turn them into reality, by creating in the physical world. When individuals are able to create and implement ideas, they position themselves in the field of Oneness. Very few souls ever achieve this kind of command over nature or themselves. This truth reveals another reason why so few ever become Masters.

When the yin and yang are balanced perfectly within the soul, the individual intuitively knows how and when to act appropriately in all situations. The balance of the positive and negative or masculine and feminine principles within brings the person to a point of androgyny, the state of mental balance that aligns the individual with the Higher Self.

Universes have been created when the feminine principle was unleashed, but they have been created only when this was ignited and balanced with the masculine principle. For centuries on Earth the feminine principle has been thwarted, making it difficult for either men or women to exert their full human potential. Cultures, societies, individuals, sexes, and institutions all have participated in suppressing the feminine principle. As a result, creation has been stifled and destruction looms at every turn. The aggression from the masculine principle has thrown all things out of balance, leaving the world to wander aimlessly until the power

can be restored.

A Golden Age, the seventh, to be precise, has been predicted for the millennium, because the cosmic conditions are ripe for the feminine energy to be restored on the planet. The Age of Aquarius has promised this. Philosophers, astrologers, and astronomers have known this since the beginning of time, for the Creator's pen has so recorded this edict. The earth will venture into this new era and the balance will come forth, but first the balance must be realized within each individual.

Therefore, we offer the Law of Gender to you for contemplation. Learn of this law, for it is the source of all your power. It will teach you to become co-creators with God. Learn to balance all thoughts, emotions, words, and actions with the principles of positive and negative responses. When you accomplish this, self-realization will be given.

The Higher Self is androgynous and waits to unite with the lower eight bodies. It cannot form the union, however, until the lower bodies are balanced with the yin and yang energies. The balance actually accelerates the electron spin to a point of stillness necessary for the merger to take place. Ascension does not occur until the union is perfect.

Therefore, I say unto you, hold the perfect stillness within, and balance the masculine and feminine principles in the soul. Learn to listen to the higher guidance of your inner voice, and know that when you do so, all will be perfectly aligned.

This concludes my message of the Law of Gender and seals the messages of twelve. On behalf of the higher Councils of Light who sanction these words, I leave you with this volume of information to ponder.

Read each message with the masculine energy in the forefront of your minds and direct all initial impulses to the intuitive feminine nature. Then put the meaning of these messages into action through the creative process of the feminine energy. When

applying these laws, discipline the mind, heart, and emotional bodies to follow the guidance of the Higher Self. By living the laws, your souls will soar, for the Light these laws will bring will truly set you free.

In the months and years to come, I remain your humble servant. Should you need help in understanding or applying the spirit of these laws, call for my assistance. I shall not let you down. I only wait to serve you in your quest for mastery.

Remember, the Ascended Realms cannot interfere or override humanity's free will. That is your gift from God. Should you knock on the door of the divine and invite our assistance, we will guide and support your journey. The angelic kingdom will also come, for that is their responsibility and duty to God. Know this to be true.

Finally, remember that the Order of Melchizedek, of which I am a member, is your strength in the years to come. We assist all who are sincere seekers of the Light and who wish to journey to higher dimensions of time/space while still embodied on the physical plane. Ask and Ye shall receive our assistance, and know that you are protected in the Light of the Most Radiant One.

I now close this transmission with love and respect for all who read these words with their hearts. Carry your intent to the higher dimensions and join your elder sisters and brothers who await to receive you in the chambers of the Most High.

God Day in the Light of the Most Radiant One. I AM El Morya.

SUMMARY

The Law of Gender deals with the two activities needed to create or produce—the yin and the yang. These functions are complimentary and are found on all planes—physical, mental, and spiritual.

- Masculine and feminine energies must be developed in both women and men to be used in appropriate situations.
- The masculine and feminine energies are the foundation for creation in every part of the universe.
- Creation requires that we have balanced the yin and the yang, or the ability to dream dreams and bring them into reality.
- When we balance our masculine and feminine energies we move to a state of androgyny that aligns us with the Higher Self.
- The seventh Golden Age will be a time for the restoration of feminine energy on the planet.
- When we are able to master the balance of our thoughts, emotions, words, and actions we unite the Higher Self with the lower eight bodies. This is necessary in order for ascension to occur.

A joyous person abounds with energy and feels buoyant because he or she is running a higher-frequency current of energy through his or her system.

CHAPTER 21

INTRODUCTION TO PERSONAL TRANSFORMATION

I am One with the Violet Flame. St. Germain

Transformation is changing our beliefs, our thoughts, and our behaviors. Transformation, like learning, results in changed awareness, consciousness, and behaviors. It requires us to face our longings and our deeper-level knowledge, to gain the information and courage needed to determine their meanings for our lives, and to take the actions and steps necessary to gain the skills or clear the way for new levels of consciousness and understanding.

The process of transformation culminates in self-mastery. Self-mastery is achieved as we move to our reunion with our

Higher Selves and the God Force. The merger of our physical selves with our Higher Selves is part of our becoming one with the Light and the God Force.

Transformation has been described as involving three stages of mastery and development. Transformation begins with the opening of self to new ideas, new consciousness, and new information. Information gives us images and possibilities that we can test and determine the degree to which they seem right for us. This phase of transformation is an exploration, a seeking out of the unknown and a stretching of our beliefs. Previous sections of this book have provided examples of information that offers new possibilities. This information cannot be tested fully in the usual ways, but must be examined in our hearts and minds to determine its meaning for our lives.

The second phase of transformation occurs when we begin to integrate the information into our lives. We determine how the ideas and philosophies will be put into practice and how we will gain our own spiritual mastery. This is the phase of becoming Light beings and joining with our Higher Selves. It requires meditation, clearing of old beliefs, experiencing forgiveness of past and present transgressions or injustices, and learning to love and accept ourselves and others. There are many things that we can do to accelerate this process, which often is achieved as we are able to receive telepathic messages.

The last phase of transformation comprises mobilization of our self-mastery. We are able to live our Earth mission in powerful and fulfilling ways because we now are aligned in a real way with our Higher Selves and the God force. We are living a fifth-dimensional life within a third-dimensional world. Ego is no longer the master of our lives, and we are preparing ourselves for our ascension. Our ascension, or the attainment of new levels of service and learning frees us from the need to reincarnate to learn the lessons needed for self-mastery.

One of the primary lessons we learn as we move to self-mastery is the lesson of discipline, or the ability to control our physical,

emotional, and intellectual functioning in ways that keep us in touch with positive views of our experiences and our abilities to view the third-dimensional experiences at higher levels. Being able to understand that the Earth experience is an illusion that will be viewed in different ways as we become Spiritual Masters is part of our learning. It is easy to emphasize the discipline needed and forget the joy and the bliss that are experienced as we move through the process. We do experience peace, joy, and abundance as we are able to reunite with our creator and move through the stages of transformation.

It is important to remember that we are never alone as we go through this process. Our guides, angels, the Ascended Masters, and many other sources of strength and growth are provided to us. The following section outlines some practical ideas and actions we can take to accelerate our progress on our journey to spiritual mastery.

CHAPTER 22

THE SUB-LAWS OF THE UNIVERSE

The Knowledge of man is as the waters, some descending from above, and some springing from beneath; the one informed by the Light of nature, the other inspired by Divine revelation.
Francis Bacon (St. Germain)

The Universal Laws describe the fundamental principles governing the functioning of Earth and the Celestial Worlds. The Laws tell us that humans co-create with god by using their minds, that energy, vibration, Light, and motion make up the universe, that patterns of correspondence or consistency are part of our physical and spiritual worlds, and that there is a consequence or effect for everything that we do. These principles help us understand how and why things happen.

There are also human characteristics or traits related to the Universal Laws. These are referred to as the sub-laws, or the

ways in which we put the Universal Laws into action in our lives. Each of the sub-laws is not simply a nice thing to do. Each has a spiritual purpose—a purpose designed to bring Heaven to Earth. In following the purposes of the sub-laws, we participate in the co-creation of the perfect world which has been envisioned for us by our Higher Selves.

We may agree with the purpose of the sub-laws and wish to live in accordance with them, but find that unresolved issues of past lifetimes or the limits of our current spiritual development place barriers in the paths of our realizing the purpose or benefits of the sub-laws. If we are to use the sub-laws well, it is essential that we learn how to overcome the barriers that prevent us from using them in effective ways. We can do this through our thought processes and through the words we speak, which reflect our thoughts in positive ways. These are the affirmations that bring our behaviors and our lives into alignment with divine intent.

The following sub-laws detail the virtues that not only help us to grow spiritually, but also bring forth a higher existence on Earth. Each sub-law is described in terms of its alignment to the Higher Self and then examined from the perspective of the ego's influence on it. Finally, suggestions are given that will assist individuals to align their power with their Higher Selves, thus facilitating mastery in their lives.

SUB-LAWS OF THE UNIVERSE AND THE BEHAVIORS AND ATTITUDES THAT DIMINISH AND SUSTAIN THEM

ASPIRATION TO A HIGHER POTENTIAL

Definition: The higher force that instills within us the strong desire to achieve greater things.

Purpose: The soul's ambition to evolve and journey back to the Source.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors.....Sabotaging your accomplishments Feelings of:

Vanity

Experiencing a lack of openness diminishing energy

Failing to keep promises Hopelessness

Lack of interest in life Despair

Criticizing others Death

Attitudes Inability to set goals and objectives, Playing it safe

Fear of success and failure

Fear of risks

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Trust in the process and Divine Order of the universe.

Make commitments and keep them.

Follow your inspirations.

See a part of yourself in everyone else, and emulate all that is good in others.

Align with the Higher self.

Never stay around negative people for more than five minutes.

Allow yourself to risk.

REMEMBER: God is in the details.

Affirmations.....I am getting better and better every day. The Light within me is expanding and producing miracles in my life.

SUB-LAWS GOVERNED BY THE HIGHER SELF

CHARITY

Definition: Philanthropy or benevolent good will toward humanity.
Lenient judgment of others.

Purpose: A love for humanity demonstrated by giving, with no expectations of return.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors..... General dislike for humanity. Lack of trust

Attitudes.....Belief that you are being used or are unequal to another in power.

Poverty consciousness and belief that there is not enough abundance for all.

Feelings of: Something lacking

Insecurity

Futility

Malevolence

Unworthiness

Acquisition (Greed)

TEACHINGS AND ALIGNING WITH THE HIGHER SELF

Give with no expectations of return.

Give freely, knowing the law of tenfold return will serve.

Feel the joy one receives when given a gift from the heart of another.

See a part of yourself in everyone you observe.

Believe others will help you.

AFFIRMATIONS

There is plenty for everyone

Humanity's greatest strength is in its diversity.

People everywhere are all children of one God.

SUB-LAWS GOVERNED BY THE HIGHER SELF

COMPASSION

Definition: A sympathetic awareness of another's distress, often through unconditional love.

Purpose: The quality that teaches that there is perfection in all things and that we are to have sympathy for others, even though they may not see things the way we do.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaving cruelly toward people and animals
Persecuting others
Tyrannizing others
Judging others
Inflicting injustices or injuries on others as punishment

ATTITUDES

Need to feel superior

Feelings of: Being alone
Hatred
Severity
Anger
Nonforgiveness
Revenge
Disappointment
Noninvolvement
Apathy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Stay silent and "bite your tongue" before saying something cruel.
Listen to others to understand their perspectives.
Stop judging yourself and others.
Practice thinking kind thoughts.
Practice random acts of kindness
Distance yourself from others and lovingly observe them
Show tenderness, objectivity, and empathy towards others
without smothering them

AFFIRMATIONS

I no longer judge myself or others.
I accept myself and others unconditionally.

SUB-LAWS GOVERNED BY THE HIGHER SELF

COURAGE

Definition: Firmness of mind and action in the face of opposition.

Purpose: The attribute that assists us to complete great things, no matter how large or small the contributions.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Sense of imbalance and lack of ability to stand in your truth.
Allowing others to take your power.
Allowing yourself to be intimidated.

ATTITUDES

Feeling that you have to conform to peer pressure
Fear of failure
Fear of confrontation

Feelings of: Cowardice
Timidity
Weakness
Faintheartedness
Ambivalence

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Stay calm and centered in the midst of chaos and opposition, and allow your Higher Self to guide you.

Never fight emotion with emotion.

Stick to the facts and data.

Analyze worst case scenarios, make a plan, and follow through.

Do it!

Respect the timing and sequencing of all critical events.

AFFIRMATIONS

I am confident that I am fulfilling my divine Plan.

My inner guidance is clear, and I now have the courage to follow it.

I now have the confidence to speak my truth.

SUB-LAWS GOVERNED BY THE HIGHER SELF

DEDICATION

Definition: Devotion or commitment to a cause, person, or mission.

Purpose: An act of commitment, based on great love and desire, to serve humanity. It is this action that separates the Masters from the Initiates.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Uncaring mannerisms

Sense of hopelessness or despair

Inability or lack of desire to set goals and objectives

Lack of ability to stay focused or committed

Feeling that you are disconnected from God

Listening to others before listening to your inner guidance

Apathy toward self-improvement

ATTITUDES

Lack of discipline

Lack of will or commitment

FEELINGS OF Indifference, Alienation, Unconcern, Passiveness, Disorganization

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Have the courage to operate on the Light level, which understands that we have a higher purpose in life.
Request daily that the Light penetrate your essence and give you the energy and strength needed to pursue your life's plan.
Set goals and objectives, and make a plan to reach them.
Learn to trust and follow your inner guidance.

AFFIRMATIONS

I am now fulfilling my mission on Earth
I am now employed in the perfect job for me.
I understand my higher purpose, and joyfully complete the tasks to fulfill it.

SUB-LAWS GOVERNED BY THE HIGHER SELF

FAITH

Definition: Trust and conviction in a belief for which there is no proof.

Purpose; Confidence in the Universal Laws and the divine harmony of the universe

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors.... Need to control
Need for material confirmation

Attitudes.... Belief that ego is in charge and not Spirit
Fear and dislike of what you receive
Belief you are unworthy

Feelings of:
Skepticism, doubt, denial, distrust, suspicion, rejection, fear

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Anchor the Light within on a daily basis.
Recognize that there is purpose in all things.

AFFIRMATIONS

Let God's will be done through me.
I trust in God to show me the way.

SUB-LAWS GOVERNED BY THE HIGHER SELF

FORGIVENESS

Definition: Letting go of judgment, resentment, or a claim against another. An abundant act.

Purpose: Unconditional love that absolves negative Karma and frees ourselves and others.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors;

Holding judgment or anger toward another

Inability to forgive yourself

Blaming others and holding grudges

Attitudes:

Belief that if you forgive, you may lose control over others.

Desire to discredit, censure, accuse, or indict another.

Belief that if you forgive, you were wrong.

Feelings of: Fear anger Resentment

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Breathe deeply, relax, and let the feelings go.

Allow the God Force energy to flow through you.

Practice unconditional love.

Do not take another person's words or actions personally.

Remain calm and balanced at all times.

AFFIRMATIONS

I forgive myself
for _____

I forgive _____ for
_____ -

I release all negative and limiting beliefs

SUBLAWS GOVERNED BY THE HIGHER SELF

GENEROSITY

Definition: An openhearted, liberal, unselfish act of kindness or gift bestowed upon another.

Purpose: an act that grants liberty to us and frees us to evolve.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Lack of self-love which inhibits you from giving freely to yourself or others.

Overcompensation by giving too generously to others and not giving enough to yourself.

Attitudes

Belief that you are separated from the source

Belief that you may not have enough

Feelings of: Selfishness, Greed, Pettiness, Stinginess, Miserliness, Meanness, Insecurity

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Follow the Golden Rule:

"Do unto others as you would have them do unto you."

Give yourself gifts and enjoy receiving them.

AFFIRMATIONS

I am a radiant Being, and I love all of me.

There is abundance for everyone, and I am ready to receive my share.

SUBLAWS GOVERNED BY THE HIGHER SELF

GRACE

Definition: Unmerited divine assistance given for humanity's sanctification.

Purpose: The quality that flows through a person giving a sense of beauty, balance, harmony, and charm of movement and form.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors

Expression of rigidity

Inaction or laziness

Insensitivity toward others

Disregard for details and excellence, and the skills needed for refinement in these areas.

Inability to differentiate another's problems from your own

Attitudes

Belief of personal importance or preoccupation with self

Feelings of: Awkwardness, Vulgarity, rudeness, Carelessness, Negligence, Clumsiness, Stress, Indifference

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Monitor your inner dialogue and beliefs, and bring discordant

thoughts and actions into balance.

Practice balance and harmony.

Learn to breathe deeply, and calm yourself at all times.

Identify weaknesses in your skill areas, and strive to improve upon them

Request that the essences of the ascended Masters and all their grace and beauty merge with your consciousness.

AFFIRMATIONS

I am that I am

I am the Light of the world.

My discernment improves every day

I complete all my work accurately, perfectly, easily, and effortlessly

SUBLAWS GOVERNED BY THE HIGHER SELF

HONESTY

Definition: Honor and integrity of character and action. Truth in action

Purpose: The state of mind that changes our destiny by eliminating negative Karma and replacing it with positive Karma

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Need to cheat or trick another

Living under false pretenses

Engaging in deception

Stealing or cheating another

Attitudes

Lowering your standards to accommodate peer pressures

Feeling that you need to protect yourself or you may not get what

you want or may be harmed.
Feeling unclear on issues or facts
Lack of respect for others' abilities to deal with truth.

Feelings of: Inadequacy, Deprivation, Panic, Malice,
Unfaithfulness, Lack of self-respect

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Monitor all your thoughts and actions on an ongoing basis
Listen to your conscience.
Identify with role models who exemplify integrity and honesty.
Be pure of heart.
Do not give in to temptation and accrue the negative Karma for misdeeds.

AFFIRMATIONS

I am a person of integrity and can be trusted.

I value equity and fairness and strive to live my life around these principles.

I now live a life applying Universal Laws in Divine harmony.

SUBLAWS GOVERNED BY THE HIGHER SELF

JOY

Definition: The expression of feeling much delight, glad feelings, and happiness.

Purpose: The state of mind that assists us to see the perfection and beauty of God's plan in every waking moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors

Creating hardships, misery, and heartaches
Discounted others' happiness and delight

Attitudes

Worrying that life is not perfect
Belief that hard times are necessary, and we need to be punished
Belief that life is serious

Feelings of: Gloom, Despair, Unhappiness, Misfortune, sorrow,
Inadequacy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Remember that everything happens for a reason, and take all challenges as opportunities for growth.
Meditate on lessons that need to be learned.
Pray for strength and guidance to stay in touch with the happiness within.
Release all fears and worries and ask God to handle all the problems that seem insurmountable.

AFFIRMATIONS

I surrender to the Higher Self.

Show me the way to happiness and joy.

I now see the perfection in all things.

I now embrace happiness and delight in the world around me.

SUBLAWS GOVERNED BY THE HIGHER SELF

KINDNESS

Definition: The state or habit of treating others kindly and with respect.

Purpose: The divinely inspired quality that infuses energy into others who support your vision. Collectively, good leadership facilitates the fulfillment of God's plan on Earth.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Acts of coldheartedness

Unfriendly behavior

Uncaring or even malevolence toward others

Lack of generosity

Lack of recognition or response

Attitudes

Uncontrolled desire to dominate for personal recognition

Concern about status

Feelings of: superiority, Bitterness, Ruthlessness, Harshness, Cruelty, Greediness, Indifference

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Say "thank you."

Show sympathy and compassion toward others.

Show affection for your friends and family.

Stay centered and calm.

Recognize the good in others.

Reward others, especially when they're not expecting it.

Praise and recognize those around you.

AFFIRMATIONS

I do things for others, and it makes me feel good.

I enjoy making others happy.

When I help others, I help myself.

SUBLAWS GOVERNED BY THE HIGHER SELF

LEADERSHIP

Definition: The position in which one guides or directs

Purpose: The divinely inspired quality that infuses energy into others who support your vision. Collectively, good leadership facilitates the fulfillment of God's plan on Earth.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors: Cowardice or sheepishness

Acting like a dictator or bully

Inability to delegate responsibility

Inability to follow through with tasks

Indecisiveness and lack of a clear plan

Lack of commitment

Lack of self-confidence

Attitudes

Forgetting with whom you are connected

Fear of non-approval

Fear of failure

Feelings of: Unworthiness, Procrastination, Incompetency

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Follow your vision and inner convictions, and articulate them clearly to others.

Have the courage to speak the truth.

Complete all tasks in the pursuit of excellence.

Guide others with love.

Stay positive.

Visualize yourself and your team completing a project successfully.

Praise and reward others.

Acknowledge your strengths and talents, and feel good about them.

AFFIRMATIONS

I work well with others.

I am now completing god's divine plan on Earth.

Every day is more fulfilling than the previous one.

I am a co-creator with others, performing in Divine harmony.

SUBLAWS GOVERNED BY THE HIGHER SELF

NONINTERFERENCE

Definition: the state or fact of not intervening in another person's path by judging or interfering with their actions or decisions.

Purpose: This quality allows all to grow at their own pace and eliminates unwanted negative Karma that can impede one's progress.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Conflict with another

Forcibly meddling in the affairs of others.

Showing little respect for people and the decisions they make

Courting another or their possessions

Prying into business not your own

Attitudes:

Irrational need to feel needed and appreciated

Need to control others

Feelings of: Envy, vanity, Strong will, self-righteousness,
Infallibility

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Allow others to make choices and live by their decisions.
Get out of the head, and move more to the heart.
Value people and relationships more than “winning.”
Ask for Divine assistance to show you the way to stop interfering
in another’s life
Request that the angels help you see the bigger picture.
Restrain from action, and support through prayer

AFFIRMATIONS

I honor my own path and respect the paths of others.
I honor all for their choices and the decisions they make.

SUBLAWS GOVERNED BY THE HIGHER SELF

PATIENCE

Definition: Forbearance, steadfastness in the face of trials or
delays. Having the ability to bear misfortune or inaction calmly
without complaint.

Purpose: The quality of balance that keeps the male and female
energies within balanced. The composure necessary for
ascension.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Restless nature
Inability to control emotions—excitability
Lack of will and control of the intellect needed to stay calm.

Attitudes:

Uneasy feelings about another’s abilities

Discouragement regarding life and others.

Feelings of: Anger, Discouragement, Passion, Overexcitement,
Lack of focus.

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Hold your composure in all situations.

Breathe deeply and rhythmically.

Never respond until you have all the facts and data.

Remember that we are living an illusion and that all events in life are merely tests for mastery.

AFFIRMATIONS

I am attached to nothing.

Nothing has meaning. I am calm and centered at all times.

I complete all my work with little effort and stress.

I see the perfection in all things.

SUBLAWS GOVERNED BY THE HIGHER SELF

PRAISE

Definition: To commend, recognize, compliment, or glorify.

Purpose: The expression of appreciation that allows us to see the beauty in others.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Criticizing others

Slandering another

Diminishing the work and achievements of others

Attitudes:

Taking others for granted

Feeling that you are diminishing yourself by complementing others

Not recognizing others' efforts.

Feelings of: Indifference, rejection, separation, sarcasm, condemnation, satire, disapproval, hate, envy, jealousy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

See beauty in others.

Get in touch with the goddess energy within and empower others by making them feel good.

Ask for the ability to see who needs praise.

Remember your intention to stay connected to your Higher Self.

Enjoy how good it feels to make another happy.

AFFIRMATIONS

Our world and its people are beautiful

I now release all negative judgments.

I free myself to evolve.

I now let go of all negative self-criticism.

I love myself for who I am.

SUBLAWS GOVERNED BY THE HIGHER SELF

RESPONSIBILITY

Definition: The act of being accountable by having the ability to distinguish right from wrong and following through with conviction.

Purpose: The attribute that assists in developing standards that help one follow Buddha's Eightfold Path:

Right Seeing

Right Thought

Right Speech

Right Action
Right Living
Right endeavor
Right Mindedness
Right Concentration

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Lack of commitment
Hypocrisy—saying one thing and doing another

Attitude: sense of being overwhelmed and feeling that your job description is too much to handle
Feelings of imbalance between the male and female energies within
Believing that you do not make a difference

Feelings of: Laziness, Negativity, Hopelessness, Uncaring, Irresponsibility, Unaccountability, Helplessness

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Remember that you chose your own path.
Remember the commitments and contracts you “signed” before coming into embodiment.
Break down all duties into tasks that have a beginning and an end.
Hold on to your faith.
Discipline yourself.
Work to achieve mental and emotional clarity.
Surround yourself with like-minded people.

AFFIRMATION

I now complete all my tasks easily and effortlessly.

SUBLAWS GOVERNED BY THE HIGHER SELF

SELF-LOVE

Definition: to value, honor, and respect one's being (body, mind, and spirit) with full awareness of one's own inherent worth.

Purpose: The state of being that teaches us to love others unconditionally while accepting ourselves for our imperfections in the moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Engaging in self-condemning statements.

Setting yourself up for failure

Attitudes

Expressing feelings of self-deprecation

Expressing feelings of dissatisfaction, bitterness, or revulsion

Feelings of:

Self-hate, Self-loathing, Self-scorn, Abhorrence

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Trust yourself to do random acts of kindness

"Breathe Pink," and allow the color to change your feelings.

Be charitable to others

Smile!

Allow yourself to feel all your emotions, and let the negative thoughts pass through you.

AFFIRMATIONS

I love all of me- my body, mind, and emotions.

I am a radiant Being of Light and love.

I am perfect and I embrace the totality of my Being.

SUBLAWS GOVERNED BY THE HIGHER SELF

THANKFULNESS

Definition: The act of expressing gratitude for a benefit received.

Purpose: an act of kindness that frees the heart of focus on the quality of the moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO.

Behaviors:

Not acknowledging your needs

Taking others' kindnesses for granted

Ignoring the gifts of others

Attitudes:

Feeling that you are blocked from Spirit

Perception of scarcity

State of consciousness where you impose expectations on others.

Feelings of:

Unfaithfulness, carelessness, Insensitivity, Forgetfulness,

Moodiness, Discontent, Criticism, Arrogance

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Get in the habit of thanking god every day for all that you receive.

Ask for the wisdom to understand all that is received as blessings.

Make a list of all your blessings.

Say "thank you" to obstacles and challenges for the lessons they bring.

AFFIRMATIONS

The universe is good to me and I am grateful.

I thank god for showing me the way.

I thank god for all my lessons, for they continue to make me a better person.

SUBLAWS GOVERNED BY THE HIGHER SELF

UNCONDITION LOVE

Definition: Absolute acceptance of another without any sign of judgment.

Purpose: the expression of God through the soul that grants us freedom in the Light.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Criticizing and judging others to make yourself look better.

Self-criticism

Attitudes:

Experiencing any feeling or vibration that is not calm, peaceful, and loving

Lack of ability for forgive or sacrifice

Feelings of: Fear, Anger, Hostility, Low self-esteem, Piousness

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Get in touch with your inner child to determine if or where it is wounded.

Call forth the experiences, bless them, and forgive yourself and others.

Observe others from a detached standpoint.

Visualize the Light within permeating every cell of your body.
Meditate daily to quiet the mind.
See God in all things.
Know that you are a point of Light and that God is within.

AFFIRMATIONS

I love to give and to receive
I give thanks to God for all that I am.
Life is beautiful and I see perfection in all things.

SUMMARY

The ability to live in harmony with the sub-laws of the universe is one of the primary goals of our many incarnations on earth. When we live within the values and purposes outlined by the sub-laws, we demonstrate that we have chosen to live in agreement with our creator. We not only are created in the image of our creator, but we also are moving toward agreement with the world and ways of life that the Creator has provided for us.

Talking about the sub-laws or characteristics of our lives is easy. Living them in consistent ways by demonstrating positive thoughts, words, and actions is much more difficult. The sub-laws listed in this chapter provide an index for helping us to live better lives. Using this listing of the sub-laws requires the following steps:

- Carefully read the definition and purpose of each of the sub-laws and make a list of those that seem most unfilled in your life.
- Study the ways in which you can achieve the purpose of the laws by aligning with them and with your Higher Self.
- Study how our attainment of the sub-laws is blocked by the will of the ego.
- Develop a plan for practicing right thoughts, demonstrating the intent of your thoughts in your behaviors, and affirming your intent to think right thoughts on a daily basis.

Many chapters in this book provide explanations of God's intent. This chapter helps us understand.

- The purposes and skills needed for living in the Light
- The ways in which we can master the curriculum of the third dimension, which ultimately prepares us for entry into the Fifth.

CHAPTER 23

MEDITATION AND PRAYER

He who lives in harmony with himself lives in harmony with the universe. Marcu Aurelius

From birth, we identify ourselves with our five senses. We are told that we look like our father or mother and grow up hearing stories about our freckles, blond hair, and capabilities. In short, it is reinforced constantly that we are our bodies. Our identity is connected to this physical imprint. We gaze into the mirror and think that the reflection is who we are.

The reality is that we are not the body. We are something else much more expansive than the body. We are actually the expression of Universal Mind energy and Light, and it is this energy that creates our thoughts, words, emotions, and actions. Since we can think about our thoughts, we are not our thoughts. Since we can analyze our emotions, we are not our emotions. Since we can observe and analyze our bodies, we cannot be our bodies.

The body is not capable of doing anything on its own. During the course of our lives, the body will age and eventually die. We will not, because we are not the body. The body is only the vehicle that transports us as we journey in this third-dimensional reality.

Everything in the physical world is created first out of mental

energy. When we think we are unhappy, we are. When we believe we are excited, we behave that way. Whatever we think, we have the power to become. Some people believe that we are the negative thoughts that frustrate and control us, but we are not. And aren't you glad? We live in a sea of thought-forms encasing the planet, many of which are not of the highest. These thought-forms have a tendency to gravitate to us, depending upon our mood and what we attract to us. The thoughts we choose to own exist as the original, creative forces that guide our paths.

Once we realize that we are not our thoughts and emotions, we can begin to control them. We do this by choosing to think or feel otherwise. Whenever we do not like how we are feeling, we should choose to experience something else.

It is difficult for most of us to break from the illusion of who we think we are, especially when our five senses are alive and functioning so well. There is a way to do so, however; and that way is through meditation. By meditating, we can become aware of all that is not the body and all that is pure consciousness. Meditation leads us to discover who we really are.

MEDITATION

Meditation is deep and continuous thought that allows us to travel inward to reflect on sacred matters. The act of meditation can cause our brain waves to slow down to such a degree that we are able to use more of our mind. This action once achieved, allows us to reflect on the inner aspects of the mind. Deeper meditations connect us to the spark of the Divine and the Light within. Once this has been accomplished and the connection to the Higher Self has been made, we are assured of living harmonious, abundant, loving lives if we follow the guidance emanating from within ourselves.

Why should we meditate?

Meditation assists us to find bliss, inner harmony, and

centeredness. It is the only way to find the peace within and to connect to it so that we can live it. Peace can never be found or experienced outside of oneself. It is found when we learn to control our mental and emotional bodies and stay centered within. Meditation teaches us how to master this state of mind, and once we do, we discover who we really are.

Meditation is the path of all the wise sages who have journeyed before us, and it will continue to be the road to freedom for many more in the years to come. In one of Ascended Master Kuthumi's earlier incarnations he played the role of Pythagoras. During that lifetime he was quoted as saying:

LEARN TO BE SILENT, LET YOUR MIND LISTEN AND ABSORB

Pythagoras lived in approximately 600 B.C. and knew then what many still have not learned today. How many years must these Ascended Masters patiently continue to guide us before we learn?

WHY IS PROPER BREATHING IMPORTANT?

Very few individuals on earth understand the importance of the breath. Breathing is life itself. It is the connection to health. Evidence of this statement is shown in the number of individuals with poor posture and caved-in chests, and those who are contracting diseases in the respiratory areas. If we could develop only one generation of children who breathe correctly, diseases could almost be eliminated. Kuthumi states in many transmissions:

THE BREATH IS THE ALL

He emphasizes this, for it is through the breath that we connect with prana. Kuthumi defines prana as "the life force energy that feeds the soul." He goes on to explain further that "it is the nutrition line emanating from the Higher Self that provides the essential ingredients for all nine bodies to function in unison." In the Sanskrit language the term means absolute energy, or the Source of All there is. It is used by the soul for all manifestation. Those individuals who have stored prana successfully, either

deliberately or subconsciously, radiate a vitality and power that are experienced by all who are in their presence. It is prana that heals through the hands and auric fields of the Masters. It is this force field of energy that will continue to build in the individuals who consciously journey to the Light and who eventually will create Heaven on Earth, as prophesied.

Peoples in the Far East(such as the Orient and India) have known about prana for centuries. Some individuals in the west are beginning to understand it. A few prophets have predicted, however; that because of the western ego, prana will not be accepted in western culture until a scientist "discovers" it, quantifies it, and renames it, thus making it a commodity. We wonder if this will constitute the basis for a Nobel Prize.

HOW SHOULD WE MEDITATE?

We are what we eat. What we eat will determine what we think. Therefore, do not meditate within two hours of eating. Fasting is a well-known way to enhance the meditative state.

The process of meditation is enhanced if you sit with your spine straight. Do not sit on the ground, because the energies will be pulled into the Earth. Instead, sit on a pillow or rug, with your legs crossed.

Breathe deeply and rhythmically, inhaling through your nose, while your chest and solar plexus both expand. Breathe in fresh air, if possible. Slowly let the air out of your mouth, keeping your chest firmly in place and pushing up gently from your solar plexus. Try to exhale all the old, stale air.

Never inhale through your mouth. Humans are the only animals who sometimes breathe through their mouths, which is one of the causes of diseases. This is because the mouth provides no protection for the organs within.

Hold the air within for a few seconds before exhaling. This might make you feel a little light-headed. Focus your attention on any

part of your body that is holding tension—the neck, shoulders, face, legs, etc.---and release the tension into the universe.

With eyes closed, visualize a golden Light within your head. See it slowly expand and fill your entire body with Light. Try to hold your full concentration on the Light, until you can see every cell in your body filled with this frequency. Continue to breathe deeply.

Controlling the breath, and thus calming the nerves, is a prerequisite to controlling the mind and the body. Swami Rama

While visualizing the Light within, allow all thoughts to pass through your mind. Hold your vision on the Light.

What happens if thought bombard your mind and you cannot clear your head?

It is common for most people to experience thoughts that agitate the mind. If this happens, let the thoughts pass through like clouds passing across the sky, and bring your focus back to the Light. Do not hold onto any thoughts or feelings. Instead, just bless them, thank them for being there, and allow them to drift slowly away. Never attach judgment or self-criticism if you cannot hold the focus for long. Just experience the process and strive to do better each day. Be earnest in your desire to accomplish this, however. Discipline is necessary to achieve a higher state of consciousness.

The challenge is to conquer the desires of the ego. This usually takes a long time to accomplish. Do not expect victory immediately, but keep trying to conquer the thoughts and focus on the Light. Once you can do this, you stand on the threshold of becoming more than the sum of the parts of your existence.

How long should we meditate?

Each person must determine individually how long to meditate each day. Even as few as sixteen minutes a day will begin to produce miracles in one's life.

Discipline is also important. If a meditation can be completed at the same time each day, greater effects often are experienced. Some people prefer evenings, while others start the day with a moment or two of silence. The ultimate goal is to become a walking meditation every moment of the day.

What are the stages of meditation?

Sia Baba, a great Avatar living in India, presently holding the Christ consciousness for the world, teaches that there are three stages of meditation: concentration, contemplation, and true meditation.

STAGE 1—CONCENTRATION

This stage of concentration requires discipline over our thoughts and actions. Staring at a mandala (a circular pattern with concentric, geometric symbols and forms that represent the universe) for several seconds without blinking will enhance deep concentration, as will holding our thoughts still while focusing on the Light. To learn to meditate we must desire to learn the art of concentration, and then use this power to conquer our mental and emotional bodies. At this stage, we must command our breathing, taking deep rhythmic breaths and inhaling the life force energy of the universe.

STATE II CONTEMPLATION

The contemplative stage requires the ability to focus internally—for example, visualizing the Light within. One of the greatest meditations that should be mastered is to see the Light within emanating from every part of our body. When this can be accomplished successfully and the mind can hold this thought for an extended period of time, consciousness will expand. Light is the great purifier of the universe. It dissolves all that is not of the highest, and is a transforming power. By focusing on the Light, all eventually is renewed, for it has an "IQ" greater than ours and understands all that we need. Therefore, by focusing our attention on the Light, we draw to us all that we need, whether

we understand it in the moment or not. An excellent mantra to say daily that will facilitate this is:

I AM THE LIGHT OF THE WORLD

STAGE III -- MEDITATION

The stage of true meditation is mastered when the one who is meditating no longer feels that he or she is doing it. In other words, when the person and the Light merge and become One, then higher consciousness is experienced and understood.

PRAYER

Daily prayer is another extremely powerful way in which we can achieve harmony in life. Prayer is a plea or entreaty addressed to God, asking for a special favor or request.

It is also a form of giving thanks. Did you know that prayers, when aligned with Divine harmony, are always answered in some form? That is the rule. Since this is law, we should have confidence that what we ask for will be realized.

The Ascended Masters constantly remind us of the sayings:

Ask, and it shall be given you;
Seek, and Ye shall find;
Knock and it shall be opened unto you.
Matthew 7:7, King James Version of the Bible

When one asks, the request is granted; when one knocks, the door opens; and when one seeks, the answers are found. This is law.

Prayer is speaking to God, while meditation is listening to God. Since we spend so much of our time talking, it is a good practice to learn to focus our thoughts and words into constant prayers. Focusing our energy will always assist us to bring Divine harmony into our lives.

Some people do not know how to pray. They think that a formal verse has to be spoken or a structured thought emitted. Not true! A smile with a song of gratitude in the heart is the best prayer of all. Learn to be in this state at all times, and you will become a living prayer.

There is only one God and he is omnipresent.
There is only one religion, the religion of love.
There is only one caste, the caste of humanity.
There is only one language, the language of the heart. Sia Baba

Living a life of truth, right speech, peace, harmony, love, and nonviolence fulfills the language of the heart. This is what we have come to learn.

SUMMARY

Many of us live with the illusion that our identity is our body, our physical senses, and our experiences in the physical world. In truth, we are much more. We are expressions of Universal Mind energy and Light and our bodies are vehicles which facilitate our experiences in a third-dimensional world. Everything in the physical world is first created out of mental energy. Just as we were created from universal mind energy, we also create our reality from our mind energy.

There are two basic ways to get in touch with our real identities and learn about our missions and purposes—meditation and prayer. Meditation is listening to God, and prayer is speaking to God. Both allow us to contact our Higher selves and make the connections beyond the physical world.

Meditation is deep and continuous thought and concentration that allows us to travel inward to reflect on our realities beyond the third-dimensional world. Deep meditation connects us to the spark of the divine and Light within. It is the way we learn to control our mental and emotional bodies and discover who we really are.

Meditation begins with an understanding of the importance of deep breathing. Breath is “the nutrition line emanating from the Higher Self that provides the essential ingredients for all nine bodies to function in unison.” It is our forcefield of energy that enables us to journey and remain in the Light.

Guidelines for our meditation include the following.

- Do not meditate within two hours of eating.
- Sit with your spine straight.
- Breathe deeply and rhythmically.
- Hold the air within you for a few seconds before exhaling.
- With eyes closed, visualize Golden Light within your head. See it expand and fill the body.

Prayer is another way of going within and making contact beyond the physical world. Prayer is a plea to God for a special favor or request or a means of giving thanks. It may be a formal prayer or request or our ongoing dialogue with our Creator. Prayer is an active vital force in our lives when we use it, because our prayers are always answered.

CHAPTER 24

AFFIRMATIONS AND MANIFESTATION

What things soever Ye desire, when Ye pray, believe that Ye receive them, and Ye shall have them. Mark 11:24

Master Athena discussed the Divine Concept of Oneness in chapter 9. She said that the universe and everything in it is mind or thought within the field of pure energy and Light.

Since we are One with this energy, our boundaries are limitless, and we have the power to affect everything around us. We can even affect conditions and events at a distance, although few of

us have realized this potential. We only have to move our consciousness to our point of power through our Higher Selves, and then let the universe do its work of supporting our dreams, visions, decrees, and actions. As long as we are working through the Higher Self, we can be assured that we are bringing God's perfect plan through for our highest good and not the will of our egos.

The use of affirmations is an important tool in discovering personal power. This is primarily because when we affirm something by saying it aloud, we add the energy of sound to the thought. Sound is the second most important form of energy with which we can work. Light and sound are the basis for all manifestation and the ingredients with which the Universal Mind and the golden Liquid Light work.

In studying the Law of Vibration, we learned that everything has its own unique vibratory frequency (sound), and that higher vibrations consume and transform lower vibrations. Applying this concept further, we begin to realize that the higher the vibration we personally maintain (that which is closer to Light), the more power we have to create and manifest that which is our perfect plan. This is another reason why it is so important for us to become Beings of Light. Remember the saying, I AM the Light of the world? It was stated with purpose.

We all have experienced the "talking" that goes on inside our minds. To most of us, it seems as if this happens continuously, and we keep a running commentary on almost everything that happens to us or around us. Unfortunately, much of this talking comes from what have been called "old tapes"—thoughts and ideas that we have carried around inside us for years.

Saying affirmations helps free us from these tapes and the negativity that often accompanies them by replacing them with positive, reinforcing thoughts. This is not difficult to learn or to do, and, in fact, can be done at almost any time and in almost any place. Affirmations can be used once a day or as often as desired. They can be spoken, changed, written, or thought.

Affirmations are, simply put, positive statements. They can be either specific or general, depending on one's need. Their number is infinite, because they can take the form of any positive statement that one wishes to make. By using them, an individual makes firm what he or she is trying to bring about in life, whether it be a change in jobs, a better relationship, a promotion, a healing, or something else.

The most powerful affirmations usually include a spiritual reference to God, Jesus, Buddha, Divine Love, the ascended Masters, or whomever one feels comfortable with or is most inspired by.

The process of manifesting with affirmations requires five basic steps.

STEP ONE. The first step requires that you visualize what you need. (Notice that the word need and not want is used. If we deliberately begin to visualize everything we want, chaos can result around us.) In the business and educational worlds, this step is considered to be goal setting, or forming the vision. Know where you are going and what you wish to accomplish.

On some level, each of us knows the inner plan that will bring the greatest harmony and joy to our lives. If you cannot identify your goals, meditate and ask that the vision be revealed to you. In time, all will come forth. The amount of Light you have been able to assimilate into your consciousness will correlate directly to the amount of time it will take to retrieve the answers—the more Light, the less time.

It is important to remember that you do not have to have a perfectly clear vision outlining every detail of what it is that you need. In fact, in the beginning it is desirable that you do not. Once you put your affirmation out into the universe, you might actually limit the gift that will come to you if you are too restricting.

STEP TWO. The second step requires that you focus your energies. One of the greatest problems people have today involves the number of choices available to them. There are so many choices that individuals often become confused. This confusion can lead to apathy, inactivity, or frustration.

What causes this state of mind and behavior? Believe it or not, it is the EGO. The ego pulls our attention to the wants rather than the needs. When a person seriously embarks on the spiritual path, one of the first contests he or she experiences is the battle between the ego and the Higher Self, or the will of God.

The ego pulls us in several directions, making it difficult to focus. The Higher Self has no difficulty whatsoever. Can you imagine Ascended Masters Kuthumi or El Morya running around perplexed and confused because of the multitude of choices they have to deal with? Never!

They, as Ascended Beings of Light, overcame those tests long ago and work only within the Universal Laws. In alignment with God's will, they select the choices that are presented through the Light stream of consciousness and move with grace and harmony every step of the way. This mode of operation produces perfection, harmony, and abundance because God's plan offers this to all. It is the ego and the lessons that ego must learn that make the path difficult to travel.

We, in embodiment, can travel the same path as the Ascended Masters if we wish. We only need to become aware of the tools that are available to assist us. The first of these tools is the understanding that we must simplify our lives! It really is that simple, although not so easy to accomplish. Our life-styles are complex, and the forces around us often bombard us, making it difficult to focus and think clearly. Here are some suggestions to help you.

- Make all decisions while in a relaxed state of mind.
- Realize that everything in the physical world is an illusion, and select one thing that appeals to you. Instantly, let everything else go. Just pick one thing. Focus your energy on

this new point, and watch how quickly the mind begins to strengthen once a decision is made.

- Relax and meditate on your idea of a perfect situation for you. See yourself at work or play doing what you enjoy the most. Keep the vision, focus, and define it in detail.
- Write down your vision. Describe it completely, if this helps you form the thought.

STEP THREE.

The third step requires that you write out your thoughts in the form of affirmations describing the vision as though they had already manifested and you were participating in them. Be sure to write all affirmations in the present tense.

Place the affirmations on a mirror or the refrigerator so that you are reminded constantly to focus on this ideal situation. Remember, the more mental energy you put into your affirmations, the sooner they will manifest.

STEP FOUR.

The fourth step requires that you say your affirmations aloud. Say them in the car, walking around the house, or in any other place where you can concentrate and not disturb others. Looking at oneself in a mirror while saying them appears to bring more energy to the decrees. Try this if you feel comfortable with it.

NOTE. An important key to success lies at this stage of the process. Therefore, read this next section carefully.

It is important to remember that, of the four forms of energy (thoughts, words, emotions, and actions), emotion is the cosmic glue. Beliefs and emotions solidify thoughts faster than the other three forms of energy.

When you begin to develop some affirmations designed to improve your life and change the reality (illusion) around you, you might not believe them right away. An example of this might

have to do with affirmations regarding abundance. If your past has shown you poverty, hard times and little prosperity, it might be difficult to say and believe in an affirmation designed to place you in abundance. The affirmation "Financial abundance is mine, and I accept it freely" is easier to say than to believe if one has had several year of hard times.

If you are saying one thing, but deeply believing something else, it will take longer for you to push the energy the energy in a circular pattern into the physical world and realize your manifestation. Or, the manifestation might take other forms. A little abundance might begin to flow, only to be sabotaged because you do not feel deserving. The ego's confirmation of "I told you so, and I do not deserve it" will certainly come into play to justify the deep emotions behind this belief system. So while the Higher Self (through the Light stream of consciousness) is working to bring you what you deserve, your ego and your ingrained habits and beliefs (emotions) will be working to deny you what you want.

Here's how to conquer this situation. Do not give up. Keep saying your affirmations. When you see something develop, immediately claim your power and accept that you have participated in a co-creating this event. Watch for all signs of the desired manifestation, because it might not come only in the form of monetary support. For example, it could come through someone offering to buy you lunch or someone else giving you something you have needed for your home. Just know that the universe (God) works in mysterious ways. Accept everything as a sign of your power to manifest, and immediately give silent thanks for your gifts. Say thanks to whomever you identify with: God, Jesus (Sananda), Mother Mary, the Ascended Masters, the Angels, Vishnu, Viracocha, Buddha, etc. It is vital to remember to do this, for it keeps the wheel of gratitude and energy turning.

A balanced attitude and astute awareness of the signs around you will assist you to develop self-confidence in yourself and in this system. When you begin to develop a sense of confidence in what you are able to do, your belief system will start to strengthen.

The new beliefs will then become the “cosmic glue” and will enhance the manifestation process so that you can realize things more quickly.

When you first begin to say affirmations that are not a part of your reality, it is critical that you block that so-called “reality” and say affirmations with strength and commitment. If weeks go by and nothing is realized, do not stop saying them. It may be that you have put so many thoughts and beliefs regarding not having something into your Wheel of energy that it will take months before the cycle can play itself out. If this happens to you, your faith surely will be tested. How strong are you? How strong is your faith? How much do you believe in the power of the Light?

STEP FIVE..

The fifth step requires you to develop and strengthen your will and begin to “will” your affirmations. Decree with power and strength. Then detach from your need, and let it go into the universe. Do not try to outguess the result. Just decree it, and wait for it to return to you in some form. Trust that the Light and the god force have more intelligence than you do and that the perfect situation will begin to take form around you.

We can use affirmations not only for ourselves, but also for others. Only use them for decreeing positive things. You also must ask permission of the other person’s Higher Self to do this. This assures that you are not interfering with his or her path. Interfering without permission brings the karmic debts back to the sender! Always remember that all energy travels in circles. What is willed on one level, regardless of who the recipient of the decree may be, MUST come back to the originator. There is no escaping the Law of Cause and Effect. What you sow is what you reap. If you think you can get around this Universal Law, you are mistaken.

If you think only positive, loving things, you will experience a life filled with love and Light. If you use the energy to will wrongful or harmful things on another, you will reap all that you sow. The

difference between the past and the present time is that we are entering the fifth dimension where all energies will continue to accelerate. It is the time of the quantum leap. Consequently, it no longer will take several lifetimes for energy to return to its sender, as it did in the past.

In the new millennium, energy will travel at closer to the speed of Light, and all thought-forms will return to the sender almost immediately. In other words, all Karma will be experienced instantly or in the same lifetime. This is one reason why it is safe to print this information now, for no one will escape the effects of what they sow. Individuals who choose to misuse their power eventually will get so tired and sick of reaping what they have sown that they will give up negativity out of sheer exhaustion.

Nevertheless, one must show great discretion in how this power is used. A safety net for using affirmations is to include a caveat that your decrees are for the most positive benefits for all concerned. Then let them drift off into the universe, allowing the celestial to work for you to bring blessing and joy to all.

The rationale for learning and using affirmations is that this method is one of many ways to create a Heaven on Earth. Picture what the world would be like if everyone began affirming and decreeing only positive, loving things. Or, imagine mass consciousness gaining momentum in the Light with more and more people turning their thoughts and actions toward the positive uses of energy. The world's present condition could change in a twinkling of an eye.

Jesus understood what it would take to bring the world into the Fifth dimension. But, because it is up to us to change the vibrational frequency and raise it to a higher level, even he cannot predict when this moment will occur. Our mission is to hold the Light for the world, regardless of what goes on around us. As more and more people hold the positions and become the Light, this frequency will slowly affect everyone and everything on the planet through the Law of vibration. Be patient, Be silent, and Be the Light, as Master Kuthumi has said. Victory is assured.

Affirmations manifest for individuals on different levels of development and commitment. The lower levels concern issues such as wanting or needing physical objects or specific events of one's life. Higher uses of affirmations involve concerns such as health, happiness, world service, mission fulfillment, and peace.

Some of the most powerful decrees are stated through the Higher Self, using the power of the violet frequency and celestial kingdoms for assistance. Since the violet frequency dissolves negativity, another level of power is added to the decree. Some examples of these higher decrees are.

Through the power of the Higher Self, I command and demand that the violet frequency blaze ahead of me and dissolve all negativity.

I request that the angels of the Violet Flame Temple surround me with golden Light and release me from all struggles and limitations that are preventing me from fulfilling God's will on Earth.

Through my beloved I Am Presence, I move into the higher frequency of the Light and surround myself with the protection of Archangel Michael and the sword of Blue Flame. I command that my life be purified of all negative thought-forms and that perfection come into my life.

Through my beloved I AM Presence, I AM Light and Love.

Through my beloved I AM Presence, I command that all mistakes of the past be replaced with perfection and that all things be purified before I approach.

Some examples of affirmations that can be used to improve the conditions in your immediate environment are:

I AM Radiant and a Being of Light and Love.
Miracles happen wherever I go.

All that I need comes to me easily.
Love comes to me easily and effortlessly, and I accept it now.
My health and body are perfect, and I am stronger every day.
I am now employed in the perfect job for me.
I complete all my work perfectly, quickly, easily, and effortlessly.
Abundance comes to me effortlessly, and I am grateful and I deserve it.

Finally, affirmations should be phrased so that they:

- Fit your own personal needs or provide assistance to others.
- Accentuate the positive without ever using negative phrases. The God force is love and Light---only the positive. It does not recognize the negative. The emphasis should be on what you can do or want rather than what you cannot do or do not want.
- Are short and simple.
- Are always stated in the present tense, with the understanding that the request has already been fulfilled.
- Create new opportunities.

SUMMARY

One of the ways that we can affect our lives and the conditions around us is through the use of affirmations. When we move our consciousness to the Higher Self, we have access to the universe to support our dreams, visions, decrees, and actions. When we state things aloud, we add the energy of sound to thought. Saying affirmations frees us from the tapes and negativity of the past and moves us to positive, reinforcing thoughts.

- We send energy into the world when we make positive statements or affirmations of our needs which can support the realization of these needs as well as changing previous negative thoughts about ourselves.
- Affirmations are positive statements which may be spoken, written, or thought.
- Manifestation is assisted when you: `
- Visualize what you need. Focus your energies on specific needs; Write down your thoughts; and strengthen and

develop your will.

CHAPTER 25

ABUNDANCE

No limits are set to the ascent of man, and to each and everyone the highest stands open. Here it is only your personal choice that decides. Hasidic saying.

Have you ever wondered why there is so much poverty in a world overflowing with wisdom and wealth? Have you noticed how many individuals have difficulty manifesting abundance? Poverty is the opposite of abundance. Therefore, a discussion of poverty may help us understand how we can manifest abundance. In this chapter we will look at the process we have been using to create unprosperous beliefs so deep within us that we are not even aware they are there. Then, we will see how those beliefs actually have shaped the world around us.

One of the reasons poverty is so widespread is that poverty consciousness exists in the world. People see poverty on television, and in movies, magazines, and periodicals as well as in neighborhoods. If the pictures and stories are graphic enough, we believe them, discuss them, and think about them. These images are implanted in our conscious minds, and then transferred deep into our subconscious minds.

In addition, newspapers, magazines, and other media daily report these conditions as reality. The media's entire justification for continuing to focus on negative reports rests on the premise that this is real, so we must continue to see it and dwell on it.

Well, poverty is real, for the moment in which it exists. But poverty exists because people have created it with the power of their collective thoughts, beliefs, words, and actions. It is a vicious cycle that is self-perpetuating. If we see poverty, we believe it to be real. If we believe it to be real, our thoughts, feelings, words, and actions continue to create it. As we continue to create more apparent poverty in the world, many people begin

to fear that perhaps it will touch their own lives. Fear (the cosmic glue) brings more poverty into reality. Therefore, we talk about it more....Get the picture?

Because we have forgotten momentarily that we have the power to create our own reality, we have allowed the media and news to program us into creating a world that is less than perfect, harmonious, beautiful, and abundant. Carrying this process one step further, people begin to feel helpless to change these conditions, which only serves to perpetuate them.

We also have poverty consciousness because of our past life experiences. Many people today have had previous incarnations in convents, lamaseries, temples, or monasteries. In these past lives, vows of poverty were taken so many times that they left a permanent impression in our Akashic records that poverty is holy. This belief is stamped so deep in some of us that it is nearly impossible to break this attitude. To believe otherwise takes a strength and discipline that most people are not accustomed to displaying. We were such good students in those former lifetimes that we all received an "A" for learning poverty consciousness. Some souls may even have earned an "A+" if they really struggled and were recognized for the burdens that they carried. This, of course, glorified the belief and made it all the more difficult to break.

The truth is that vows of poverty were appropriate for those former lifetimes and the conditions under which individuals chose to live. They are even appropriate today if a soul needs such an experience in order to evolve. As a matter of fact, vows of poverty must be taken at certain times in humanity's evolutionary development, because they help devotees to detach from the materialistic world and focus totally on the spiritual path. Such an existence eliminates distractions and sets up conditions whereby individuals devote their lives to learning religious and spiritual teachings.

Unfortunately, one does not have to spend a lifetime in a monastery or convent to learn other truths about poverty. Today,

teachers and role models are everywhere suggesting that poverty is good because it makes us spiritual or holy. There is an underlying spiritual precept that if we struggle, we are noble because we earn more rewards on the path to God. Concepts such as these have been taught in nearly every major world religion for the past two thousand years (and perhaps even longer), stamping into the soul the notion that poverty makes us better people. Beliefs such as these even contribute to preventing people from aspiring to higher goals, because they believe that suffering is what God intends for them to do.

Nearly everyone carries Akashic Record memories from one of the two situations described above: past life experiences or present spiritual teachings. Because this is so, it makes it easier for the media to program individuals into accepting, believing, and fearing what they broadcast. Thus we participate in creating it.

Poverty consciousness runs deep in our cellular, Akashic record, and past life remembrances. We believe the stories we hear to be true because they reflect "reality," and they also resonate within our emotional bodies at the soul level. Therefore, we do nothing to change this reality. Many of us live on emotions, failing to balance our emotions with logic. By accepting another person's beliefs as our own truths, we prevent ourselves from seeing what is needed today.

Ascended Master Kuthumi has reminded us repeatedly that our two weakest bodies are our mental and emotional bodies. He says that, on the road to mastery, Masters learn to control both their thoughts and their emotions. In other words, Masters CHOOSE what they think every moment of the day and CHOOSE how they feel, as well. Yet, how many of us can say that we are not influenced by the media? We believe all that we see, rather than see what we believe. That's the problem. We do not CHOOSE what we think every moment of the day, nor do we CHOOSE how we will feel. Instead, thought-forms and attitudes of others permeate our consciousness and we turn our lives over to them by buying into their beliefs, attitudes, emotions, and actions instead of creating our own.

Now that we understand that each one of us is the creator of our own reality and that our beliefs and emotions are the “cosmic glue” for manifestation, we can begin to understand how we have created such a mess in the world. The universe is truly a universe of abundance, yet we have thought it into one of poverty and pain.

God is Light, love, and abundance. The electron is the electron no matter how it manifests. Energy is energy. It is neutral and will move on the path of least resistance, depending upon how we direct it. It is, therefore, up to us to decide what we will create.

Choosing between poverty or abundance is a good way to start. Whichever do you choose? Remember that to choose one means that you must let the other one go. Are you ready to do this? Monitor your thoughts and beliefs, and then decide just how willing you are to let the negative ones go.

Einstein understood the concepts that are being discussed here and tried to tell us in a different way. Once a reporter asked him, “What is the most important question in the world?” He replied, “The most important question in the world is, do you want a peaceful, happy, abundant world in which to live, or do you want a foreboding, fearful, and scarce world?”

The reporter, slightly puzzled, asked, “Why is this the most important question in the world?”

Einstein replied, “Because whatever you choose, you will create.”

NOW IS THE TIME to remember who we are. We must realize the power that lies within us and use this power to create Heaven on Earth. We must BE the Light, and integrate spirituality into everything on Earth. Never before have humans had to do this. This is a part of the Divine celestial plan to assist Earth to move into the Fifth Dimension.

The millennium holds the promise that Heaven will be created on

Earth, and this will be accomplished by grounding spirituality into all walks of life. We are the Light and the co-creators with God, and it is our responsibility to use this Light to bring peace, love, happiness, and abundance to the planet.

It is time to practice being fifth-dimensional beings. Let's put on our thinking hats, and use the higher-level creative powers that have been given to us. At the heart of empowerment is the concept that a person can manifest all he or she needs to live in peace and harmony. Empowerment is never associated with the homeless, starving, or unfortunate. It is always connected with the strong and those who take charge of their lives and assist others to do the same. Let's challenge the old beliefs about abundance and use our logic to change our thinking. God's plan calls for abundance, happiness, peace, and love to be shared by all.

Upon examining some of the lives of the Ascended Masters, we notice that, in their final incarnations, they lived lives where they did not have to worry about poverty. Once they learned about the Universal Laws and their own power, they often chose lives of abundance and wealth. El Morya was King Solomon and later King Arthur; Kuthumi was Pythagoras and Shah Jahan, the Emperor of India who built the Taj Mahal; Monka was Viracocha, the head of the Incan civilization; Serapis Bey was the Pharaoh Akhnaton; St. Germain was Merlin and later incarnated as Shakespeare. A former incarnation of Jesus was Joseph, son of Isaac, Joseph later became the governor of Egypt and held power next to the Pharaoh. All these life styles had one thing in common—affluence. Do you think they lived in poverty and struggled? Of course not, and they are now Ascended Masters.

Just as we are doing, they balanced their lifetimes among less affluent and more affluent roles. Now that we have come to the end of these lessons, it is time to use our knowledge and experiences and live in abundance, too. Just like the Ascended Masters, we have learned the Universal Laws, and it is now time to balance this instruction in our everyday existences.

It is not poverty that makes one spiritual or noble. It is the quality of one's life and how one lives in each moment of each day that does it. There is nothing wrong with living a spiritual life in abundance and using higher principles and love to give to others and assist them on their paths.

You can and should begin to enjoy abundance. The first step is to analyze your thoughts and change those that are not in alignment with your new goals. Then you must begin consciously to give and receive. One of the best ways to start receiving is to start giving. If blockages are present, making it difficult for you to receive graciously, try a new approach to start the energy flowing. Command and demand the Law of Tenfold Return to work for you, so that you may use this energy to bring happiness and peace to others around you. The more you receive, the more you can give. When you give, do not be afraid to say the following affirmation:

This gift is given freely and with love to help bring abundance to Earth. I am a co-creator with God, and, in giving, I expect my tenfold return.

If you follow this principle, the Law of Tenfold Return begins to operate in your life more quickly. Saying a decree like this serves to move blockages out of the way.

When we first begin to see the effects of this law, we have a tendency to deny that we could have participated in creating such a blessing. Then, after a few examples are provided to us, our emotional bodies will begin to believe. Once we believe, the cosmic glue begins to create at will. It is here that our faith usually becomes so strong that we no longer have to use decrees. We can move on to giving freely from the heart, enjoying giving just for the sake of it.

No matter what path you choose to begin to create abundance, begin today, and DO IT.

SUMMARY

One of the most basic fears that people experience is the fear of poverty. Poverty consciousness comes from the media, our observations of suffering, and our past life experiences. There is a widespread belief that vows of poverty are necessary for spiritual development. While poverty experiences may be needed to learn important spiritual lessons, they are not required for spiritual growth.

God is Light, love, and abundance. We create our poverty and our abundance as a result of our thoughts, beliefs, words, and actions. We choose what we create. It is our responsibility to rise above our fears and take charge of creating abundance, happiness, peace, and love for all.

Our success in creating abundance is involved with its meaning in our lives and how we use our abundance. If we become greedy or do not use our abundance wisely, we may experience lessons which teach us how to use abundance. While we need to love and give to ourselves, we must also love and share with our brothers and sisters. In return, we receive more.

The Law of Tenfold Return states that when we give, we receive a tenfold return. Saying a decree may remove blockages and help us manifest abundance. Later, we may no longer need to say decrees as we learn to give freely from the heart.

CHAPTER 26

DISCERNMENT

To doubt yourself is to doubt the wisdom and viability of the human design. To fully trust in God you must also trust yourself. No one is created without everything required to make healthy, wholesome decisions. Ken Carey The Third Millennium

Discernment, or the process by which we evaluate situations and

make decisions, is a critical aspect of our growth, our spiritual development, and our ability to create communities that contribute to our collective well-being. There are many indications that the world is experiencing rapid change and profound transformation. This process, which has been ongoing for many years, has initiated a period of change not experienced at any previous time in our past history. This period of change and transformation will last into the next century, and will lead to a new level of civilization, a move to a fifth-dimensional planet.

Moving to a new way of living cannot be achieved without acquiring a new level of thinking and a higher consciousness. Developing a higher consciousness is accomplished by using both our rational thinking skills and our intuitions, or that which we feel and know without subjecting it to rational tests. We must rethink our beliefs, purposes, priorities, and patterns of behaving. We need to move to new levels of discernment.

Discernment is the ability to make discriminations, to make choices, and to make decisions. It is also the art of asking sensitive questions of ourselves and others in order to see deeper meanings and implications. The process of discernment involves four interrelated processes: perception, intuition, decision-making, and action. The core of each of these processes is comprised of trust in ourselves, faith in our creator, and love, which is the energy that helps us expand our consciousness.

Discernment begins with perception, or the mind-set we use to view ourselves and the world we experience. Our experiences in the world shape our perceptions and beliefs. Our world view is a combination of our inner reality, or the ways in which we have internalized and used our experiences, and the realities of the external world. As we change and/or the world changes around us, we need to rethink our world view or mind-set.

Today, as we are faced with ongoing change in every aspect of our lives, being aware of these changes becomes an important task in our survival and continued well-being. We see companies and organizations collapse because they have not been able to

change their ways of thinking and behaving. Individuals experience frustration when they have not spent time anticipating changes and responding to the need for change.

The most fundamental changes are likely to occur in our spiritual views, as we move from self-consciousness to group-consciousness to soul-consciousness to God-consciousness. Our perceptions and our values change as we progress on our spiritual path. As we move through these stages, our consistent concerns are to move toward more complete identity with the creator, greater trust in ourselves—that the decisions we make at any time are expressions of our free will and perfect for our level of development. It is also important that we learn to discern what is helpful for our advancement and what is not helpful, as that the decisions we make can accelerate us on our paths.

As individuals become more spiritual, their perceptions change. They drop their duality consciousness and begin to see the world in terms of lessons to be learned and tests designed to facilitate empowerment. This change in perception requires a strong sense of discernment, for we may be brought down many wrong alleys just because we have not learned the art of discernment. While no harm may come from making poor choices, poor decisions may make the journey more difficult. If our goal is to achieve a life of peace, harmony, abundance, and love as quickly as possible, then learning discernment and relying on our own inner judgment is essential to master.

Ultimately, you must decide in your own hearts, and these alone. Base your decisions on your perception. To inhabit the new awareness, you are required to be yourself, for when you are, you are a beautiful being, in touch with your eternal dimension, conscious of the generations that will follow you, conscious of the generations that came before, immersed in the love that lights and unites the leaves of all generations upon life's singular tree. (Carey, p. 78)

The second aspect of discernment requires that we learn to get in

touch with our intuition and to hear the inner voice that speaks to us. This is perhaps the most difficult step for most of us to learn, because we live in a society that rewards analytical thinking and not intuition. Consequently, most people have shut down their feelings and adopted the attitude that intuition is connected to psychic phenomena and is less than desirable. This attitude has limited our growth. Operating without using all our capabilities is like playing cards with less than a full deck. If we do not honor all aspects of our personalities, we cannot become all that we are meant to be.

Ascended Master Kuthumi says this about intuition and its connection to discernment.

Discernment requires that Initiates learn to go inward and “feel” the vibrational frequency of each thing that confronts them. It makes no difference whether the message received comes through words, actions, or emotions. The skill that separates a Master from a novice is the ability to feel the sound of the message. Once the vibrational level is felt, the Master knows whether or not to accept or reject the message in regard to whether or not the guidance that accompanies the message is helpful or not so helpful for one’s path. If the vibrational frequency is high, then following the message will bring greater things to the soul. If the vibrational frequency is high, then following the message will bring greater things to the soul. If the vibrational frequency is low, the Master knows to bless the energy, let it go, and transmute it into a higher tone for the angelic choir to use in singing praises to the Creator.

This was the way of the Atlantean Masters. This will be the way in the Seventh Golden Age.

Decision-making is the third aspect of discernment. This step is perhaps the most critical, for the decisions we make, based on our perceptions and intuitions, determine our actions. Some of our decisions are made instinctively, as we respond to real or

perceived threats or dangers. We may make other decisions in a similar way, without considering all choices, by simply “going with the crowd” or taking the easy way. In such cases, we give away our right to make decisions. In all cases, whatever decision we make, we are ultimately responsible for the consequences, for the laws are perfect and will bring to us that which we have owned.

One of the reasons that we do not make decisions that we wish to make is fear—fear of being different, fear of loss of acceptance, fear of being alone. While we need to use caution and judgment, we also must understand that we reduce ourselves when we do not consider our own values and perceptions as we make decisions.

We should never judge ourselves harshly if the decisions we make are not the best---nor should we judge others. Unconditional love and acceptance of our frailties are the goals we are striving to achieve. We need to accept what is and continue to move forward, making new decisions regarding the tests that face us. Adopting this process only enhances the practice of refining our discernment.

One of the lessons we are learning today is that we need to listen to our inner thoughts. We are living in a time of inclusion and collaboration where we understand the importance of listening to, respecting, communicating, and working with others. We must take seriously the importance of trust and responsibility as a motivator of ourselves and others. We must realize that while each human being is unique, we are all children of God and have shared interests, responsibilities, and abilities to teach and learn from each other.

Decision-making is not simply encountering a thought, situation, or idea and making a decision. Rather, it requires processing the information through our rational, intuitive, and spiritual filters in order to determine the course of action that is best for us.

The final aspect of discernment is to choose and to take action or actions based on the choice we have made. We may choose a

course or direction, but not follow through with the necessary actions, as a result of our lack of skills, discipline, or persistence. This is where our will must come into play. Willing ourselves to learn what is needed, to discipline ourselves, and to persist when achievements do not come quickly is part of the learning process necessary for intellectual, emotional, physical, and spiritual growth.

Our skills of discernment change over time as we develop new values and new abilities. We may hold ideal values but not be able to actualize or live by these values until we learn the skills that are needed to realize them. Brain Hall (1994) identifies four sets of skills that are essential to our personal and spiritual growth. They are:

INSTRUMENTAL SKILLS...Instrumental skills include our intelligence and manual dexterity to care for ourselves, to read and write, and to carry out the tasks of daily life.

INTERPERSONAL SKILLS.....Interpersonal skills are the skills we need to express and manage our emotions so that we gain cooperation from those with whom we relate and work.

IMAGINAL SKILLS....Imaginal skills include the skills needed to learn from our experiences, to choose and to act creatively on complex alternatives, and to see and act on new ideas not previously considered.

SYSTEM SKILLS....System skills are the skills needed to see and manage all parts of a system, and to design and manage change in ourselves, in groups, or in organizations.

In order to become integrated beings we must develop at least minimal skills in all four areas. Skills and values are interrelated. When we change perceptions, this often leads to new values. These values are acted upon as we use existing skills or develop new skills.

The importance of developing these skills is high-lighted by the

challenges we will experience over the next several decades as Earth moves into the Fifth Dimension. In the past, change was more gradual and we were able to use our abilities of discernment in a more deliberative manner. We will need to recognize the need for rethinking our perceptions and values, for monitoring our decision-making, and for disciplining our actions as we use our discernment skills.

Development of our discernment skills gives us the opportunity to move toward becoming one with the Light and reaching the next level of our spiritual growth. This is the goal for all of us to achieve.

SUMMARY

Discernment is often considered narrowly as the ability to discern or select the “rightness” or higher vibrations inherent in a situation. Discernment is much more than this. Discernment is the ability to make discriminations, make choices, make decisions, and take actions which contribute to our growth and the creation of a better world. It involves four basic processes:

- Perception....while we always have perceptions of situation, they may be limited to those perceptions which fit our self-interests. Quality perceptions require the ability to develop a mind-set based on the intents of ourselves and others. It is a perception of what is needed for the advancement of self and others.
- Intuition..... Intuition is our ability to connect with our Higher Selves and hear the inner voice that speaks to us.
- Decision-Making.....Decisions must be made with the realization that decisions create consequences and that not deciding also creates consequences. Decisions need to be made with care and with contact with our Higher Self.
- Action.....Discernment requires action. Follow-through requires discipline and the will to learn the skills that are needed to be successful in our courses of action.

Learning the skills needed for spiritual and effective lives is a

lifetime task. Learning instrumental, interpersonal, imaginal, and systems skills is an integral part of our personal and spiritual development.

CHAPTER 27

THE POWER OF FORGIVENESS

Inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore the means for correcting our misperceptions.

Gerald G. Jampolsky Love is Letting go of Fear

Forgiveness is THE KEY to transformation. It is the gateway to the Fifth dimension. "One must master a forgiving state of mind to obtain eternal life in the higher kingdoms," says Sananda, the teacher who chose to come through to deliver the message for this chapter.

Who better to deliver instruction on this topic than sananda himself, Jesus the Christ, the Master of forgiveness? While his teachings encompassed many subjects, forgiveness was always at the heart of all that he taught. Even as long ago as two thousand years, his essence comprehended the power of forgiveness and the reason why humanity must achieve this state of mind.

Today Sananda, THE Master of metaphysics, reveals the science behind the power of forgiveness.

To My Most Distinguished colleague in the Light.

I come forward from my Father's House to deliver guidance on the meaning and intent of "forgiveness." It is with pleasure that I deliver this message, for the information, if understood and followed, will deliver all who have the capacity to understand into the Light of the Fifth dimension.

I AM Sananda, Jesus the Christ, known to others as the Lion of Judah, come forth to bring freedom to you, my Brothers and

Sisters.

Forgiveness emanates from the heart, the area and chakra that connect with my essence. It is the state of mind that pierces a hole in the heart, allowing Light to penetrate consciousness.

Although forgiveness is taught by definition and through example, few on Earth understand how important it is to live the process of forgiveness. That is because the ego's strength is strong, and it is the ego that is the controlling force placed between the Higher Self and the mind. The ego is likened to a film or shield of energy that works constantly to keep the power and Light of the Higher Self from penetrating the lower mind and bodies. It is often connected to forces of darkness that can influence decisions that the individual will make. The ego is closely aligned with the lower three bodies (the physical, mental, and emotional) and enjoys "ruling" this area. It is like a dictator in some respects, as it does not welcome competition. Often it will play games and tricks on the individual just to keep its position of power, even though the individual constantly experiences pain, frustration, and depressing states of mind from following the ego's advice.

The "battle for the soul," currently witnessed on earth, is one in which the Light of the Higher Self is challenging the will of the ego for control of the individual's soul. The arenas and tests of Initiation are presently being experienced worldwide by less than ten percent of the world's population. By 1997, an additional fifteen percent of the world's population will be elevated to the arenas. By the year 2000, nearly sixty percent will be awakened and in the process of understanding entry into the Fifth Dimension; and in 2011, the entire population on Earth will have heard the cry. Therefore, the importance of this message will be significant for all in the years to come.

My heart measures much pain and frustration within many individuals in embodiment. The cries for help are delivered daily by the angelic kingdom, and the Ascended realms work endlessly to plan and assist within the guidelines stating that we cannot interfere unless invited to do so. Since so many have invited our

presence and welcome our words and guidance, we assist through the hearts of those who choose freely to work with our essence.

Those who are the messengers of our hopes and wisdom stand before the world ready to accept all Karma for their actions. Their strength and Light hold firm and will continue to be anchored in the years to come through additional souls linked to the Light, creating a strong shield for the Command. For their strength, I am grateful, as is the entire Celestial Command. If it were not for their courage, messages such as this one could not be realized.

As I measure the pain from the souls who cry out, I understand the dilemma that they face. The soul is trapped within the body which is primarily controlled by the ego, and the mind and emotions are then manipulated like puppets.

The dilemma is that the weakest of the nine bodies composing human form are the mental and emotional bodies. These are also the two that the ego rules, because these bodies are closest to the physical. The ego is clever, and it is skilled. It understands every weakness and strength within a person's composition and is out to win the battle of control.

The mental and emotional bodies have literally been in control for many lifetimes because of karmic debts that had to be paid. Enlightenment, and the teachers who come with this process, do not appear to the student until the majority of karmic debts have been forgiven and the candidate begins to rise on the path, thereby acquiring a higher frequency of Light. When this occurs, the mind begins to resonate on a higher frequency, one which matches the Light of the command. At that moment, the individual calls through his or her consciousness to the teachers using the Law of Attraction, and the teachers gently come to provide the answers to questions. This state of mind means that the person is ready to undergo the Tests of Initiation.

Enlightenment can be acquired in one lifetime if the candidate is truly motivated and disciplined to acquire the understanding and

wisdom. Normally, the process of enlightenment takes thousands of lifetimes. It frequently takes that long for the soul to acquire the volume of lessons needed to purify and merge with the Higher Self. That is the goal all individuals strive to achieve, and that is the victory all see within the mind's eye—the soul merging with the Higher self. Not achieving this victory is THE ONLY THING that keeps a person in separation. Not achieving this state causes pain and delays the harmony and peace longed for within.

So, once again, allow me to repeat: The ego (which is the individual personified) is the shield between the soul and the Higher Self. It works to rule the lower kingdom, of which the individual IS the kingdom. Once this is understood, the questions then become:

Whom do you serve: God or man?
Whom do you trust: God or mammon?

If you wish to free the lower self from pain, suffering, and anguish, then there is only one choice. You must merge with the Higher Self; that is the only way to accomplish this. Each soul must choose freedom for the process to begin. But, as always, the choice is yours.

Because humanity has been primarily preoccupied in completing karmic debts, the teachings that have been sent to begin the enlightenment process have, for the most part, fallen on deaf ears. It is my observation that the words from the teachings are analyzed primarily through the mind. This process assists many to understand the meaning of the teachings. While this is a first step, and we are grateful that many do this, it is not enough to experience fully the freedom that is offered through the teachings. The teachings must also be experienced with the heart. Analyzing and dissecting only with the mind are insufficient.

Forgiveness is the key to purifying the soul. Since this state of mind rests at the heart of transformation, allow me to explain, in energy terms, why this is so.

The universes collide and form one pulsating field of energy that is the God Force. This energy field constitutes the life support system for individuals in embodiment. The connecting point to this power is through the Higher Self. This field of energy is intense and it radiates a pure force comprised of Light particles that make up the variances of all creation, including the eight lower bodies that make up the human form.

Anything that vibrates less than this God Force, while still a part of this force, is considered to be of a lower form and, therefore, can be described as "contaminated" (although this term is used in an exaggerated form to make this point). Important to remember here is that, in order to connect with the power contained within the Higher Self, all lower forms of energy (such as those held within the lower eight bodies) must be cleared and raised into the collective frequency of this God Force.

Emotions like hate, envy, jealousy, anger, remorse, suspicion, and even mild dislike vibrate at lower frequencies. Any one of these feelings serves to contaminate individuals, keeping them from realizing their full potential and power.

The ego, which controls the dark side of humanity, must make choices as to what to do with every experience encountered. Remember that forces of both darkness and Light will try to influence the ego's choices by whispering things into consciousness. The difference will be that the Higher Self will provide the higher guidance, which will always require more strength and discipline to follow. It is easier to hate, feel righteous, and "win" than to humble thyself before thine enemy and forgive the trespasses that have come upon you. Although I strive not to judge, it is my humble observation that the ego usually chooses the path of least resistance.

The ego will frequently listen to anything that gives justification for why the person should continue to hold on to the lower feelings, for, remember, the ego's only chance for ruling is to keep the individual trapped in the lower kingdoms. Be mindful and

know that the dark forces to which the ego can connect are very clever. When the ego listens to and obeys the lower directives, convincing the mind to do the same, the individual's vibrational frequency stays low because vibrations are directed by one's state of mind. Maintaining a lower frequency assures that the person will remain in the kingdom that the ego controls. "Victory" is accompanied by the ups and downs of life, often bringing depression and frustration. Yet all is perfect because it has been chosen.

When the individual choose not to hold on to lower feelings any longer and begins to rise above them (even though it was easier to behave that way in the past), the vibrational frequency of the soul is raised. This always causes a consciousness shift. CHOOSING TO LET GO of the past habits and patterns begins in the mind.

The path to freedom is a CHOICE. Freedom commences the moment the individual chooses to control the mental and emotional bodies and to follow a higher path, rather than to follow the path that the ego wishes. Once the choice is made to control the mental and emotional bodies (rather than the mental and emotional bodies controlling you), a new world emerges and hope springs forth like the lilies in the spring. This moment of decision begins the process of initiation whereby the person is reunited with an "old" friend, the Higher Self, who quietly instructs on another way to live.

The statement for eternal life and entry into the Fifth Dimension is:

"Ego is dead: ego is dead; ego is dead!"

The ego uses the mind and emotions, coupled with ingrained habits and traditions, to keep people from letting go of lower beliefs, attitudes, and feelings. The ego frequently wins because the control mechanism employed is often fear.

Here is a test to follow in determining which of the two forces

directs inner guidance:

When presented with new information or asked to accept information unconditionally, it is advisable to take a moment, breathe deeply, and examine how this new information resonates within. If the vibration of fear is present, then know that the information has been cleverly delivered by the lower forms of ego, and its intent is to control the soul by keeping it trapped in the lower kingdom. All is vibration.

Anything that resonates of fear and directs decisions to be made as a result of that feeling is not of the highest. Instead, it is a clever simulation, usually using the mental body to try and convince one to move in a specified direction. Often, logic is disguised and used as the means by which to cover up the presence of fear.

In God's universe, there is only one law—love. Out of this law come Oneness and unity, not separation and fear. If you do not feel this vibration, then you are being coerced by a strong and clever force that wishes for you to maintain an emotional and mental state of the past that resonates with the vibrational frequency compatible with the specified agenda. (Thus, the Law of Vibration explained again.) Courage is often the trait that is needed for the soul to proceed forward and stand in the truth of what one feels inside.

Examine how it feels when the mind is in control and cannot forgive another for what he or she has done. The feeling within is likened to those described above---hate, anger, or frustration. Also, when one is unforgiving, the notion that he or she is "winning" can also be present. Am I not right?

If you agree, then examine this state of mind from a vibrational frequency. When a mind resides in these lower states of consciousness.

- Are the mind and heart illumined or are they darkened.

- Are the lower eight bodies empowered or are they weakened.
- Are the mental and emotional bodies controlling the person, or is the person controlling the mental and emotional bodies?

To answer the last question, record how much mental energy is consumed when an individual is kept in this state and how often the thoughts of the incident are replayed within the mind, causing greater and greater sores to fester. In what vibrational frequency is the individual kept suspended when the heart cannot forgive? The deeper question is what prevents the victim from letting go?

FORGIVENESS IS NOTHING MORE THAN LETTING GO

A FIRST GREAT PARADOX

A first great hidden paradox to this situation is that the person who trespasses against another is considered to be, by the "victim," the lesser quality soul. Often this is not the case, because events present themselves in life for two reasons: karmic debts and dharmic destinies. Dharmic destinies include Tests of Initiation. In addition, situation can occur that are not intended to cause harm, yet are perceived by individuals as being harmful because the mind and ego are in control. Circumstances can then arise that evolve into additional Tests of Initiation for individuals to pass. When these occur, such tests are always orchestrated by the Higher Selves of the individuals involved. Therefore, there are many situations that can occur in any moment to place a person in an arena for advancement and learning. This is truth.

Since all souls must be strengthened on the path to initiation, it is reasonable to conclude that all must be tested. Often the tests will come through individuals whom the person least suspects. This assures that the lessons will be even more difficult to achieve.

The saying that holds for this level of initiation is:

"You can tell the level of spiritual mastery you have attained by

the level of the test or opponent who will be brought to you.”

The logical conclusion to this is the greater the test, the greater the compliment to the person being tested; for the test is a direct correlation to the level of mastery of the soul. From this perspective, then is your most hated “enemy” or “opponent” your greatest friend? Is this individual placed in your life to become your greatest teacher and to help you learn lessons that you have not yet learned? Think about it. If you agree that thine “enemy” could be so described, does that then make the soul of the opponent lesser, greater, or equal to thine own?

Each test is never what it appears to be on the surface. Tests are never the paperwork, the mannerisms of the boss, the mate leaving, or the slanderous statements made by another. The tests are of a higher nature and they ALWAYS concern mastery of the Universal Laws. For is that not what each Initiate has come to Earth to master? The activities one is involved with are part of the illusion, or the maya, as it is termed in the Far East.

For example, if a mate chooses to leave, the test might actually be to measure one’s ability to BE unconditional love in the midst of all adversity. Or, for another who has already passed that test, the test could be to balance the female and male characteristics within. It all depends upon what the soul needs to grow.

The perceived weaknesses within the soul determine what the lessons will be. The weaker patterns within will determine the arena in which the person will be placed. The arena (situation) will provide the individual with opportunities to practice strengthening that part of the personality that needs strengthening. If the person has a predominant amount of feminine energy within and is not a “fighter,” then there is a strong likelihood that the test will require the individual to display assertive behavior, thus assisting the individual to align with the male energies within and bring a more perfect balance to the inner energy fields. If the person does not choose to accept the challenge because the former habits of relying on the feminine energy patterns are too great, then he or she will most assuredly

face the test again in the future. This is so because the test relates to a particular vibrational frequency and must be passed before the soul can reach a higher level of vibration. This pattern—and the test—will then repeat itself until the lessons are learned. Each time the test appears, however, it comes with new faces. Each new scenario will also bring lessons ten times more exaggerated than before, allowing the individual many opportunities to practice the lessons until they are learned.

Once the lessons are learned, however, and the individual is actually behaving on a higher level, the soul radiates this higher frequency of Light and because of the Law of Vibration, will NEVER HAVE TO UNDERGO THOSE TESTS AGAIN. When one's vibrational frequency is increased, the soul is free to take on tests of a higher nature that reside on the new level of frequency it has accomplished.

Knowing this to be true, now observe those who have trespassed against you. Because their deeds have served to raise your soul to a higher level, are they among those who have come to serve you or to harm you? If one forgives another for the illusions that appear to be so intense and goes inward to master the lessons of the tests, then the individual progresses on the path to the Light at a much faster pace. Entry into the Fifth Dimension then is almost assured.

Only you can harm yourself, Dear Children of Light. No deed of another can harm you unless you give your power away. If you surpass all limitations and rise above illusion, you will give no power away and the Light shall protect and serve you. This is my promise to you.

Does this explanation provide you with another viewpoint regarding how important it is to forgive?

A SECOND GREAT PARADOX

The second great paradox is that "victims" who believe they are "winning," because they smugly declare they cannot forgive and

choose to hold onto their anger, are actually losing. The individuals who have caused them pain still control their souls' vibrational levels by keeping them at lower vibrational states. When one cannot master forgiveness, the reality is that the other individual holds power over the soul by keeping it vibrating at a lower level. This continues for as long as an individual holds on to that lower state of mind that blocks him or her from seeing through the illusion. Therefore, the one who has trespassed against the other continues to hold the soul in bondage for as long as the "victim" allows this to happen. Of course, this pleases the ego immensely.

How simple is the solution, Dear Children of Thoth. How difficult to master the solution, however, when one is the plaything of the ego.

Let go! Let go! Let go!

By letting go and not allowing another's deed to imprison the soul, the individual experiences a higher state of consciousness and freedom, not yet experienced. In letting go and experiencing forgiveness, a lighter, happier feeling begins to overcome consciousness and the mind begins to open to new ideas. This shift of consciousness fills the heart and soul with new hope. The heart's capacity for charity is then activated. A stronger faith results. All is guaranteed. Forgiveness then is THE KEY to understanding and experiencing the three ancient mysteries of faith, hope, and charity. Therefore, I say unto Ye:

Let go of all hatred and anger, and say thank you for the lessons and the opportunities to raise your soul's vibrational frequency into the Light. Without such an experience you would never be self-realized. Then love your opponent for making you the Master you are today. See your greatest enemy as your greatest friend, and rejoice that you have been sent such powerful teachers for they shall deliver you unto the Lord.

Adonai, My Beloved sisters and Brothers of the Light. I AM

Sananda, sent by my Father to once again deliver you from bondage. Hear my words with your heart and allow my essence to penetrate your minds, and you shall see the Light all around.

Qadoish, Qadoish, Qadoish. Adonai Tsebayoth.

Go in Peace

SUMMARY

Forgiveness, or letting go of past grievances or actions, is the key to spiritual growth. When we cling to old hurts or wounds we imprison ourselves in a life ruled by lower vibrations, and we are destined to repeat the problems of the past. Forgiveness allows us to move to higher levels and to evolve in our spiritual growth.

- Forgiveness is the key to transformation.
- Forgiveness emanates from the heart. It is a state of mind that pierces a hole in the heart, allowing Light to penetrate consciousness.
- Ten percent of the world's population is currently experiencing Tests of Initiation; by 1997 another fifteen percent will begin the process; by 2000 nearly sixty percent will be awakened; and by 2011, the entire population on Earth will be involved in the Tests of Initiation.
- Enlightenment, a state of mind that normally takes thousands of lifetimes to achieve, can be achieved in one lifetime if the person is motivated and disciplined.
- The statement "Ego is dead" is the statement for eternal life and entry into the Fifth Dimension.
- The strength of the opponent or the difficulty of the Tests of Initiation is a measure of the challenges that you are expected to overcome and master. Your enemies can be considered to be your best friends, for without these challenges to overcome, how would you ever earn mastery?
- Forgiveness is nothing more than "letting go."

JOINING FORCES WITH THE ANGELS

Angels and ministers of grace defend us. William Shakespeare
Hamlet

Throughout time, history has recorded encounters with beings who reside in other dimensions and magical kingdoms. It is not by chance that every culture on Earth and every geographical area of the world has stories to tell about these enchanting beings. These beings have many names ranging from fairies, elves, and sylphs, to cherubim, seraphim, and archangels. They are not of human form; instead they are distinct life forms of their own, residing on other dimensions of time/space. In Sanskrit, one word summarizes the entire range of these kingdoms, and that word is Deva, meaning God, good Spirit, or beings of Light.

Although mystics and sensitives always have been able to “see” these beings, the majority of humans cannot. The Third eye of the average person is not opened, which prevents contact or awareness of their presence. Because most people cannot see these beings of Light, they receive little “press” or recognition by the masses.

So what are the normal responses when questions about these beings are raised? Well, these responses seem to fall within the following categories:

1. **All stories about these beings are fiction.** The beings have been created by storytellers, including Biblical writers, over thousands of years. For example, the Angel Gabriel really did not appear to Mary, and that story was invented by one of the most creative minds of the day.
2. **All stories about these beings are imagined.** Even though communication networks were not present until this century, a miraculous coincidence has occurred that created nearly identical stories in every major civilization on Earth. (Obviously, regardless of physical boundaries or distances between individuals, the human psyche has the remarkable

ability to imagine in identical ways.)

3. **Stories about these beings are real**, even though the majority of individuals cannot see them with their physical sight. They do exist in another dimension of time/space, but science does not yet have the technology to measure their presence.

It is clear that these traditional responses fit the options for a Third Dimension steeped in duality—yes or no. imagined or real.

This chapter approaches the topic with a clear recognition that the Devic kingdoms are real. Because the authors frequently communicate with these beings, no further debate regarding their authenticity will be presented.

The purpose of this chapter, then, is briefly to describe the membership of this kingdom and then to go one step farther and tell the reader how to make contact with these beings of Light. The intent is to foster an awareness of these beautiful beings with the hope that communications can be expanded in the future and more assistance can be obtained from them.

The unfoldment of the Devic Kingdoms is intricately intertwined with our evolution. Devas are a part of the feminine energy rising to meet us on our journey. The Fifth Dimension will bring us more of an awareness of the beautiful creatures residing in God's kingdoms. We must begin now to prepare the way for new realities to enter our lives and open to the joy that awaits us on the path. The house of the father has many rooms.

Angels have been around since the beginning of time. Their existence is recorded as fact in the bible. They have been the objects of numerous works of art and are the subjects of classical paintings worldwide. The word angel comes from the Greek *angelos*, meaning messenger. The angelic kingdom was created to serve God and to work in every capacity to fulfill this responsibility. Their job is to assure that God's entire kingdom runs smoothly and in accordance with the Divine Plan.

Angels are called Gods, watchers, servants, the holy ones, Spirits, the heavenly army, and hosts. In the bible, they are referred to as morning stars in the Book of Job, and as chariots of God in the book of Psalms. There are angels of:

The Devic Kingdom....These angels work with the elements of nature. Here, there are Devas of the earth, air, water, animals, fish, and birds, and even sunsets and sunrises, to name but a few.

Thoughts, Prayers, Virtues, and Enlightenment...These angels expand the positive thoughts that we emit and apply the right energy to those thoughts to assure their appropriate usages.

Healing. Theasing angels provide clarity and love and create the conditions necessary for humans to perform healing.

Churches, Organizations, Cities, Territories, Countries, and Races. These angels are responsible for assuring that all evolutionary patterns and responsibilities will be completed for the assigned group. The angel in charge of America, for example, is named Americus.

Protection and Guardianship.. These angels protect individuals in large memberships.

Evolutionary Patterns. These angels oversee each individual's evolutionary plan through all incarnations.

Karma.. These angels supervise all karmic patterns and debts that one has to experience in order to evolve and reach a higher consciousness.

The Service to Christ.. These angelic beings are preparing the way for the return of the Most Radiant One. They focus their energies on sending the Christ energies to Earth to raise its vibrational frequencies and to assure that the Divine Plan will indeed be fulfilled.

Technology and Equipment.. These angels oversee equipment, facilities, and technology. They report to the Hierarchy if technology and its uses are not being used in accordance with the higher plan. For example, Kuthumi stated that when the atom bomb was developed and detonated in World War II, a cry was heard around the universe that Earth needed assistance in its evolutionary cycle. It was these angels who sounded the cry that called the celestial forces to come forth to provide assistance to humanity.

Angels have been heard, spoken to, listened to, and observed by visionaries, prophets, and a few ordinary people. They are the messengers of God. Angels can appear in earthly or etheric form. Our children, the pure of heart, accept them unconditionally.

Some individuals see angels in their dreams, where their guidance is known to have helped many people through difficult situations. Their messages have come in many mysterious forms, including "coincidences" and analogies. Angels often guide souls by sending them messages in their dreams.

Further, angels have been known to facilitate spontaneous healings, especially with terminally ill patients. When these incidents are reported (and often not until years later, for a variety of reasons), people claim that their energy and lives suddenly changed. One common occurrence is a shift in consciousness in which the person loses interest in worldly possessions and acquires a new interest in spirituality and a sense of mission.

Although numerous reportings of contact with angels have been logged, something happened over the centuries to diminish our belief in these beings of Light. In the past, few individuals paid attention to angels or even acknowledged their existence. When movies were made about them, there was an underlying, unspoken assumption that the movies were fiction. People scoffed and called these Spirits fantasies.

Today, however, there seems to be a renewed interest in these

beings of Light. Television shows, book, and magazine articles abound with stories and testimonials of angels and their magical presence. At least this is true in America.

In spite of this renewed interest, many scientists and medical personnel believe that people who report sightings of angels are only experiencing hallucinations due to endorphins in the body. In their research, these scientists have found suggestions that the functions of the brain produce chemicals and patterns in the mind. They therefore assume that angelic sightings are merely imaginings---some type of chemical brain activity. Despite the fact that only five percent of individuals are diagnosed as being fantasy-prone, the scientists tend to dismiss all explanations for these reportings other than scientific ones.

How sad this state of mind is for humanity. The mystic and wise Initiates know that some things simply cannot be measured. They understand that measuring experiences is not the only way to prove their validity. Some things can only be experienced, such as love, for example.

What has happened to create this state of mind that closes so many individuals down to their natural awareness? How could humanity, with all its advanced technology and knowledge, actually evolve to shutting out this Light and assistance? What dark force has been at work that has so successfully closed minds, reduce humanity to cynicism?

Since humanity is in charge of creating its destiny, and ultimately that of Earth, and since there is a spiritual awakening occurring on the planet, we can collectively change things. The fact is that angels are real, and they do intervene for us on Earth. They are a part of our force field of power and are here to assist us to become Spiritual Masters. Their Light is a chief Source of our power because their Light is a source of extraordinary love. Because of free will, however, we must choose to connect with them.

In one message, Master Kuthumi spoke of the employment status

of the Celestial Command.

We await to be called into action by the Legion of Light Workers on Earth. The edict decrees we cannot interfere because of the condition of free will. This is a sacred condition, and we honor it.

The angels grow especially restless for they have so many gifts to bring. Their full potential lies as dormant as the trees in winter while they await the calls from Earth's Spiritual Warriors to join forces with their strength.

Call, Dear Ones, and call soon. Reduce the unemployment rate in the Heavens. If you oblige, we shall continue to serve you in acquiring new jobs to fulfill your mission.

According to Kuthumi, the angels are underemployed because humanity is not choosing to connect with their power and use their full potential to combat the negativity of Earth. He goes on to explain further that, when we call them to assist:

1. They are obligated to come.
2. They will come.
3. They command unique job functions and responsibilities.
4. They will assist us with our needs and wants.
5. They are smiling and kind, and Masters at giving love.

When connecting to the angelic kingdom, it is important to make our requests specific. For example, if we need assistance with healing, we should call upon the angels who tend to that specific area or need. Our prayers can send angels to help if their assistance does not interfere with karmic or dharmic law. Sometimes individuals are in situations to learn lessons designed to strengthen their souls. When this is the case, the angelic kingdom seldom will interfere; to do so could actually retard the soul's development and progress to the Light.

Never make a blanket call for all the angels in the universe to assist. Remember that they are obligated to come. Call only upon those whose assistance you require.

Psalm 91, verses 11 and 12, reads:

11. or to his angels He (God) has given command about you, that they guard you in all your ways
12. Upon their hands they shall bear you up, lest you dash your foot against a stone.

Angels take care of everyone and protect us from harm. They often take care of the spiritual body more than the physical one. At the time of death, they prepare one for the journey after life and then serve as guides on the way. Every major city also has a chief power (angel) guiding it, just as every major territory or country has an Ascended Master watching over its development.

There are nine orders in the hierarchy of angels and the Celestial Hierarchy. These are, from the lowest to the highest: angels, archangels, principalities, powers, virtues, dominions, thrones, cherubim, and seraphim. Each order has special duties that it performs.

Angels and archangels command a high rank in the hierarchy. They guard people and all physical things and are also sent as messengers. Often they come to a planet or star system just to observe and collect wisdom. Sometimes they remain until the inhabitants reach a certain level of illumination, lending their Light to assist in this transformation.

Principalities protect religion and spirituality and serve as the angelic rulers of the nations of the world.

Powers thwart the efforts of demons to overthrow the world. They have received special authority from the Celestial Command to provide protection/

Virtues bestow excellence and merit in grace and valor. They also work miracles on Earth and are the principal beings who assist in healing.

Dominions are regulators of angelic duties. It is through them that the Majesty of God is manifested.

Thrones bring justice of god to us.

Cherubim each have innumerable subordinates in the hierarchical order who are charged with fulfilling the law according to the twofold principles of equilibrium and cause and effect. They sometimes are called the Recorders, and also the Rulers of North, south, west, and East. Often they appear in units of four. In Christianity, they are personified as the Recording Angels whose job it is to record each human's deeds in a great book. It is by these deeds that each individual is judged. The Cherubim also protect the throne of God.

Seraphim have six wings and surround the throne of God, where they ceaselessly sing, "Holy, Holy, Holy." They are the angels of love, Light, and fire. The Seraphim are the most ardent in Divine love and strive to inspire that quality in human beings.

We can invoke angels at any time and request their assistance.

Jesus said in Matthew 21: 21,22:

Therefore I say unto you, if Ye have faith and doubt not...whatsoever Ye shall ask in prayer, believing, Ye shall receive.

Master Kuthumi was asked to describe the angelic kingdom and its role on Earth today. He sent through the following message.

It is with great pleasure that I, Kuthumi, deliver a message about my distinguished celestial colleagues, the angels. Without fail, they sing the praises of the Most High and, for this reason alone, I am honored to deliver information that shall help even the most casual observer.

The angelic kingdom is considered to be the cosmic glue that assists all dimensional beings to become the Light. These beings have the patience of Job and understand the path to the Light

even better than many on the Ascended Realms. Since most of them have never been embodied on Earth, they do not resonate with the remembrance of the five senses and how these tools for learning impact a soul's path to the Light.

Members of the angelic kingdom are the stepping stones to higher worlds. They compose the dimensional frequency that affects the soul and its ability to hear. All that is spoken by the Ascended Masters is heard by humans only because of the angelic assistance which adjusts the vibrational patterns of the causal body.

The term "guardian angel" is a truth, for each soul in the universe is assigned a guardian angel. This higher Light being is actually one with the Higher Self, which is what each soul in embodiment actually is. This concept is understood by few, and acknowledged by fewer, but that is of no consequence for this instruction. The point I make is that each individual, regardless of color, creed, or gender, is assigned the presence of a being from the angelic kingdom.

The angels are dutiful and they are committed to one thing: the Light. For them, there is no other purpose for being. They see all and understand that each experience is designed for the soul's lessons to understand and integrate with the Light. That is all. Their agenda is easy to understand.

The radiance that shines from them emanates from pure God Force energy. It is so strong and intense that it cannot be perceived with the human eye. It can only be seen with the inner eye and the eye of the soul unless an individual has purified himself or herself through many lifetimes and moves to the vibrational frequency closer to theirs.

The angels are likened to work horses. They perform their responsibilities with great dedication and joy, for they understand that to fill the hearts with Light and love is the only purpose for existence. They are the guardians of the Light and understand that there is only one law: love.

Love is an elusive concept, but, for the angelic kingdom, it is the only thing they understand. They are incapable of judgment and can only administer the higher truths that vibrate on the spectrum of power that embraces the Christos energy. They are also the ambassadors of the Creator and perform flawlessly to assure that Divine Will rules.

The angelic kingdom is divided among a hierarchy that comprises precision and order. The layers of the hierarchy understand how to coordinate responsibilities and facilitate the master plan for Earth's transition into the Fifth Dimension. They are skilled in completing the responsibilities in the Light matrix and work to bring maximum benefits to Earth through all Children of Light who are connected to their essences.

It is the responsibility of the membership of the Order of Melchizedek in embodiment to make the connections to the angelic kingdom and begin to co-ordinate with them to bring God's plan to Earth. That is why both groups have come. They have come to unite to do God's will before the will of the ego. All have come to raise the vibrations of the planet into the steam of consciousness that will eventually catapult the world into the higher dimensions of the new millennium.

The four Archangels blow the trumpets as the games now begin. Michael, Gabriel, Raphael, and Uriel stand positioned in the four directions to usher in the triumphant. They rejoice at the reawakening as the remembrance of victory moves to the forefront of consciousness.

Hear my words with your hearts, Dear Children of Light, and see with your inner eye the angelic kingdom standing ready to do your bidding. Unite with these chariots of fire and begin to do battle with the forces of darkness that try to consume your souls. Know that victory is assured through love and Light, and begin to embrace the darkness with the power that you know to be yours.

Learn of the hierarchy in the angelic kingdom and how to connect

to their power. They carry the sword of Archangel Michael for your protection in the days to come. You are assured victory if you follow this plan.

Good tidings of great joy be yours in the days ahead.

Adonai, My Celestial Sisters and Brothers of the Command. I AM Kuthumi, your Messenger for the Divine.

John Randolph Price, in his book *The angels Within Us*, says he believes there are twenty-two angels charged specifically with guiding us as we travel our spiritual paths. Randolph cautions, however, that before we call these angels to us, we must prepare ourselves to work with them by clarifying our minds and intentions. He says there are four critically important steps we must take:

STEP ONE: Forgive ourselves for our past errors of thought and the negative things we have created in our lives.

STEP TWO: Evaluate ourselves---our personality traits and our attitudes.

STEP THREE: Totally surrender our minds, emotions, bodies, and personal lives to the Spirit within.

STEP FOUR: Meditate, bringing our awareness into the presence of God.

After we have done this, we are ready to call the angels to us and ask for their loving help. This help frequently shows itself in uncomfortable or unexpected ways. Why? Because angels lovingly (and fearlessly) cut us loose from whatever is stopping our spiritual growth and progress toward the Fifth Dimension. You can suspect they are at work when:

- Life suddenly takes a new direction. You might be discovering new adventures and creativity or you may feel like you are losing everything you have accomplished over time.
- You feel an intense pull to move elsewhere, but you don't know why or where you should be going.
- You suddenly change careers in spite of a drastic cut in pay.

- You start taking responsibility for your own actions and feelings. You stop blaming other people, fate, or circumstances for things that go wrong in your life.
- You have a solid sense of knowing and of strength, peace, guidance, and renewed energy. You find life refreshing and exciting instead of stagnant.
- You laugh more and see yourself and everything around you through the delighted eyes of a child.

The time has come for us to reopen our third Eyes and to see with the same vision as the prophets of old. We must train our inner eyes to see what we cannot see with our physical eyes. When we strengthen our faith, we will “see” angels all around us. We can command angelic intervention and bring back the mysticism of the higher days.

SUMMARY

The point has often been made that we are never alone and that we have a variety of resources to call upon for reassurance, assistance, or learning. Angels constitute one of the groups that are available to us. Each of us has a guardian angel or a higher Light being that is actually one with our Higher Self. They watch over us and provide us guidance on a continuing basis.

There are several other categories of angels who are assigned specific tasks. Angels communicate with the soul and help us to hear the messages of the higher realms. Angels are able to assist in combating the negativity of Earth. When called upon, they will come and assist us with our needs.

- Angels are messengers of God, and they can appear in earthly or etheric form.
- Angels intervene for us on Earth. Their Light is a chief Source of our power when we choose to connect with them, because their Light is a Source of extraordinary love.
- The angelic kingdom is the cosmic glue that assists all dimensional beings to become the Light.
- There are nine orders in the hierarchy of angels known as the

Celestial Hierarchy:

- Angels and Archangels—guard people and things and are sent as messengers.
- Principalities—protect spirituality and serve as the angelic rulers of the nations of the world.;
- Powers---stop the demons from overthrowing the world;
- Virtues—work miracles on Earth and assist in healing.
- Thrones—bring the justice of God.
- Cherubim—fulfill the Law according to equilibrium and cause and effect and protect the Throne of God.
- Seraphim—angels of love, Light, and fire.
- Members of the Order of Melchizedek in embodiment are here to connect with angels and coordinate with them to bring about God's plan on Earth. Ultimately, this membership will teach others how to do the same.

CHAPTER 29

THE ELECTROMAGNETIC GRID

We are made wise not by the recollections of our past but by the responsibility for our future. George Bernard Shaw

In Atlantis, an etheric energy matrix existed beneath the Earth's surface, providing a lattice network for such activities as telepathic communication and healing. This matrix was known as a grid, which is defined as a network of uniformly spaced horizontal and vertical bars or lines, especially one for locating points when placed over a map, chart, building plan, etc.

This grid was a system of electromagnetic frequencies created

through worldwide linkages made by human thought waves and energy transmitted by the Earth and through crystals. The system followed a carefully designed global plan that was obviously intelligently thought out and detailed. It embodied the study and form of geomancy, which means the divination of lines drawn at random.

The electromagnetic grid existed for centuries and supported the higher-dimensional existence of the Atlanteans. It enabled life to exist in a higher form on the planet. It was an empowering system situated several feet beneath the Earth's surface. The electromagnetic grid was built by the Thrice-Greatest Geomancer and Master of earth known as Hermes Trismegistus and the High Priests and Priestesses of Atlantis who came to Earth to build a great civilization for this part of the galaxy.

The intricate landscaping produced by their efforts to connect the Heavens to Earth was completed in cooperation with the Elohim and the Devic kingdoms. It was based on the Hermetic Principles that form the basis for all manifestation. These principles are included in the Universal Laws, described earlier in this book. The effect of this grid ultimately was to connect humans to the earth through the power of Spirit.

Today, we see the remnants of this miraculous accomplishment in the form of ley lines. These electromagnetic currents of energy once encased the Earth, connecting land masses and traveling under the seas. Architects, scientists, archaeologists, mystics, and others know these lines to be real, but have little physical evidence to support their existence. Some people believe that they can be located using the spiritual trigonometry techniques of Buckminster Fuller. Even if they can, it is impossible to create an acceptable scientific explanation of how these lines were created. Evidence of their existence and the power of their intersection points, however, can be tracked to such uses as:

- Guiding focal points for position cathedrals, pyramids, sacred structures, and other mystical objects, such as Stonehenge.
- Organizing Earth energies

- Facilitating UFO activities and sightings
- Guiding the migration patterns for birds
- Dictating volcanic activity
- Directing gravity and antigravity activities
- Defining the ridges on mountain tops
- Directing the movements of ocean currents.

The electromagnetic grid was the greatest spiritual accomplishment ever completed on the planet. It exemplified the highest human thought-forms of love interfacing with Mother Earth.

The primary purposes of the electromagnetic grid were to:

1. connect the spiritual Light Bodies of individuals; and
2. supply a free and unending amount of energy to those who were connected to it.

This was done by synchronizing brain-wave patterns to the currents of energy emitted by thoughts that were linked with the heart centers of individuals. Thus, frequencies were created that were connected directly to the Higher Selves and, consequently, the Divine Plan. As a result, Earth's grid lines and the auric frequencies of individuals were clarified and purified, for all are connected in the macrocosm/microcosm.

Since the energy field created by these steps aligned with a higher frequency or spiritual attunement, this frequency automatically connected to Earth's Light network called "Christ consciousness" (another term for the God Force). This created a web of Light resembling a massive brain and nervous system, signaling and connecting the physical world to the etheric existence of the Higher Self. In this way, a highly evolved spiritual telecommunications system was created that could be used by all who had reached an enlightened state of consciousness.

Since there were so many awakened individuals in Atlantis who were connected to the God force, it was relatively easy to bridge connections of thought, mind, and heart through the Higher

Selves. All individuals who walked the Earth with their Third eyes open were connected to this energy field because the resonance patterns of the Third Eye equaled that of Christ consciousness.

Hermes and other bings of Light first implanted celestial crystals within the etheric bodies of the High Priests and Priestesses and then within those of the Light workers of the hierarchy. These crystals contained symbolic and geometric coding from the Universal Language of Light that sent out frequencies to connect signals emanating from points of Light. This effort formed lines of Light radiating from their etheric bodies which connected to the Earth, forming the illumined web of Divine energy.

To determine which crystals would be implanted within the etheric bodies, the High Priests and Priestesses were matched using a selection process that assured compatibility to other souls. Matching was completed based upon membership in the individual's soul group and the ray upon which each entered embodiment. Crystals that matched select criteria were then implanted etherically within the lower eight bodies of these high Initiates.

After all etheric coding was completed, Hermes' team then positioned crystals (primarily clear quartz, although other stones such as rose quartz and amethyst also were used) beneath the Earth's surface. This step connected the High Priests and Priestesses, who carried the etheric implants, to the electromagnetic energies emitted from the crystals buried beneath the Earth. Individuals were then "charged" accordingly with a higher current of energy and eventually sent around the world, connecting designated points to sacred sites. Connections were accomplished by touch, and also by the physical presence of the High Priests and Priestesses, because their auras emitted energy rays that were higher than those of the other citizens of Atlantis.

These select emissaries of the divine journeyed to various lands and sites. Each time they visited foreign places, the currents of energy were made stronger. Throughout the centuries this

process strengthened the ley lines, making them nearly impenetrable. The Light traveling through these lines was so pure and radiant that mystics and high adepts could see them with their Third Eyes. Earth's radiance could be tracked by Celestial Beings in the Heavens, and all who resided on this frequency used this grid for higher purposes. The grid truly connected the Heavens to Earth and formed the perfect Oneness. Consequently, peace, love, and Light abounded everywhere, for all of these attributes were connected to the Divine Plan.

That was the state of affairs when Atlantis was in its glory. But as history often reveals, things began to change. Certain individuals, not of the priesthood, began to rise to power and change the systems, which resulted in disaster. In time, Atlantis fell, and when it did, many of these great accomplishments were buried with the land underneath the ocean floor.

Reports (such as those written by Plato) reveal that Atlantis was magnificent during its height and glory. Some of the survivors, who were the keepers of this sacred knowledge on geomancy, settled in Egypt and the Yucatan, keeping a portion of the mysteries and knowledge alive. That is why these civilizations were able to rise to great heights, also. Other souls drifted off into "the deep sleep," holding the sacred information within their Akashic Records until the time when history would reveal that the souls of the High Priests and Priestesses would reincarnate to rebuild Atlantis in the form of the Seventh Golden Age. That time is now.

The High Priests and Priestesses from Atlantis have risen. The souls of these beings who ruled Atlantis have reincarnated and presently are remembering what this electromagnetic grid was and what it stands for. Even now, they are traveling the world creating a NEW grid matrix for Earth.

Atlantis IS rising, just as the great "sleeping prophet" Edgar Cayce prophesied decades ago. This time, the purpose of the priesthood is to assist Earth to enter the fifth Dimension.

For the past several years, these souls (representing the Order of Melchizedek) have been actively involved in establishing a new electromagnetic grid, situated this time not under the Earth, but approximately three to four feet above its surface. Much of the old grid has been destroyed or desecrated, making it virtually unusable for the new world that is coming. Therefore, sacred sites are being created all over the world as energy fields to support the new matrix.

Rainbow energy fields are slowly emerging from Earth's crystalline structures deep below its surface. Gaia (Mother Earth) is awakening and moving out of slumber into a heightened state of consciousness. As more and more souls choose to receive the Universal Language of Light programming from etheric crystals implanted within the lower eight bodies, assurances arise that the New Jerusalem is emerging on Earth and humans are the co-creators of this celestial temple.

Soon the new electromagnetic grid will be complete. When this occurs, the etheric, cosmic doors that emerge will create entrance and exit points that facilitate interdimensional travel. Communication with the gods, just as in Atlantis, will become "business as usual," And all who earn the higher vibrational frequency connected with the Higher Self will have access to this communications channel network.

Since Atlantis fell, the Order of Melchizedek periodically has sent to Earth some of its finest members who have incarnated to assist humanity to evolve. This was especially important during the Dark Ages, when consciousness was at its lowest. Usually only one soul embodied at a time, but occasionally they would incarnate in groups, supporting each other when an important mission, such as mass enlightenment or a great invention or literary work, had to be completed. Every time they embodied, these souls were so pure that they could remember how to connect to the Order's membership remaining on the etheric (the Ascended Masters). They would do so for the purpose of channeling great works, writings, and legacies for humanity's benefit and growth.

One need only review history to read the names of these great Masters who came to Earth. Souls like Pythagoras, Socrates, Plato, Hippocrates, Athena, Akhnaton, Isis, Jesus, Mother Mary, Buddha, Krishna, Mohammad, Shakespeare, Solomon, Moses, Sia Baba, Gandhi, and Quan Yin are only a few who were sent to earth by the Order. Jesus is called Melchizedek King in the scriptures because of his purity and perfect mastery of the laws.

The Order of Melchizedek has been guiding Earth's development from the beginning of time and will continue to do so in the future. Today, the Order is providing instruction and assistance to all who have the hearts to hear. It teaches individuals how to be free of limitations and pain, thus ending the struggle to evolve. The Age of Aquarius has promised this. It has been written; so shall it be done!

Hermes has returned, too, and once again is directing the establishment of the new electromagnetic grid that is destined to surround the Earth. The new matrix will be likened to a tuning fork as it vibrates and connects the higher consciousness of humans all over the world. It will facilitate the development of the Adam Kadmon, or the emergence of the new human who is destined to walk the face of the Earth in the Seventh Golden Age.

Just as when Atlantis existed, conditions on Earth and in the universe are synchronized once again to support this endeavor. It has taken over 10,000 years for this higher frequency to be reached, because the Heavens have not been able to experience such an alignment until now. This perfect alignment has called forth the Great One himself to direct this miraculous project.

The electromagnetic grid is not intended to be part of a new religion. Instead, it is being created to develop humanity's potential by linking higher consciousness centers to the Christos energy. The grid will create a web of Light and focused human consciousness, vibrating on wave lengths that use the Universal Language of Light to transmit messages. It will be the super highway for evolution in the years to come. Some of the uses for

the electromagnetic grid are to:

- Send love
- Heal oneself and others
- Increase telepathic powers
- Open the third Eyes of Initiates on the path to enlightenment
- Link the world in the concept of Oneness
- Send support to others
- Increase the soul's ability to do soul travel
- Access the Universal Language of Light
- Increase manifestation powers for self and others
- Empower individuals
- Strengthen Earth's magnetic field in the Light
- Support spiritual development
- Link humanity with Mother Earth
- Contact the Celestial Command (including the angels)

The Universal Language of Light contains 144,000 geometric symbols. It is the frequency coding that humans need to transcend third-dimensional thinking. It comes to us through our own Higher Selves and filters down to our lower eight bodies. This language carries the Divine blueprint for our individual missions that replaces the will of the ego with the Will of God.

These geometric symbols presently are being encoded into human consciousness and our etheric bodies. This is being completed by the Celestial Hierarchy with all who have given permission to have it done. Coding resides on various wave lengths, so that individuals receive only the symbolic coding that matches their levels of consciousness. The lower the consciousness, the fewer the codes that can be down-loaded. The higher the consciousness, the more the codes that are implanted. The more symbols that one receives, the more responsibility for world service he or she is given in fulfillment of the Divine Plan.

The goal for Earth's ascension into the Fifth Dimension is to connect as many Light Workers to the grid as possible. We are connected to the grid through the solar plexus area. We can focus our energy, meditate on the Light, and send and receive

important messages, energies, and manifestations.

THE ELECTROMAGNETIC GRID CANNOT BE MISUSED

The electromagnetic grid is an instrument of peace, co-operation, and love, and will be used to build this kind of world in the coming millennium. It cannot be misused because one must reside on a higher frequency to use it. No one residing on a lower frequency (for example, people who are greedy or wish to inflict harm on others) will be able to connect to it. When a person evolves to a higher level of consciousness, he or she will be incapable of inflicting harm, for the soul's new vibrational frequency will carry an agenda that no longer supports the lower behaviors.

The importance of the electromagnetic grid is that it provides Light Workers everywhere a tool for sending and receiving information and energies that can result in manifestations to serve the move toward the Fifth Dimension.

Here is an exercise sent through from Kuthumi to assist you in accessing this electromagnetic grid:

1. Sit with your spine straight and breathe deeply.
2. Calm your mind, body, and emotions. Stay perfectly centered at all times when using this force field.
3. Invoke the Light and your Higher Self to protect you.
4. Meditate on the Light.
5. Illumine the third eye by visualizing a bright golden Light within your head. Connect this Light with your heart center.
6. Connect to the Great Central Sun and the Earth Star through your twelve chakras and ground this higher radiant energy within your heart.
7. Visualize the electromagnetic grid connecting to your solar plexus area with a golden Light of energy. See yourself as part of this web and feel grounded in this sea of love and Light.
8. Send out impulses of energy and begin to receive, as well.
9. Expect that it is so! So Be It! So It Is!

SUMMARY

Hermes Trismegistus, with the elohim and Devic Kingdoms, built an electromagnetic grid system several feet below the Earth's surface that was used for centuries to support a higher-dimensional existence on Atlantis. After the fall of Atlantis the grid was damaged, and the remnants are known to us as ley lines. The grid connected the Light bodies of individuals to each other and to the Earth, provided a free and unending amount of energy to those connected to the grid, and connected the physical world to the etheric existence of the Higher Self. It also formed a telecommunications system which could be used by all who had reached an enlightened state of consciousness.

For the first time in 10,000 years, Earth has reached a frequency that supports a new electromagnetic grid, to be built in support of the Seventh Golden Age and upon entering the Fifth Dimension. The new grid will be approximately three to four feet above Earth's surface, and sacred sites are being created as energy fields to support the new grid matrix.

The new grid will:

- Create entrance and exit points for interdimensional travel;
- Facilitate communication with other Initiates and enlighten people worldwide;
- Generate wave lengths that use the Universal Language of Light to transmit messages;
- Transmit our divine blueprints for our life missions.

CHAPTER 30

INITIATION

That which we do not confront in ourselves we will meet as fate.
Carl Jung

No book on self-empowerment such as this one would be complete without an explanation of the Levels of Initiation. Levels of Initiation are the tests that all spiritual seekers must complete on their journeys. They are tests of the soul.

These tests are completed through a step-by-step process and are designed to strengthen the physical, mental, spiritual, and emotional bodies while facilitating change within each of them. Each individual's tests are unique, depending on the lessons needing to be learned. One of the conditions for passing these tests is, ultimately, self-control.

Initiation means acquiring spiritual consciousness and using this knowledge to guide higher energies and powers into and through one's body. It also implies omniscience and omnipotence. Therefore, command over the mental and emotional bodies is imperative, and the male and female energies within must be balanced. Initiation is also the merging of the Higher Self with the lower eight bodies to facilitate the flow of this power.

Remember this quotation:

OF ME I DO NOTHING, IT IS THE FATHER (MOTHER) WITHIN ME THAT DOES IT ALL.

This statement by Jesus is an excellent example of his understanding of this merger and the power that comes with it. In Far Eastern religions, this power is often called Kundalini. It is buddhi and considered an active principle. It is an electromagnetic force that, when aroused, has the power to kill as easily as it can create.

In the past, few souls passed their Tests of Initiation because there were not many opportunities to learn them nor were there Master teachers from whom to receive help. For centuries, this knowledge was deemed so threatening to those in power that rulers often attempted to destroy both it and the teachers who were perpetuating it. In some parts of the world, individuals were forced to move underground and conduct secret meetings to keep

the knowledge alive. In other areas, mystery schools were formed that allowed only those who had reached a certain level of spiritual consciousness to be admitted. These schools often were reserved for the High Priests and Priestesses who incarnated for the sole purpose of perpetuating this knowledge for the world.

At present, most individuals are conscious to a degree that corresponds to the resistance of their nerves and physical bodies. When higher spiritual powers begin to flow through the physical body, many patterns, beliefs, and emotional blockages will be changed. Since this must be accomplished without injury to the physical body, the person must be ready to receive this power.

Initiation should never be requested until the person has experienced all of life and is in a position to control this power as it enters the lower nerve centers. If all is not in alignment, the energy can be so powerful that it actually can harm the individual and the lower, subtle bodies. If individuals seek initiation too soon or too quickly and do not pass their Tests of Initiation, the soul may sink to a state even lower than that in which it originally incarnated.

Achieving initiation takes years of dedication, discipline, and concentration. It requires that one learn the lower curricula before the higher are introduced. For most individuals, this process takes thousands of incarnations. The soul needs to experience all aspects of life, while choosing a different role each time. For only a few can initiation be accomplished in much less time.

Many old souls have incarnated on Earth today for one purpose—to pass their Tests of Initiation, which will grant them ascension to higher levels. Deep down, each of these souls knows that this is the last lifetime in which they must come back to Earth. Next time, if they return, it will be by choice. The race is not won yet, however, because each time a soul returns, it must be tested. No one is granted safe passage until the tests are completed successfully.

The Levels of Initiation through which we all must pass to enter the higher realms and dimensions are described in this chapter. Never before has this knowledge been revealed in such a form for all to see. THE TIME IS NOW, says Ascended Master El Morya, for this information to come forth. In this age of transition into the Fifth Dimension, all souls must choose which path they will follow. This information is brought into the Light for all to read, with the intent that this firsthand knowledge will help more souls to choose the path of the Spiritual Warrior.

There are twelve Tests of Initiation. They are:

Level 1. The state of beingness that allows the individual's nine bodies to maintain normal functions. This is the time of birth (and general awareness), where the world is seen as an extension of oneself.

The decision concerns unfoldment.

Level 2 . The moment one first senses detachment from the Source of the All. This constitutes the moment when the individual begins the journey in the physical world.

The decision encompasses the development of ego.

Level 3 The cry for assistance from the innermost reaches of the mind, when individuals believe that they are separate from one another and begin to search for ways to belong once again.

The decision constitutes selection of companions.

Level 4. The shift of awareness when one understands that there is a greater power and looks to the Heavens with sincerity and asks to become one with this power once again.

The decision demands integrity of purpose.

Level 5 The state of consciousness when one makes a commitment to serve the Creator of the All, and understands that

this commitment will require many things in life to change.

The decision includes walking the path of higher truths, and eliminating past weaknesses and blockages that only nurture the illusions around.

Level 6 The moment of action when one stands by the new truths and values and moves into the physical world with new-found courage.

The decision includes making a statement in the physical world which supports the choice.

Level 7 The period when the Initiate undergoes a test of power which is designed to strengthen the will and which brings about an understanding of Universal Laws.

The decision involves searching the soul for answers and listening to one's inner voice for guidance on the right direction to follow.

Level 8 The time when relationships are challenged and the Initiate learns that the only true relationship of significance is the relationship he or she has with God.

The decision requires that one learns unconditional love.

Level 9 The test that develops manifestation powers from within and includes the period of examination which reveals how one will use these powers in the world.

The decision encompasses the choice to let go of ego completely and to serve humanity in the name of the One.

Level 10 The period of stillness within the heart that allows the universe to work through the Higher Self in the creation process.

The decision involves a state of higher consciousness called euphoria, and the relationship this has to the physical, manifest world around.

Level 11 The state of beingness whereby one journeys interdimensionally to other places of the Most High and uses these experiences for benefiting humanity.

The decision requires one to separate the nine bodies and to commit to the One.

Level 12 The state of enlightenment whereby the One is within and the Light permeates the essence.

The decision requires one to begin the process of unfoldment once again, only on higher planes of existence. It demands that the Initiate assume responsibility for the commitment made and to journey to other worlds to assure that a higher vibration will encompass the world whence he or she has come.

The first five levels are normally acquired quite naturally in our earlier years. It is at the sixth level that the Initiate is required to make a commitment to the path of spiritual consciousness. The decision made here is critical because it determines the course of the entire journey thereafter. (These Tests of Initiation are detailed in the newsletter Celestial Voices. See the back of the book for further information on how to order these.)

Once a person embarks on the spiritual path, many challenges and tests, in addition to those described here, are brought to the individual. These are not to be considered forms of punishment. Instead, they are to be received as opportunities for growth. The saying goes:

You can tell the level of spiritual mastery you have achieved, by the level of the test that will be brought to you.

So, if you are a person who has been greatly challenged lately, and you feel that the whole world is caving in around you, feel honored! The greater the tests, the greater the compliment. In order to pass the tests, the individual must go inward and find

out what lesson is to be learned. The lessons never include the obvious. They always concern issues relating to the soul's growth, such as learning patience, forgiveness, or unconditional love, or acquiring sensitivity, strength, or assertiveness to strengthen the will. One must journey inward to find these answers, and will not escape the tests until the appropriate level of behavior is mastered. If you do not learn the lessons the first time around, the tests comes again with new faces and situations. The only drawback is that it arrives ten times stronger. Therefore, learn the lessons as quickly as possible. Begin now to control your mental and emotional bodies and stay calm and centered at all times, and you will accelerate your path into the Light and into mastery. It is then that The Light Shall Set You Free.

Have a wonderful journey.!

SUMMARY

Our spiritual journey, like our life journey, is developmental. We experience various steps or levels as we progress through stages of mastery. The Levels of Initiation are the tests that the souls of the spiritual seekers must complete. The tests are provided to strengthen our physical, mental, emotional, and spiritual bodies while facilitating change in them. Passing the tests requires discipline and command over our mental and emotional bodies and the balancing of female and male energies. Initiation also is the merger of the Higher Self with the lower eight bodies to support the flow of power.

Initiation requires years and lifetimes of effort. One must learn the lower curricula before the higher are introduced. For most individuals, this process requires many incarnations.

Tests of Initiation are tailored to meet the needs of the soul, but there is an overall pattern or sequence of twelve levels of Initiation. The first five levels of initiation are passed by most persons as they are born, develop their sense of self or ego, seek belongingness with a companion, develop a desire to become one with god again, and make changes which are needed for their

spiritual development.

Levels six through twelve are more difficult, requiring intentional effort and discipline. Briefly, they move through taking a stand and speaking one's truth; undergoing a tests of power that assists understanding of the Universal Laws; learning unconditional love; using one's power to serve humanity; waking through the Higher Self in the creation process; seeing interdimensionally; and achieving enlightenment.

We make our journeys easier when we control our emotional and mental bodies, stay calm and centered at all times, and learn the lessons the first time they appear. Passing the Tests of Initiation and meeting higher levels of mastery prepares us for new and higher levels of service and mastery.

EPILOGUE

If we live the right way
And let the Light into our hearts and minds,
The whole world becomes alive.

The world is a lovely garden,
Full of dreams, life, and beauty.
It is a special place shared by many kingdoms,
And the one place where all can connect and grow together.

GLOSSARY

Adam Kadmon

Sons and daughters of Light who are evolved beyond the body form and are manifestations of Light. In this exalted state, they are the extensions of god and exist as energy Beings of Light who have the ability to create with thought and word.

Adonai

Hebrew word for the Lord. A manifestation.

Angels

Supernatural beings who have great intelligence and power. They are guiding influences and spirits, such as the Guardian Angels, who watch over each soul in embodiment. Angels are generally regarded as good, innocent, powerful, and beautiful, and may intervene to protect us from harm. There is a hierarchy within the angelic realms that constitutes many levels of power. Angels, Archangels, Principalities, Powers, virtues, Dominions, thrones, Cherubim, and Seraphim.

Negative forces also claim to have angels, such as Lucifer, the fallen angel, who was cast out of heaven at God's command by Archangel Michael.

Akashic Records

Chronicles of all that occurs in one's life. Everything is inscribed in the akasha, which is etheric energy vibrating at a frequency that records all of the impressions of life, whether created in or out of embodiment. Any individual can learn to access these records by developing inner sight.

Acturians

Fifth-dimensional beings who claim they are from the star Arcturus in the Bootes constellation.

Ascended Masters

Those who have mastered time and space and gained mastery of the self, fulfilled their divine plan, and ascended into the presence of God. There, because of their great love, they receive new directions to teach in many worlds.

Atlantis

A highly evolved ancient civilization which developed and used

advanced technologies such as those we are learning about today. The civilization misused some of the technologies by not integrating spiritual practices into their use and was destroyed by earthquakes and other cataclysms. The continent of Atlantis sank into the Atlantic Ocean on three separate occasions. Some Atlanteans escaped and went to such places as Greece, Egypt, and Central America.

Beings

A term used to denote the existence of Light beings, such as the Ascended Masters, Arcturians, or other species from different star systems. A life form, just as humans are one of the life forms ensouled on Earth.

Bodhisattvas

Buddhas-to-be. Those who aspire to become Buddhas have to perfect within themselves the following characteristics during several lifetimes: morality, charity, renunciation, wisdom, patience, truth, effort, determination, universal unconditional love, and composure.

Celestial

The Heavenly realms which are beyond third-dimensional sight. The home of beings not incarnated.

Chakras

The ethereal body's sense organs, as defined by such Far Eastern organizations as the Theosophical society. Chakras resemble energy vortices. There are several in the body, visible to clairvoyants only. Of these, it is advisable to use only seven when aligning the spiritual body on a daily basis. Each of these seven chakras vibrates at the frequency of one of the seven colors in the rainbow, which combine to create white Light.

Children of Light

Humans progressing on their paths of spirituality who seek the Light and are guided by it.

Christ Consciousness

One of the early stages of spiritual development. The intellectual capacity for knowing Christ and our creator. It leads to the spiritual urge to find God or Christ (Christ-seeking) and the craving to do Christ's and God's will.

Codes

The symbolism used by the Tribunal Council of the Galactic Command to deliver the keys that contain the secrets to the power held by the Atlantean Masters of over 10,000 years ago.

Commanders

Starseeds working for the Galactic command to help carry out the plan for assisting planet earth and her inhabitants in the transition into the Fifth Dimension.

Cosmic Beings

Beings from other universes and galaxies

Creator of the All

Another name for God.

Dharma

This cosmic law defining the natural and moral principles and order that apply to everything in existence. Dharma defines the destiny of each soul that comes into Earth embodiment.

Dimension

A plane of existence that can be subdivided into seven primary parts, each comprising a specific agenda that makes up the curricula of that plane.

Electromagnetic Gridline

An ancient Atlantean underground grid (developed by Hermes) for mental and spiritual communication, which was energized by crystals, special stones, and objects. It is now being reconstructed around the world as a crystalline web of Light, above the surface of the Earth, to be used as a source of connection and communication among spiritual Light Workers who believe in its power and worth.

Energy Field

Area charged with electromagnetic energy that surrounds a being or object. It may be positive, negative, or both.

Etheric

The all-pervading essence of creation, filling all space and interpenetrating all matter. The holder of all unseen events. All things exist first as ideas or thought-forms in the etheric before manifesting into the physical. Also referred to as ethers.

Ethers

See Etheric.

Galactic Command

A fleet of starships composed of Masters and Celestial Beings from numerous galaxies and ruled by the Ascended Masters of the Great White Brotherhood (White meaning white Light) who are helping earth enter the Age of Aquarius. These beings travel

the universes and have the capability to influence and direct God's plan for continued evolution. They are highly advanced, and do not necessarily appear in a third-dimensional form. They have assisted Earth on her evolutionary path since the beginning.

Golden Age

Any age when Earth moves to a higher consciousness and the people on Earth live in greater peace, harmony, love, and abundance.

Golden Liquid Light

A phrase synonymous with God. It is the pool of electromagnetic energy that is the creator of everything that exists. It is called liquid because it moves continuously like a fluid and cannot be contained. See also Prana.

Great Central sun

The center or core of white fire from which the spiritual/material universes emanate. In the past, Sirius, the dog Star, has been the focal point of the Great Central Sun in our Section of the universe. Over time, however, this position changes because of the precession of the equinoxes.

Guides

Those who walk beside our souls and assist our spiritual growth.

Higher Self

The Christ Self, the I AM presence, the exalted form of selfhood. The Light body that surrounds our physical bodies and contains the power of the God Force.

I Am Presence

Same as the Higher Self.

Karma

A universal law of cause and effect summarizing the totality of an individual's actions in any single successive state of existence. Karma also is defined as the physical, mental, and spiritual lessons that return in any lifetime to provide opportunities for the soul's growth. Loosely used, it means fate. Karmic paths are the journeys humans take that teach many lessons.

Keys

The clues that unravel the mysteries of the secrets of the power of Atlantis and, ultimately, creation.

Law of Attraction

This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like energies. Negative energies attract negative energies and positive energies attract positive energies;

Law of Cause and Effect

This Universal Law states that nothing happens by chance or outside the Universal Laws. Every action has a reaction or consequence and we "reap what we have sown."

Law of Compensation

This Universal Law is the Law of Cause and Effect applied to blessings and abundance that are provided for us. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and blessings.

Law of Correspondence

This Universal Law states that the principles or laws of physics that explain the physical world—energy, Light, vibration, and motion—have their corresponding principles in the etheric or universe. “As above, so below.”

Law of Gender

This Universal Law states that everything has its masculine (yang) and feminine (yin) principles, and that these are the basis for all creation. The spiritual Initiate must balance the masculine and feminine energies within himself or herself to become a Master and a true co-creator with God.

Law of Perpetual Transmutation

This Universal Law states that all persons have within them the power to change the conditions in their lives. Higher vibrations consume and transform lower ones; thus, each of us can change the energies in our lives by understanding the Universal Laws and applying the principles in such a way as to effect change.

Law of Polarity

This Universal Law states that everything is on a continuum and has an opposite. We can suppress and transform undesirable thought by concentrating on the opposite pole. It is the law of mental vibrations.

Law of Relativity

The Universal Law states that each person will receive a series of problems (Tests of Initiation) for the purpose of strengthening the Light within. We must consider each of these tests to be a challenge and remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to others' problems and put everything into its proper perspective. No matter how bad we perceive our situation to be,

there is always someone who is in a worse position. It is all relative.

Law of Rhythm

This Universal Law states that everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's universe. Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness.

Law of Vibration

This Universal Law states that everything in the universe moves, vibrates, and travels in circular patterns. The same principles of vibration in the physical world apply to our thoughts, feelings, desires, and wills in the etheric world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.

Light Body

The individual's electromagnetic body existing in the etheric. It is the real body that provides the blueprint for the physical body and allows interdimensional communication.

Light Workers

Spiritual believers who actively work to bring love and Light to Earth.

Lion of Judah

A name given to Jesus signifying that his teachings were Divine truths emanating from the Tribe of Judah. The Prophet Daniel recorded the vision of a winged lion rising out of the sea. An interpretation of this vision is that, in the coming millennium, divine wisdom and truth will rule and a new spiritual world will be born.

Love

An electromagnetic force which encompasses the totality of the All. Energy emanating from God that creates life.

Mandala

A circular pattern with concentric, geometric symbols and forms that represent the universe. Although traditionally from the Hindu and Buddhist religions, mandalas are used in many traditional practices for meditation purposes.

Masters

Men and women who have evolved spiritually, transcended their fellows, and who assist in ruling the world. Adepts.

Merkabah

Vehicles of Light structure encasing the Earth that is used as the means of communication between the ascended Masters and the members of the Order of Melchizedek in embodiment. According to some, this structure includes individual units situated over and around individual Light workers. Each unit is approximately fifty-five feet in diameter. These units are tetrahedrons with the two halves spinning contrary to each other, and must be activated to receive the maximum benefit of their use. In other instances, these units of Light resemble teardrop diamond cuts.

Metaphysics

The philosophy that applies to the spiritual world. The belief that the world above and the world below are in correspondence.

Most Radiant One

The Ascended Master who is said to be Jesus the Christ or Sananda. The Supreme Commander of the Celestials who oversee

Earth's transition into the millennium.

New Age

An age of spirituality and Oneness. Some refer to this age as the millennium that is approaching in connection with the Second Coming of Christ.

New Jerusalem

The emerging title of the United States for the future. According to the Ascended Masters, the people in the United States are responsible for processing information and spiritually awakening people worldwide so that collectively we may bring earth into the fifth Dimension.

Order of Melchizedek

A bonded group of spiritual and incarnated souls working in the Light to carry out god's plan for the universe.

Prana

The life support energy system of the universe. Also called the Golden Liquid Light.

Precession of the Equinoxes

An astronomical effect of the gradual shift in the Earth's axis of rotation which produces a westward movement and shifting of constellations around the celestial sphere. Approximately 25,800 years are required to complete the cycle. The Earth stays in each "age" (Pisces, Aquarius, etc.) for over 2,000 years. The precession is caused by the sun's and moon's attraction as a result of bulges around the Earth's equator.

Qadoish, Qadoish, Qadoish, Adonai Tsebayoth

Holy, Holy, Holy, Lord God of Hosts. One of the most powerful phrases that can be uttered to glorify God.

Reincarnation

The rebirth of the soul in a new body. This concept also incorporates the belief that the soul reappears in another form after death.

Sai Baba

In the late 1800's a fakir, who could perform miracles, lived in India. His name was Sai Baba, a name given in respect to those who have earned it. He offered spiritual teachings to many of various religious backgrounds. Upon his death, he told one of his followers that he would return in eight years in male embodiment and implied that they should look for him. On November 23, 1926, eight years following Sai Baba's death, a male child was born with great supernatural powers. He has risen once again in India and is presently sharing his wisdom, miracles, and spiritual teachings with millions of devotees from all over the world. An Avatar, presently on Earth, who holds the Christ consciousness for the world..

Seventh Heaven

The Seventh Dimension and home of highly spiritually evolved souls.

Shamballa

The etheric city, said to be over the Gobi Desert, that is the home of the Ascended Masters.

Soul

An entity regarded as being the immortal or spiritual part of a

person. The moral or emotional nature of humans. Though it has neither physical nor material reality, the soul is credited with the functions of thinking and willing, and, hence, of determining all behavior. The vehicle that transports the memories, lessons, and accomplishments of the individual. The soul holds together the Light of our nine bodies; the physical body, mind, emotions, and actions of an individual reflect the soul's evolutionary progress.

Spirit

The animating principle carrying with it the idea of power. It is a living energy and mystic force emanating out of the etheric realms.

Spiritual

Matters having to do with the soul and connection to the spirit of the Creator.

Starseeds

Souls from other planets, star systems, or universes who answered a call for assistance and agreed to come to earth to help with the healing and transformation of this planet. Individuals in embodiment who presently are working with the ascended Masters and the Galactic command to help fulfill God's divine Plan of bringing peace, harmony, and love to Earth.

Terra

Another name for Earth, sometimes used to describe Earth after the completion of the planet's transformation into a star.

Third Eye

The "psychic" eye located in the middle of the forehead between the eyebrows. Also, the location of the sixth chakra. A connection to spiritual energy that can be activated by meditation and awareness to produce second sight or extrasensory perception.

The inner eye of God.

Vibrational Frequency

The rate at which the atoms and sub-particles of a being or object vibrate. The higher this vibrational frequency is, the closer it is to the frequency of Light.

Vortex

A magnetic grid system entrance and exit point where magnetic and spiritual energies flow back and forth at vibrational levels outside of Earth's normal operations and physical time. Sensitive individuals, upon entering these areas, feel the differences in their energy levels. Some experience lightheadedness, loss of concentration, or other such sensations.

Yin and Yang

The broad or universal expression of female (yin) and male (yang) energies. The yin expression is creative thought, and is receptive, nurturing, and intuitive. The yang expression is outer-directed, seeking, and questing, and is the action that carries out creation.

CHAPTER 9

LAW OF DIVINE ONENESS

Spirit is the essence of consciousness, the energy of the universe that creates all things. Each one of us is a part of that Spirit—a Divine entity. So the Spirit is the Higher Self, the eternal being that lives within us. Shakti Gawain

Our thoughts, our visualizations, and the language by which we express our thoughts are some of the most powerful tools we have for spiritual growth. Just as God, or the ALL, creates with

mind, so do we as human beings. Thoughts create, and constitute the basis for all there is because thoughts are vibrations before they become thoughts. We then express them as the energies of words, emotions, and actions. In this way we interact with the world and carry out our life activities.

The Law of Divine Oneness helps us understand that we live in a world where everything is connected to everything else. Everything we do, say, think, and believe affects others and the universe around us. As we grow spiritually, we learn how to transmute negative thoughts, words, emotions, and actions into positive ones. Thus, we not only manifest a better environment for ourselves, but we also help create a world that is consistent with the One.

To assist us now on this journey, Master Athena explains the Divine Concept of Oneness in the following way.

Greetings to all Aspirants who wish to become self-realized in the Light.

I, Athena, am pleased to be selected to work with Master El Morya to deliver the ancient wisdom of Hermes Trismegistus, better known to the Egyptians as Thoth, on the universal principle of the Divine Concept of Oneness. I fulfill this assignment with my heart connected to the Great Central Sun which provides me with the connection to the Divine. It is this lifeline, through the Higher Self, that shall bring forth the highest frequency of information to the reader of these words.

To the students of this lesson, one directive is given. Feel the message with the heart center, rather than receive the words in the mind. Absorb the Light that comes with the message, and in so doing, you shall begin the journey of becoming self-realized in the Light.

It is now time to allow the information to flow from the mind of the Creator.

The Divine Concept of Oneness is the Universal Mind. It is the realization that ALL IS MIND and the universe exists within this field of pure energy and Light. All is consciousness—the planets, the suns, the animals, the plants, the minerals, and all beings of multidimensional forms who grace the Creator's kingdoms. Nothing escapes this principle, for all is composed of the same substance at the subatomic level.

It is here, at the subatomic level, where the Oneness Concept sustains the life force within, and it is also at the level where higher consciousness is realized, for all is mind energy in the universes and all is information which can be reduced mathematically.

This field of mind energy is sometimes referred to as the Golden Liquid Light, or otherwise known as prana, chi, or life force energy. This field is accessed by individuals by silencing the active mind. This state reduces the number of electromagnetic signals emitted by higher mental actions. Silence allows the nine bodies to align with the perfect code that locks the individual into this force field.

Once an individual resonates to the frequency of Divine Oneness, the mind connects with symbols and patterns that reside in this force field. These, in turn, enable the mind to use this connection for creation and manifestation. The key to accessing this "power" lies in the person's ability to remain totally calm, balanced, and at peace during all situations.

Mind, body, Spirit, and Earth are all interconnected within the Golden Liquid Light. They are all one, yet each affects the other in subtle ways. Humans moving into the Fifth Dimension must understand this concept, and also understand the subtlety of the mental body's and mind's influences on the creative process. This is especially true for scientists. If this is not understood, evolution will be stalled and chaos will result, causing pain to those moving through this portal of time/space.

A magnetic flux exists in the universe which will be experienced

more fully when Earth is integrated into the Fifth Dimension. It is sensitive and fluctuates easily through the stimulus-response patterns being emitted constantly by various energy sources. For example, whenever there is a disruption in the force field, a momentary disturbance is created in the magnetic resonance patterns around individuals. The cycles of the moon and the subsequent effects on human behavior illustrate this point. When such disturbances occur, information received by individuals is disrupted, and the mathematical symbols are disturbed. This causes "inaccurate" information to be received and assembled within the mind.

I place the word inaccurate in quotation marks to make a point. In reality, no information received is inaccurate, because all information is received as a result of the magnetic patterns that form around an individual. Students of Universal Laws know this to be true and recognize that this statement is in reference to the Law of Attraction. By using quotations, I emphasize that information exists that is more stable and conducive to the growth of the individual's nine bodies, and that this greater wisdom can be accessed through higher vibrational patterns within the Divine Mind. When an individual is calmer and more stable, his or her ability to receive higher forms of information with fewer distortions is increased. Therefore, information received under these conditions is deemed to be more "accurate."

Another way to assist one's understanding is to provide another explanation. Accurate also can be defined in terms of information received through stages of the evolutionary development of the soul. What is understood and accepted as truth and accurate in one phase of development is discarded later as the person evolves into higher fields of understanding. Thus, this explains how science has evolved throughout the centuries. As wisdom and knowledge expand and become stabilized, concepts are received at higher levels of understanding and development. This, then, changes the face of truth.

Awaken, my Sisters and Brothers of the Stars! You are the spark of Divine Creation, come to Earth to be the co-creators with God.

Remember Oneness!

All is mind. All is thought. All is the All.

In the Universal Mind of Oneness, I, Pallas Athena, born out of the mind of Zeus, conclude this discourse. So Be It!

SUMMARY

Everything in the universe is connected in a force field of Oneness. All is consciousness. All is God. Since we exist within this field, we are one with it. Therefore, our thoughts, feelings, words, and actions are powerful forms of energy.

Some concepts to understand are:

- ALL IS MIND. Since we exist in this field of Divine power, we are one with it.
- The field of mind energy often is referred to as Golden Liquid Light, prana, chi, life force energy, God, or the God Force.
- The most powerful tools for spiritual growth are our thoughts, visualizations, and language. Thoughts have the power to create.
- The key to accessing mind energy is the person's ability to remain calm, balanced, and at peace in all situations.
- We are the co-creators with God, come to bring Heaven to Earth through right use of the connection to this force field of Oneness.

CHAPTER 10

LAW OF VIBRATION

Nothing rests; everything moves; everything vibrates. The Kybalion

Everything in the universe is in motion, whether solid, liquid, or

gas. All things move, vibrate, and travel in circular patterns. Each thing that exists is identified by its own unique vibrational frequency. Frequency is defined as the number of periodic oscillations, vibrations, or waves per unit of time.

No two things in the universe are truly identical, because each has its unique vibrational pattern. The differences between matter and energy are explained primarily by the differences in these vibratory motions. Phenomena such as light, heat, magnetism, electricity, and sound are forms of vibratory motion, just as trees, desks, flowers, and animals are.

When things vibrate very slowly, we hear no noise. Physical objects vibrate slowest, which is why we cannot hear any sounds emanating from them. As vibration is increased, we begin to hear lower-pitched sounds. Further increases in vibration allow us to hear higher-pitched notes, as when we strike the ascending keys of the piano. If vibrations increase further, to a higher frequency, we may not be able to hear the sound because it may have moved out of our ability to register the frequency.

So it is with our ability to see color. We are limited in seeing only the colors that are contained within the spectrum of Light—the rainbow. Our first perception of color is of a dark red. As vibrations increase, the red becomes brighter, then turns to orange, and then to yellow, green, blue, indigo, and violet. Violet vibrates higher into ultraviolet where we no longer have the ability to see the color, just as we cannot see infrared with the naked eye.

The same principles of vibration that apply to the physical world also apply to us and to our thoughts, feelings, desires, and will. We each have our own unique sound, say the Ascended Masters, and that perfect sound is who we really are. If we could become still long enough to connect with this sound, we would discover our true, perfect self.

Disruptions in our lives, our life-styles, television, radio, people and noises in general all serve to keep us from hearing that

perfect sound within and from becoming it. Many of the vibrational frequencies in the world work to compete with and disrupt our mental and emotional states, keeping us from connecting with the perfection lying dormant inside.

Our thoughts, emotions, and wills send out vibrations into the universe. Every thought or mental state has a corresponding rate and mode of vibration. The higher the vibration, the longer lasting the effects are. The lower the vibration, the more potent the effects are in the short term.

In the higher dimensions, such as the Fifth Dimension, the Law of Vibration is considered to be "what is." In these dimensions, nothing is assigned meaning, only a frequency. Thoughts, emotions, behaviors, and actions are understood for the level at which they reside. An angry person is analyzed objectively as being angry, with no value assigned to the behavior. An effort is made to try and understand the behavior, and perhaps a plan is prepared to try and raise the vibrational frequency to a higher level, thus transmuting the anger into something less painful.

We live in the Third dimension, the plane of dichotomies, which reflects most things as good/bad, black/white, or yes/no. Because our identity is associated with this mode of operation, most of us have a characteristic style of optimism or pessimism. Optimism resides on a higher frequency and pessimism resides on a lower frequency. Optimists tend to expect more of the world. This is communicated to others and is likely to be realized. Pessimists expect the negative. They anticipate gloom and doom and actually help create it. Our basic style is important because whatever we choose creates a vibration that goes out into the collective consciousness and helps either to raise Earth's vibrations or to lower them. When we express negativity, we take on an amount of negativity equal to what we have expressed. Similarly, when we express ourselves in positive ways, we take on an equal amount of positive vibrations.

Vibrations not only affect us, but also impact the people around us. Positive or negative vibrations may resonate in others and

create similar vibrations. If we send out thoughts of envy, criticism, hatred, or jealousy, then the same thought-forms are aroused and sent back by others.

Each of us has the power to choose. We can align our bodies and our behaviors to create harmony and consistency with the God within us. Just as we care for our bodies by choosing options and behaviors—food, exercise, freedom from addictions—to maintain our balance and remain in a state of health, we also must take care of our minds by choosing good thoughts. Positive thoughts help us move on our journey to spiritual development. Other thoughts inhibit our progress or cause us to regress. When we learn to choose the good, we move toward spiritual goals with measured progress.

Often, the full impact of our behavior on others is not well understood. We can be a positive force working for the betterment of our organization or community, or we can be a negative force and tear down what is being built. Perhaps the most difficult form of negativity to overcome is personal or group cynicism. Many individuals who have experienced multiple disappointments or failures begin to believe that nothing will work. The group mind then creates a vibrational frequency that draws to these individuals everything else that resides on that frequency. In order to solve their problems, the individuals must learn to open their minds and hearts and think from a place connected to a higher consciousness, for the solutions will be found only on the higher planes of existence. Through the Law of Vibration, this mode of behavior always brings the answers we are seeking, for the higher frequencies contain greater knowledge and wisdom.

A few try and rationalize their negativity by saying that they need to be honest. When people are motivated to behave in a negative way, however, the vibrational frequency emitted speaks for itself. We need to strive to be honest and helpful and still be positive.

Our goal is to keep our vibrations as positive and high as possible. This means that we must not let another's negative

attitudes penetrate our feelings or mental state. One of the ways to accomplish this is to learn to keep from becoming over involved in the problems of others. We need to listen carefully, help establish goals for solving the problems, and assist in planning positive outcomes, but we must keep ourselves from taking on the lower vibrations emitted by others.

Understanding the Law of Vibration assists us to get in touch with our feelings every moment of the day. Since each thought, feeling, word, and behavior resides on its own frequency, we need to learn to assess how we feel and to choose behaviors and attitudes that only help us evolve. Evolution is why we are here. The Law of Vibration gives us the basis of knowledge to transcend all that is not in the Divine plan and provides us the way to move to higher planes of existence.

Master El Morya says this about the Law of Vibration.

Namaste, my Sisters and Brothers of the Universe.

I AM El Morya, Master in charge of describing the nature of the universe through the next eleven discourses. I fulfill this assignment with dedication to this mission, for it is through understanding these next eleven laws that human consciousness will move to a state of enlightenment never experienced before on Earth. I come in the Light of Sananda and carry forth this commitment to you.

The Law of Vibration is known by the ancients to be the law of power. Understanding the context and application of this law allows each aspirant to move closer to his or her destiny and carry the torch within to the higher mode of Spirit. This knowledge also assists all to understand the conflicts experienced on the dualistic plane of matter and enables the souls to use the principles contained within the law to balance and control individual lives.

In the mind of Oneness, everything is in motion. Energy exists in all forms in the Golden Liquid Light. This pool of energy that

permeates all universes is never at rest and serves to carry the smallest particles of energy into various states of action, thus causing effects to be felt constantly.

Inherent within this understanding is the fact that everything vibrates within the universes to various degrees that lie on a continuum. To say it in a way easier to understand: there are degrees of motion experienced within the Earth plane that lie on a continuum that spans from physical manifestations of the most dense matter to the higher existence of Spirit. Matter, energy, thought, and Spirit form the continuum of this range of vibration experienced by all. Yet, regardless of the variations of the vibrations, all is absorbed and contained within the Universal Mind of Oneness.

Everything is connected through the Divine Mind of Oneness. All is seen as the absolute, although each item tends to carry its own identification and appears to be separate. In the nature of higher realities, everything experienced is a part of the Oneness, and the individualistic vibrational pattern (or frequency) of each item determines its position of influence and strength.

The Law of vibration reveals that higher powers, and higher consciousness and understanding, reside on the end of the continuum that comprises the highest vibrations of Spirit. Spirit is associated with such terms as pure Light, the Merkabah, love, and God consciousness. Physical dense matter is defined as that which one experiences with the five senses. Physical dense matter also represents the human body (the vehicle that carries the soul). It is also defined as the lower, heavier, and more subtle vibrations, such as the energies experienced in the heart and mind that cause mental pain and anger.

Since all is energy, it is easy to understand how all objects and actions impact the total human being which is composed of nine subtle bodies. Body (the physical body), mind (the mental body), and Spirit are affected most by the Law of Vibration; yet the influence of the All is present in everything that we are.

In understanding and using the Law of Vibration, the aspirant learns to integrate the higher Light frequencies of Spirit into consciousness and the lower eight bodies, thus effecting transformation. Assimilating the higher frequencies into lower dense matter, through the direction and will of the mind and heart, allows the individual to raise his or her own vibratory patterns. This increased Light reveals itself in the aura around.

The wise, old ancients knew that the greatest power resides in the Light. They understood the Law of Vibration. They understood the ultimate strength of the lightning bolt and how Light energy stands at the point of creation. They also perceived the deeper construct of the etheric field that comprises the God Force and saw how this energy field resides within each individual, although it is unrealized in most.

Simply put, the ancients knew that HIGHER VIBRATIONS CONSUME AND TRANSFORM LOWER VIBRATIONS. Thus, the concept "love conquers all" reveals one of the greatest mysteries of creation. The more Light one assimilates into the body, mind, and Spirit, the faster the acceleration, enabling one to control life and manifest the perfect reality all around.

OUT OF LIGHT, ALL IS CREATED. All individuals who are experiencing an accelerated path to become One with the Higher Self shall instantly grasp the notion that when the Law of Vibration is understood fully, they will be able to apply this law and manifest a Heaven on Earth. When this moment is realized, the prophecy shall be fulfilled.

Since everything is on a continuum, the mission, then, is to move from the plane of dense matter and duality up to the plane of Oneness. This is accomplished by understanding those experiences and forms that have caused discomfort, pain, and sadness and replacing them with higher thoughts and experiences of love, joy, and peace. All that is experienced in life is nothing more than events designed within the Law of Vibration to provide Initiates opportunities to learn of the Law of Vibration and to choose to remain on that level, digress to a lower level, or aspire

to a higher one. Once an individual moves to a higher level, that which was experienced on the lower level is never experienced again as a test of learning. The higher vibrational level assimilated within the nine bodies (by the choice the individual has made) serves to consume and transform the lower vibratory frequency. Consequently, since each thought, event, action, and emotion is assigned its own unique vibrational frequency, all that is of a lower nature is slowly “burned off.” This phenomenon serves to continue to purify all of the lower nature within the subtle bodies and rests at the heart of purification.

All Initiates must learn the importance of purification, which only can be realized through the mind and heart connection. Purification also comes from the understanding that emotion is the cosmic glue, and that what is willed with strong emotion will be created. This is so.

Therefore, when one experiences the higher and lower natures at battle, it is important, on the road to mastery, to acknowledge BOTH sides of the duality and walk the middle of the road. In the Oneness, ALL must be addressed and understood—nothing can be omitted. The key to transformation, then, is not to attach any emotion to the lower vibratory patterns, but only to feel the strength of the love and higher energies. Once this is accomplished, the individual will move quickly through the experience, enabling manifestation of the higher kingdom of Light and love to be realized more quickly.

For now, this brief explanation shall suffice. Use it as a tool to carry the torch in the soul to the Higher Self.

I am El Morya. Adonai

SUMMARY

Everything in the universe is in motion. Energy is never at rest. It is constantly in action, creating various effects. The differences between matter and energy are explained by the differences in their vibratory motions. Light, heat, magnetism, electricity, and sound are forms of vibratory motion, as are trees, desks, flowers, and animals.

- Everything in the universe is in motion, and objects and entities vibrate on a continuum.
- Our thoughts, emotions, desires, and wills give off vibrations which affect us and those around us.
- Higher power, consciousness, and understanding reside in the higher vibrations. When humans embrace a higher consciousness, their auras increase to a frequency closer to the speed of Light.
- We learn to integrate higher frequencies of Spirit into consciousness and the lower eight bodies, thus, transformation occurs.
- Higher vibrations consume and change lower vibrations.
- What is willed with strong emotion will be created and become reality.
- Once an individual moves to a higher level of vibration, that which was experienced on a lower level is never experienced again.

CHAPTER 11

LAW OF ACTION

Action should culminate in wisdom. The Bhagavad Gita

Many of us work with personal issues or with larger social causes to try to make our world a better place in which to live. Involvement with groups in an attempt to achieve a goal is often frustrating. We often can attract others who seem sincerely committed to the concern at hand. We can make plans. But unless there is a visible crisis, it is often difficult to get people to carry through at the level of action needed to solve problems. It seems that we move from problem to problem without demonstrating the actions required to make significant steps toward solving the problems.

Action inevitably involves some change in our behaviors. It requires discipline, and an effort to make changes in our lives. We develop clever ways to avoid taking action. We deal with the

trivia, the things we know how to do, and avoid the level of effort required to deal with more difficult problems where the steps are not clear and the risk of failure is high. We are willing to settle for less than what we or our institutions are capable of achieving.

What we seem to have missed is the need to be able to determine our goals, to develop plans, and to strive to achieve these goals. When these actions are accompanied with positive thoughts and expressions of love, we are able to manifest and achieve our desires.

Our problems seem to lie in several areas. Strange as it may seem, many of us do not know what we desire. We want to be comfortable, to get along, and not to have serious problems, but we may not have goals that are accompanied by the passion to achieve them. Goals and desires are the fuel for success. Our increased awareness of the importance of goals now is incorporated in management circles as developing a vision of where we want to be in the future. It is this ideal state that many of us cannot visualize or allow ourselves to dream about.

A second problem is that we may not understand the actions or steps that are required to get to where we want to be. Knowing how to develop a program, or how to take the many smaller actions that lead to our desired goals, is an essential part of striving to achieve.

We may not have the will to persist in our beliefs and actions when we encounter conflict or difficulty. Persistence and the ability to stay with a dream constitute a critical part of success.

Finally, we may not understand the relationship between the physical and the spiritual. While action is essential in the Third Dimension, it also must be accompanied by positive thoughts and expressions of caring and love. We may not realize that a variety of forms of help are available to us from the Celestial World. We need only take the time to ask for this help. "Ask and it shall be given" must become a reality of our lives.

El Morya speaks of the importance of the Law of Action in the following message.

I greet you with the love of the Christos and the wisdom of the Buddha. I, El Morya, am pleased to bring to you the knowledge and understanding of how to apply the Universal Laws in the Third, fourth, and fifth Dimensions. Application of these laws is possible through the Law of Action.

In higher dimensions of time/space, such as the realms in the Fifth Dimension and higher, manifestation comes from thought and the expression of love emanating from within. In dimensions below the Fifth Dimension, such as the Third Dimension, in order for manifestation to occur, thoughts must be accompanied by action. That is because the Third Dimension is a three-dimensional existence and accompanies the physical world.

Things that reside in the Third dimension on Earth are all solid, liquid, or gas, even though the foundation for all has its origin in the etheric. Density comprises existence on Earth. It is important to remember this concept when living in a third-dimensional reality. The reason this is so is because third-dimensional forms need a greater force to assist them to reposition the electron into other existences. It is because of density that the Law of Action must be applied for manifestation to be realized more easily on the Earth plane.

An understanding of the Law of vibration and the principles that underlie this law provide the way for humans to raise themselves out of a third-dimensional reality into higher ones. Thoughts and changed consciousness are the keys to a successful transformation. As consciousness is raised, an individual slowly begins to change his or her vibrational rate, transforming from the Third Dimension and moving eventually into the Fifth.

As one's vibrational rate increases, the auric fields begin to align with the white Light. The greater the Light held within consciousness, the greater the power the person has to manifest things solely with the power of mind, accompanied by love.

Before the vibrational frequency is raised to a high enough level, however, one must apply the Law of Action in order to manifest all that one wishes to create.

The reality today is that many souls remember the time when they could just “think things into action.” They remember when life was not difficult and when their days were filled with pleasure, discipline, and dedication—to self and group advancement. The world is different now, and many get confused because they are not living the lives of harmony, peace, contentment, and abundance that they know are possible. They have not realized this higher existence yet because their thoughts are not strong enough and the Light within them is not great enough to sustain a higher existence. Many wonder why there is still perceived pain and suffering in their environments.

If I may be so bold, I will diagnose this situation. The reason individuals are not manifesting what they want, to the degree that they wish, is because they are not applying the Law of action fully. Their souls remember an existence in Atlantis and other such realities when they did not need this law, but their minds have forgotten that they are now ingrained in a third-dimensional reality. If they apply more action to their dreams and focus their wills and emotions, all that they desire can come true.

Earth is now in the transition from the third to the Fifth Dimension. Individuals presently residing on Earth carry vibrations ranging throughout all these dimensions—and even higher and lower ones. Those who have changed their consciousness successfully to match that of the higher dimensions display few to no problems in manifesting all that their hearts desire. Those whose vibrations match that of the Third Dimension (or lower) must understand that it takes action to move the electron to create what is in their dreams.

Before Earth is positioned firmly in the Fifth Dimension, many more years must pass. It will, therefore, take individuals an equal amount of time to change their vibrational frequencies because

Earth and humanity are One. Because this is so, we advise that the Law of Action be taken seriously. By applying this law, more individuals will become co-creators with God and can bring Heaven to Earth. That is humanity's purpose for being.

The Law of Action means that an individual must engage in activities that support thoughts, dreams, emotions, and words. A commitment must be made first, however, for this step supports the basic principle of the Law of action. The commitment then is turned into a plan, and the plan then is supported by passion. Lastly, tasks need to be completed, because the action on the physical plane forms the bonds that connect all aspects of the energies working toward manifestation.

Simply put: thoughts, emotions, words, and actions are the keys to God-realization. But God-realization also means:

OF YOU, YOU DO NOTHING. IT IS THE FATHER/MOTHER WITHIN YOU THAT DOES IT ALL.

Raising the Light within, living a life connected to the Higher Self, putting into action that which you want from within, and applying discipline and will power are the factors that set up the God Force to work through you. Become One with this force and the will of God will become One with you.

Adonai, Dear Commanders of the Force. I AM EL MORYA.

SUMMARY

Application of the Law of Action is a precondition for using the Universal Laws in effective ways. Actions may be understood in the following ways:

- Action requires a change in our behaviors, and it requires an ability to set goals and strive for their attainment or manifestation.
- Common difficulties in applying the Law of Action are inability to set meaningful goals, lack of skills or discipline to develop

plans or a program for attaining desired goals, lack of persistence, and inability to link our physical and spiritual development.

- While manifestation can be achieved in the Fourth and Fifth Dimensions by thought and expressions of love, action is required for manifestation to occur in the Third Dimension.
- As we raise our vibrational rate, we are able to manifest things with the power of the mind, accompanied by love.
- When we apply the Law of action we grow spiritually toward becoming co-creators with God.
- Individuals can apply the Law of Action by making a commitment and engaging in activities that support thoughts, dreams, emotions, words, and actions.

CHAPTER 12

LAW OF CORRESPONDENCE

Long before the emergence of the “new physics” many spiritually minded and artistic people understood the unity and wholeness of the universe. William Blake wrote.

To see a world in a grain of sand
And a Heaven in a wild flower,
Hold infinity in the palm of your hand,
And eternity in an hour.
Auguries of Innocence

The term metaphysics, or the larger context of physics, symbolizes the truth of the Law of Correspondence. The principles or laws of physics that explain the physical world—energy, Light, vibration, and motion—have their corresponding principles in the etheric world or universe. The deep meaning of the Law of Correspondence is difficult for us to comprehend because our science and our world have been based on identifying the parts of systems or phenomena rather than looking at the whole and seeing interconnections and relationships.

Only recently have we realized the need to reverse our basic

paradigms and views of metaphysics. Willis Harmon discusses the old, mechanistic view of the universe as M-1 physics, which is based on the belief that matter gives rise to mind. This view assumes that the basic material of the universe is matter and energy. Our consciousness emerges from matter such as the brain, and whatever we know must fit with our perceptions of the physical world.

Later, we moved to an M-2 view of the world based on the dualism articulated in Descartes' separation of science to deal with the physical world, leaving the church to deal with the mind-spirit view of the world. This view assumes that two types of energies make up the universe—matter-energy and mind-spirit.

Within recent times we have moved to M-3 metaphysics, which reverses the original premise, and says that mind gives rise to matter, since the basic energy of the universe is consciousness. First and foremost is universal consciousness, which also is called the golden Liquid Light, the god Force, or the basic Oneness of the Universe.

The second consciousness to be considered is the degree to which individuals can move to the mainstream of the universal consciousness. Each individual is unique, with his or her own human beingness or essence. The essence of the individual determines his or her consciousness, and consciousness is the basis for the human mind. When we expand our minds, we acquire a higher spiritual consciousness. As we grow spiritually, we become one with the God force.

This view of the world is supported further by our understanding that the world is holographic. A hologram is a photographic image that projects a three-dimensional image, which shows various views and images depending on the perspective. Contained in each small part of the whole is the whole itself. A holographic view of the world changes many of our views of reality. Some of these views (which also explain the Law of Correspondence) have been identified by Barbara Brennan (1987), author of the best

selling book Hands of Light, as follows:

CONSCIOUSNESS IS THE BASIC REALITY

Each of us has unique characteristic which constitute the basis of our essence. Our consciousness is expressed through our intentions of our values. We develop perceptions of the world around us, which is our way of imposing an order of regularity on this world. We tend to perceive the world in ways which are consistent with our expectations, beliefs, and past experiences. Thus, we create our own experiences.

EVERYTHING IS CONNECTED TO EVERYTHING ELSE

Nothing in the universe exists separately or in isolation. Everything we do, say, or believe affects everything else immediately. When we behave in a positive, nurturing way it has an effect not only on the environment around us, but also on the many, complex planes of the universe, as discussed previously in the chapter on the Law of Divine Oneness.

EACH PIECE CONTAINS THE WHOLE

Every cell within us contains intelligence and the whole pattern of our essence. We are beings with interacting systems which make up our wholeness. Similarly, we are part of others and of the world around us. There is a basic wisdom and knowledge within the universe which is beyond our physical reality.

While there are many other implications of the holographic universe, each of them impresses upon us the degree to which we create our reality and therefore must act responsibly. As more people gain this expanded consciousness and begin to live acknowledging responsibility for themselves and others, Earth moves closer to the Fifth Dimension.

All this documents that our views and perceptions of the world are indeed changing. No longer can we see ourselves as separate, disconnected entities. Instead, we are maturing into a species

that must understand that we are part of a whole, finely tuned ecosystem, each part connected to and affecting the other parts.

The Law of Correspondence is THE KEY for understanding this connection, so let us read what El Morya has to say about this important principle.

It is with great pleasure that I begin to explain the Law of Correspondence—the law that eludes many Initiates interested in the path of Oneness. This law, often referred to as the principle of “As above, so below; as below so above,” is the basis for understanding the interdimensional operations of the universe. The aspirant who strives to increase his or her understanding of the Universal Laws must integrate the knowledge that all planes of existence exist simultaneously, and that, in this synchronicity, all is in motion.

In examining the Law of Correspondence, it is important to understand three planes of existence. They are the physical, mental, and spiritual planes. These three planes comprise the basis for operations and govern the harmony and energy convergence of the soul wishing to bring Heaven on Earth. While there are many interdimensional levels existing within these three planes, all vibrating at different rates, for the purposes of this lesson, it is important to focus only on the three major divisions just described.

The term “correspondence” (corresponding) implies that all “things” existing within these planes of existence, whether seen or unseen, exist in harmony or agreement with the All. There is only Oneness, and this idea is critical to absorb. Just as individuals cannot step out of this oneness, neither can any of the other elements found on these planes. Significant to this understanding is that all are truly in harmony, one to another.

Even though human beings perceive themselves to be limited to what they see and experience, this does not mean that they are separated from the larger picture or the macrocosm. Key to understanding the Law of Correspondence is to know that

agreements have been made in Universal Mind that all are in harmony with Divine Law. This Universal Mind is the force field or Golden Liquid Light called the God force. Humans have been created and placed on Earth to learn this and to become co-creators with this force field, which is the basis for creation. If humans remain separate, never seeing this connection, they will pass out of embodiment in a separated state of existence. If they open their minds to this knowledge and see the universe in a different Light, by understanding that each individual IS A PART OF THIS WONDROUS FORCE FIELD, then they are destined to move forward in time and become demigods.

We smile at the term “gods in exile,” for it depicts the situation and frustration that we perceive humanity to be in today. The physical, manifest world around is so strong that it keeps many in a state of unconsciousness. This state of mind is likened to that of the sleeping giant, who, when cloaked in the sleep state, is quiet and subdued. Awakened, the giant’s potential can come forth to achieve great things. Magnificent deeds are destined to come forth from these sleeping giants in the Seventh Golden Age. Those who awaken will usher in the new millennium for the children of the Golden Dawn.

The Law of Correspondence is the law that holds the Oneness together. As mentioned, its name is synonymous with the Golden Liquid Light. Contained within this pulsating, vibrating field of endless energy is all that is and ever will be. It is the etheric, or cosmic, glue that holds everything together and connects the physical planes with the mental and spiritual ones.

Knowing that all exists simultaneously in each moment of time/space means that the Initiate has the power to affect any and all things in any moment of time. The reasons why many have not accomplished this thus far on their journeys are because:

3. they have not understood this law and consequently have not known that they could do so, and
4. humanity’s will is weak

The mind, connected with the Universal Mind of the All, is the key to change and to creation. The strengthening of the mind comes from discipline and will power. The strength of will comes from the heart. Individuals have been distracted by the physical, manifest world, spending much of their time entertaining their five senses. Focusing attention on the outside has contributed to their forgetting the power within.

Going within allows the Initiate to connect the mind to other planes and dimensions of reality, for it is here that the soul connects with the All. When this connection is made, all power is returned. In the journey comes the awakening that all dimensional realities are connected. It is the wisest of souls who learns how to access these other realms.

The physical plane vibrates at the lowest vibrational rate, while the plane of Spirit vibrates at the highest. Within each plane are also subplanes of existence, but it is not necessary to describe that phenomenon here. It is only significant to know.

Let us use the thermometer as an example to explain these concepts and show how easy it is to visualize the Law of Correspondence at work.

The thermometer registers numerical readings ranging from low to high. Nowhere are there markings which indicate absolute divisions separating one from another, such as hot or cold. Yet we are aware that all measurements are contained within, and each division has its own unique vibration or measurement, different one from another.

The various, different vibrations contained within the All exist simultaneously like the variations within the thermometer. These range from the physical to the spiritual planes, for the purpose of this instruction. The difference between the thermometer and Universal Mind is that there are billions of unending variations within Universal Mind, whereas the thermometer registers a limited range. Yet every change of condition will affect the

reading of the thermometer.

What is significant about the Law of correspondence is that ALL LAWS EXIST WITHIN THIS CORRESPONDENCE; THEREFORE, ALL IS CONTAINED WITHIN IT. One plane of existence is affected by another and one plane affects another. All occur simultaneously. Consequently, all changes in one plane of existence affect the other planes as well. This includes thoughts, words, emotions, and actions. The Celestial realms and angelic, devic, and elemental kingdoms are all interconnected with decisions humans make on Earth. There is no escaping this. All are one and all correspond to one another. This also applies to humanity's decisions and how they affect other people and the world.

When the aspirant begins to realize this truth, the world takes on a new meaning. With this knowledge, power within the mind and heart begins to grow. This is the beauty of the understanding. This knowledge is destined to transform the world when Initiates everywhere rise and begin to increase their individual Light frequencies through the power of the inner journeys and the mind.

Since Light is the highest vibrational frequency known to humanity, it is reasonable to conclude that Spirit is Light. Since spirit is the Creator with the power of manifestation, learn to illumine the mind and the heart with the Light of the God Force, Dear Ones. Work with this state of mind to further your understanding of the Law of Correspondence. Become that which you already are. Become one with your destiny.

I, El Morya, will work with any Initiate who calls my name in the Light of the Most Radiant One. I shall direct the attention of the soul to finding the corresponding path that shall enlighten your world. Ask and Ye Shall Receive. THE TIME IS NOW. Come forward out of exile and build Heaven on Earth.

Adonai. In the Light of the Most High, I AM EL MORYA

SUMMARY

Much of our third-dimensional experience has focused on the analysis of discrete parts of the many systems around us. Only recently have we become aware of the many systems that exist, their interrelatedness, and the prevalence of patterns and order within seeming chaos or randomness. The Law of Correspondence helps us to see the unity and wholeness of the universe and how everything is connected to everything else. Some of the keys to understanding this law are as follows.

- Mind, gives rise to matter.
- There are three planes of existence –physical, mental, and spiritual.
- When Oneness is present, all three planes are in harmony and agreement.
- The Universal Mind is the Golden Liquid Light called the God force.
- Humans are part of this wondrous force field and are created to learn to become co-creators in this force field.
- The Law of Correspondence holds the Oneness together; it is the cosmic glue and connects the physical, mental, and spiritual planes.
- All laws exist within this interrelatedness or correspondence.
- All changes in one plane affect all the other planes.

CHAPTER 13

LAW OF CAUSE AND EFFECT

Every Cause has its Effect; every Effect has its Cause; everything happens according to Law; Chance is a name for a Law not recognized; There are many planes of causation, but nothing escapes The Law. The Kybalion

Many people live their lives responding to the events around them and never take the time to determine what is really important to them. This lack of goals or inner-directed-ness places them in the position of being victims to the pressures of daily life. A major problem in their lives is lack of will and lack of clarity regarding goals or life directions. They are experiencing the results of the Law of Cause and Effect without realizing that they have the ability to influence the effects of the law in their lives.

The Law of Cause and Effect is the expression of Divine Order in the universe. The law states that nothing happens by chance or outside the universal Laws. We may not always be able to identify the many, often complex, chains of events that produce specific effects, but this is the result of our incomplete knowledge. Events experienced may be the result of past life actions, the result of our present behaviors, or experiences provided from higher planes of existence to teach us how to master our intellectual and emotional behaviors.

Cause and effect does not deal with things so much as it deals with events. Every thought that we think, every act that we perform (individually or collectively), has its direct and indirect impact on the events which are part of the chain of cause and effect. Everything is like an ecosystem—connected and performing flawlessly according to the variables affecting the chain of events.

The Law of Cause and effect may apply to long-term or short-term outcomes. Karma is an example of the manifestation of this law. Karma that used to take lifetimes to come around now can appear within minutes following a projected thought or spoken word.

While we cannot live outside the chain of cause and effect, we can exert our will and discipline to grow spiritually in ways which help us to use the law in positive ways. Each of us has free will, or the freedom to choose at least some of our behaviors. When we act, we have the choice of right action or wrong action directed toward ourselves or others. Right action advances the

cause of God or Spirit. Wrong action is an act that goes against the cause of God or Spirit. When we assume control over our thoughts and actions, we have moved toward mastery and the ability to live within the laws in positive ways.

A common problem which leads to negative effect is that of living with unrealistic fears, anxieties, anger, melancholy, or worry. These are real emotions that we all experience, but if left unattended they can consume our minds. These mental and emotional states will generate consequences by drawing events to a person that continue to perpetuate these experiences. As we move toward mastery, we are able to live by faith and remain in the Light. Learning to listen to our physical bodies, emotions, and thoughts gives us the ability to recognize and deal with these irrational states of mind, seeing them for what they really are, and learning to bless them and embrace them before letting them go.

Mastery of our emotional and intellectual behaviors must begin with forgiving ourselves and others. Harboring old grievances and resentments is a sure way of creating negative energies which will produce negative outcomes. Knowing how to heal old wounds in positive ways and moving into the Light is an important lesson in the mastery of our behaviors.

The Universal Laws are not barriers to our living happy and productive lives, but rather structures and guidelines for helping us evolve and become free. The Law of Cause and Effect provides us with the knowledge that all behaviors produce either positive or negative results. What do you choose for yourself and for those around you? What kind of life and future do you wish to create?

In the following transmission, El Morya discusses the Law of cause and Effect.

Shalom to the Children of Light who are ready to become self-realized.

It is I, El Morya, tending to today's lesson that is destined to bring freedom to the masses. I come on the wings of the dove and hold the olive branch in my hand, offering it to all who are willing to accept it. The olive branch symbolizes peace, as it is through peace that humans will master the Law of Cause and Effect. If my humble gift is accepted, then the words in this passage will further your power because they shall describe the steps required to overcome the bondage of the human soul.

The Law of Cause and Effect is complicated on the surface, yet simple within the order of the universe. The law briefly states that "Every cause creates an effect, and every effect has its origin in a cause." On the surface it appears complicated because there are so many forces that can produce effects. For example, there are the thoughts, feelings, words, or actions produced in any moment of time that affect an outcome later on; or there are forces set into motion from previous lifetimes or through genetics that must be realized. It is difficult to discern the cause when one is in the midst of solving a dilemma or learning from an experience. In the midst of confusion, what is important to remember is that all is created through perfect cycles of energy. This is truth because there is universal order in all things. That order says that everything moves in a circular fashion. This includes all experiences in every individual's life, as well as the forces of nature.

The Law of Cause and Effect contains certain interconnecting phenomena that must be understood when proceeding on the path to mastery. These phenomena are:

- The strength of will;
- The clarity of the aspirant;
- The fear of the unknown and its effect on events;
- Forgiveness

Every person participates in creating his or her own reality through individual actions. The difference between an "average" individual and a master is that the average individual is tossed about like a boat on a high sea, following the stronger wills of others. Masters learn that by using higher laws against lower laws

and applying higher principles with strength of commitment, they create their own destinies and environment. Subconsciously, this is the state in which all wish to be. This, however, is a state few have achieved because the hearts and minds of most individuals are not strong enough to assume responsibility for creating their own realities.

Several planes of existence are operating simultaneously in the Law of Cause and Effect. Everything happens for a reason; there is no such thing as chance. All occurrences are continuous and unbroken, although the individual often does not understand the reason for the event. The higher planes are those that build mastery—the lower lanes are those that complete unfinished business. The soul stays on the lower planes of existence for many lifetimes until it has released itself from karmic debts and responsibilities that have been harmful to growth.

When an Initiate begins to assume a higher state of consciousness, the Higher Self (which controls the higher planes of existence) brings experiences and lessons to the individual that build character. Karma is dissolved and replaced by Tests of Initiation to strengthen the soul. The Higher Self then defines personality characteristics that need refinement or strengthening and brings lessons with individuals (opponents) into a person's life to help that individual understand how to grow in the Light. Such examples might include lessons in:

- Overcoming pride;
- Asserting with love;
- Learning unconditional love
- Controlling fears;
- Surrendering ego to the will of God
- Controlling the emotional and/or mental bodies
- Desiring to be of world service

The lower planes of existence are those that keep individuals trapped in the wheel of rebirth, lifetime after lifetime, learning how to complete unfinished business with souls they have encountered. In these experiences, the individual often moves

like a puppet at the direction of another individual's stronger will. Thoughts and emotions from stronger personalities often "cause" the individual to act and feel in ways that coincide with that stronger will. If the individual is not balanced within with the yin (female) and yang (male) energies and is not self-confident through self-love, then that individual will usually bow to the stronger will for approval or from lack of courage. Fear or the lack of confidence are the primary driving forces that keep individuals trapped in this wheel of rebirth. When there is something lacking within, humans try to fill the void through behaviors evident in the outer world.

The goal in mastery is to stay centered at all times and not to move to extreme positions of behavior. In this mode, the Initiates understand that they can experience maximum power and overcome all odds, unless fate dictates otherwise. Will is needed to stay centered, calm, and peaceful at all times. This is how will is used to master the Law of Cause and Effect.

A Master knows that any approach other than this one will never work. Moving to extreme positions of behavior only grounds the individual more firmly in the lower planes of existence. Taking extreme positions sets up situations through the wheel of cause and effect that continue to bring more of the same experiences to the soul. This occurs until the lesson to be learned is finally mastered, freeing the individual to move to a higher existence.

In the Law of vibration, it was revealed that higher vibrations consume and transform lower vibrations. Lower vibrations never can change higher ones, for the higher energy is always too intense. Since all actions create other events, the Law of Cause and Effect teaches that the way to free oneself from events that appear negative and destructive is to begin the inward journey, monitoring all thoughts and feelings experienced.

Remember that the strength of the will drives the momentum in the Law of Cause and Effect. The will, when centered and in alignment with the heart and mind, has the power to perform

miracles, and, in these moments, to control the electron spin. This is possible when the individual is both clear and free of judgment. It is also possible when he or she understands that it is Light that directs the currents of creation.

Another important concept of the Law of Cause and Effect is Karma, mentioned earlier. The popular descriptor for this phenomenon is "What you sow is what you reap." All that is experienced has had its roots grounded not only lifetimes ago, but also in this collective moment of time. This is truth.

When unpleasant events become a part of one's life, it is helpful to know that these events have come for one of two reasons:

3. Either there is unfinished business that must be resolved before the soul is allowed to move to a higher plane of existence, or
4. There are lessons that must be learned to achieve a higher state of existence and enlightenment.

There are no other reasons for karmic debts experienced within the Law of Cause and Effect. All is designed for humans to evolve to higher states of consciousness.

Since the Harmonic Convergence in 1987, all Children of Light have been freed of karmic debts, yet few have known this to be true. At that time, the dispensation was given that allowed all to begin their Tests of Initiation, thus freeing themselves to journey on their paths to mastery. This is not to say that Karma (both good and bad) has not been accrued, for all are still responsible for the individual daily actions that direct life. This is only stated to reveal that the events in one's life no longer are tied to the wheel of the past, but now are connected to higher planes of existence that free the soul to achieve higher states of enlightenment and power.

Nothing escapes the law. All is in Divine Order. There is no such thing as chance occurrence or coincidence. To say that

coincidence exists is to say that the events so designated could exist outside of Universal Mind and order. This cannot be. All is Universal Mind and all in order. All is law.

Therefore, what this means for the Initiate on the path is that one must begin to conquer the mind and the emotions. One must acquire self-love, enabling Light to flow continuously from the source through consciousness and back to the Source. All must be continuous and experienced in a circular fashion. When this is accomplished, the individual assumes a position of using the higher planes of existence over the lower planes of existence, and creates the utopia that is longed for within. Thus, freedom is experienced and bondage is gone.

I trust that this adequately explains the Law of Cause and Effect. Go in peace, harmony, and balance. I AM El Morya.

SUMMARY

The Law of Cause and Effect relates to our freedom of choice. While we have free will to choose our actions in life, we are held responsible by the Law of Cause and Effect. The difficulty most of us experience is learning that we have the ability to choose our outcomes and to develop the mastery over our behaviors needed to achieve positive results. In this sense, humans are provided the capability of moving beyond the Third Dimension and experiencing higher dimensions.

- Nothing occurs by chance or outside the Law of Cause and Effect
- We are responsible for creating our own reality, for every action produces a reaction.
- We can learn to identify the events in our lives that are the result of current behaviors, the results of past Karma, or Tests of Initiation for our spiritual growth.
- Developing the strength of our will and the clarity of our goals provides us with the power to create our own reality.
- When we have not developed spiritual awareness, we remain trapped in separating behaviors which inhibit our growth; we

are controlled by the wills of others, we lack self confidence, and it becomes a struggle to change our stereotypic behaviors.

- As we begin to achieve a higher level of consciousness in our lives, we are provided with lessons and experiences that enhance our spiritual growth and move us toward mastery.
- We gain control over our lives by avoiding extreme behaviors, developing a strong will and sense of purpose, and staying centered, calm, and peaceful at all times.

CHAPTER 14

LAW OF COMPENSATION

If you help others, you will be helped, perhaps tomorrow, perhaps in one thousand years, but you will be helped. Nature must pay off the debt. It is a mathematical law and all life is mathematics.
G. L. Gurdjieff

The Law of Compensation is the law which helps us to understand abundance and how we can deal with financial matters. The Law of compensation is the Law of Cause and Effect as applied to blessings that are bestowed on us. While the Law of Cause and Effect deals primarily with events, the Law of Compensation deals with the material and spiritual gains we receive in life. It is in the manifestation of this law that we see the visible effects of our deeds as they are given to us in gifts, money, inheritances, friendships, and blessings.

Many of us do not receive these blessing as a result of the conscious and subconscious beliefs that direct the events of our lives. If we wish to master this law and receive abundance, we must break the poverty consciousness which comes from our conditioning in this lifetime and from the programming of past lives. We must leave the tapes of these experiences behind and see the world as a place of abundance, where there is plenty for everyone, instead of a world where there is not enough for all.

We need to overcome the programming of the past that was fed

by statements such as:

Money is the root of all evil.

The rich cannot be spiritual.

To be spiritual means that we must renounce money and things in life that give us pleasure and comfort.

If we are to break our poverty consciousness, we must reprogram our thinking so that our conscious and subconscious minds do not sabotage our due returns. Affirmations are a valuable way to do this.

People are successful in life because they do more for others and because they have an attitude that supports success. If you want to get more out of life, then you must give more with right thoughts, emotions, actions, and words every time you give a gift or perform a service for someone else.

The application of this law does not always mean that what you give is exactly what you will receive. Sometimes giving in one form (such as money) means that you will receive compensation in another form, such as a friend taking you out to lunch or someone giving you a beautiful gift. In addition, the law is extended by the Law of Tenfold Return. Whatever you give is returned in ways that are ten times the value of your gift.

Sometimes we have made an agreement to use this law in different ways. If you are a person who feels that you have given more than you have received, chances are that this is either because of karmic debt or because you have been using this law as a savings plan. Agreements could have been made where you gave freely with the understanding that the payments would come later in life—or even in a subsequent lifetime. You could be starting a savings plan of good Karma that will carry you into the future. Never despair of this law, regardless of how you feel you have been treated. Have faith always, and know that it is fair, just, and true.

Do not confuse the application of this law with the Tests of

Initiation. Sometimes what has been delivered appears to be a punishment, whereas in reality it is not. It is a test to strengthen some weakness within. Discernment teaches us the difference between the two. Be mindful that what appears to be the opposite of a reward may actually turn out to be an incredible benefit and gift later on, once a test has been passed and a person has become the better for the experience. Patience is the key. Wait, and the gifts will be revealed.

Master El Morya describes the Law of Compensation in the following transmission.

Greetings, Oh sisters and Brothers from the Stars.

I come forth to deliver this next piece of information which is pertinent for understanding the full context of the Universal Laws. It is with great pleasure that I deliver the following instruction to you, the recipients of the divine knowledge of the universe. I come as your servant and elder brother, as I provide you the secrets for increasing your wealth.

Allow me to begin by asking you the question, "In what way may I serve you?" I begin in this way, for doing so provides an example of what comprises the basic foundation for the application of the Law of Compensation.

The Law of Compensation is an extension of the Law of cause and Effect, in that it reflects the "just rewards" or "punishments" individuals receive for the seeds they have sown. It is an exact law, with its own deviations, that works to provide to the individual greater things than ever imagined. This occurs when the soul aligns with the Higher self in service to others.

The Law of Compensation is about giving and receiving. It is the law that guarantees that each will be provided for by God. It is the manifestation of Divine Order in all things and that which grants freedom to the minds that work to dissolve the attitudes of poverty consciousness and insatiable needs.

The law is flawless in its design. Basically, it says that for everything given there shall be a return. But there is a twist to this law that not everyone realizes,. This twist is called the Law of Tenfold return. What this law reveals is that once a person learns to give freely from the heart, the universe returns the gift with a tenfold yield. This supports the premise that "It is better to give than to receive."

I give this knowledge freely from my heart, Dear Ones. Furthermore, I freely ask, "What more can I give in this moment of time?" In so doing, because my attitude, motive, and heart are all aligned with truth, I reveal to you now that I shall be rewarded tenfold for this offering.

For most, the Law of Tenfold Return goes into effect primarily when the individual learns to release fear that sends the message that "there is not enough." Another condition that facilitates enactment of this law is when the auric fields of the Initiate are attuned to the higher vibrations of Light. Attaining a higher frequency in the Light automatically raises the body, mind, and Spirit into a higher dimension of mind, which releases the old programming that keeps one in bondage.

One cannot separate the laws and their influence on individuals in a universe of Oneness. Therefore, it must be reinforced that compensation is also the reflection of a person's multidimensional thinking. The Most Radiant One stated this when He declared, "As a man thinketh, so shall he become."

This command assures that what is reaped is the just consequence of all that is sown. The Law of Compensation assures that everything is fair and all is in alignment with the Divine, for the laws are not biased. Each soul is treated impartially and indifferently by the laws. Each soul is its own judge while on the Earth plane, for free will dictates the gifts that will be given to each.

Another factor that enters into just compensation is the fulfillment of promises and contracts made between lifetimes.

Each soul who comes to Earth is on a mission from God, whether it realizes it or not. Contracts are made in the etheric and reviewed periodically in the dream states, assessing the standards and measures of performance for the individual in embodiment. When promises are kept, the soul is regarded tenfold. This is the mark of those who possess the "Midas Touch."

When the word is not honored, a lower vibrational frequency is initiated which sets the individual up for what are termed "disappointments" and "frustrations," which are not readily understood on the Earth plane. When one assesses the complexity of all the dimensional realities and vibrational frequencies that impact the soul, one quickly sees that alignment with the Light of the Higher Self is the only way out of bondage. All must be in the highest vibration and truth to control one's destiny. Connection to the Higher Self and to God's will grants peace, harmony, and a fulfilled life.

Free will is God's gift to humanity. This allows all individuals to choose their own rewards in life, based upon the application of integrity. Integrity is the key which grants the soul on the spiritual path greater gifts and rewards, including both spiritual and material offerings.

When a soul feels helpless to change life events, invoking the Law of the Perpetual Transmutation of Radiant Energy (in cooperation with the Higher Self) is the way to remedy the situation. Apply this law and wait for the returns. Applying this law creates Divine Order, and the compensation that comes surpasses all understanding.

Speaking of compensation, there is another important aspect of this law which includes payment to oneself. Too often individuals give to others and do not give to themselves. This depicts a lack of self-love and creates an imbalance in the energy fields that support the natural flow of energy. All must learn to love themselves FIRST, and from this state of mind, all else flows. The more you love yourselves, the more love you have to give to

others. It is like a cup that is always full. The cup that overflows is the cup of divine love that spills out into the universe, touching the robes of all others.

By not treating oneself with the same kindness bestowed upon others, a cycle for deprivation is established. Positive thoughts, attitudes, words, and actions are needed at all times to keep the energy flowing. Blockages create inequities, although from the universal perspective, inequities are only perceived and are not reality. Nevertheless, all must be kept in alignment with harmony and love, and this includes the love of self, which is contained within.

Overcompensation to others is another stumbling block to the smooth operations of this law. The human psyche is clever and can deceive one to believe that if one gives more to another, then that soul is deemed more worthy and loving. Therefore, giving must be a good and honorable thing in that it justifies one's own self-worth.

As was stated earlier, giving, and giving freely, IS an honorable thing and THE action which grants freedom. But if giving is done with the wrong motive, such as giving to make up for the lack of love within, then the energies once again are blocked. All must give equally to themselves and to others to keep the energy balanced.

Balance, Balance. Balance. This is the only path to follow when achieving mastery. If balance is maintained at all times and truth and integrity are adhered to, then the Law of Compensation shall be realized.

In honor of the God within, I, El Morya, do complete this transmission for the Divine. Go in Peace.

SUMMARY

The Law of Compensation is the Law of Cause and Effect as it applies to material and spiritual gains in life. Some of the

characteristics of its operation are as follows:

- We may not be able to receive abundance because of our beliefs and programming that we cannot be spiritual and also enjoy abundance. This is changed when we move into higher dimensions of the mind.
- We receive gifts and blessing according to the degree to which we have given to others.
- Our gifts to others are rewarded with a tenfold return for those gifts that we have given freely from our hearts.
- We must be able to love and give to ourselves first, as well as to be able to give to others.

CHAPTER 15

LAW OF ATTRACTION

What is hidden within will dictate what will appear on the outside.
El Morya

Most of us have had chance experiences in which our needs were met at exactly the right time—the page you turned to in a book which gave the information for which you were searching; the stranger you sat next to who answered a question you'd been thinking about; or the money that arrives just when you needed it. These are examples of the Law of Attraction.

The Law of Attraction extends the Law of Vibration in that we create or attract the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies, and these energies attract like energies. Negative energies attract negative energies and positive energies produce positive energies.

Our task is to monitor and to see that our thoughts, feelings, words, and actions are positive. This is often difficult for us to accomplish in a material world of thought-forms of violence, sex, and greed. While we cannot be protected from seemingly negative events, we can learn not to dwell on them and thus

attract similar events into our lives.

An example of the power of this law may be seen in the copycat crimes or evil events which many, including children, see on television and in other media. When people observe certain phenomena some have a tendency to duplicate them. Just by thinking about things, they create similar events around them. There is strong evidence that the increase in violence among both adults and children is the result of negative images which are not balanced or placed in perspective.

A positive example of the Law of Attraction is that optimistic teachers who have higher expectations of children provide a climate in which children's learning and achievement are increased. Studies have identified similar outcomes among supervisors, or mentors, and adult workers.

When we think positive, loving thoughts we draw positive, loving people into our lives. We also influence the Tests of Initiation that we experience, for these tests are designed to increase our learning.

In the following message, El Morya reveals the secrets of the Law of Attraction.

It is with pleasure that I return to deliver another message regarding the Universal Laws. For this communication I shall focus on the Law of Attraction. This is the law that serves to frustrate many souls on the spiritual path, for it mirrors to them that what is hidden within.

The Law of Attraction demonstrates the power of the mind, heart, and will to project what is within, and the universe's ability to respond to this energy. It is likened to a cosmic magnet that draws to the person everything he or she focuses on or projects into the etheric.

In an earlier transmission it was established that manifestations are a result of multi-dimensional forces impacting the conscious

and subconscious mind. Because this is so, it is essential that all persons watch carefully their thoughts, words, emotions, and actions, to assure that hidden, negative images, surrounded with emotions, are not stored within. This is emphasized because this is key to understanding the Law of Attraction.

Inner thoughts and emotions determine the level at which one vibrates. This is truth. One's vibrational rate is a frequency. This inner frequency creates a signal that is emitted outward. Once emitted, this signal begins to draw to it other things that reside on that same frequency. What is hidden within will dictate what will appear on the outside.

What the Law of Attraction also draws to the soul are one's Tests of Initiation, for the Higher Self understands every weakness within that creates a "void" or character flaw that must be "polished." The Higher Self is programmed to fill each void (frequency) that has not been learned or mastered with experiences needed to assure personal growth. The beauty of this law is that once lessons are learned, and the individual's vibrational rate rises higher, the tests never come again. They do not, because the soul rises above the vibrational level of those tests. The soul, now residing on a higher level, will receive only experiences that vibrate on this new level. The miracle is that the higher one goes, the better and better life becomes.

The Law of Attraction controls the rate and sequence of events that impact a person's life. Quickness of mind and control over the emotional body are the key elements that dictate the rate at which events occur. Once individuals master control over their mental and emotional bodies, they then experience only that which has been carefully programmed into their conscious and subconscious minds. It is at this point that they demonstrate more control over what happens in their lives.

If a person has not mastered the mental and emotional bodies, and often performs erratically and negatively, then the law returns to that person events and people that reside on the same level of discordance. These individuals feel as if they are

constantly swatting at flies, often wondering if they ever will get rid of them. This is the state that makes many people feel helpless and victimized. Often individuals believe they are like ships being tossed about on stormy waters.

I began this transmission by stating that this law is frustrating to many. This is so because individuals do not understand that what is delivered to the sender is what is built from within. It is inescapable. In a world bombarded with negative thought-forms emanating from sources such as television, discordant societal groups, troublesome group initiatives, war zones, ghettos, painful and distressing situations, and radios, it becomes difficult to separate personal thoughts and images from that which is not of one's own essence.

People must watch what is being fed into their minds! To master this law, great discernment and discipline are needed. Parents need to guide their children better, and individuals must begin to select more carefully that which is allowed into their auric fields.

In the days of the ancients not many influences bombarded the mind. Today it is different. As Earth approached the Fifth Dimension, there is an exponential increase in stimuli, and one must use great discernment in protecting the most precious "commodity" humans have—the mind. This must be done before mastery can be attained. Practice and a desire to control one's own thoughts and emotions are what dictate one's vibrational frequency.

Controlling vibrations is the key to mastering the Law of Attraction! If individuals could learn to control their vibrations at all times, and learn to reside on a higher frequency closer to Light, then all could control the events and souls that come into their lives.

There is, however, one exception to this law that must be explained.

Contracts souls make between lifetimes can appear to negate

the effects of this law. An example would be when the Most Radiant One came to Earth 2,000 years ago and fulfilled his contract for the celestial plan. The amount of anger and hatred projected on him in the final hours was not an extension of the anger and hatred radiating from within his essence. Instead, it was delivered unto his soul because lying within his auric field was the program that was destined to transmute the world. His Higher Self came into this world with the plan that when the time was right, this program could activate, and, in so doing, would transmit the "void" that needed to be filled. This drew the events to him to fulfill his destiny, yet, at the same time, raised his vibrational frequency to the point of ascension.

Great Ones who come to Earth to fulfill missions for God enter the Earth atmosphere with the blue-print for transmuting designated energies for the world. These blueprints contain information and instructions on how to transmute knowledge, thoughts, emotions, and events. When the blue-prints are activated, the universe responds to the frequencies programmed within and calls the images, people, and events to the scene for the dramas to be played out.

The Most Radiant One had only the vibrations of compassion and forgiveness within his essence. That is why he was selected to fulfill that role. His vibrational frequency was measured to be the highest on Earth. For the painful event that had to be fulfilled (that of transmuting the sins of the world), an extremely high vibration was needed, because humanity's consciousness was so dark and low. There, a Being had to come forth that equaled the vibrational frequency at the opposite end of the spectrum. The strength of his Light was necessary to consume and transform the negativity of humanity.

If he had not been vibrating so highly, then an event of lesser consequences and impact would have occurred. It was because of his intense, radiant Light that the law could be fulfilled, but it took extreme circumstances to fulfill prophecy. This explanation also reflects the application of the Law of Rhythm, a law that shall be explained later. Because it will, I shall say nothing more

about it at this time.

To the reader of these words, can you not see how the applications of each law build one upon another? It is necessary to understand the ALL before you can fulfill that which you have come to Earth to do.

Learn the meaning and significance of all the laws, apply them to your life, and see how you truly are the co-creator with the Divine. Heaven is waiting to be brought to Earth once again. The Heavenly force awaits to assist you in this endeavor.

Hold your thoughts on God and on the Light, and Ye shall see the wonderment of your inner life as it begins to spring forth the fruits of your essence.

Beloved Ones, hear the inner voice within that speaks of your divinity. Do not be afraid to connect with this higher frequency. Visualize the Light in your daily meditations and prayers, and Ye eventually shall draw to you all that is of the highest.

God speed you on your journeys. I AM El Morya. Adonai

SUMMARY

The Law of Attraction helps us understand how we consciously and unconsciously choose the events in our lives.

- Our inner thoughts and emotions determine the level at which we vibrate. The level of our vibration attracts things and people operating at the same level of vibration.
- The level of vibration also determines our Tests of Initiation, for the Higher Self is expected to ensure mastery in the various areas of our own lives.
- When we have not mastered our mental and emotional bodies, we experience the discord of others in our own lives.
- As we gain mastery, we move toward creating the Fifth Dimension on Earth.

CHAPTER 16

LAW OF PERPETUAL TRANSMUTATION OF ENERGY

Good thoughts will produce good actions and bad thoughts will produce bad actions. Hatred does not cease by hatred at any time; hatred ceases by love. Buddha

There are times when we may feel trapped and helpless, unable to deal with the problems of our daily lives. What we do not realize is that we can change the conditions of our lives. It is our ability to use the Law of Perpetual Transmutation of Energy that gives meaning to the concept of free WILL. We have the power to choose the directions of our lives.

It all begins with the principles of energy. The material universe is made up of various forms of energy. Motion is the only manifestation of energy. It may be the active or kinetic energy of the rays of the sun, ocean currents and tides, winds, waterfalls, or other forms of active energy, or it may be potential energy such as that contained in fossil fuels or other forms of inert energy. When energy is converted from passive to active energy, it is transmuted to other materials or changed to other forms. Transmission or transmutation of the forms of energy is a continuing process of the material universe.

Just as energy is changed in the material world, it also is being changed continually in our lives. The manifestations of our energy are found in our thoughts, our belief systems, our speech, and our actions. Each of us has some control over the ways we use these behaviors to send positive or negative energies to others or to maintain positive or negative thought-forms in our own lives. The process of sending out thoughts to others is known as transmutation of thought.

How does this operate? Every thought that we have produces two actions. The first action constitutes a vibratory energy, like sending out a wave from ourselves. The distance the wave travels and the intensity of the wave depend on our ability to focus and

maintain our thoughts. When spiritual or positive people enter a room, their thoughts seek persons with thoughts similar to their own. All persons in the room will experience a raising of their vibrations, but the meanings are likely to be different for everyone in the room. Persons with higher thoughts and vibrations stimulate others to higher thoughts without conscious effort being exerted.

A second effect of thoughts is the creation of thought-forms. Every thought creates a materialized entity which operates on emotional and intellectual levels. Negative thought-forms may stay with an individual and increase in size over time. Persons with psychic vision often can see negative thoughts in the auras of other persons. Thought-forms can take on the form of entities that exist without our awareness.

Thoughts are forms of energy which may shape the conditions of our lives. For example, if a person wants to enjoy abundance but does not feel worthy or is unable to visualize gifts or wealth, this goal is unlikely to be achieved.

Thoughts are sent or transmitted to others. When we have positive thoughts, we send them to others and they respond quickly or over a period of time. Positive thoughts that are sent are replaced with positive thoughts; thus, we feed our own optimism and sense of well-being. We also feed the positive thoughts of others.

Similarly, if we think negative thoughts, we send negative impulses to others. This lowers their vibrations and sends low grade thought-forms into the environment. As negative thoughts are sent, they are replaced by the same.

It has been said that a large number of our sins or separations from God are committed with our mouths. We do not think about our thoughts and our speech, even though they impact our own present and future as well as the present and future of others.

If we are to grow spiritually, we must begin to examine our

thoughts and understand that our beliefs and our thoughts do not represent reality. They are our perceptions of reality that are incomplete. When we realize this, we open ourselves to moving out to understand in new ways and to appreciate the diversity of people's perceptions. We can control our thoughts, our beliefs, our speech, and our actions, but to do so requires that we will ourselves to behave in different ways.

A beginning step is to clear our minds of past negative thoughts and feelings. We do this by forgiving past oversights, insults, or transgressions. It is the forgiveness that helps us clear our minds and fill them with positive thoughts and energies which enrich our lives. Where our thoughts are focused, our energies are focused. When we move to positive thinking, we free our energies for the positive activities of life and for our spiritual development.

Master El Morya explains this law and how it applies to our lives in the following way.

Greetings, Oh Children of the divine. Once again it is I, El Morya, responding to the request to explain the next law. I transmit this next message with total love in my heart, and know that because I do so, the words will be received within the heart centers of all who reside on that same frequency.

Today I will address the Law of Perpetual Transmutation of Energy. This is one of my favorite laws, for its application expresses the magic to be found in the Christos. Once understood, this law provides the answers many have yearned to know regarding how to change conditions in one's life from the point of stillness within.

So what does this mean in common terms? It means that all persons have within them the power to change all conditions in their lives, just by understanding how to use one Universal Law against another to facilitate the change. Simply put, since higher vibrations consume and transform lower ones, each person can become an alchemist of the heart, if he or she chooses to do so.

Since all is energy and everything is contained in Oneness, it is reasonable to conclude that everything is interrelated and affects everything else. But if this is truly the case, then one might suppose that all would continually be absorbed in the Light, and love and Light would reign on Earth. Looking around, the casual observer can see that this does not happen. So how, then, does this law work?

It works with the WILL, Dear Children of the Divine. It works when one chooses to transform the darkness into Light and when one has a desire to change surrounding conditions into a higher form of existence. This law is also a one-directional law; therefore, it is the key to one's harmony, peace, and love. Since higher vibrations only consume and change the lower vibrations, it is not possible to reverse the affects of this law. Lower forces, consumed by negativity, cannot apply this law to lower the frequencies of higher vibrations, for its effects cannot be reversed. It is the law.

It is with great pleasure, then, that I offer this law to the Children of Light of the world to use as their weapon to embrace the darkness and bring it into the Light. There is no other law like this one, for its application has the power to raise Earth's vibrations into the Christos energy, carrying it speedily into the Fifth Dimension.

One uses this law by forgiving others, loving others, seeing in others the differences as well as the similarities, and applying higher frequencies to situations in life that are considered to be discordant.

The highest frequency one can see is the color violet. . St. Germain is the ruler of the violet ray because he is the master alchemist. In his role as Merlin, he came to Earth and brought the alchemist's magic to assist in transforming the energies of separateness into those of balance. He was the metaphysical king, while I, Arthur, was the physical king. Together we reigned with the vision, balance, insight, will, and courage that it took to re=energize England and prepare her to assume the vibrational

frequencies that are destined to balance the world. We did so through the application of the Law of Perpetual Transmutation of Energy.

Violet is the favorite color of alchemists, and Merlin knew of its power. Since this color holds the highest vibrational frequency seen with the naked eye, it has the power to change all the frequencies that reside below it. Violet is the last color of the rainbow, before it turns to ultraviolet and then is reflected in the Light. It therefore holds the highest coding of symbols, and can be used to change surrounding conditions.

Visualize this frequency daily and surround any condition in your life that is discordant with this color. See the condition change from a disharmonious one to one of peace and delight. Hold this vision with the strength of the will, always from the perspective from the Higher Self, and great miracles will begin to occur.

The key to its effective use is the Higher Self. Recognize this and all power shall be granted to you. The lower bodies have no power on their own; it is only the Light from the Higher Self that understands how to use this precious energy.

If one visualizes this frequency, consuming and transforming all lower negative energies, the vibrations will change, first within the mind and then in the emotional body. The reason this is so is that negative entities cannot stay within this higher frequency for long. The strength of the will and the length of time this frequency is used will dictate how long it will take to clear a situation. When using this law, always remember the importance of the breath, for it is the breath that helps one command the emotional body.

Light is a higher frequency than violet. The white Light is the shield of protection. Visualize the Light within and around at all times, and it shall strengthen your will. With a stronger will, the soul's ability to manifest and transform events becomes more precise.

The Light also aligns the chakras with the Higher Self, thus providing the connection to the Great Central Sun, and the source of all there is. The Light strengthens one's faith, hope, and charitable nature, as well.

The third vibration that is important to know when using this law is pink. Pink is the color of self-love and resonates on the level of the soul. Surround others with this frequency and their attitudes will soften. Hold them in the soft glow of this field and watch their frowns slowly turn to smiles. The power of this frequency cannot be underestimated, for it generates much love throughout the universe.

The effects of this law are seen primarily when one meditates in silence and applies the principles to situations and events in life. Therefore, I invite all who wish to change the conditions around them to join with St. Germain in the stillness of the hearts and ask for guidance on its use. He shall assist all to become the magicians of the new millennium, but demands that the wills be strong.

Journey with Merlin once again, Dear Children of the Heart, and learn of the magic of the ancients.

I close this transmission with a song in my heart and look forward to your accomplishments as you create a beautiful world for your children.

I AM El Morya. So Be It! So It Is!

SUMMARY

The Law of Perpetual Transmutation of Energy explains how our thoughts manifest positive or negative energy in our own lives and in the lives of others and how we may transcend negativity by applying higher frequencies to situations perceived as negative.

- The Law of Perpetual Transmutation of Energy is basic to our

understanding that we are responsible for many of the conditions of our lives and that we have free will to change the nature of our lives and environments.

- Just as energy is changing continually in the material world, so energy is being sent with a predictable impact in the emotional and spiritual worlds.
- We use energy in our thoughts, our beliefs, our speech, and our actions; it is these behaviors which transmit and transmute energy to others, whether positive or negative.
- Positive energies attract positive energies and overcome negative energies through their higher vibrations.
- We control our transmission of energies through intent and will.
- We apply the Law by forgiving others, loving others, appreciating the uniqueness of others, and using higher frequencies in our lives.
- Violet color may be used to change conditions; white Light may be used as a protection; and pink may be used to increase self-love and the love of others.

Chapter 17

LAW OF RELATIVITY

God allows us to experience the low points of life in order to teach us lessons we could not learn in any other way.

The Law of Relativity begins with our understanding that each of us is provided with problems or Tests of Initiation. These tests are designed to assess where we are on our spiritual paths and what experiences we need to learn.

Our response to these tests is important to our spiritual growth. On the one hand, we can compare ourselves to others and ask, "Why me? Why am I experiencing these problems when others do not experience the same problems?" We choose our response to these tests, and that response can advance or retard our spiritual progress.

When the heart and mind are connected, we realize the meaning of the tests and know that failure simply means that the next test will be more difficult. In this positive frame of mind, we say, "Thank you, Masters, for this Test of Initiation." When we look at our problem we consider that it might have been worse or more difficult.

The ways in which we view the world begin and end with our own minds and the meanings we choose. As we move on our spiritual paths we are able to see the positive aspects of our experiences, even the difficult ones.

El Morya speaks to us on the Law of Relativity.

This message on the Law of Relativity is protected in the Light of the Most Radiant One and transmitted with the vibration of the Highest. It speaks of observation and choice, and teaches the importance of applying the Law of Vibration to the choices each makes.

Inherent in understanding the Law of Relativity is an awareness of the Tests of Initiation, which are lessons that all must learn to become enlightened. These tests determine how quickly the soul advances on the spiritual path, and how many times it must be reborn on the Earth plane for the purpose of making choices again.

I, El Morya, speak with the wisdom my soul commanded when I was Solomon centuries ago. It is with great pleasure that I come forth today and transmit my understanding of this most important law.

Although the Law of Relativity has been in existence as long as the universe, it received its current name from the Pharisees of old. The Pharisees I speak of were the ones who lived when the Age of Pisces was new. These learned ones understood the importance of maintaining a higher standard of living while practicing spiritual laws. Many who resided in Israel enjoyed the status of their positions and protected their ranks by citing the

laws as the defense for their actions. They spoke with precision, for they had memorized the laws, and their minds understood the impeccable application of these statutes in the world.

They were, however, remiss on one count. Their hearts were not connected to the spirit of the laws. An intellectual interpretation of the law often differs from the spiritual intent, which was usually the reason the law was created in the first place. Unless a soul is sufficiently advanced to accept the spirit of the law, its meaning and intent often are lost in the winds of time. The Law of relativity is one of the laws that has been lost in the winds.

Basically, the Law of Relativity assures that each soul will receive a series of tests (problems, if you will), designed for the purpose of strengthening the Light within. As each soul is tested and provided with opportunities for advancement, options are given that guide the possible choices to be made. These options allow the soul to use the understanding of the Law of Vibration for either advancement or regression.

Everything in life is relative, Oh Sisters and Brothers on the path. All is the All. There are no judgments regarding good or bad, better or worse. Everything is relative, balanced within the mental and emotional state of the person in any given moment of time. The reason one believes that things are better or worse is because the mind makes comparisons with people, things, and events that are not relevant, and applies these comparisons to the present situation.

Each event in one's life stands alone and should not be compared with other things. This is because each event has its own vibrational frequency, with unique lessons to learn, and should be analyzed from the perspective of "What is it I am to learn from this situation?" Instead of approaching life from this perspective, individuals frequently choose to compare their lives and situations with those of others, and it is through these comparisons that they often become depressed, believing that others are more blessed than they are.

The Law of Relativity speaks to the fact that all things are known only through their relationship to the mind. The mind controls how one feels, what one believes, and how one behaves. It is a powerful tool—and God's gift to humanity. But the mind can be too clever sometimes, especially if it becomes disconnected from the heart. Too much analysis or reason sway one from seeing the higher truths. When this occurs, the individual becomes attached to the letter of the law and not to the spirit of it. This is what happened to many of the Pharisees of old.

The Law of Relativity brings clarity to the mind, for it cautions individuals not to compare current problems to former ones. Instead, the law guides each soul to look at challenges as opportunities for advancement and learning. Since each will be presented with Tests of Initiation, and everybody's tests will be different, it becomes obvious that the journey in life is not about comparisons, but about mastering the lessons each has come to learn.

The Law of Relativity is considered to be one of the more advanced laws. The key to using this law effectively comes through the control of one's mind. When one learns to use the mind to focus only on the present situation, the soul is freed to pursue new and higher solutions for problem solving.

Learning to analyze each moment of time, staying connected with the heart, is the key to freedom. The law essentially reveals that in every moment of one's existence, the soul is provided with choices. The ultimate goal is to choose that which is beneficial and good for advancement, thus creating a higher frequency within.

When one does not understand this law, great repercussions may develop because choices made, not connected to the heart, can bring heavy returns of Karma. When people are pious and feel they are in a state of grace, they sometimes act righteously. This is especially true of those who also have memorized the laws. In this frame of mind, they can be compared to the Pharisees.

Keep in mind, Oh Children of Earth, that the souls of the Pharisees are still caught in the wheel of rebirth. The choices they made did not take into consideration the importance of the connection to the heart. Make all choices from the heart center, and the wheel of rebirth will no longer chain you to the Third dimension. Let the Law of Relativity guide your understanding and set you free to pursue other forms of existence.

Come join us in the Fifth Dimension and higher. We shall teach you the higher truths that you are seeking to learn. All you need do is to assure that each choice you make is aligned with a higher frequency, and you shall quickly advance on the steps of the high Initiate.

May the Creator of All watch over your every footstep. Go in peace. I AM El Morya

SUMMARY

The Law of Relativity deals with the ways in which we manage our thoughts as we face our problems and our Tests of Initiation. We may respond to these tests with self-pity, or we may look for the learning opportunities they bring.

- Each of us is provided with Tests of Initiation to determine whether we have mastered lessons of spiritual growth.
- Our responses to these tests may be judgmental in that we compare ourselves with others, or they may be positive in that we respond to the problems with mastery.
- Our ability to respond positively requires that our hearts be connected to the spirit of the laws and that we use our tests to advance on our spiritual paths.

CHAPTER 18

LAW OF POLARITY

To destroy an undesirable rate of mental vibration, put into operation the Principle of Polarity and concentrate upon the opposite pole to that which you desire to suppress. Kill out the undesirable by changing its polarity. The Kybalion

The Law of Polarity states that everything is dual, that there are two poles or opposites to everything found on the physical, mental, or spiritual plane. Polarity is the difference in dimension or direction, and it represents the two extremes of one thing. In the physical world there is no summer without winter. In the mental world there is no structure without freedom, and in the spiritual world there is no good without bad. In each instance, both of the poles have meaning.

The Law of Polarity considers an object or condition in itself as unrelated to other objects or conditions. Thus, love cannot be related to winter on a continuum because these conditions are on different planes, or refer to different classes or objects or relationships.

When we consider those conditions or objects found on the same continuum, we soon realize that there are no absolutes. When does water move from hot to cold, or when does summer become winter? Opposites are two extremes of the same thing. The difference is simply the degree to which we perceive either pole as being on the same continuum.

If two poles are degrees of the same thing, then we have the power to move from one extreme to the other. We may dislike some individuals strongly and then, when we come to know these persons, feel compassion or love for them. We may dislike the discipline of exercise but, over time, learn to look forward to the high of working out. Or, we may think we cannot do without certain food items and then learn to dislike these same foods. These are examples of how we use the Law of Polarity on ourselves by moving from one extreme to another. Using this law is part of the discipline we need to change our lives.

What may be even more surprising, however, is that we can

influence others in positive ways. When we dislike others, we can visualize them as being good and put violet light around them. We then may find that these persons have changed in some ways, and we may even learn to like or love them. Thus, we have the power to change our own feelings, and, often, the feelings and behaviors of others.

El Morya describes the Law of Polarity and the Celestial Hierarchy's views of what the law does for humanity.

Greetings, Oh Sisters and Brothers of the Stars. I, El Morya, come forth today to transmit the message on the Law of Polarity. I deliver these words as the Representative of the Council of Light from Lyra, and as the designated Ambassador for the Tribunal Council of the galactic Command. These Councils pay tribute to the Law of Polarity because it is through the operations of this law that their work is deemed successful.

The Law of Polarity designates that everything has opposites and opposites are the same; they only differ in degrees. What is considered truth for one is the half truth for another. In all things there exists duality, which comprises the nature of the universe.

If opposites are really the same, then it is reasonable to conclude that love and hate are but two extremes of the same emotion residing on the same continuum. The differences between these two reactions lie in the degree of emotion expressed. The same holds true for concepts such as hot and cold or good and evil. Where does love begin and hate stop? Where does hot begin and cold stop? The answer resides not in a point on the scale, but in the degree of the mental and emotional attitude of the individual in any moment of time.

For the average student on the spiritual path, this law provides the power and keys for understanding transformation. Since all things contain the principle of polarity within them, then all things can be changed. The way things are changed is by directing the "charge" of energy along the continuum that resides between the two polarities. It is that simple. The power of the mind, which

controls the emotions, is the key to understanding that ALL THINGS CAN BE CHANGED. The first step in change is CHOOSING TO DO SO.

Humans possess eight etheric bodies and one physical body. Four of these bodies are better understood, and, therefore, “used” more than the others. These are the physical, mental, emotional, and spiritual bodies.

In the universe, there are three primary planes of existence:

- The physical, which is the lowest, densest plane of matter;
- The mental, which comprises the mental and emotional bodies, and
- The spiritual, which includes the etheric and spiritual essences of the higher planes.

The physical plane includes the physical body, the mental plane includes the mental and emotional bodies, and the spiritual plane includes the higher etheric bodies and encompasses the soul and Higher Self. Polarities exist on each of these planes of existence; yet the polarities within everything that resides on each plane cannot be crossed between the planes. That is because the vibrational frequencies residing within each of these planes are distinct unto themselves. For example, one cannot turn love into cold, or heat into evil. Therefore, each thing must be analyzed for its own essence and being. Each reaction emitted then must be analyzed, for the frequency that it contains, and a decision can be made to change the behavior to either a higher or a lower one. This is possible, because all things reside on a continuum.

The power of the Law of Polarity comes from this understanding, for this knowledge gives the individual the foundation for choosing other responses. The universe, through the Law of Cause and Effect, will return whatever behavior is emitted from the source. If a lower behavior is sent, then the individual can expect events in his or her life to come around that will deliver a

similar package of events or experiences.

Knowing that all reactions and emotions reside on a continuum aids the individual to achieve higher states of consciousness and to evolve. Nature is set up for all to evolve. That is the secret to life and to understanding the laws. Humans are to continue to raise their vibrations through the power of thoughts, the mind, emotions, and actions. This is accomplished through choice.

The key to mastering the Law of Polarity lies in one's ability to stay balanced, focused, and detached from the world and things around. Extreme reactions most assuredly bring returns that match the emotions and behaviors emitted. Balance is the key to success. Never forget this, and this Law shall come to serve you and raise your vibrations unto the divine's.

Thank you for this opportunity to deliver this message of power. On behalf of the Council of Light from Lyra and the Tribunal Council of the Galactic Command, I bid you farewell for a brief moment in time.

Adonia. I AM El Morya

SUMMARY

The Law of Polarity expresses that we can change ourselves and even change others. We may do this in unconscious ways as we learn and experience new things or the same things in new ways, or we may use the law consciously to bring about change in ourselves and others. Some of the key understandings of this law are as follows:

- There are two poles, or opposites, to things or conditions found on the physical, mental, and spiritual planes.
- Polarity is the difference between the two extremes of one thing.
- There are no absolutes of difference between the extremes or poles of any one thing; rather, there are degrees of difference.

- When we choose to change, we can change our attitudes or behaviors on the continuum of extremes when we choose to do so.
- We can change the behaviors of others by raising our vibrations.
- Mastery of the Law of Polarity requires learning how to maintain balance, focus, and detachment from the distractions of the material world.

CHAPTER 19

LAW OF RHYTHM

Everything flows out and in; everything has its tides; all things rise and fall; the measure of the swing to the right, is the measure of the swing to the left; rhythm compensates. The Kybalion

The Laws of Vibration and Polarity are expanded when we add the Law of Rhythm. While everything vibrates and moves, and has two poles or opposites, everything vibrates at or responds to certain rhythm. This rhythm establishes seasons, cycles, stages of development, and patterns—all of these reflect the regularity of God's universe. It may also be viewed over long periods of time as the continual creation of the universe, the rise and fall of nations, and our own birth, death, and rebirth.

The cycles or rhythms apply to all areas of human life—the physical, mental, and spiritual. Many of the cycles in our lives and in nature occur in multiples of seven—seven days to the week, seven notes to the scale, seven rays of influence, etc. it has been said that human beings were designed by the Creator to live for twenty and one-half periods of seven years each, or about 144 years. Our failure to do this is the result of our inability to live within the laws of nature. Today we find many who are extending the life span from 68 or 70 years to 80, 90, or even more than 100 years.

In the natural order of the Law of Rhythm, we experience the

positive cycles and the positive emotions of faith, generosity, kindness, patience, love, courage, and duty. Everything goes well and we feel happy and confident. We may describe this period as "being on a roll" or experiencing unusual luck. We feel this way because our lives are in balance.

When we move into the negative cycle our feelings and mental states change. We now may feel more fear, greed, envy, criticism, or hatred. Our natural tendency is to blame this on other people or events. We can overcome these feelings by transmuting the feeling and overcoming the negative. Our will or mental state is superior to the manifestations of this law. The rhythm continues, but the negative takes place on the lower, unconscious level. It is overcome or transmuted to a higher level by the use of our will to remain positive. We rise above the natural rhythm and do not experience the negative.

Since the Law of Rhythm is inevitable, we can adapt in ways by using our knowledge. We can plan new ventures at the times when things are moving to a positive side and we can remain positive to lessen or eliminate the effects of the negative.

We do this by learning to control our emotions at all times. We must work at reducing episodes of fear, worry, selfishness, greed, hatred, or other negative emotions. Even though we may have some of these feelings, we should strive to keep ourselves from owning expressions of these feelings. In this way we will not be subject to these emotions when the pendulum shifts again. When we allow negative emotions to be expressed, they remain with us and they provide the poles for shifts of the pendulum. When we are expressing positive emotions, the positive stays with us and assists us in transmuting the negative swings of the pendulum.

The key to success in mastering this law is balance. Never allow your emotions to swing too far to the right or left. If you can accomplish this, life gets better and better.

El Morya describes the Law of Rhythm in the following way.

On behalf of the Light within each person who reads this message, I greet you from the heart of Sananda. It is I, El Morya, here to transmit the next message on the Law of Rhythm.

The universe moves in a cyclical fashion, with energy flowing one way and then the other. This movement is defined as the rhythm of the universe, and this rhythm is found in all things. It is called the Law of Rhythm.

The principles underlying this law are defined as the movements of the in-breath and the out-breath of God. Life moves in cycles and is constantly renewing itself, first from the highs and then from the lows, next from within and then from without. These rhythms connect the two extremes revealed in the Law of Polarity. These rhythmic motions are what constitute the heartbeat the pulse of life itself.

The Law of Rhythm basically states that all things move in a cyclical fashion, like the pendulum swinging first to the right and then to the left. The tides flow in and the tides flow out; the sun rises and the sun sets. These rhythms constitute an order of renewal in the universe that can be either disruptive or pleasant, depending upon how one wishes to perceive these rhythms.

Like the physical plane, the mental and spiritual planes also have rhythms. Thus, individuals witness mood shifts and states of mental imbalance. These periods constitute some of the most difficult times that people experience, for the extremes drain individuals of precious energy and serve to lessen the mastery they command over their own mental and emotional bodies.

For every high there shall be a low. This is the Law of Rhythm. This is the only law the individual cannot learn to control. The only way in which one can command mastery over it is through mastering one's own emotional and mental states at all times. Doing so allows one to rise above this law.

Those who thoroughly enjoy life and are filled with excitement must also experience the extreme lows, for as the pendulum

swings from the right and back to the left, the opposite event or experience must be brought to them. Once the individual tires of the lows, the soul is open to learn new ways to govern specific behavior patterns. This begins the process which leads to the lessening of the extreme depressions that intrude on one's life. When the Initiate commands this state of mind and demonstrates that he or she is ready to receive instruction on another, "better," way to experience life, he or she then is introduced to the Law of Rhythm.

The way in which one escapes from the effects of this law is to rise above it. That means that the only escape is to control the mental and emotional bodies at all times and to govern the extreme mood shifts that interfere with one's path. The individual learns to walk the center of the road, never getting too excited or allowing negative things to penetrate his or her consciousness.

Masters know that all is energy and that this precious life force is given to each to manage and use wisely for manifesting God's plan on Earth. Since energy can neither be created nor be destroyed, it must be transmuted. The Law of rhythm teaches a way in which to transmute energy and manage the extreme rhythms in life.

The key to transmuting the effects of the Law of Rhythm is through the strength of the will. By applying one's will to manage reactions towards events in life, the individual actually can learn to detach emotionally from all experiences. Will power can be used to prevent the individual from getting too excited when events occur that serve only to steal the energy, under the guise of enthusiasm. When the highs are controlled, the swing of the pendulum will not be so extreme. Therefore, the polarized event that will come to the individual will be of a lesser negative quality, and will be easier to accept.

To be successful at rising above the Law of rhythm and detaching emotionally, the Initiate must learn to walk the middle of the path at all times. This is the road to mastery. Few have been able to accomplish this in the past, however, which is why there are so

few who have ascended from the Earth plane.

The time is come for more to make this journey and move into their Light bodies to sit at the right hand of the Father/Mother Creator. Those who master the Law of Rhythm will surely be among those who will have seats reserved for this gathering. This law separates the Masters from the Initiates, the leaders from the followers. It is the turning point toward spirit and the step away from the material world of the Third Dimension. Learn it well, Dear Children of the Command, for to understand it grants you your ticket to the stars.

Adonai, Oh sisters and Brothers of the path. In the name and radiance of the Most High, I AM El Morya.

SUMMARY

There are many rhythms in our lives that we cannot escape. We can overcome the effect of rhythms by remaining positive and transmuting the effects of negative rhythms or cycles.

- The universe moves in cyclical fashion, with energy moving one way and then another. This rhythm is found in all things and is known as the Law of Rhythm.
- Individuals experience mood shifts and mental imbalance as the negative cycle or rhythm is experienced.
- One can overcome the Law by mastering his or her mental and emotional states at all times.
- The individual overcomes or transmutes negative cycles by walking the center of the road or remaining calm and centered.
- It is our will power which allows us to master our mental and emotional states and to remain centered.

CHAPTER 20

LAW OF GENDER

Gender is in everything; everything has its Masculine and

Feminine Principles; Gender manifests on all planes. The Kybalion

The Law of Gender is often difficult for people to understand because they assume it refers to the physical differences between men and women. Physical differences or sex are one small manifestation of the Law of Gender on the physical or organic plane. The term is used in a much larger context to refer to creation or production.

Masculine and feminine energies are found on all planes—physical, mental, and spiritual. Gender refers to a division of labor or effort which is required for all creativity. Gender is found in organic as well as inorganic matter and within the operations of heat, light, electricity, magnetism, attraction, repulsion, etc. In each instance, both masculine and feminine energies are essential—the masculine energy directs itself to the feminine energy, thereby initiating the creative process. The feminine energy is the one doing the active creative work, and this is true on all planes.

On the mental plane we are the Law of Gender manifested. Although male and female bodies and brains differ in significant ways, both sexes have the need and abilities to use both masculine and feminine energies. Both must be present in the creation process, and both sexes need to develop these skills.

Current brain research supports the distinction outlined above. The male brain usually emphasizes left brain thinking, and it appears to be suited for analytic functions. When these are employed, they culminate in the skill of initiation of action. On the other hand, female brains appear to demonstrate more right-brain activity and to be suited for synthetic functions. Both men and women can perform both sets of functions, but in different ways. In most cases, each of us has access to both masculine and feminine energies. Part of development, maturity, and spiritual growth is the ability to use both sets of energies based on the requirements of a given situation.

Masculine energies may not be used because of our fears of

success and failure and ignorance of our missions. When we learn about our missions, we gain the confidence to act and to initiate.

Feminine energies sometimes are viewed as weak. Even though we must live lives of positive thoughts and actions which exhibit gentleness, patience, humility, self-control, graciousness of speech, sympathy, and wisdom, these are not manifested in passive ways. We are expected to use these positive behaviors in bringing about the fifth dimension. It is the feminine energies that will bring about a balance that will enable us to become co-creators with Spirit. In full spiritual development, masculine and feminine energies are understood and expressed by both women and men. It is then that we manifest the fullness of the human and third-dimensional experiences. El Morya's message on the Law of Gender expands the concept.

I come once again to deliver the final message. Today I will speak on the Law of Gender. In so doing, I shall impart the wisdom of the ages, for in the understanding of this law comes the union with the Divine. I am delighted to begin, for there is so much to say. Therefore, I, El Morya, shall commence with this discourse.

The universe is made up of two active principles, yin and yang. Some call these positive and negative aspects of life, while others refer to these as the polarization of the subparts. Regardless of what term is used, these two principles are found in every subparticle in the universe, and comprise the foundation for creation itself.

The Law of Gender is the expression of yin and yang, otherwise termed the feminine and masculine. The law states that these two principles reside within all things, and it is through these principles that humanity is able to create.

The Law of Gender is the creative force that runs from the inner into the outer world. It is the force of the Gods and the power of the giants. It creates life, even that which is born into the physical manifest world of "things," for both of the principles (yin/yang) must be present to build and to manifest in the

third-dimensional reality, as well.

The receptive side of humanity's nature is often called the negative side. This is further termed the feminine or the yin. This is the force that creates, spins ideas, and weaves the threads to make the tapestry into a work of art.

The positive or directive side of humanity's nature is called the masculine or yang. This force is directed toward the creative force of the feminine principle. It is the originator of ideas and actions. The masculine energy is attracted to the feminine principle, and when they unite, they form a union that assures that the creative process will be realized.

These two forces are present in everything that exists. These forces are the great mystery of the universe. The natural attraction of the positive and negative energies are everywhere, for there is consciousness even in the atom. Remember that it has been stated earlier that God is thought. Therefore, the chi or prana that exists everywhere has intelligence. This intelligence, which has the power to create, is demonstrated in the Law of Gender.

It is important to understand this law if one wishes to advance, because mastery requires the person to command everything in the physical world. This means that individuals will be guided and tested until they are expert at manifestation and creation.

Of the two, creation appears to be the easiest, but in reality it is not. To truly create in the physical world, individuals must balance the yin and yang within to a point of stability. This means that they must have mastered how to receive dreams and visions and also how to turn them into reality, by creating in the physical world. When individuals are able to create and implement ideas, they position themselves in the field of Oneness. Very few souls ever achieve this kind of command over nature or themselves. This truth reveals another reason why so few ever become Masters.

When the yin and yang are balanced perfectly within the soul, the individual intuitively knows how and when to act appropriately in all situations. The balance of the positive and negative or masculine and feminine principles within brings the person to a point of androgyny, the state of mental balance that aligns the individual with the Higher Self.

Universes have been created when the feminine principle was unleashed, but they have been created only when this was ignited and balanced with the masculine principle. For centuries on Earth the feminine principle has been thwarted, making it difficult for either men or women to exert their full human potential. Cultures, societies, individuals, sexes, and institutions all have participated in suppressing the feminine principle. As a result, creation has been stifled and destruction looms at every turn. The aggression from the masculine principle has thrown all things out of balance, leaving the world to wander aimlessly until the power can be restored.

A Golden Age, the seventh, to be precise, has been predicted for the millennium, because the cosmic conditions are ripe for the feminine energy to be restored on the planet. The Age of Aquarius has promised this. Philosophers, astrologers, and astronomers have known this since the beginning of time, for the Creator's pen has so recorded this edict. The earth will venture into this new era and the balance will come forth, but first the balance must be realized within each individual.

Therefore, we offer the Law of Gender to you for contemplation. Learn of this law, for it is the source of all your power. It will teach you to become co-creators with God. Learn to balance all thoughts, emotions, words, and actions with the principles of positive and negative responses. When you accomplish this, self-realization will be given.

The Higher Self is androgynous and waits to unite with the lower eight bodies. It cannot form the union, however, until the lower bodies are balanced with the yin and yang energies. The balance actually accelerates the electron spin to a point of stillness

necessary for the merger to take place. Ascension does not occur until the union is perfect.

Therefore, I say unto you, hold the perfect stillness within, and balance the masculine and feminine principles in the soul. Learn to listen to the higher guidance of your inner voice, and know that when you do so, all will be perfectly aligned.

This concludes my message of the Law of Gender and seals the messages of twelve. On behalf of the higher Councils of Light who sanction these words, I leave you with this volume of information to ponder.

Read each message with the masculine energy in the forefront of your minds and direct all initial impulses to the intuitive feminine nature. Then put the meaning of these messages into action through the creative process of the feminine energy. When applying these laws, discipline the mind, heart, and emotional bodies to follow the guidance of the Higher Self. By living the laws, your souls will soar, for the Light these laws will bring will truly set you free.

In the months and years to come, I remain your humble servant. Should you need help in understanding or applying the spirit of these laws, call for my assistance. I shall not let you down. I only wait to serve you in your quest for mastery.

Remember, the Ascended Realms cannot interfere or override humanity's free will. That is your gift from God. Should you knock on the door of the divine and invite our assistance, we will guide and support your journey. The angelic kingdom will also come, for that is their responsibility and duty to God. Know this to be true.

Finally, remember that the Order of Melchizedek, of which I am a member, is your strength in the years to come. We assist all who are sincere seekers of the Light and who wish to journey to higher dimensions of time/space while still embodied on the physical plane. Ask and Ye shall receive our assistance, and know that you are protected in the Light of the Most Radiant One.

I now close this transmission with love and respect for all who read these words with their hearts. Carry your intent to the higher dimensions and join your elder sisters and brothers who await to receive you in the chambers of the Most High.

God Day in the Light of the Most Radiant One. I AM El Morya.

SUMMARY

The Law of Gender deals with the two activities needed to create or produce—the yin and the yang. These functions are complimentary and are found on all planes—physical, mental, and spiritual.

- Masculine and feminine energies must be developed in both women and men to be used in appropriate situations.
- The masculine and feminine energies are the foundation for creation in every part of the universe.
- Creation requires that we have balanced the yin and the yang, or the ability to dream dreams and bring them into reality.
- When we balance our masculine and feminine energies we move to a state of androgyny that aligns us with the Higher Self.
- The seventh Golden Age will be a time for the restoration of feminine energy on the planet.
- When we are able to master the balance of our thoughts, emotions, words, and actions we unite the Higher Self with the lower eight bodies. This is necessary in order for ascension to occur.

A joyous person abounds with energy and feels buoyant because he or she is running a higher-frequency current of energy through his or her system.

CHAPTER 21

INTRODUCTION TO PERSONAL TRANSFORMATION

I am One with the Violet Flame. St. Germain

Transformation is changing our beliefs, our thoughts, and our behaviors. Transformation, like learning, results in changed awareness, consciousness, and behaviors. It requires us to face our longings and our deeper-level knowledge, to gain the information and courage needed to determine their meanings for our lives, and to take the actions and steps necessary to gain the skills or clear the way for new levels of consciousness and understanding.

The process of transformation culminates in self-mastery. Self-mastery is achieved as we move to our reunion with our Higher Selves and the God Force. The merger of our physical selves with our Higher Selves is part of our becoming one with the Light and the God Force.

Transformation has been described as involving three stages of mastery and development. Transformation begins with the opening of self to new ideas, new consciousness, and new information. Information gives us images and possibilities that we can test and determine the degree to which they seem right for us. This phase of transformation is an exploration, a seeking out of the unknown and a stretching of our beliefs. Previous sections of this book have provided examples of information that offers new possibilities. This information cannot be tested fully in the usual ways, but must be examined in our hearts and minds to determine its meaning for our lives.

The second phase of transformation occurs when we begin to integrate the information into our lives. We determine how the ideas and philosophies will be put into practice and how we will gain our own spiritual mastery. This is the phase of becoming Light beings and joining with our Higher Selves. It requires meditation, clearing of old beliefs, experiencing forgiveness of

past and present transgressions or injustices, and learning to love and accept ourselves and others. There are many things that we can do to accelerate this process, which often is achieved as we are able to receive telepathic messages.

The last phase of transformation comprises mobilization of our self-mastery. We are able to live our Earth mission in powerful and fulfilling ways because we now are aligned in a real way with our Higher Selves and the God force. We are living a fifth-dimensional life within a third-dimensional world. Ego is no longer the master of our lives, and we are preparing ourselves for our ascension. Our ascension, or the attainment of new levels of service and learning frees us from the need to reincarnate to learn the lessons needed for self-mastery.

One of the primary lessons we learn as we move to self-mastery is the lesson of discipline, or the ability to control our physical, emotional, and intellectual functioning in ways that keep us in touch with positive views of our experiences and our abilities to view the third-dimensional experiences at higher levels. Being able to understand that the Earth experience is an illusion that will be viewed in different ways as we become Spiritual Masters is part of our learning. It is easy to emphasize the discipline needed and forget the joy and the bliss that are experienced as we move through the process. We do experience peace, joy, and abundance as we are able to reunite with our creator and move through the stages of transformation.

It is important to remember that we are never alone as we go through this process. Our guides, angels, the Ascended Masters, and many other sources of strength and growth are provided to us. The following section outlines some practical ideas and actions we can take to accelerate our progress on our journey to spiritual mastery.

CHAPTER 22

THE SUB-LAWS OF THE UNIVERSE

The Knowledge of man is as the waters, some descending from above, and some springing from beneath; the one informed by the Light of nature, the other inspired by Divine revelation.
Francis Bacon (St. Germain)

The Universal Laws describe the fundamental principles governing the functioning of Earth and the Celestial Worlds. The Laws tell us that humans co-create with god by using their minds, that energy, vibration, Light, and motion make up the universe, that patterns of correspondence or consistency are part of our physical and spiritual worlds, and that there is a consequence or effect for everything that we do. These principles help us understand how and why things happen.

There are also human characteristics or traits related to the Universal Laws. These are referred to as the sub-laws, or the ways in which we put the Universal Laws into action in our lives. Each of the sub-laws is not simply a nice thing to do. Each has a spiritual purpose—a purpose designed to bring Heaven to Earth. In following the purposes of the sub-laws, we participate in the co-creation of the perfect world which has been envisioned for us by our Higher Selves.

We may agree with the purpose of the sub-laws and wish to live in accordance with them, but find that unresolved issues of past lifetimes or the limits of our current spiritual development place barriers in the paths of our realizing the purpose or benefits of the sub-laws. If we are to use the sub-laws well, it is essential that we learn how to overcome the barriers that prevent us from using them in effective ways. We can do this through our thought processes and through the words we speak, which reflect our thoughts in positive ways. These are the affirmations that bring our behaviors and our lives into alignment with divine intent.

The following sub-laws detail the virtues that not only help us to grow spiritually, but also bring forth a higher existence on Earth. Each sub-law is described in terms of its alignment to the Higher Self and then examined from the perspective of the ego's

influence on it. Finally, suggestions are given that will assist individuals to align their power with their Higher Selves, thus facilitating mastery in their lives.

SUB-LAWS OF THE UNIVERSE AND THE BEHAVIORS AND ATTITUDES THAT DIMINISH AND SUSTAIN THEM

ASPIRATION TO A HIGHER POTENTIAL

Definition: The higher force that instills within us the strong desire to achieve greater things.

Purpose: The soul's ambition to evolve and journey back to the Source.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors.....Sabotaging your accomplishments Feelings of:

Vanity

Experiencing a lack of openness diminishing energy

Failing to keep promises Hopelessness

Lack of interest in life Despair

Criticizing others Death

Attitudes Inability to set goals and objectives, Playing it safe

Fear of success and failure

Fear of risks

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Trust in the process and Divine Order of the universe.

Make commitments and keep them.

Follow your inspirations.

See a part of yourself in everyone else, and emulate all that is good in others.

Align with the Higher self.

Never stay around negative people for more than five minutes.

Allow yourself to risk.

REMEMBER: God is in the details.

Affirmations.....I am getting better and better every day. The Light within me is expanding and producing miracles in my life.

SUB-LAWS GOVERNED BY THE HIGHER SELF

CHARITY

Definition: Philanthropy or benevolent good will toward humanity.
Lenient judgment of others.

Purpose: A love for humanity demonstrated by giving, with no expectations of return.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors..... General dislike for humanity. Lack of trust

Attitudes.....Belief that you are being used or are unequal to another in power.

Poverty consciousness and belief that there is not enough abundance for all.

Feelings of: Something lacking

Insecurity

Futility

Malevolence

Unworthiness

Acquisition (Greed)

TEACHINGS AND ALIGNING WITH THE HIGHER SELF

Give with no expectations of return.

Give freely, knowing the law of tenfold return will serve.

Feel the joy one receives when given a gift from the heart of another.

See a part of yourself in everyone you observe.

Believe others will help you.

AFFIRMATIONS

There is plenty for everyone

Humanity's greatest strength is in its diversity.
People everywhere are all children of one God.

SUB-LAWS GOVERNED BY THE HIGHER SELF

COMPASSION

Definition: A sympathetic awareness of another's distress, often through unconditional love.

Purpose: The quality that teaches that there is perfection in all things and that we are to have sympathy for others, even though they may not see things the way we do.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaving cruelly toward people and animals

Persecuting others

Tyrannizing others

Judging others

Inflicting injustices or injuries on others as punishment

ATTITUDES

Need to feel superior

Feelings of: Being alone

Hatred

Severity

Anger

Nonforgiveness

Revenge

Disappointment

Noninvolvement

Apathy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Stay silent and "bite your tongue" before saying something cruel.
Listen to others to understand their perspectives.
Stop judging yourself and others.
Practice thinking kind thoughts.
Practice random acts of kindness
Distance yourself from others and lovingly observe them
Show tenderness, objectivity, and empathy towards others
without smothering them

AFFIRMATIONS

I no longer judge myself or others.
I accept myself and others unconditionally.

SUB-LAWS GOVERNED BY THE HIGHER SELF

COURAGE

Definition: Firmness of mind and action in the face of opposition.

Purpose: The attribute that assists us to complete great things,
no matter how large or small the contributions.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Sense of imbalance and lack of ability to stand in your truth.
Allowing others to take your power.
Allowing yourself to be intimidated.

ATTITUDES

Feeling that you have to conform to peer pressure
Fear of failure
Fear of confrontation

Feelings of: Cowardice
Timidity
Weakness

Faintheartedness
Ambivalence

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Stay calm and centered in the midst of chaos and opposition, and allow your Higher Self to guide you.

Never fight emotion with emotion.

Stick to the facts and data.

Analyze worst case scenarios, make a plan, and follow through.

Do it!

Respect the timing and sequencing of all critical events.

AFFIRMATIONS

I am confident that I am fulfilling my divine Plan.

My inner guidance is clear, and I now have the courage to follow it.

I now have the confidence to speak my truth.

SUB-LAWS GOVERNED BY THE HIGHER SELF

DEDICATION

Definition: Devotion or commitment to a cause, person, or mission.

Purpose: An act of commitment, based on great love and desire, to serve humanity. It is this action that separates the Masters from the Initiates.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Uncaring mannerisms

Sense of hopelessness or despair

Inability or lack of desire to set goals and objectives

Lack of ability to stay focused or committed

Feeling that you are disconnected from God

Listening to others before listening to your inner guidance

Apathy toward self-improvement

ATTITUDES

Lack of discipline

Lack of will or commitment

FEELINGS OF Indifference, Alienation, Unconcern, Passiveness,
Disorganization

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Have the courage to operate on the Light level, which understands that we have a higher purpose in life.

Request daily that the Light penetrate your essence and give you the energy and strength needed to pursue your life's plan.

Set goals and objectives, and make a plan to reach them.

Learn to trust and follow your inner guidance.

AFFIRMATIONS

I am now fulfilling my mission on Earth

I am now employed in the perfect job for me.

I understand my higher purpose, and joyfully complete the tasks to fulfill it.

SUB-LAWS GOVERNED BY THE HIGHER SELF

FAITH

Definition: Trust and conviction in a belief for which there is no

proof.

Purpose; Confidence in the Universal Laws and the divine harmony of the universe

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors.... Need to control
Need for material confirmation

Attitudes.... Belief that ego is in charge and not Spirit
Fear and dislike of what you receive
Belief you are unworthy

Feelings of:
Skepticism, doubt, denial, distrust, suspicion, rejection, fear

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Anchor the Light within on a daily basis.
Recognize that there is purpose in all things.

AFFIRMATIONS

Let God's will be done through me.
I trust in God to show me the way.

SUB-LAWS GOVERNED BY THE HIGHER SELF

FORGIVENESS

Definition: Letting go of judgment, resentment, or a claim against another. An abundant act.

Purpose: Unconditional love that absolves negative Karma and frees ourselves and others.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors;
Holding judgment or anger toward another

Inability to forgive yourself
Blaming others and holding grudges

Attitudes:

Belief that if you forgive, you may lose control over others.
Desire to discredit, censure, accuse, or indict another.
Belief that if you forgive, you were wrong.

Feelings of: Fear anger Resentment

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Breathe deeply, relax, and let the feelings go.
Allow the God Force energy to flow through you.
Practice unconditional love.
Do not take another person's words or actions personally.
Remain calm and balanced at all times.

AFFIRMATIONS

I forgive myself
for _____
I forgive _____ for

I release all negative and limiting beliefs

SUBLAWS GOVERNED BY THE HIGHER SELF

GENEROSITY

Definition: An openhearted, liberal, unselfish act of kindness or gift bestowed upon another.
Purpose: an act that grants liberty to us and frees us to evolve.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Lack of self-love which inhibits you from giving freely to yourself or others.

Overcompensation by giving too generously to others and not giving enough to yourself.

Attitudes

Belief that you are separated from the source

Belief that you may not have enough

Feelings of: Selfishness, Greed, Pettiness, Stinginess, Miserliness, Meanness, Insecurity

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Follow the Golden Rule:

"Do unto others as you would have them do unto you."

Give yourself gifts and enjoy receiving them.

AFFIRMATIONS

I am a radiant Being, and I love all of me.

There is abundance for everyone, and I am ready to receive my share.

SUBLAWS GOVERNED BY THE HIGHER SELF

GRACE

Definition: Unmerited divine assistance given for humanity's sanctification.

Purpose: The quality that flows through a person giving a sense of beauty, balance, harmony, and charm of movement and form.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors

Expression of rigidity
Inaction or laziness
Insensitivity toward others
Disregard for details and excellence, and the skills needed for refinement in these areas.
Inability to differentiate another's problems from your own

Attitudes

Belief of personal importance or preoccupation with self

Feelings of: Awkwardness, Vulgarity, rudeness, Carelessness, Negligence, Clumsiness, Stress, Indifference

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Monitor your inner dialogue and beliefs, and bring discordant thoughts and actions into balance.

Practice balance and harmony.

Learn to breathe deeply, and calm yourself at all times.

Identify weaknesses in your skill areas, and strive to improve upon them

Request that the essences of the ascended Masters and all their grace and beauty merge with your consciousness.

AFFIRMATIONS

I am that I am

I am the Light of the world.

My discernment improves every day

I complete all my work accurately, perfectly, easily, and effortlessly

SUBLAWS GOVERNED BY THE HIGHER SELF

HONESTY

Definition: Honor and integrity of character and action. Truth in

action

Purpose: The state of mind that changes our destiny by eliminating negative Karma and replacing it with positive Karma

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Need to cheat or trick another
Living under false pretenses
Engaging in deception
Stealing or cheating another

Attitudes

Lowering your standards to accommodate peer pressures
Feeling that you need to protect yourself or you may not get what you want or may be harmed.
Feeling unclear on issues or facts
Lack of respect for others' abilities to deal with truth.

Feelings of: Inadequacy, Deprivation, Panic, Malice,
Unfaithfulness, Lack of self-respect

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Monitor all your thoughts and actions on an ongoing basis
Listen to your conscience.
Identify with role models who exemplify integrity and honesty.
Be pure of heart.
Do not give in to temptation and accrue the negative Karma for misdeeds.

AFFIRMATIONS

I am a person of integrity and can be trusted.

I value equity and fairness and strive to live my life around these principles.

I now live a life applying Universal Laws in Divine harmony.

SUBLAWS GOVERNED BY THE HIGHER SELF

JOY

Definition: The expression of feeling much delight, glad feelings, and happiness.

Purpose: The state of mind that assists us to see the perfection and beauty of God's plan in every waking moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors

Creating hardships, misery, and heartaches
Discounted others' happiness and delight

Attitudes

Worrying that life is not perfect
Belief that hard times are necessary, and we need to be punished
Belief that life is serious

Feelings of: Gloom, Despair, Unhappiness, Misfortune, sorrow, Inadequacy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Remember that everything happens for a reason, and take all challenges as opportunities for growth.
Meditate on lessons that need to be learned.
Pray for strength and guidance to stay in touch with the happiness within.
Release all fears and worries and ask God to handle all the problems that seem insurmountable.

AFFIRMATIONS

I surrender to the Higher Self.

Show me the way to happiness and joy.

I now see the perfection in all things.

I now embrace happiness and delight in the world around me.

SUBLAWS GOVERNED BY THE HIGHER SELF

KINDNESS

Definition: The state or habit of treating others kindly and with respect.

Purpose: The divinely inspired quality that infuses energy into others who support your vision. Collectively, good leadership facilitates the fulfillment of God's plan on Earth.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Acts of coldheartedness

Unfriendly behavior

Uncaring or even malevolence toward others

Lack of generosity

Lack of recognition or response

Attitudes

Uncontrolled desire to dominate for personal recognition

Concern about status

Feelings of: superiority, Bitterness, Ruthlessness, Harshness, Cruelty, Greediness, Indifference

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Say "thank you."

Show sympathy and compassion toward others.

Show affection for your friends and family.

Stay centered and calm.

Recognize the good in others.

Reward others, especially when they're not expecting it.

Praise and recognize those around you.

AFFIRMATIONS

I do things for others, and it makes me feel good.

I enjoy making others happy.

When I help others, I help myself.

SUBLAWS GOVERNED BY THE HIGHER SELF

LEADERSHIP

Definition: The position in which one guides or directs

Purpose: The divinely inspired quality that infuses energy into others who support your vision. Collectively, good leadership facilitates the fulfillment of God's plan on Earth.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors: Cowardice or sheepishness

Acting like a dictator or bully

Inability to delegate responsibility

Inability to follow through with tasks

Indecisiveness and lack of a clear plan

Lack of commitment

Lack of self-confidence

Attitudes

Forgetting with whom you are connected
Fear of non-approval
Fear of failure

Feelings of: Unworthiness, Procrastination, Incompetency

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Follow your vision and inner convictions, and articulate them clearly to others.

Have the courage to speak the truth.

Complete all tasks in the pursuit of excellence.

Guide others with love.

Stay positive.

Visualize yourself and your team completing a project successfully.

Praise and reward others.

Acknowledge your strengths and talents, and feel good about them.

AFFIRMATIONS

I work well with others.

I am now completing god's divine plan on Earth.

Every day is more fulfilling than the previous one.

I am a co-creator with others, performing in Divine harmony.

SUBLAWS GOVERNED BY THE HIGHER SELF

NONINTERFERENCE

Definition: the state or fact of not intervening in another person's path by judging or interfering with their actions or decisions.

Purpose: This quality allows all to grow at their own pace and

eliminates unwanted negative Karma that can impede one's progress.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Conflict with another

Forcibly meddling in the affairs of others.

Showing little respect for people and the decisions they make

Courting another or their possessions

Prying into business not your own

Attitudes:

Irrational need to feel needed and appreciated

Need to control others

Feelings of: Envy, vanity, Strong will, self-righteousness,
Infallibility

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Allow others to make choices and live by their decisions.

Get out of the head, and move more to the heart.

Value people and relationships more than "winning."

Ask for Divine assistance to show you the way to stop interfering in another's life

Request that the angels help you see the bigger picture.

Restrain from action, and support through prayer

AFFIRMATIONS

I honor my own path and respect the paths of others.

I honor all for their choices and the decisions they make.

SUBLAWS GOVERNED BY THE HIGHER SELF

PATIENCE

Definition: Forbearance, steadfastness in the face of trials or delays. Having the ability to bear misfortune or inaction calmly without complaint.

Purpose: The quality of balance that keeps the male and female energies within balanced. The composure necessary for ascension.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Restless nature

Inability to control emotions—excitability

Lack of will and control of the intellect needed to stay calm.

Attitudes:

Uneasy feelings about another's abilities

Discouragement regarding life and others.

Feelings of: Anger, Discouragement, Passion, Overexcitement,
Lack of focus.

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Hold your composure in all situations.

Breathe deeply and rhythmically.

Never respond until you have all the facts and data.

Remember that we are living an illusion and that all events in life are merely tests for mastery.

AFFIRMATIONS

I am attached to nothing.

Nothing has meaning. I am calm and centered at all times.

I complete all my work with little effort and stress.

I see the perfection in all things.

SUBLAWS GOVERNED BY THE HIGHER SELF

PRAISE

Definition: To commend, recognize, compliment, or glorify.

Purpose: The expression of appreciation that allows us to see the beauty in others.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Criticizing others

Slandering another

Diminishing the work and achievements of others

Attitudes:

Taking others for granted

Feeling that you are diminishing yourself by complementing others

Not recognizing others' efforts.

Feelings of: Indifference, rejection, separation, sarcasm, condemnation, satire, disapproval, hate, envy, jealousy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

See beauty in others.

Get in touch with the goddess energy within and empower others by making them feel good.

Ask for the ability to see who needs praise.

Remember your intention to stay connected to your Higher Self.

Enjoy how good it feels to make another happy.

AFFIRMATIONS

Our world and its people are beautiful

I now release all negative judgments.

I free myself to evolve.

I now let go of all negative self-criticism.
I love myself for who I am.

SUBLAWS GOVERNED BY THE HIGHER SELF

RESPONSIBILITY

Definition: The act of being accountable by having the ability to distinguish right from wrong and following through with conviction.

Purpose: The attribute that assists in developing standards that help one follow Buddha's Eightfold Path:

Right Seeing
Right Thought
Right Speech
Right Action
Right Living
Right endeavor
Right Mindedness
Right Concentration

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Lack of commitment
Hypocrisy—saying one thing and doing another

Attitude: sense of being overwhelmed and feeling that your job description is too much to handle

Feelings of imbalance between the male and female energies within

Believing that you do not make a difference

Feelings of: Laziness, Negativity, Hopelessness, Uncaring, Irresponsibility, Unaccountability, Helplessness

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Remember that you chose your own path.

Remember the commitments and contracts you “signed” before coming into embodiment.

Break down all duties into tasks that have a beginning and an end.

Hold on to your faith.

Discipline yourself.

Work to achieve mental and emotional clarity.

Surround yourself with like-minded people.

AFFIRMATION

I now complete all my tasks easily and effortlessly.

SUBLAWS GOVERNED BY THE HIGHER SELF

SELF-LOVE

Definition: to value, honor, and respect one’s being (body, mind, and spirit) with full awareness of one’s own inherent worth.

Purpose: The state of being that teaches us to love others unconditionally while accepting ourselves for our imperfections in the moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Engaging in self-condemning statements.

Setting yourself up for failure

Attitudes

Expressing feelings of self-deprecation

Expressing feelings of dissatisfaction, bitterness, or revulsion

Feelings of:

Self-hate, Self-loathing, Self-scorn, Abhorrence

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Trust yourself to do random acts of kindness

"Breathe Pink," and allow the color to change your feelings.

Be charitable to others

Smile!

Allow yourself to feel all your emotions, and let the negative though pass through you.

AFFIRMATIONS

I love all of me- my body, mind, and emotions.

I am a radiant Being of Light and love.

I am perfect and I embrace the totality of my Being.

SUBLAWS GOVERNED BY THE HIGHER SELF

THANKFULNESS

Definition: The act of expressing gratitude for a benefit received.

Purpose: an act of kindness that frees the heart of focus on the quality of the moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO.

Behaviors:

Not acknowledging your needs

Taking others' kindnesses for granted

Ignoring the gifts of others

Attitudes:

Feeling that you are blocked from Spirit

Perception of scarcity

State of consciousness where you impose expectations on others.

Feelings of:

Unfaithfulness, carelessness, Insensitivity, Forgetfulness,
Moodiness, Discontent, Criticism, Arrogance

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Get in the habit of thanking god every day for all that you receive.

Ask for the wisdom to understand all that is received as blessings.

Make a list of all your blessings.

Say "thank you" to obstacles and challenges for the lessons they bring.

AFFIRMATIONS

The universe is good to me and I am grateful.

I thank god for showing me the way.

I thank god for all my lessons, for they continue to make me a better person.

SUBLAWS GOVERNED BY THE HIGHER SELF

UNCONDITION LOVE

Definition: Absolute acceptance of another without any sign of judgment.

Purpose: the expression of God through the soul that grants us freedom in the Light.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Criticizing and judging others to make yourself look better.

Self-criticism

Attitudes:

Experiencing any feeling or vibration that is not calm, peaceful, and loving

Lack of ability for forgive or sacrifice

Feelings of: Fear, Anger, Hostility, Low self-esteem, Piousness

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Get in touch with your inner child to determine if or where it is wounded.

Call forth the experiences, bless them, and forgive yourself and others.

Observe others from a detached standpoint.

Visualize the Light within permeating every cell of your body.

Meditate daily to quiet the mind.

See God in all things.

Know that you are a point of Light and that God is within.

AFFIRMATIONS

I love to give and to receive

I give thanks to God for all that I am.

Life is beautiful and I see perfection in all things.

SUMMARY

The ability to live in harmony with the sub-laws of the universe is one of the primary goals of our many incarnations on earth. When we live within the values and purposes outlined by the sub-laws, we demonstrate that we have chosen to live in agreement with our creator. We not only are created in the image of our creator, but we also are moving toward agreement with the world and ways of life that the Creator has provided for us.

Talking about the sub-laws or characteristics of our lives is easy. Living them in consistent ways by demonstrating positive thoughts, words, and actions is much more difficult. The sub-laws listed in this chapter provide an index for helping us to live better lives. Using this listing of the sub-laws requires the following steps:

- Carefully read the definition and purpose of each of the sub-laws and make a list of those that seem most unfilled in your life.
- Study the ways in which you can achieve the purpose of the laws by aligning with them and with your Higher Self.
- Study how our attainment of the sub-laws is blocked by the will of the ego.
- Develop a plan for practicing right thoughts, demonstrating the intent of your thoughts in your behaviors, and affirming your intent to think right thoughts on a daily basis.

Many chapters in this book provide explanations of God's intent. This chapter helps us understand.

- The purposes and skills needed for living in the Light
- The ways in which we can master the curriculum of the third dimension, which ultimately prepares us for entry into the Fifth.

CHAPTER 23

MEDITATION AND PRAYER

He who lives in harmony with himself lives in harmony with the universe. Marcu Aurelius

From birth, we identify ourselves with our five senses. We are told that we look like our father or mother and grow up hearing stories about our freckles, blond hair, and capabilities. In short, it is reinforced constantly that we are our bodies. Our identity is connected to this physical imprint. We gaze into the mirror and

think that the reflection is who we are.

The reality is that we are not the body. We are something else much more expansive than the body. We are actually the expression of Universal Mind energy and Light, and it is this energy that creates our thoughts, words, emotions, and actions. Since we can think about our thoughts, we are not our thoughts. Since we can analyze our emotions, we are not our emotions. Since we can observe and analyze our bodies, we cannot be our bodies.

The body is not capable of doing anything on its own. During the course of our lives, the body will age and eventually die. We will not, because we are not the body. The body is only the vehicle that transports us as we journey in this third-dimensional reality.

Everything in the physical world is created first out of mental energy. When we think we are unhappy, we are. When we believe we are excited, we behave that way. Whatever we think, we have the power to become. Some people believe that we are the negative thoughts that frustrate and control us, but we are not. And aren't you glad? We live in a sea of thought-forms encasing the planet, many of which are not of the highest. These thought-forms have a tendency to gravitate to us, depending upon our mood and what we attract to us. The thoughts we choose to own exist as the original, creative forces that guide our paths.

Once we realize that we are not our thoughts and emotions, we can begin to control them. We do this by choosing to think or feel otherwise. Whenever we do not like how we are feeling, we should choose to experience something else.

It is difficult for most of us to break from the illusion of who we think we are, especially when our five senses are alive and functioning so well. There is a way to do so, however; and that way is through meditation. By meditating, we can become aware of all that is not the body and all that is pure consciousness. Meditation leads us to discover who we really are.

MEDITATION

Meditation is deep and continuous thought that allows us to travel inward to reflect on sacred matters. The act of meditation can cause our brain waves to slow down to such a degree that we are able to use more of our mind. This action once achieved, allows us to reflect on the inner aspects of the mind. Deeper meditations connect us to the spark of the Divine and the Light within. Once this has been accomplished and the connection to the Higher Self has been made, we are assured of living harmonious, abundant, loving lives if we follow the guidance emanating from within ourselves.

Why should we meditate?

Meditation assists us to find bliss, inner harmony, and centeredness. It is the only way to find the peace within and to connect to it so that we can live it. Peace can never be found or experienced outside of oneself. It is found when we learn to control our mental and emotional bodies and stay centered within. Meditation teaches us how to master this state of mind, and once we do, we discover who we really are.

Meditation is the path of all the wise sages who have journeyed before us, and it will continue to be the road to freedom for many more in the years to come. In one of Ascended Master Kuthumi's earlier incarnations he played the role of Pythagoras. During that lifetime he was quoted as saying:

LEARN TO BE SILENT, LET YOUR MIND LISTEN AND ABSORB

Pythagoras lived in approximately 600 B.C. and knew then what many still have not learned today. How many years must these Ascended Masters patiently continue to guide us before we learn?

WHY IS PROPER BREATHING IMPORTANT?

Very few individuals on earth understand the importance of the breath. Breathing is life itself. It is the connection to health.

Evidence of this statement is shown in the number of individuals with poor posture and caved-in chests, and those who are contracting diseases in the respiratory areas. If we could develop only one generation of children who breathe correctly, diseases could almost be eliminated. Kuthumi states in many transmissions:

THE BREATH IS THE ALL

He emphasizes this, for it is through the breath that we connect with prana. Kuthumi defines prana as "the life force energy that feeds the soul." He goes on to explain further that "it is the nutrition line emanating from the Higher Self that provides the essential ingredients for all nine bodies to function in unison." In the Sanskrit language the term means absolute energy, or the Source of All there is. It is used by the soul for all manifestation. Those individuals who have stored prana successfully, either deliberately or subconsciously, radiate a vitality and power that are experienced by all who are in their presence. It is prana that heals through the hands and auric fields of the Masters. It is this force field of energy that will continue to build in the individuals who consciously journey to the Light and who eventually will create Heaven on Earth, as prophesied.

Peoples in the Far East (such as the Orient and India) have known about prana for centuries. Some individuals in the west are beginning to understand it. A few prophets have predicted, however; that because of the western ego, prana will not be accepted in western culture until a scientist "discovers" it, quantifies it, and renames it, thus making it a commodity. We wonder if this will constitute the basis for a Nobel Prize.

HOW SHOULD WE MEDITATE?

We are what we eat. What we eat will determine what we think. Therefore, do not meditate within two hours of eating. Fasting is a well-known way to enhance the meditative state.

The process of meditation is enhanced if you sit with your spine

straight. Do not sit on the ground, because the energies will be pulled into the Earth. Instead, sit on a pillow or rug, with your legs crossed.

Breathe deeply and rhythmically, inhaling through your nose, while your chest and solar plexus both expand. Breathe in fresh air, if possible. Slowly let the air out of your mouth, keeping your chest firmly in place and pushing up gently from your solar plexus. Try to exhale all the old, stale air.

Never inhale through your mouth. Humans are the only animals who sometimes breathe through their mouths, which is one of the causes of diseases. This is because the mouth provides no protection for the organs within.

Hold the air within for a few seconds before exhaling. This might make you feel a little light-headed. Focus your attention on any part of your body that is holding tension—the neck, shoulders, face, legs, etc.---and release the tension into the universe.

With eyes closed, visualize a golden Light within your head. See it slowly expand and fill your entire body with Light. Try to hold your full concentration on the Light, until you can see every cell in your body filled with this frequency. Continue to breathe deeply.

Controlling the breath, and thus calming the nerves, is a prerequisite to controlling the mind and the body. Swami Rama

While visualizing the Light within, allow all thoughts to pass through your mind. Hold your vision on the Light.

What happens if thought bombard your mind and you cannot clear your head?

It is common for most people to experience thoughts that agitate the mind. If this happens, let the thoughts pass through like clouds passing across the sky, and bring your focus back to the Light. Do not hold onto any thoughts or feelings. Instead, just bless them, thank them for being there, and allow them to drift

slowly away. Never attach judgment or self-criticism if you cannot hold the focus for long. Just experience the process and strive to do better each day. Be earnest in your desire to accomplish this, however. Discipline is necessary to achieve a higher state of consciousness.

The challenge is to conquer the desires of the ego. This usually takes a long time to accomplish. Do not expect victory immediately, but keep trying to conquer the thoughts and focus on the Light. Once you can do this, you stand on the threshold of becoming more than the sum of the parts of your existence.

How long should we meditate?

Each person must determine individually how long to meditate each day. Even as few as sixteen minutes a day will begin to produce miracles in one's life.

Discipline is also important. If a meditation can be completed at the same time each day, grater effects often are experienced. Some people prefer evenings, while others start the day with a moment or two of silence. The ultimate goal is to become a walking meditation every moment of the day.

What are the stages of meditation?

Sia Baba, a great Avatar living in India, presently holding the Christ consciousness for the world, teaches that there are three stages of meditation: concentration, contemplation, and true meditation.

STAGE 1—CONCENTRATION

This stage of concentration requires discipline over our thoughts and actions. Staring at a mandala (a circular pattern with concentric, geometric symbols and forms that represent the universe) for several seconds without blinking will enhance deep concentration, as will holding our thoughts still while focusing on the Light. To learn to meditate we must desire to learn the art of concentration, and then use this power to conquer our mental

and emotional bodies. At this stage, we must command our breathing, taking deep rhythmic breaths and inhaling the life force energy of the universe.

STATE II CONTEMPLATION

The contemplative stage requires the ability to focus internally—for example, visualizing the Light within. One of the greatest meditations that should be mastered is to see the Light within emanating from every part of our body. When this can be accomplished successfully and the mind can hold this thought for an extended period of time, consciousness will expand. Light is the great purifier of the universe. It dissolves all that is not of the highest, and is a transforming power. By focusing on the Light, all eventually is renewed, for it has an “IQ” greater than ours and understands all that we need. Therefore, by focusing our attention on the Light, we draw to us all that we need, whether we understand it in the moment or not. An excellent mantra to say daily that will facilitate this is:

I AM THE LIGHT OF THE WORLD

STAGE III -- MEDITATION

The stage of true meditation is mastered when the one who is meditating no longer feels that he or she is doing it. In other words, when the person and the Light merge and become One, then higher consciousness is experienced and understood.

PRAYER

Daily prayer is another extremely powerful way in which we can achieve harmony in life. Prayer is a plea or entreaty addressed to God, asking for a special favor or request.

It is also a form of giving thanks. Did you know that prayers, when aligned with Divine harmony, are always answered in some form? That is the rule. Since this is law, we should have confidence that what we ask for will be realized.

The Ascended Masters constantly remind us of the sayings:

Ask, and it shall be given you;
Seek, and Ye shall find;
Knock and it shall be opened unto you.
Matthew 7:7, King James Version of the Bible

When one asks, the request is granted; when one knocks, the door opens; and when one seeks, the answers are found. This is law.

Prayer is speaking to God, while meditation is listening to God. Since we spend so much of our time talking, it is a good practice to learn to focus our thoughts and words into constant prayers. Focusing our energy will always assist us to bring Divine harmony into our lives.

Some people do not know how to pray. They think that a formal verse has to be spoken or a structured thought emitted. Not true! A smile with a song of gratitude in the heart is the best prayer of all. Learn to be in this state at all times, and you will become a living prayer.

There is only one God and he is omnipresent.
There is only one religion, the religion of love.
There is only one caste, the caste of humanity.
There is only one language, the language of the heart. Sia Baba

Living a life of truth, right speech, peace, harmony, love, and nonviolence fulfills the language of the heart. This is what we have come to learn.

SUMMARY

Many of us live with the illusion that our identity is our body, our physical senses, and our experiences in the physical world. In truth, we are much more. We are expressions of Universal Mind energy and Light and our bodies are vehicles which facilitate our

experiences in a third-dimensional world. Everything in the physical world is first created out of mental energy. Just as we were created from universal mind energy, we also create our reality from our mind energy.

There are two basic ways to get in touch with our real identities and learn about our missions and purposes—meditation and prayer. Meditation is listening to God, and prayer is speaking to God. Both allow us to contact our Higher selves and make the connections beyond the physical world.

Meditation is deep and continuous thought and concentration that allows us to travel inward to reflect on our realities beyond the third-dimensional world. Deep meditation connects us to the spark of the divine and Light within. It is the way we learn to control our mental and emotional bodies and discover who we really are.

Meditation begins with an understanding of the importance of deep breathing. Breath is “the nutrition line emanating from the Higher Self that provides the essential ingredients for all nine bodies to function in unison.” It is our forcefield of energy that enables us to journey and remain in the Light.

Guidelines for our meditation include the following.

- Do not meditate within two hours of eating.
- Sit with your spine straight.
- Breathe deeply and rhythmically.
- Hold the air within you for a few seconds before exhaling.
- With eyes closed, visualize Golden Light within your head. See it expand and fill the body.

Prayer is another way of going within and making contact beyond the physical world. Prayer is a plea to God for a special favor or request or a means of giving thanks. It may be a formal prayer or request or our ongoing dialogue with our Creator. Prayer is an active vital force in our lives when we use it, because our prayers are always answered.

CHAPTER 24

AFFIRMATIONS AND MANIFESTATION

What things soever Ye desire, when Ye pray, believe that Ye receive them, and Ye shall have them. Mark 11:24

Master Athena discussed the Divine Concept of Oneness in chapter 9. She said that the universe and everything in it is mind or thought within the field of pure energy and Light.

Since we are One with this energy, our boundaries are limitless, and we have the power to affect everything around us. We can even affect conditions and events at a distance, although few of us have realized this potential. We only have to move our consciousness to our point of power through our Higher Selves, and then let the universe do its work of supporting our dreams, visions, decrees, and actions. As long as we are working through the Higher Self, we can be assured that we are bringing God's perfect plan through for our highest good and not the will of our egos.

The use of affirmations is an important tool in discovering personal power. This is primarily because when we affirm something by saying it aloud, we add the energy of sound to the thought. Sound is the second most important form of energy with which we can work. Light and sound are the basis for all manifestation and the ingredients with which the Universal Mind and the golden Liquid Light work.

In studying the Law of Vibration, we learned that everything has its own unique vibratory frequency (sound), and that higher vibrations consume and transform lower vibrations. Applying this concept further, we begin to realize that the higher the vibration we personally maintain (that which is closer to Light), the more power we have to create and manifest that which is our perfect

plan. This is another reason why it is so important for us to become Beings of Light. Remember the saying, I AM the Light of the world? It was stated with purpose.

We all have experienced the “talking” that goes on inside our minds. To most of us, it seems as if this happens continuously, and we keep a running commentary on almost everything that happens to us or around us. Unfortunately, much of this talking comes from what have been called “old tapes”—thoughts and ideas that we have carried around inside us for years.

Saying affirmations helps free us from these tapes and the negativity that often accompanies them by replacing them with positive, reinforcing thoughts. This is not difficult to learn or to do, and, in fact, can be done at almost any time and in almost any place. Affirmations can be used once a day or as often as desired. They can be spoken, changed, written, or thought.

Affirmations are, simply put, positive statements. They can be either specific or general, depending on one’s need. Their number is infinite, because they can take the form of any positive statement that one wishes to make. By using them, an individual makes firm what he or she is trying to bring about in life, whether it be a change in jobs, a better relationship, a promotion, a healing, or something else.

The most powerful affirmations usually include a spiritual reference to God, Jesus, Buddha, Divine Love, the ascended Masters, or whomever one feels comfortable with or is most inspired by.

The process of manifesting with affirmations requires five basic steps.

STEP ONE. The first step requires that you visualize what you need. (Notice that the word need and not want is used. If we deliberately begin to visualize everything we want, chaos can result around us.) In the business and educational worlds, this step is considered to be goal setting, or forming the vision. Know

where you are going and what you wish to accomplish.

On some level, each of us knows the inner plan that will bring the greatest harmony and joy to our lives. If you cannot identify your goals, meditate and ask that the vision be revealed to you. In time, all will come forth. The amount of Light you have been able to assimilate into your consciousness will correlate directly to the amount of time it will take to retrieve the answers—the more Light, the less time.

It is important to remember that you do not have to have a perfectly clear vision outlining every detail of what it is that you need. In fact, in the beginning it is desirable that you do not. Once you put your affirmation out into the universe, you might actually limit the gift that will come to you if you are too restricting.

STEP TWO. The second step requires that you focus your energies. One of the greatest problems people have today involves the number of choices available to them. There are so many choices that individuals often become confused. This confusion can lead to apathy, inactivity, or frustration.

What causes this state of mind and behavior? Believe it or not, it is the EGO. The ego pulls our attention to the wants rather than the needs. When a person seriously embarks on the spiritual path, one of the first contests he or she experiences is the battle between the ego and the Higher Self, or the will of God.

The ego pulls us in several directions, making it difficult to focus. The Higher Self has no difficulty whatsoever. Can you imagine Ascended Masters Kuthumi or El Morya running around perplexed and confused because of the multitude of choices they have to deal with? Never!

They, as Ascended Beings of Light, overcame those tests long ago and work only within the Universal Laws. In alignment with God's will, they select the choices that are presented through the Light stream of consciousness and move with grace and harmony every step of the way. This mode of operation produces perfection,

harmony, and abundance because God's plan offers this to all. It is the ego and the lessons that ego must learn that make the path difficult to travel.

We, in embodiment, can travel the same path as the Ascended Masters if we wish. We only need to become aware of the tools that are available to assist us. The first of these tools is the understanding that we must simplify our lives! It really is that simple, although not so easy to accomplish. Our life-styles are complex, and the forces around us often bombard us, making it difficult to focus and think clearly. Here are some suggestions to help you.

- Make all decisions while in a relaxed state of mind.
- Realize that everything in the physical world is an illusion, and select one thing that appeals to you. Instantly, let everything else go. Just pick one thing. Focus your energy on this new point, and watch how quickly the mind begins to strengthen once a decision is made.
- Relax and meditate on your idea of a perfect situation for you. See yourself at work or play doing what you enjoy the most. Keep the vision, focus, and define it in detail.
- Write down your vision. Describe it completely, if this helps you form the thought.

STEP THREE.

The third step requires that you write out your thoughts in the form of affirmations describing the vision as though they had already manifested and you were participating in them. Be sure to write all affirmations in the present tense.

Place the affirmations on a mirror or the refrigerator so that you are reminded constantly to focus on this ideal situation. Remember, the more mental energy you put into your affirmations, the sooner they will manifest.

STEP FOUR.

The fourth step requires that you say your affirmations aloud. Say them in the car, walking around the house, or in any other place where you can concentrate and not disturb others. Looking at oneself in a mirror while saying them appears to bring more energy to the decrees. Try this if you feel comfortable with it.

NOTE. An important key to success lies at this stage of the process. Therefore, read this next section carefully.

It is important to remember that, of the four forms of energy (thoughts, words, emotions, and actions), emotion is the cosmic glue. Beliefs and emotions solidify thoughts faster than the other three forms of energy.

When you begin to develop some affirmations designed to improve your life and change the reality (illusion) around you, you might not believe them right away. An example of this might have to do with affirmations regarding abundance. If your past has shown you poverty, hard times and little prosperity, it might be difficult to say and believe in an affirmation designed to place you in abundance. The affirmation "Financial abundance is mine, and I accept it freely" is easier to say than to believe if one has had several year of hard times.

If you are saying one thing, but deeply believing something else, it will take longer for you to push the energy the energy in a circular pattern into the physical world and realize your manifestation. Or, the manifestation might take other forms. A little abundance might begin to flow, only to be sabotaged because you do not feel deserving. The ego's confirmation of "I told you so, and I do not deserve it" will certainly come into play to justify the deep emotions behind this belief system. So while the Higher Self (through the Light stream of consciousness) is working to bring you what you deserve, your ego and your ingrained habits and beliefs (emotions) will be working to deny you what you want.

Here's how to conquer this situation. Do not give up. Keep saying your affirmations. When you see something develop, immediately

claim your power and accept that you have participated in a co-creating this event. Watch for all signs of the desired manifestation, because it might not come only in the form of monetary support. For example, it could come through someone offering to buy you lunch or someone else giving you something you have needed for your home. Just know that the universe (God) works in mysterious ways. Accept everything as a sign of your power to manifest, and immediately give silent thanks for your gifts. Say thanks to whomever you identify with: God, Jesus (Sananda), Mother Mary, the Ascended Masters, the Angels, Vishnu, Viracocha, Buddha, etc. It is vital to remember to do this, for it keeps the wheel of gratitude and energy turning.

A balanced attitude and astute awareness of the signs around you will assist you to develop self-confidence in yourself and in this system. When you begin to develop a sense of confidence in what you are able to do, your belief system will start to strengthen. The new beliefs will then become the "cosmic glue" and will enhance the manifestation process so that you can realize things more quickly.

When you first begin to say affirmations that are not a part of your reality, it is critical that you block that so-called "reality" and say affirmations with strength and commitment. If weeks go by and nothing is realized, do not stop saying them. It may be that you have put so many thoughts and beliefs regarding not having something into your Wheel of energy that it will take months before the cycle can play itself out. If this happens to you, your faith surely will be tested. How strong are you? How strong is your faith? How much do you believe in the power of the Light?

STEP FIVE..

The fifth step requires you to develop and strengthen your will and begin to "will" your affirmations. Decree with power and strength. Then detach from your need, and let it go into the universe. Do not try to outguess the result. Just decree it, and wait for it to return to you in some form. Trust that the Light and the god force have more intelligence than you do and that the

perfect situation will begin to take form around you.

We can use affirmations not only for ourselves, but also for others. Only use them for decreeing positive things. You also must ask permission of the other person's Higher Self to do this. This assures that you are not interfering with his or her path. Interfering without permission brings the karmic debts back to the sender! Always remember that all energy travels in circles. What is willed on one level, regardless of who the recipient of the decree may be, MUST come back to the originator. There is no escaping the Law of Cause and Effect. What you sow is what you reap. If you think you can get around this Universal Law, you are mistaken.

If you think only positive, loving things, you will experience a life filled with love and Light. If you use the energy to will wrongful or harmful things on another, you will reap all that you sow. The difference between the past and the present time is that we are entering the fifth dimension where all energies will continue to accelerate. It is the time of the quantum leap. Consequently, it no longer will take several lifetimes for energy to return to its sender, as it did in the past.

In the new millennium, energy will travel at closer to the speed of Light, and all thought-forms will return to the sender almost immediately. In other words, all Karma will be experienced instantly or in the same lifetime. This is one reason why it is safe to print this information now, for no one will escape the effects of what they sow. Individuals who choose to misuse their power eventually will get so tired and sick of reaping what they have sown that they will give up negativity out of sheer exhaustion.

Nevertheless, one must show great discretion in how this power is used. A safety net for using affirmations is to include a caveat that your decrees are for the most positive benefits for all concerned. Then let them drift off into the universe, allowing the celestial to work for you to bring blessing and joy to all.

The rational for learning and using affirmations is that this

method is one of many ways to create a Heaven on Earth. Picture what the world would be like if everyone began affirming and decreeing only positive, loving things. Or, imagine mass consciousness gaining momentum in the Light with more and more people turning their thoughts and actions toward the positive uses of energy. The world's present condition could change in a twinkling of an eye.

Jesus understood what it would take to bring the world into the Fifth dimension. But, because it is up to us to change the vibrational frequency and raise it to a higher level, even he cannot predict when this moment will occur. Our mission is to hold the Light for the world, regardless of what goes on around us. As more and more people hold the positions and become the Light, this frequency will slowly affect everyone and everything on the planet through the Law of vibration. Be patient, Be silent, and Be the Light, as Master Kuthumi has said. Victory is assured.

Affirmations manifest for individuals on different levels of development and commitment. The lower levels concern issues such as wanting or eneding physiucal objects or specific events of one's life. Higher uses of affirmations involve concerns such as health, happiness, world service, mission fulfillment, and peace.

Some of the most powerful decrees are stated through the Higher Self, using the power of the violet frequency and celestial kingdoms for assistance. Since the violet frequency dissolves negativity, another level of power is added to the decree. Some examples of these higher decrees are.

Through the power of the Higher Self, I command and demand that the violet frequency blaze ahead of me and dissolve all negativity.

I request that the angels of the Violet Flame Temple surround me with golden Light and release me from all struggles and limitations that are preventing me from fulfilling God's will on Earth.

Through my beloved I Am Presence, I move into the higher frequency of the Light and surround myself with the protection of Archangel Michael and the sword of Blue Flame. I command that my life be purified of all negative thought-forms and that perfection come into my life.

Through my beloved I AM Presence, I AM Light and Love.

Through my beloved I AM Presence, I command that all mistakes of the past be replaced with perfection and that all things be purified before I approach.

Some examples of affirmations that can be used to improve the conditions in your immediate environment are:

I AM Radiant and a Being of Light and Love.

Miracles happen wherever I go.

All that I need comes to me easily.

Love comes to me easily and effortlessly, and I accept it now.

My health and body are perfect, and I am stronger every day.

I am now employed in the perfect job for me.

I complete all my work perfectly, quickly, easily, and effortlessly.

Abundance comes to me effortlessly, and I am grateful and I deserve it.

Finally, affirmations should be phrased so that they:

- Fit your own personal needs or provide assistance to others.
- Accentuate the positive without ever using negative phrases. The God force is love and Light---only the positive. It does not recognize the negative. The emphasis should be on what you can do or want rather than what you cannot do or do not want.
- Are short and simple.
- Are always stated in the present tense, with the understanding that the request has already been fulfilled.
- Create new opportunities.

SUMMARY

One of the ways that we can affect our lives and the conditions around us is through the use of affirmations. When we move our consciousness to the Higher Self, we have access to the universe to support our dreams, visions, decrees, and actions. When we state things aloud, we add the energy of sound to thought. Saying affirmations frees us from the tapes and negativity of the past and moves us to positive, reinforcing thoughts.

- We send energy into the world when we make positive statements or affirmations of our needs which can support the realization of these needs as well as changing previous negative thoughts about ourselves.
- Affirmations are positive statements which may be spoken, written, or thought.
- Manifestation is assisted when you: `
- Visualize what you need. Focus your energies on specific needs; Write down your thoughts; and strengthen and develop your will.

CHAPTER 25

ABUNDANCE

No limits are set to the ascent of man, and to each and everyone the highest stands open. Here it is only your personal choice that decides. Hasidic saying.

Have you ever wondered why there is so much poverty in a world overflowing with wisdom and wealth? Have you noticed how many individuals have difficulty manifesting abundance? Poverty is the opposite of abundance. Therefore, a discussion of poverty may help us understand how we can manifest abundance. In this chapter we will look at the process we have been using to create unprosperous beliefs so deep within us that we are not even aware they are there. Then, we will see how those beliefs actually have shaped the world around us.

One of the reasons poverty is so widespread is that poverty consciousness exists in the world. People see poverty on

television, and in movies, magazines, and periodicals as well as in neighborhoods. If the pictures and stories are graphic enough, we believe them, discuss them, and think about them. These images are implanted in our conscious minds, and then transferred deep into our subconscious minds.

In addition, newspapers, magazines, and other media daily report these conditions as reality. The media's entire justification for continuing to focus on negative reports rests on the premise that this is real, so we must continue to see it and dwell on it.

Well, poverty is real, for the moment in which it exists. But poverty exists because people have created it with the power of their collective thoughts, beliefs, words, and actions. It is a vicious cycle that is self-perpetuating. If we see poverty, we believe it to be real. If we believe it to be real, our thoughts, feelings, words, and actions continue to create it. As we continue to create more apparent poverty in the world, many people begin to fear that perhaps it will touch their own lives. Fear (the cosmic glue) brings more poverty into reality. Therefore, we talk about it more....Get the picture?

Because we have forgotten momentarily that we have the power to create our own reality, we have allowed the media and news to program us into creating a world that is less than perfect, harmonious, beautiful, and abundant. Carrying this process one step further, people begin to feel helpless to change these conditions, which only serves to perpetuate them.

We also have poverty consciousness because of our past life experiences. Many people today have had previous incarnations in convents, lamasteries, temples, or monasteries. In these past lives, vows of poverty were taken so many times that they left a permanent impression in our Akashic records that poverty is holy. This belief is stamped so deep in some of us that it is nearly impossible to break this attitude. To believe otherwise takes a strength and discipline that most people are not accustomed to displaying. We were such good students in those former lifetimes that we all received an "A" for learning poverty consciousness. Some souls may even have earned an "A+" if they really

struggled and were recognized for the burdens that they carried. This, of course, glorified the belief and made it all the more difficult to break.

The truth is that vows of poverty were appropriate for those former lifetimes and the conditions under which individuals chose to live. They are even appropriate today if a soul needs such an experience in order to evolve. As a matter of fact, vows of poverty must be taken at certain times in humanity's evolutionary development, because they help devotees to detach from the materialistic world and focus totally on the spiritual path. Such an existence eliminates distractions and sets up conditions whereby individuals devote their lives to learning religious and spiritual teachings.

Unfortunately, one does not have to spend a lifetime in a monastery or convent to learn other truths about poverty. Today, teachers and role models are everywhere suggesting that poverty is good because it makes us spiritual or holy. There is an underlying spiritual precept that if we struggle, we are noble because we earn more rewards on the path to God. Concepts such as these have been taught in nearly every major world religion for the past two thousand years (and perhaps even longer), stamping into the soul the notion that poverty makes us better people. Beliefs such as these even contribute to preventing people from aspiring to higher goals, because they believe that suffering is what God intends for them to do.

Nearly everyone carries Akashic Record memories from one of the two situations described above: past life experiences or present spiritual teachings. Because this is so, it makes it easier for the media to program individuals into accepting, believing, and fearing what they broadcast. Thus we participate in creating it.

Poverty consciousness runs deep in our cellular, Akashic record, and past life remembrances. We believe the stories we hear to be true because they reflect "reality," and they also resonate within our emotional bodies at the soul level. Therefore, we do nothing to change this reality. Many of us live on emotions, failing to

balance our emotions with logic. By accepting another person's beliefs as our own truths, we prevent ourselves from seeing what is needed today.

Ascended Master Kuthumi has reminded us repeatedly that our two weakest bodies are our mental and emotional bodies. He says that, on the road to mastery, Masters learn to control both their thoughts and their emotions. In other words, Masters CHOOSE what they think every moment of the day and CHOOSE how they feel, as well. Yet, how many of us can say that we are not influenced by the media? We believe all that we see, rather than see what we believe. That's the problem. We do not CHOOSE what we think every moment of the day, nor do we CHOOSE how we will feel. Instead, thought-forms and attitudes of others permeate our consciousness and we turn our lives over to them by buying into their beliefs, attitudes, emotions, and actions instead of creating our own.

Now that we understand that each one of us is the creator of our own reality and that our beliefs and emotions are the "cosmic glue" for manifestation, we can begin to understand how we have created such a mess in the world. The universe is truly a universe of abundance, yet we have thought it into one of poverty and pain.

God is Light, love, and abundance. The electron is the electron no matter how it manifests. Energy is energy. It is neutral and will move on the path of least resistance, depending upon how we direct it. It is, therefore, up to us to decide what we will create.

Choosing between poverty or abundance is a good way to start. Which do you choose? Remember that to choose one means that you must let the other one go. Are you ready to do this? Monitor your thoughts and beliefs, and then decide just how willing you are to let the negative ones go.

Einstein understood the concepts that are being discussed here and tried to tell us in a different way. Once a reporter asked him, "What is the most important question in the world?" He replied,

"The most important question in the world is, do you want a peaceful, happy, abundant world in which to live, or do you want a foreboding, fearful, and scarce world?"

The reporter, slightly puzzled, asked, "Why is this the most important question in the world?"

Einstein replied, "Because whatever you choose, you will create."

NOW IS THE TIME to remember who we are. We must realize the power that lies within us and use this power to create Heaven on Earth. We must BE the Light, and integrate spirituality into everything on Earth. Never before have humans had to do this. This is a part of the Divine celestial plan to assist Earth to move into the Fifth Dimension.

The millennium holds the promise that Heaven will be created on Earth, and this will be accomplished by grounding spirituality into all walks of life. We are the Light and the co-creators with God, and it is our responsibility to use this Light to bring peace, love, happiness, and abundance to the planet.

It is time to practice being fifth-dimensional beings. Let's put on our thinking hats, and use the higher-level creative powers that have been given to us. At the heart of empowerment is the concept that a person can manifest all he or she needs to live in peace and harmony. Empowerment is never associated with the homeless, starving, or unfortunate. It is always connected with the strong and those who take charge of their lives and assist others to do the same. Let's challenge the old beliefs about abundance and use our logic to change our thinking. God's plan calls for abundance, happiness, peace, and love to be shared by all.

Upon examining some of the lives of the Ascended Masters, we notice that, in their final incarnations, they lived lives where they did not have to worry about poverty. Once they learned about the Universal Laws and their own power, they often chose lives of abundance and wealth. El Morya was King Solomon and later King

Arthur: Kut5humi was Pythagoras and Shah Jahan, the Emperor of India who build the Taz Mahal: Monka was Viracocha, the head of the Incan civilization: Serapis Bey was the Pharaoh Akhnaton; St. Germain was Merlin and later incarnated as Shakespeare. A former incarnation of Jesus was Joseph, son of Isaac, Joseph later became the governor of Egypt and help power next to the Pharaoh. All these life styles had one thing in common—affluence. Do you think they lived in poverty and struggled? Of course not, and they are now Ascended Masters.

Just as we are doing, they balanced their lifetimes among less affluent and more affluent roles. Now that we have come to the end of these lessons, it is time to use our knowledge and experiences and live in abundance, too. Just like the Ascended Masters, we have learned the Universal Laws, and it is now time to balance this instruction in our everyday existences.

It is not poverty that makes one spiritual or noble. It is the quality of one's life and how one lives in each moment o each day that does it. There is nothing wrong with living a spiritual life in abuandance and using higher principles and love to give to others and assist them on their paths.

You can and should begin to enjoy abundance. The first step is to analyze your thoughts and change those that are not in alignment with your new goals. Then you must begin consciously to give and receive. One of the best ways to start receiving is to start giving. If blockages are present, making it difficult for you to receive graciously, try a new approach to start the energy flowing. Command and demand the Law of Tenfold Return to work for you, so that you may use this energy to bring happiness and peace to others around you. The more you receive, the more you can give. When you give, do not be afraid to say the following affirmation:

This gift is given freely and with love to help bring abundance to Earth. I am a co-creator with God, and, in giving, I expect my tenfold retrun.

If you follow this principle, the Law of Tenfold Return begins to operate in your life more quickly. Saying a decree like this serves to move blockages out of the way.

When we first begin to see the effects of this law, we have a tendency to deny that we could have participated in creating such a blessing. Then, after a few examples are provided to us, our emotional bodies will begin to believe. Once we believe, the cosmic glue begins to create at will. It is here that our faith usually becomes so strong that we no longer have to use decrees. We can move on to giving freely from the heart, enjoying giving just for the sake of it.

No matter what path you choose to begin to create abundance, begin today, and DO IT.

SUMMARY

One of the most basic fears that people experience is the fear of poverty. Poverty consciousness comes from the media, our observations of suffering, and our past life experiences. There is a widespread belief that vows of poverty are necessary for spiritual development. While poverty experiences may be needed to learn important spiritual lessons, they are not required for spiritual growth.

God is Light, love, and abundance. We create our poverty and our abundance as a result of our thoughts, beliefs, words, and actions. We choose what we create. It is our responsibility to rise above our fears and take charge of creating abundance, happiness, peace, and love for all.

Our success in creating abundance is involved with its meaning in our lives and how we use our abundance. If we become greedy or do not use our abundance wisely, we may experience lessons which teach us how to use abundance. While we need to love and give to ourselves, we must also love and share with our brothers and sisters. In return, we receive more.

The Law of Tenfold Return states that when we give, we receive a tenfold return. Saying a decree may remove blockages and help us manifest abundance. Later, we may no longer need to say decrees as we learn to give freely from the heart.

CHAPTER 26

DISCERNMENT

To doubt yourself is to doubt the wisdom and viability of the human design. To fully trust in God you must also trust yourself. No one is created without everything required to make healthy, wholesome decisions. Ken Carey The Third Millennium

Discernment, or the process by which we evaluate situations and make decisions, is a critical aspect of our growth, our spiritual development, and our ability to create communities that contribute to our collective well-being. There are many indications that the world is experiencing rapid change and profound transformation. This process, which has been ongoing for many years, has initiated a period of change not experienced at any previous time in our past history. This period of change and transformation will last into the next century, and will lead to a new level of civilization, a move to a fifth-dimensional planet.

Moving to a new way of living cannot be achieved without acquiring a new level of thinking and a higher consciousness. Developing a higher consciousness is accomplished by using both our rational thinking skills and our intuitions, or that which we feel and know without subjecting it to rational tests. We must rethink our beliefs, purposes, priorities, and patterns of behaving. We need to move to new levels of discernment.

Discernment is the ability to make discriminations, to make choices, and to make decisions. It is also the art of asking sensitive questions of ourselves and others in order to see deeper meanings and implications. The process of discernment involves

four interrelated processes: perception, intuition, decision-making, and action. The core of each of these processes is comprised of trust in ourselves, faith in our creator, and love, which is the energy that helps us expand our consciousness.

Discernment begins with perception, or the mind-set we use to view ourselves and the world we experience. Our experiences in the world shape our perceptions and beliefs. Our world view is a combination of our inner reality, or the ways in which we have internalized and used our experiences, and the realities of the external world. As we change and/or the world changes around us, we need to rethink our world view or mind-set.

Today, as we are faced with ongoing change in every aspect of our lives, being aware of these changes becomes an important task in our survival and continued well-being. We see companies and organizations collapse because they have not been able to change their ways of thinking and behaving. Individuals experience frustration when they have not spent time anticipating changes and responding to the need for change.

The most fundamental changes are likely to occur in our spiritual views, as we move from self-consciousness to group-consciousness to soul-consciousness to God-consciousness. Our perceptions and our values change as we progress on our spiritual path. As we move through these stages, our consistent concerns are to move toward more complete identity with the creator, greater trust in ourselves—that the decisions we make at any time are expressions of our free will and perfect for our level of development. It is also important that we learn to discern what is helpful for our advancement and what is not helpful, as that the decisions we make can accelerate us on our paths.

As individuals become more spiritual, their perceptions change. They drop their duality consciousness and begin to see the world in terms of lessons to be learned and tests designed to facilitate empowerment. This change in perception requires a strong sense of discernment, for we may be brought down many wrong alleys just because we have not learned the art of discernment. While

no harm may come from making poor choices, poor decisions may make the journey more difficult. If our goal is to achieve a life of peace, harmony, abundance, and love as quickly as possible, then learning discernment and relying on our own inner judgment is essential to master.

Ultimately, you must decide in your own hearts, and these alone. Base your decisions on your perception. To inhabit the new awareness, you are required to be yourself, for when you are, you are a beautiful being, in touch with your eternal dimension, conscious of the generations that will follow you, conscious of the generations that came before, immersed in the love that lights and unites the leaves of all generations upon life's singular tree. (Carey, p. 78)

The second aspect of discernment requires that we learn to get in touch with our intuition and to hear the inner voice that speaks to us. This is perhaps the most difficult step for most of us to learn, because we live in a society that rewards analytical thinking and not intuition. Consequently, most people have shut down their feelings and adopted the attitude that intuition is connected to psychic phenomena and is less than desirable. This attitude has limited our growth. Operating without using all our capabilities is like playing cards with less than a full deck. If we do not honor all aspects of our personalities, we cannot become all that we are meant to be.

Ascended Master Kuthumi says this about intuition and its connection to discernment.

Discernment requires that Initiates learn to go inward and "feel" the vibrational frequency of each thing that confronts them. It makes no difference whether the message received comes through words, actions, or emotions. The skill that separates a Master from a novice is the ability to feel the sound of the message. Once the vibrational level is felt, the Master knows whether or not to accept or reject the message in regard to whether or not the guidance that accompanies the message is

helpful or not so helpful for one's path. If the vibrational frequency is high, then following the message will bring greater things to the soul. If the vibrational frequency is high, then following the message will bring greater things to the soul. If the vibrational frequency is low, the Master knows to bless the energy, let it go, and transmute it into a higher tone for the angelic choir to use in singing praises to the Creator.

This was the way of the Atlantean Masters. This will be the way in the Seventh Golden Age.

Decision-making is the third aspect of discernment. This step is perhaps the most critical, for the decisions we make, based on our perceptions and intuitions, determine our actions. Some of our decisions are made instinctively, as we respond to real or perceived threats or dangers. We may make other decisions in a similar way, without considering all choices, by simply "going with the crowd" or taking the easy way. In such cases, we give away our right to make decisions. In all cases, whatever decision we make, we are ultimately responsible for the consequences, for the laws are perfect and will bring to us that which we have owned.

One of the reasons that we do not make decisions that we wish to make is fear—fear of being different, fear of loss of acceptance, fear of being alone. While we need to use caution and judgment, we also must understand that we reduce ourselves when we do not consider our own values and perceptions as we make decisions.

We should never judge ourselves harshly if the decisions we make are not the best---nor should we judge others. Unconditional love and acceptance of our frailties are the goals we are striving to achieve. We need to accept what is and continue to move forward, making new decisions regarding the tests that face us. Adopting this process only enhances the practice of refining our discernment.

One of the lessons we are learning today is that we need to listen to our inner thoughts. We are living in a time of inclusion and collaboration where we understand the importance of listening to, respecting, communicating, and working with others. We must take seriously the importance of trust and responsibility as a motivator of ourselves and others. We must realize that while each human being is unique, we are all children of God and have shared interests, responsibilities, and abilities to teach and learn from each other.

Decision-making is not simply encountering a thought, situation, or idea and making a decision. Rather, it requires processing the information through our rational, intuitive, and spiritual filters in order to determine the course of action that is best for us.

The final aspect of discernment is to choose and to take action or actions based on the choice we have made. We may choose a course or direction, but not follow through with the necessary actions, as a result of our lack of skills, discipline, or persistence. This is where our will must come into play. Willing ourselves to learn what is needed, to discipline ourselves, and to persist when achievements do not come quickly is part of the learning process necessary for intellectual, emotional, physical, and spiritual growth.

Our skills of discernment change over time as we develop new values and new abilities. We may hold ideal values but not be able to actualize or live by these values until we learn the skills that are needed to realize them. Brain Hall (1994) identifies four sets of skills that are essential to our personal and spiritual growth. They are:

INSTRUMENTAL SKILLS...Instrumental skills include our intelligence and manual dexterity to care for ourselves, to read and write, and to carry out the tasks of daily life.

INTERPERSONAL SKILLS.....Interpersonal skills are the skills we need to express and manage our emotions so that we gain cooperation from those with whom we relate and work.

IMAGINAL SKILLS....Imaginal skills include the skills needed to learn from our experiences, to choose and to act creatively on complex alternatives, and to see and act on new ideas not previously considered.

SYSTEM SKILLS....System skills are the skills needed to see and manage all parts of a system, and to design and manage change in ourselves, in groups, or in organizations.

In order to become integrated beings we must develop at least minimal skills in all four areas. Skills and values are interrelated. When we change perceptions, this often leads to new values. These values are acted upon as we use existing skills or develop new skills.

The importance of developing these skills is high-lighted by the challenges we will experience over the next several decades as Earth moves into the Fifth Dimension. In the past, change was more gradual and we were able to use our abilities of discernment in a more deliberative manner. We will need to recognize the need for rethinking our perceptions and values, for monitoring our decision-making, and for disciplining our actions as we use our discernment skills.

Development of our discernment skills gives us the opportunity to move toward becoming one with the Light and reaching the next level of our spiritual growth. This is the goal for all of us to achieve.

SUMMARY

Discernment is often considered narrowly as the ability to discern or select the “rightness” or higher vibrations inherent in a situation. Discernment is much more than this. Discernment is the ability to make discriminations, make choices, make decisions, and take actions which contribute to our growth and the creation of a better world. It involves four basic processes:

- Perception....while we always have perceptions of situation, they may be limited to those perceptions which fit our self-interests. Quality perceptions require the ability to develop a mind-set based on the intents of ourselves and others. It is a perception of what is needed for the advancement of self and others.
- Intuition..... Intuition is our ability to connect with our Higher Selves and hear the inner voice that speaks to us.
- Decision-Making.....Decisions must be made with the realization that decisions create consequences and that not deciding also creates consequences. Decisions need to be made with care and with contact with our Higher Self.
- Action.....Discernment requires action. Follow-through requires discipline and the will to learn the skills that are needed to be successful in our courses of action.

Learning the skills needed for spiritual and effective lives is a lifetime task. Learning instrumental, interpersonal, imaginal, and systems skills is an integral part of our personal and spiritual development.

CHAPTER 27

THE POWER OF FORGIVENESS

Inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore the means for correcting our misperceptions.

Gerald G. Jampolsky Love is Letting go of Fear

Forgiveness is THE KEY to transformation. It is the gateway to the Fifth dimension. "One must master a forgiving state of mind to obtain eternal life in the higher kingdoms," says Sananda, the teacher who chose to come through to deliver the message for this chapter.

Who better to deliver instruction on this topic than sananda himself, Jesus the Christ, the Master of forgiveness? While his teachings encompassed many subjects, forgiveness was always at

the heart of all that he taught. Even as long ago as two thousand years, his essence comprehended the power of forgiveness and the reason why humanity must achieve this state of mind.

Today Sananda, THE Master of metaphysics, reveals the science behind the power of forgiveness.

To My Most Distinguished colleague in the Light.

I come forward from my Father's House to deliver guidance on the meaning and intent of "forgiveness." It is with pleasure that I deliver this message, for the information, if understood and followed, will deliver all who have the capacity to understand into the Light of the Fifth dimension.

I AM Sananda, Jesus the Christ, known to others as the Lion of Judah, come forth to bring freedom to you, my Brothers and Sisters.

Forgiveness emanates from the heart, the area and chakra that connect with my essence. It is the state of mind that pierces a hole in the heart, allowing Light to penetrate consciousness.

Although forgiveness is taught by definition and through example, few on Earth understand how important it is to live the process of forgiveness. That is because the ego's strength is strong, and it is the ego that is the controlling force placed between the Higher Self and the mind. The ego is likened to a film or shield of energy that works constantly to keep the power and Light of the Higher Self from penetrating the lower mind and bodies. It is often connected to forces of darkness that can influence decisions that the individual will make. The ego is closely aligned with the lower three bodies (the physical, mental, and emotional) and enjoys "ruling" this area. It is like a dictator in some respects, as it does not welcome competition. Often it will play games and tricks on the individual just to keep its position of power, even though the individual constantly experiences pain, frustration, and depressing states of mind from following the ego's advice.

The "battle for the soul," currently witnessed on earth, is one in which the Light of the Higher Self is challenging the will of the ego for control of the individual's soul. The arenas and tests of Initiation are presently being experienced worldwide by less than ten percent of the world's population. By 1997, an additional fifteen percent of the world's population will be elevated to the arenas. By the year 2000, nearly sixty percent will be awakened and in the process of understanding entry into the Fifth Dimension; and in 2011, the entire population on Earth will have heard the cry. Therefore, the importance of this message will be significant for all in the years to come.

My heart measures much pain and frustration within many individuals in embodiment. The cries for help are delivered daily by the angelic kingdom, and the Ascended realms work endlessly to plan and assist within the guidelines stating that we cannot interfere unless invited to do so. Since so many have invited our presence and welcome our words and guidance, we assist through the hearts of those who choose freely to work with our essence.

Those who are the messengers of our hopes and wisdom stand before the world ready to accept all Karma for their actions. Their strength and Light hold firm and will continue to be anchored in the years to come through additional souls linked to the Light, creating a strong shield for the Command. For their strength, I am grateful, as is the entire Celestial Command. If it were not for their courage, messages such as this one could not be realized.

As I measure the pain from the souls who cry out, I understand the dilemma that they face. The soul is trapped within the body which is primarily controlled by the ego, and the mind and emotions are then manipulated like puppets.

The dilemma is that the weakest of the nine bodies composing human form are the mental and emotional bodies. These are also the two that the ego rules, because these bodies are closest to the physical. The ego is clever, and it is skilled. It understands every weakness and strength within a person's composition and is

out to win the battle of control.

The mental and emotional bodies have literally been in control for many lifetimes because of karmic debts that had to be paid. Enlightenment, and the teachers who come with this process, do not appear to the student until the majority of karmic debts have been forgiven and the candidate begins to rise on the path, thereby acquiring a higher frequency of Light. When this occurs, the mind begins to resonate on a higher frequency, one which matches the Light of the command. At that moment, the individual calls through his or her consciousness to the teachers using the Law of Attraction, and the teachers gently come to provide the answers to questions. This state of mind means that the person is ready to undergo the Tests of Initiation.

Enlightenment can be acquired in one lifetime if the candidate is truly motivated and disciplined to acquire the understanding and wisdom. Normally, the process of enlightenment takes thousands of lifetimes. It frequently takes that long for the soul to acquire the volume of lessons needed to purify and merge with the Higher Self. That is the goal all individuals strive to achieve, and that is the victory all see within the mind's eye—the soul merging with the Higher self. Not achieving this victory is THE ONLY THING that keeps a person in separation. Not achieving this state causes pain and delays the harmony and peace longed for within.

So, once again, allow me to repeat: The ego (which is the individual personified) is the shield between the soul and the Higher Self. It works to rule the lower kingdom, of which the individual IS the kingdom. Once this is understood, the questions then become:

Whom do you serve: God or man?
Whom do you trust: God or mammon?

If you wish to free the lower self from pain, suffering, and anguish, then there is only one choice. You must merge with the Higher Self; that is the only way to accomplish this. Each soul must choose freedom for the process to begin. But, as always,

the choice is yours.

Because humanity has been primarily preoccupied in completing karmic debts, the teachings that have been sent to begin the enlightenment process have, for the most part, fallen on deaf ears. It is my observation that the words from the teachings are analyzed primarily through the mind. This process assists many to understand the meaning of the teachings. While this is a first step, and we are grateful that many do this, it is not enough to experience fully the freedom that is offered through the teachings. The teachings must also be experienced with the heart. Analyzing and dissecting only with the mind are insufficient.

Forgiveness is the key to purifying the soul. Since this state of mind rests at the heart of transformation, allow me to explain, in energy terms, why this is so.

The universes collide and form one pulsating field of energy that is the God Force. This energy field constitutes the life support system for individuals in embodiment. The connecting point to this power is through the Higher Self. This field of energy is intense and it radiates a pure force comprised of Light particles that make up the variances of all creation, including the eight lower bodies that make up the human form.

Anything that vibrates less than this God Force, while still a part of this force, is considered to be of a lower form and, therefore, can be described as "contaminated" (although this term is used in an exaggerated form to make this point). Important to remember here is that, in order to connect with the power contained within the Higher Self, all lower forms of energy (such as those held within the lower eight bodies) must be cleared and raised into the collective frequency of this God Force.

Emotions like hate, envy, jealousy, anger, remorse, suspicion, and even mild dislike vibrate at lower frequencies. Any one of these feelings serves to contaminate individuals, keeping them from realizing their full potential and power.

The ego, which controls the dark side of humanity, must make choices as to what to do with every experience encountered. Remember that forces of both darkness and Light will try to influence the ego's choices by whispering things into consciousness. The difference will be that the Higher Self will provide the higher guidance, which will always require more strength and discipline to follow. It is easier to hate, feel righteous, and "win" than to humble thyself before thine enemy and forgive the trespasses that have come upon you. Although I strive not to judge, it is my humble observation that the ego usually chooses the path of least resistance.

The ego will frequently listen to anything that gives justification for why the person should continue to hold on to the lower feelings, for, remember, the ego's only chance for ruling is to keep the individual trapped in the lower kingdoms. Be mindful and know that the dark forces to which the ego can connect are very clever. When the ego listens to and obeys the lower directives, convincing the mind to do the same, the individual's vibrational frequency stays low because vibrations are directed by one's state of mind. Maintaining a lower frequency assures that the person will remain in the kingdom that the ego controls. "Victory" is accompanied by the ups and downs of life, often bringing depression and frustration. Yet all is perfect because it has been chosen.

When the individual choose not to hold on to lower feelings any longer and begins to rise above them (even though it was easier to behave that way in the past), the vibrational frequency of the soul is raised. This always causes a consciousness shift. CHOOSING TO LET GO of the past habits and patterns begins in the mind.

The path to freedom is a CHOICE. Freedom commences the moment the individual chooses to control the mental and emotional bodies and to follow a higher path, rather than to follow the path that the ego wishes. Once the choice is made to control the mental and emotional bodies (rather than the mental

and emotional bodies controlling you), a new world emerges and hope springs forth like the lilies in the spring. This moment of decision begins the process of initiation whereby the person is reunited with an "old" friend, the Higher Self, who quietly instructs on another way to live.

The statement for eternal life and entry into the Fifth Dimension is:

"Ego is dead: ego is dead; ego is dead!"

The ego uses the mind and emotions, coupled with ingrained habits and traditions, to keep people from letting go of lower beliefs, attitudes, and feelings. The ego frequently wins because the control mechanism employed is often fear.

Here is a test to follow in determining which of the two forces directs inner guidance:

When presented with new information or asked to accept information unconditionally, it is advisable to take a moment, breathe deeply, and examine how this new information resonates within. If the vibration of fear is present, then know that the information has been cleverly delivered by the lower forms of ego, and its intent is to control the soul by keeping it trapped in the lower kingdom. All is vibration.

Anything that resonates of fear and directs decisions to be made as a result of that feeling is not of the highest. Instead, it is a clever simulation, usually using the mental body to try and convince one to move in a specified direction. Often, logic is disguised and used as the means by which to cover up the presence of fear.

In God's universe, there is only one law—love. Out of this law come Oneness and unity, not separation and fear. If you do not feel this vibration, then you are being coerced by a strong and clever force that wishes for you to maintain an emotional and mental state of the past that resonates with the vibrational

frequency compatible with the specified agenda. (Thus, the Law of Vibration explained again.) Courage is often the trait that is needed for the soul to proceed forward and stand in the truth of what one feels inside.

Examine how it feels when the mind is in control and cannot forgive another for what he or she has done. The feeling within is likened to those described above---hate, anger, or frustration. Also, when one is unforgiving, the notion that he or she is "winning" can also be present. Am I not right?

If you agree, then examine this state of mind from a vibrational frequency. When a mind resides in these lower states of consciousness.

- Are the mind and heart illumined or are they darkened.
- Are the lower eight bodies empowered or are they weakened.
- Are the mental and emotional bodies controlling the person, or is the person controlling the mental and emotional bodies?

To answer the last question, record how much mental energy is consumed when an individual is kept in this state and how often the thoughts of the incident are replayed within the mind, causing greater and greater sores to fester. In what vibrational frequency is the individual kept suspended when the heart cannot forgive? The deeper question is what prevents the victim from letting go?

FORGIVENESS IS NOTHING MORE THAN LETTING GO

A FIRST GREAT PARADOX

A first great hidden paradox to this situation is that the person who trespasses against another is considered to be, by the "victim," the lesser quality soul. Often this is not the case, because events present themselves in life for two reasons: karmic debts and dharmic destinies. Dharmic destinies include Tests of Initiation. In addition, situation can occur that are not intended to

cause harm, yet are perceived by individuals as being harmful because the mind and ego are in control. Circumstances can then arise that evolve into additional Tests of Initiation for individuals to pass. When these occur, such tests are always orchestrated by the Higher Selves of the individuals involved. Therefore, there are many situations that can occur in any moment to place a person in an arena for advancement and learning. This is truth.

Since all souls must be strengthened on the path to initiation, it is reasonable to conclude that all must be tested. Often the tests will come through individuals whom the person least suspects. This assures that the lessons will be even more difficult to achieve.

The saying that holds for this level of initiation is:

"You can tell the level of spiritual mastery you have attained by the level of the test or opponent who will be brought to you."

The logical conclusion to this is the greater the test, the greater the compliment to the person being tested; for the test is a direct correlation to the level of mastery of the soul. From this perspective, then is your most hated "enemy" or "opponent" your greatest friend? Is this individual placed in your life to become your greatest teacher and to help you learn lessons that you have not yet learned? Think about it. If you agree that thine "enemy" could be so described, does that then make the soul of the opponent lesser, greater, or equal to thine own?

Each test is never what it appears to be on the surface. Tests are never the paperwork, the mannerisms of the boss, the mate leaving, or the slanderous statements made by another. The tests are of a higher nature and they ALWAYS concern mastery of the Universal Laws. For is that not what each Initiate has come to Earth to master? The activities one is involved with are part of the illusion, or the maya, as it is termed in the Far East.

For example, if a mate chooses to leave, the test might actually be to measure one's ability to BE unconditional love in the midst

of all adversity. Or, for another who has already passed that test, the test could be to balance the female and male characteristics within. It all depends upon what the soul needs to grow.

The perceived weaknesses within the soul determine what the lessons will be. The weaker patterns within will determine the arena in which the person will be placed. The arena (situation) will provide the individual with opportunities to practice strengthening that part of the personality that needs strengthening. If the person has a predominant amount of feminine energy within and is not a “fighter,” then there is a strong likelihood that the test will require the individual to display assertive behavior, thus assisting the individual to align with the male energies within and bring a more perfect balance to the inner energy fields. If the person does not choose to accept the challenge because the former habits of relying on the feminine energy patterns are too great, then he or she will most assuredly face the test again in the future. This is so because the test relates to a particular vibrational frequency and must be passed before the soul can reach a higher level of vibration. This pattern—and the test—will then repeat itself until the lessons are learned. Each time the test appears, however, it comes with new faces. Each new scenario will also bring lessons ten times more exaggerated than before, allowing the individual many opportunities to practice the lessons until they are learned.

Once the lessons are learned, however, and the individual is actually behaving on a higher level, the soul radiates this higher frequency of Light and because of the Law of Vibration, will NEVER HAVE TO UNDERGO THOSE TESTS AGAIN. When one’s vibrational frequency is increased, the soul is free to take on tests of a higher nature that reside on the new level of frequency it has accomplished.

Knowing this to be true, now observe those who have trespassed against you. Because their deeds have served to raise your soul to a higher level, are they among those who have come to serve you or to harm you? If one forgives another for the illusions that appear to be so intense and goes inward to master the lessons of

the tests, then the individual progresses on the path to the Light at a much faster pace. Entry into the Fifth Dimension then is almost assured.

Only you can harm yourself, Dear Children of Light. No deed of another can harm you unless you give your power away. If you surpass all limitations and rise above illusion, you will give no power away and the Light shall protect and serve you. This is my promise to you.

Does this explanation provide you with another viewpoint regarding how important it is to forgive?

A SECOND GREAT PARADOX

The second great paradox is that "victims" who believe they are "winning," because they smugly declare they cannot forgive and choose to hold onto their anger, are actually losing. The individuals who have caused them pain still control their souls' vibrational levels by keeping them at lower vibrational states. When one cannot master forgiveness, the reality is that the other individual holds power over the soul by keeping it vibrating at a lower level. This continues for as long as an individual holds on to that lower state of mind that blocks him or her from seeing through the illusion. Therefore, the one who has trespassed against the other continues to hold the soul in bondage for as long as the "victim" allows this to happen. Of course, this pleases the ego immensely.

How simple is the solution, Dear Children of Thoth. How difficult to master the solution, however, when one is the plaything of the ego.

Let go! Let go! Let go!

By letting go and not allowing another's deed to imprison the soul, the individual experiences a higher state of consciousness and freedom, not yet experienced. In letting go and experiencing forgiveness, a lighter, happier feeling begins to overcome

consciousness and the mind begins to open to new ideas. This shift of consciousness fills the heart and soul with new hope. The heart's capacity for charity is then activated. A stronger faith results. All is guaranteed. Forgiveness then is THE KEY to understanding and experiencing the three ancient mysteries of faith, hope, and charity. Therefore, I say unto Ye:

Let go of all hatred and anger, and say thank you for the lessons and the opportunities to raise your soul's vibrational frequency into the Light. Without such an experience you would never be self-realized. Then love your opponent for making you the Master you are today. See your greatest enemy as your greatest friend, and rejoice that you have been sent such powerful teachers for they shall deliver you unto the Lord.

Adonai, My Beloved sisters and Brothers of the Light. I AM Sananda, sent by my Father to once again deliver you from bondage. Hear my words with your heart and allow my essence to penetrate your minds, and you shall see the Light all around.

Qadoish, Qadoish, Qadoish. Adonai Tsebayoth.

Go in Peace

SUMMARY

Forgiveness, or letting go of past grievances or actions, is the key to spiritual growth. When we cling to old hurts or wounds we imprison ourselves in a life ruled by lower vibrations, and we are destined to repeat the problems of the past. Forgiveness allows us to move to higher levels and to evolve in our spiritual growth.

- Forgiveness is the key to transformation.
- Forgiveness emanates from the heart. It is a state of mind that pierces a hole in the heart, allowing Light to penetrate consciousness.
- Ten percent of the world's population is currently experiencing Tests of Initiation; by 1997 another fifteen

percent will begin the process; by 2000 nearly sixty percent will be awakened; and by 2011, the entire population on Earth will be involved in the Tests of Initiation.

- Enlightenment, a state of mind that normally takes thousands of lifetimes to achieve, can be achieved in one lifetime if the person is motivated and disciplined.
- The statement "Ego is dead" is the statement for eternal life and entry into the Fifth Dimension.
- The strength of the opponent or the difficulty of the Tests of Initiation is a measure of the challenges that you are expected to overcome and master. Your enemies can be considered to be your best friends, for without these challenges to overcome, how would you ever earn mastery?
- Forgiveness is nothing more than "letting go."

Chapter 28

JOINING FORCES WITH THE ANGELS

Angels and ministers of grace defend us. William Shakespeare
Hamlet

Throughout time, history has recorded encounters with beings who reside in other dimensions and magical kingdoms. It is not by chance that every culture on Earth and every geographical area of the world has stories to tell about these enchanting beings. These beings have many names ranging from fairies, elves, and sylphs, to cherubim, seraphim, and archangels. They are not of human form; instead they are distinct life forms of their own, residing on other dimensions of time/space. In Sanskrit, one word summarizes the entire range of these kingdoms, and that word is Deva, meaning God, good Spirit, or beings of Light.

Although mystics and sensitives always have been able to "see" these beings, the majority of humans cannot. The Third eye of the average person is not opened, which prevents contact or awareness of their presence. Because most people cannot see these beings of Light, they receive little "press" or recognition by

the masses.

So what are the normal responses when questions about these beings are raised? Well, these responses seem to fall within the following categories:

4. **All stories about these beings are fiction.** The beings have been created by storytellers, including Biblical writers, over thousands of years. For example, the Angel Gabriel really did not appear to Mary, and that story was invented by one of the most creative minds of the day.
5. **All stories about these beings are imagined.** Even though communication networks were not present until this century, a miraculous coincidence has occurred that created nearly identical stories in every major civilization on Earth. (Obviously, regardless of physical boundaries or distances between individuals, the human psyche has the remarkable ability to imagine in identical ways.)
6. **Stories about these beings are real,** even though the majority of individuals cannot see them with their physical sight. They do exist in another dimension of time/space, but science does not yet have the technology to measure their presence.

It is clear that these traditional responses fit the options for a Third Dimension steeped in duality—yes or no. imagined or real.

This chapter approaches the topic with a clear recognition that the Devic kingdoms are real. Because the authors frequently communicate with these beings, no further debate regarding their authenticity will be presented.

The purpose of this chapter, then, is briefly to describe the membership of this kingdom and then to go one step farther and tell the reader how to make contact with these beings of Light. The intent is to foster an awareness of these beautiful beings with the hope that communications can be expanded in the future and more assistance can be obtained from them.

The unfoldment of the Devic Kingdoms is intricately intertwined with our evolution. Devas are a part of the feminine energy rising to meet us on our journey. The Fifth Dimension will bring us more of an awareness of the beautiful creatures residing in God's kingdoms. We must begin now to prepare the way for new realities to enter our lives and open to the joy that awaits us on the path. The house of the father has many rooms.

Angels have been around since the beginning of time. Their existence is recorded as fact in the bible. They have been the objects of numerous works of art and are the subjects of classical paintings worldwide. The word angel comes from the Greek angelos, meaning messenger. The angelic kingdom was created to serve God and to work in every capacity to fulfill this responsibility. Their job is to assure that God's entire kingdom runs smoothly and in accordance with the Divine Plan.

Angels are called Gods, watchers, servants, the holy ones, Spirits, the heavenly army, and hosts. In the bible, they are referred to as morning stars in the Book of Job, and as chariots of God in the book of Psalms. There are angels of:

The Devic Kingdom....These angels work with the elements of nature. Here, there are Devas of the earth, air, water, animals, fish, and birds, and even sunsets and sunrises, to name but a few.

Thoughts, Prayers, Virtues, and Enlightenment...These angels expand the positive thoughts that we emit and apply the right energy to those thoughts to assure their appropriate usages.

Healing. Theasing angels provide clarity and love and create the conditions necessary for humans to perform healing.

Churches, Organizations, Cities, Territories, Countries, and Races. These angels are responsible for assuring that all evolutionary patterns and responsibilities will be completed for the assigned group. The angel in charge of America, for example, is named Americus.

Protection and Guardianship.. These angels protect individuals in large memberships.

Evolutionary Patterns. These angels oversee each individual's evolutionary plan through all incarnations.

Karma.. These angels supervise all karmic patterns and debts that one has to experience in order to evolve and reach a higher consciousness.

The Service to Christ.. These angelic beings are preparing the way for the return of the Most Radiant One. They focus their energies on sending the Christ energies to Earth to raise its vibrational frequencies and to assure that the Divine Plan will indeed be fulfilled.

Technology and Equipment.. These angels oversee equipment, facilities, and technology. They report to the Hierarchy if technology and its uses are not being used in accordance with the higher plan. For example, Kuthumi stated that when the atom bomb was developed and detonated in World War II, a cry was heard around the universe that Earth needed assistance in its evolutionary cycle. It was these angels who sounded the cry that called the celestial forces to come forth to provide assistance to humanity.

Angels have been heard, spoken to, listened to, and observed by visionaries, prophets, and a few ordinary people. They are the messengers of God. Angels can appear in earthly or etheric form. Our children, the pure of heart, accept them unconditionally.

Some individuals see angels in their dreams, where their guidance is known to have helped many people through difficult situations. Their messages have come in many mysterious forms, including "coincidences" and analogies. Angels often guide souls by sending them messages in their dreams.

Further, angels have been known to facilitate spontaneous

healings, especially with terminally ill patients. When these incidents are reported (and often not until years later, for a variety of reasons), people claim that their energy and lives suddenly changed. One common occurrence is a shift in consciousness in which the person loses interest in worldly possessions and acquires a new interest in spirituality and a sense of mission.

Although numerous reportings of contact with angels have been logged, something happened over the centuries to diminish our belief in these beings of Light. In the past, few individuals paid attention to angels or even acknowledged their existence. When movies were made about them, there was an underlying, unspoken assumption that the movies were fiction. People scoffed and called these Spirits fantasies.

Today, however, there seems to be a renewed interest in these beings of Light. Television shows, book, and magazine articles abound with stories and testimonials of angels and their magical presence. At least this is true in America.

In spite of this renewed interest, many scientists and medical personnel believe that people who report sightings of angels are only experiencing hallucinations due to endorphins in the body. In their research, these scientists have found suggestions that the functions of the brain produce chemicals and patterns in the mind. They therefore assume that angelic sightings are merely imaginings---some type of chemical brain activity. Despite the fact that only five percent of individuals are diagnosed as being fantasy-prone, the scientists tend to dismiss all explanations for these reportings other than scientific ones.

How sad this state of mind is for humanity. The mystic and wise Initiates know that some things simply cannot be measured. They understand that measuring experiences is not the only way to prove their validity. Some things can only be experienced, such as love, for example.

What has happened to create this state of mind that closes so

many individuals down to their natural awareness? How could humanity, with all its advanced technology and knowledge, actually evolve to shutting out this Light and assistance? What dark force has been at work that has so successfully closed minds, reduce humanity to cynicism?

Since humanity is in charge of creating its destiny, and ultimately that of Earth, and since there is a spiritual awakening occurring on the planet, we can collectively change things. The fact is that angels are real, and they do intervene for us on Earth. They are a part of our force field of power and are here to assist us to become Spiritual Masters. Their Light is a chief Source of our power because their Light is a source of extraordinary love. Because of free will, however, we must choose to connect with them.

In one message, Master Kuthumi spoke of the employment status of the Celestial Command.

We await to be called into action by the Legion of Light Workers on Earth. The edict decrees we cannot interfere because of the condition of free will. This is a sacred condition, and we honor it.

The angels grow especially restless for they have so many gifts to bring. Their full potential lies as dormant as the trees in winter while they await the calls from Earth's Spiritual Warriors to join forces with their strength.

Call, Dear Ones, and call soon. Reduce the unemployment rate in the Heavens. If you oblige, we shall continue to serve you in acquiring new jobs to fulfill your mission.

According to Kuthumi, the angels are underemployed because humanity is not choosing to connect with their power and use their full potential to combat the negativity of Earth. He goes on to explain further that, when we call them to assist:

6. They are obligated to come.
7. They will come.

8. They command unique job functions and responsibilities.
9. They will assist us with our needs and wants.
10. They are smiling and kind, and Masters at giving love.

When connecting to the angelic kingdom, it is important to make our requests specific. For example, if we need assistance with healing, we should call upon the angels who tend to that specific area or need. Our prayers can send angels to help if their assistance does not interfere with karmic or dharmic law. Sometimes individuals are in situations to learn lessons designed to strengthen their souls. When this is the case, the angelic kingdom seldom will interfere; to do so could actually retard the soul's development and progress to the Light.

Never make a blanket call for all the angels in the universe to assist. Remember that they are obligated to come. Call only upon those whose assistance you require.

Psalms 91, verses 11 and 12, reads:

13. or to his angels He (God) has given command about you, that they guard you in all your ways
14. Upon their hands they shall bear you up, lest you dash your foot against a stone.

Angels take care of everyone and protect us from harm. They often take care of the spiritual body more than the physical one. At the time of death, they prepare one for the journey after life and then serve as guides on the way. Every major city also has a chief power (angel) guiding it, just as every major territory or country has an Ascended Master watching over its development.

There are nine orders in the hierarchy of angels and the Celestial Hierarchy. These are, from the lowest to the highest: angels, archangels, principalities, powers, virtues, dominions, thrones, cherubim, and seraphim. Each order has special duties that it performs.

Angels and archangels command a high rank in the hierarchy.

They guard people and all physical things and are also sent as messengers. Often they come to a planet or star system just to observe and collect wisdom. Sometimes they remain until the inhabitants reach a certain level of illumination, lending their Light to assist in this transformation.

Principalities protect religion and spirituality and serve as the angelic rulers of the nations of the world.

Powers thwart the efforts of demons to overthrow the world. They have received special authority from the Celestial Command to provide protection/

Virtues bestow excellence and merit in grace and valor. They also work miracles on Earth and are the principal beings who assist in healing.

Dominions are regulators of angelic duties. It is through them that the Majesty of God is manifested.

Thrones bring justice of god to us.

Cherubim each have innumerable subordinates in the hierarchical order who are charged with fulfilling the law according to the twofold principles of equilibrium and cause and effect. They sometimes are called the Recorders, and also the Rulers of North, south, west, and East. Often they appear in units of four. In Christianity, they are personified as the Recording Angels whose job it is to record each human's deeds in a great book. It is by these deeds that each individual is judged. The Cherubim also protect the throne of God.

Seraphim have six wings and surround the throne of God, where they ceaselessly sing, "Holy, Holy, Holy." They are the angels of love, Light, and fire. The Seraphim are the most ardent in Divine love and strive to inspire that quality in human beings.

We can invoke angels at any time and request their assistance.

Jesus said in Matthew 21: 21,22:

Therefore I say unto you, if Ye have faith and doubt not...whatsoever Ye shall ask in prayer, believing, Ye shall receive.

Master Kuthumi was asked to describe the angelic kingdom and its role on Earth today. He sent through the following message.

It is with great pleasure that I, Kuthumi, deliver a message about my distinguished celestial colleagues, the angels. Without fail, they sing the praises of the Most High and, for this reason alone, I am honored to deliver information that shall help even the most casual observer.

The angelic kingdom is considered to be the cosmic glue that assists all dimensional beings to become the Light. These beings have the patience of Job and understand the path to the Light even better than many on the Ascended Realms. Since most of them have never been embodied on Earth, they do not resonate with the remembrance of the five senses and how these tools for learning impact a soul's path to the Light.

Members of the angelic kingdom are the stepping stones to higher worlds. They compose the dimensional frequency that affects the soul and its ability to hear. All that is spoken by the Ascended Masters is heard by humans only because of the angelic assistance which adjusts the vibrational patterns of the causal body.

The term "guardian angel" is a truth, for each soul in the universe is assigned a guardian angel. This higher Light being is actually one with the Higher Self, which is what each soul in embodiment actually is. This concept is understood by few, and acknowledged by fewer, but that is of no consequence for this instruction. The point I make is that each individual, regardless of color, creed, or gender, is assigned the presence of a being from the angelic kingdom.

The angels are dutiful and they are committed to one thing: the

Light. For them, there is no other purpose for being. They see all and understand that each experience is designed for the soul's lessons to understand and integrate with the Light. That is all. Their agenda is easy to understand.

The radiance that shines from them emanates from pure God Force energy. It is so strong and intense that it cannot be perceived with the human eye. It can only be seen with the inner eye and the eye of the soul unless an individual has purified himself or herself through many lifetimes and moves to the vibrational frequency closer to theirs.

The angels are likened to work horses. They perform their responsibilities with great dedication and joy, for they understand that to fill the hearts with Light and love is the only purpose for existence. They are the guardians of the Light and understand that there is only one law: love.

Love is an elusive concept, but, for the angelic kingdom, it is the only thing they understand. They are incapable of judgment and can only administer the higher truths that vibrate on the spectrum of power that embraces the Christos energy. They are also the ambassadors of the Creator and perform flawlessly to assure that Divine Will rules.

The angelic kingdom is divided among a hierarchy that comprises precision and order. The layers of the hierarchy understand how to coordinate responsibilities and facilitate the master plan for Earth's transition into the Fifth Dimension. They are skilled in completing the responsibilities in the Light matrix and work to bring maximum benefits to Earth through all Children of Light who are connected to their essences.

It is the responsibility of the membership of the Order of Melchizedek in embodiment to make the connections to the angelic kingdom and begin to co-ordinate with them to bring God's plan to Earth. That is why both groups have come. They have come to unite to do God's will before the will of the ego. All have come to raise the vibrations of the planet into the steam of

consciousness that will eventually catapult the world into the higher dimensions of the new millennium.

The four Archangels blow the trumpets as the games now begin. Michael, Gabriel, Raphael, and Uriel stand positioned in the four directions to usher in the triumphant. They rejoice at the reawakening as the remembrance of victory moves to the forefront of consciousness.

Hear my words with your hearts, Dear Children of Light, and see with your inner eye the angelic kingdom standing ready to do your bidding. Unite with these chariots of fire and begin to do battle with the forces of darkness that try to consume your souls. Know that victory is assured through love and Light, and begin to embrace the darkness with the power that you know to be yours.

Learn of the hierarchy in the angelic kingdom and how to connect to their power. They carry the sword of Archangel Michael for your protection in the days to come. You are assured victory if you follow this plan.

Good tidings of great joy be yours in the days ahead.

Adonai, My Celestial Sisters and Brothers of the Command. I AM Kuthumi, your Messenger for the Divine.

John Randolph Price, in his book *The angels Within Us*, says he believes there are twenty-two angels charged specifically with guiding us as we travel our spiritual paths. Randolph cautions, however, that before we call these angels to us, we must prepare ourselves to work with them by clarifying our minds and intentions. He says there are four critically important steps we must take:

STEP ONE: Forgive ourselves for our past errors of thought and the negative things we have created in our lives.

STEP TWO: Evaluate ourselves---our personality traits and our attitudes.

STEP THREE: Totally surrender our minds, emotions, bodies, and

personal lives to the Spirit within.

STEP FOUR: Meditate, bringing our awareness into the presence of God.

After we have done this, we are ready to call the angels to us and ask for their loving help. This help frequently shows itself in uncomfortable or unexpected ways. Why? Because angels lovingly (and fearlessly) cut us loose from whatever is stopping our spiritual growth and progress toward the Fifth Dimension. You can suspect they are at work when:

- Life suddenly takes a new direction. You might be discovering new adventures and creativity or you may feel like you are losing everything you have accomplished over time.
- You feel an intense pull to move elsewhere, but you don't know why or where you should be going.
- You suddenly change careers in spite of a drastic cut in pay.
- You start taking responsibility for your own actions and feelings. You stop blaming other people, fate, or circumstances for things that go wrong in your life.
- You have a solid sense of knowing and of strength, peace, guidance, and renewed energy. You find life refreshing and exciting instead of stagnant.
- You laugh more and see yourself and everything around you through the delighted eyes of a child.

The time has come for us to reopen our third Eyes and to see with the same vision as the prophets of old. We must train our inner eyes to see what we cannot see with our physical eyes. When we strengthen our faith, we will "see" angels all around us. We can command angelic intervention and bring back the mysticism of the higher days.

SUMMARY

The point has often been made that we are never alone and that we have a variety of resources to call upon for reassurance, assistance, or learning. Angels constitute one of the groups that are available to us. Each of us has a guardian angel or a higher

Light being that is actually one with our Higher Self. They watch over us and provide us guidance on a continuing basis.

There are several other categories of angels who are assigned specific tasks. Angels communicate with the soul and help us to hear the messages of the higher realms. Angels are able to assist in combating the negativity of Earth. When called upon, they will come and assist us with our needs.

- Angels are messengers of God, and they can appear in earthly or etheric form.
- Angels intervene for us on Earth. Their Light is a chief Source of our power when we choose to connect with them, because their Light is a Source of extraordinary love.
- The angelic kingdom is the cosmic glue that assists all dimensional beings to become the Light.
- There are nine orders in the hierarchy of angels known as the Celestial Hierarchy:
- Angels and Archangels—guard people and things and are sent as messengers.
- Principalities—protect spirituality and serve as the angelic rulers of the nations of the world.;
- Powers---stop the demons from overthrowing the world;
- Virtues—work miracles on Earth and assist in healing.
- Thrones—bring the justice of God.
- Cherubim—fulfill the Law according to equilibrium and cause and effect and protect the Throne of God.
- Seraphim—angels of love, Light, and fire.
- Members of the Order of Melchizedek in embodiment are here to connect with angels and coordinate with them to bring about God's plan on Earth. Ultimately, this membership will

teach others how to do the same.

CHAPTER 29

THE ELECTROMAGNETIC GRID

We are made wise not by the recollections of our past but by the responsibility for our future. George Bernard Shaw

In Atlantis, an etheric energy matrix existed beneath the Earth's surface, providing a lattice network for such activities as telepathic communication and healing. This matrix was known as a grid, which is defined as a network of uniformly spaced horizontal and vertical bars or lines, especially one for locating points when placed over a map, chart, building plan, etc.

This grid was a system of electromagnetic frequencies created through worldwide linkages made by human thought waves and energy transmitted by the Earth and through crystals. The system followed a carefully designed global plan that was obviously intelligently thought out and detailed. It embodied the study and form of geomancy, which means the divination of lines drawn at random.

The electromagnetic grid existed for centuries and supported the higher-dimensional existence of the Atlanteans. It enabled life to exist in a higher form on the planet. It was an empowering system situated several feet beneath the Earth's surface. The electromagnetic grid was built by the Thrice-Greatest Geomancer and Master of earth known as Hermes Trismegistus and the High Priests and Priestesses of Atlantis who came to Earth to build a great civilization for this part of the galaxy.

The intricate landscaping produced by their efforts to connect the Heavens to Earth was completed in cooperation with the Elohim and the Devic kingdoms. It was based on the Hermetic Principles that form the basis for all manifestation. These principles are included in the Universal Laws, described earlier in this book. The effect of this grid ultimately was to connect humans to the earth

through the power of Spirit.

Today, we see the remnants of this miraculous accomplishment in the form of ley lines. These electromagnetic currents of energy once encased the Earth, connecting land masses and traveling under the seas. Architects, scientists, archaeologists, mystics, and others know these lines to be real, but have little physical evidence to support their existence. Some people believe that they can be located using the spiritual trigonometry techniques of Buckminster Fuller. Even if they can, it is impossible to create an acceptable scientific explanation of how these lines were created. Evidence of their existence and the power of their intersection points, however, can be tracked to such uses as:

- Guiding focal points for position cathedrals, pyramids, sacred structures, and other mystical objects, such as Stonehenge.
- Organizing Earth energies
- Facilitating UFO activities and sightings
- Guiding the migration patterns for birds
- Dictating volcanic activity
- Directing gravity and antigravity activities
- Defining the ridges on mountain tops
- Directing the movements of ocean currents.

The electromagnetic grid was the greatest spiritual accomplishment ever completed on the planet. It exemplified the highest human thought-forms of love interfacing with Mother Earth.

The primary purposes of the electromagnetic grid were to:

3. connect the spiritual Light Bodies of individuals; and
4. supply a free and unending amount of energy to those who were connected to it.

This was done by synchronizing brain-wave patterns to the currents of energy emitted by thoughts that were linked with the heart centers of individuals. Thus, frequencies were created that were connected directly to the Higher Selves and, consequently,

the Divine Plan. As a result, Earth's grid lines and the auric frequencies of individuals were clarified and purified, for all are connected in the macrocosm/microcosm.

Since the energy field created by these steps aligned with a higher frequency or spiritual attunement, this frequency automatically connected to Earth's Light network called "Christ consciousness" (another term for the God Force). This created a web of Light resembling a massive brain and nervous system, signaling and connecting the physical world to the etheric existence of the Higher Self. In this way, a highly evolved spiritual telecommunications system was created that could be used by all who had reached an enlightened state of consciousness.

Since there were so many awakened individuals in Atlantis who were connected to the God force, it was relatively easy to bridge connections of thought, mind, and heart through the Higher Selves. All individuals who walked the Earth with their Third eyes open were connected to this energy field because the resonance patterns of the Third Eye equaled that of Christ consciousness.

Hermes and other beings of Light first implanted celestial crystals within the etheric bodies of the High Priests and Priestesses and then within those of the Light workers of the hierarchy. These crystals contained symbolic and geometric coding from the Universal Language of Light that sent out frequencies to connect signals emanating from points of Light. This effort formed lines of Light radiating from their etheric bodies which connected to the Earth, forming the illumined web of Divine energy.

To determine which crystals would be implanted within the etheric bodies, the High Priests and Priestesses were matched using a selection process that assured compatibility to other souls. Matching was completed based upon membership in the individual's soul group and the ray upon which each entered embodiment. Crystals that matched select criteria were then implanted etherically within the lower eight bodies of these high Initiates.

After all etheric coding was completed, Hermes' team then positioned crystals (primarily clear quartz, although other stones such as rose quartz and amethyst also were used) beneath the Earth's surface. This step connected the High Priests and Priestesses, who carried the etheric implants, to the electromagnetic energies emitted from the crystals buried beneath the Earth. Individuals were then "charged" accordingly with a higher current of energy and eventually sent around the world, connecting designated points to sacred sites. Connections were accomplished by touch, and also by the physical presence of the High Priests and Priestesses, because their auras emitted energy rays that were higher than those of the other citizens of Atlantis.

These select emissaries of the divine journeyed to various lands and sites. Each time they visited foreign places, the currents of energy were made stronger. Throughout the centuries this process strengthened the ley lines, making them nearly impenetrable. The Light traveling through these lines was so pure and radiant that mystics and high adepts could see them with their Third Eyes. Earth's radiance could be tracked by Celestial Beings in the Heavens, and all who resided on this frequency used this grid for higher purposes. The grid truly connected the Heavens to Earth and formed the perfect Oneness. Consequently, peace, love, and Light abounded everywhere, for all of these attributes were connected to the Divine Plan.

That was the state of affairs when Atlantis was in its glory. But as history often reveals, things began to change. Certain individuals, not of the priesthood, began to rise to power and change the systems, which resulted in disaster. In time, Atlantis fell, and when it did, many of these great accomplishments were buried with the land underneath the ocean floor.

Reports (such as those written by Plato) reveal that Atlantis was magnificent during its height and glory. Some of the survivors, who were the keepers of this sacred knowledge on geomancy, settled in Egypt and the Yucatan, keeping a portion of the mysteries and knowledge alive. That is why these civilizations

were able to rise to great heights, also. Other souls drifted off into "the deep sleep," holding the sacred information within their Akashic Records until the time when history would reveal that the souls of the High Priests and Priestesses would reincarnate to rebuild Atlantis in the form of the Seventh Golden Age. That time is now.

The High Priests and Priestesses from Atlantis have risen. The souls of these beings who ruled Atlantis have reincarnated and presently are remembering what this electromagnetic grid was and what it stands for. Even now, they are traveling the world creating a NEW grid matrix for Earth.

Atlantis IS rising, just as the great "sleeping prophet" Edgar Cayce prophesied decades ago. This time, the purpose of the priesthood is to assist Earth to enter the fifth Dimension.

For the past several years, these souls (representing the Order of Melchizedek) have been actively involved in establishing a new electromagnetic grid, situated this time not under the Earth, but approximately three to four feet above its surface. Much of the old grid has been destroyed or desecrated, making it virtually unusable for the new world that is coming. Therefore, sacred sites are being created all over the world as energy fields to support the new matrix.

Rainbow energy fields are slowly emerging from Earth's crystalline structures deep below its surface. Gaia (Mother Earth) is awakening and moving out of slumber into a heightened state of consciousness. As more and more souls choose to receive the Universal Language of Light programming from etheric crystals implanted within the lower eight bodies, assurances arise that the New Jerusalem is emerging on Earth and humans are the co-creators of this celestial temple.

Soon the new electromagnetic grid will be complete. When this occurs, the etheric, cosmic doors that emerge will create entrance and exit points that facilitate interdimensional travel. Communication with the gods, just as in Atlantis, will become

"business as usual," And all who earn the higher vibrational frequency connected with the Higher Self will have access to this communications channel network.

Since Atlantis fell, the Order of Melchizedek periodically has sent to Earth some of its finest members who have incarnated to assist humanity to evolve. This was especially important during the Dark Ages, when consciousness was at its lowest. Usually only one soul embodied at a time, but occasionally they would incarnate in groups, supporting each other when an important mission, such as mass enlightenment or a great invention or literary work, had to be completed. Every time they embodied, these souls were so pure that they could remember how to connect to the Order's membership remaining on the etheric (the Ascended Masters). They would do so for the purpose of channeling great works, writings, and legacies for humanity's benefit and growth.

One need only review history to read the names of these great Masters who came to Earth. Souls like Pythagoras, Socrates, Plato, Hippocrates, Athena, Akhnaton, Isis, Jesus, Mother Mary, Buddha, Krishna, Mohammad, Shakespeare, Solomon, Moses, Sia Baba, Gandhi, and Quan Yin are only a few who were sent to earth by the Order. Jesus is called Melchizedek King in the scriptures because of his purity and perfect mastery of the laws.

The Order of Melchizedek has been guiding Earth's development from the beginning of time and will continue to do so in the future. Today, the Order is providing instruction and assistance to all who have the hearts to hear. It teaches individuals how to be free of limitations and pain, thus ending the struggle to evolve. The Age of Aquarius has promised this. It has been written; so shall it be done!

Hermes has returned, too, and once again is directing the establishment of the new electromagnetic grid that is destined to surround the Earth. The new matrix will be likened to a tuning fork as it vibrates and connects the higher consciousness of humans all over the world. It will facilitate the development of the

Adam Kadmon, or the emergence of the new human who is destined to walk the face of the Earth in the Seventh Golden Age.

Just as when Atlantis existed, conditions on Earth and in the universe are synchronized once again to support this endeavor. It has taken over 10,000 years for this higher frequency to be reached, because the Heavens have not been able to experience such an alignment until now. This perfect alignment has called forth the Great One himself to direct this miraculous project.

The electromagnetic grid is not intended to be part of a new religion. Instead, it is being created to develop humanity's potential by linking higher consciousness centers to the Christos energy. The grid will create a web of Light and focused human consciousness, vibrating on wave lengths that use the Universal Language of Light to transmit messages. It will be the super highway for evolution in the years to come. Some of the uses for the electromagnetic grid are to:

- Send love
- Heal oneself and others
- Increase telepathic powers
- Open the third Eyes of Initiates on the path to enlightenment
- Link the world in the concept of Oneness
- Send support to others
- Increase the soul's ability to do soul travel
- Access the Universal Language of Light
- Increase manifestation powers for self and others
- Empower individuals
- Strengthen Earth's magnetic field in the Light
- Support spiritual development
- Link humanity with Mother Earth
- Contact the Celestial Command (including the angels)

The Universal Language of Light contains 144,000 geometric symbols. It is the frequency coding that humans need to transcend third-dimensional thinking. It comes to us through our own Higher Selves and filters down to our lower eight bodies. This language carries the Divine blueprint for our individual missions

that replaces the will of the ego with the Will of God.

These geometric symbols presently are being encoded into human consciousness and our etheric bodies. This is being completed by the Celestial Hierarchy with all who have given permission to have it done. Coding resides on various wave lengths, so that individuals receive only the symbolic coding that matches their levels of consciousness. The lower the consciousness, the fewer the codes that can be down-loaded. The higher the consciousness, the more the codes that are implanted. The more symbols that one receives, the more responsibility for world service he or she is given in fulfillment of the Divine Plan.

The goal for Earth's ascension into the Fifth Dimension is to connect as many Light Workers to the grid as possible. We are connected to the grid through the solar plexus area. We can focus our energy, meditate on the Light, and send and receive important messages, energies, and manifestations.

THE ELECTROMAGNETIC GRID CANNOT BE MISUSED

The electromagnetic grid is an instrument of peace, co-operation, and love, and will be used to build this kind of world in the coming millennium. It cannot be misused because one must reside on a higher frequency to use it. No one residing on a lower frequency (for example, people who are greedy or wish to inflict harm on others) will be able to connect to it. When a person evolves to a higher level of consciousness, he or she will be incapable of inflicting harm, for the soul's new vibrational frequency will carry an agenda that no longer supports the lower behaviors.

The importance of the electromagnetic grid is that it provides Light Workers everywhere a tool for sending and receiving information and energies that can result in manifestations to serve the move toward the Fifth Dimension.

Here is an exercise sent through from Kuthumi to assist you in accessing this electromagnetic grid:

10. Sit with your spine straight and breathe deeply.
11. Calm your mind, body, and emotions. Stay perfectly centered at all times when using this force field.
12. Invoke the Light and your Higher Self to protect you.
13. Meditate on the Light.
14. Illumine the third eye by visualizing a bright golden Light within your head. Connect this Light with your heart center.
15. Connect to the Great Central Sun and the Earth Star through your twelve chakras and ground this higher radiant energy within your heart.
16. Visualize the electromagnetic grid connecting to your solar plexus area with a golden Light of energy. See yourself as part of this web and feel grounded in this sea of love and Light.
17. Send out impulses of energy and begin to receive, as well.
18. Expect that it is so! So Be It! So It Is!

SUMMARY

Hermes Trismegistus, with the elohim and Devic Kingdoms, built an electromagnetic grid system several feet below the Earth's surface that was used for centuries to support a higher-dimensional existence on Atlantis. After the fall of Atlantis the grid was damaged, and the remnants are known to us as ley lines. The grid connected the Light bodies of individuals to each other and to the Earth, provided a free and unending amount of energy to those connected to the grid, and connected the physical world to the etheric existence of the Higher Self. It also formed a telecommunications system which could be used by all who had reached an enlightened state of consciousness.

For the first time in 10,000 years, Earth has reached a frequency that supports a new electromagnetic grid, to be built in support of the Seventh Golden Age and upon entering the Fifth Dimension. The new grid will be approximately three to four feet above Earth's surface, and sacred sites are being created as energy fields to support the new grid matrix.

The new grid will:

- Create entrance and exit points for interdimensional travel;
- Facilitate communication with other Initiates and enlighten people worldwide;
- Generate wave lengths that use the Universal Language of Light to transmit messages;
- Transmit our divine blueprints for our life missions.

CHAPTER 30

INITIATION

That which we do not confront in ourselves we will meet as fate.
Carl Jung

No book on self-empowerment such as this one would be complete without an explanation of the Levels of Initiation. Levels of Initiation are the tests that all spiritual seekers must complete on their journeys. They are tests of the soul.

These tests are completed through a step-by-step process and are designed to strengthen the physical, mental, spiritual, and emotional bodies while facilitating change within each of them. Each individual's tests are unique, depending on the lessons needing to be learned. One of the conditions for passing these tests is, ultimately, self-control.

Initiation means acquiring spiritual consciousness and using this knowledge to guide higher energies and powers into and through one's body. It also implies omniscience and omnipotence. Therefore, command over the mental and emotional bodies is imperative, and the male and female energies within must be balanced. Initiation is also the merging of the Higher Self with the lower eight bodies to facilitate the flow of this power.

Remember this quotation:

OF ME I DO NOTHING, IT IS THE FATHER (MOTHER) WITHIN ME THAT DOES IT ALL.

This statement by Jesus is an excellent example of his understanding of this merger and the power that comes with it. In Far Eastern religions, this power is often called Kundalini. It is buddhi and considered an active principle. It is an electromagnetic force that, when aroused, has the power to kill as easily as it can create.

In the past, few souls passed their Tests of Initiation because there were not many opportunities to learn them nor were there Master teachers from whom to receive help. For centuries, this knowledge was deemed so threatening to those in power that rulers often attempted to destroy both it and the teachers who were perpetuating it. In some parts of the world, individuals were forced to move underground and conduct secret meetings to keep the knowledge alive. In other areas, mystery schools were formed that allowed only those who had reached a certain level of spiritual consciousness to be admitted. These schools often were reserved for the High Priests and Priestesses who incarnated for the sole purpose of perpetuating this knowledge for the world.

At present, most individuals are conscious to a degree that corresponds to the resistance of their nerves and physical bodies. When higher spiritual powers begin to flow through the physical body, many patterns, beliefs, and emotional blockages will be changed. Since this must be accomplished without injury to the physical body, the person must be ready to receive this power.

Initiation should never be requested until the person has experienced all of life and is in a position to control this power as it enters the lower nerve centers. If all is not in alignment, the energy can be so powerful that it actually can harm the individual and the lower, subtle bodies. If individuals seek initiation too soon or too quickly and do not pass their Tests of Initiation, the soul may sink to a state even lower than that in which it originally incarnated.

Achieving initiation takes years of dedication, discipline, and concentration. It requires that one learn the lower curricula before the higher are introduced. For most individuals, this process takes thousands of incarnations. The soul needs to experience all aspects of life, while choosing a different role each time. For only a few can initiation be accomplished in much less time.

Many old souls have incarnated on Earth today for one purpose—to pass their Tests of Initiation, which will grant them ascension to higher levels. Deep down, each of these souls knows that this is the last lifetime in which they must come back to Earth. Next time, if they return, it will be by choice. The race is not won yet, however, because each time a soul returns, it must be tested. No one is granted safe passage until the tests are completed successfully.

The Levels of Initiation through which we all must pass to enter the higher realms and dimensions are described in this chapter. Never before has this knowledge been revealed in such a form for all to see. THE TIME IS NOW, says Ascended Master El Morya, for this information to come forth. In this age of transition into the Fifth Dimension, all souls must choose which path they will follow. This information is brought into the Light for all to read, with the intent that this firsthand knowledge will help more souls to choose the path of the Spiritual Warrior.

There are twelve Tests of Initiation. They are:

Level 1. The state of beingness that allows the individual's nine bodies to maintain normal functions. This is the time of birth (and general awareness), where the world is seen as an extension of oneself.

The decision concerns unfoldment.

Level 2 . The moment one first senses detachment from the Source of the All. This constitutes the moment when the individual begins the journey in the physical world.

The decision encompasses the development of ego.

Level 3 The cry for assistance from the innermost reaches of the mind, when individuals believe that they are separate from one another and begin to search for ways to belong once again.

The decision constitutes selection of companions.

Level 4. The shift of awareness when one understands that there is a greater power and looks to the Heavens with sincerity and asks to become one with this power once again.

The decision demands integrity of purpose.

Level 5 The state of consciousness when one makes a commitment to serve the Creator of the All, and understands that this commitment will require many things in life to change.

The decision includes walking the path of higher truths, and eliminating past weaknesses and blockages that only nurture the illusions around.

Level 6 The moment of action when one stands by the new truths and values and moves into the physical world with new-found courage.

The decision includes making a statement in the physical world which supports the choice.

Level 7 The period when the Initiate undergoes a test of power which is designed to strengthen the will and which brings about an understanding of Universal Laws.

The decision involves searching the soul for answers and listening to one's inner voice for guidance on the right direction to follow.

Level 8 The time when relationships are challenged and the Initiate learns that the only true relationship of significance is the

relationship he or she has with God.

The decision requires that one learns unconditional love.

Level 9 The test that develops manifestation powers from within and includes the period of examination which reveals how one will use these powers in the world.

The decision encompasses the choice to let go of ego completely and to serve humanity in the name of the One.

Level 10 The period of stillness within the heart that allows the universe to work through the Higher Self in the creation process.

The decision involves a state of higher consciousness called euphoria, and the relationship this has to the physical, manifest world around.

Level 11 The state of beingness whereby one journeys interdimensionally to other places of the Most High and uses these experiences for benefiting humanity.

The decision requires one to separate the nine bodies and to commit to the One.

Level 12 The state of enlightenment whereby the One is within and the Light permeates the essence.

The decision requires one to begin the process of unfoldment once again, only on higher planes of existence. It demands that the Initiate assume responsibility for the commitment made and to journey to other worlds to assure that a higher vibration will encompass the world whence he or she has come.

The first five levels are normally acquired quite naturally in our earlier years. It is at the sixth level that the Initiate is required to make a commitment to the path of spiritual consciousness. The decision made here is critical because it determines the course of

the entire journey thereafter. (These Tests of Initiation are detailed in the newsletter Celestial Voices. See the back of the book for further information on how to order these.)

Once a person embarks on the spiritual path, many challenges and tests, in addition to those described here, are brought to the individual. These are not to be considered forms of punishment. Instead, they are to be received as opportunities for growth. The saying goes:

You can tell the level of spiritual mastery you have achieved, by the level of the test that will be brought to you.

So, if you are a person who has been greatly challenged lately, and you feel that the whole world is caving in around you, feel honored! The greater the tests, the greater the compliment. In order to pass the tests, the individual must go inward and find out what lesson is to be learned. The lessons never include the obvious. They always concern issues relating to the soul's growth, such as learning patience, forgiveness, or unconditional love, or acquiring sensitivity, strength, or assertiveness to strengthen the will. One must journey inward to find these answers, and will not escape the tests until the appropriate level of behavior is mastered. If you do not learn the lessons the first time around, the tests comes again with new faces and situations. The only drawback is that it arrives ten times stronger. Therefore, learn the lessons as quickly as possible. Begin now to control your mental and emotional bodies and stay calm and centered at all times, and you will accelerate your path into the Light and into mastery. It is then that The Light Shall Set You Free.

Have a wonderful journey.!

SUMMARY

Our spiritual journey, like our life journey, is developmental. We experience various steps or levels as we progress through stages of mastery. The Levels of Initiation are the tests that the souls of the spiritual seekers must complete. The tests are provided to

strengthen our physical, mental, emotional, and spiritual bodies while facilitating change in them. Passing the tests requires discipline and command over our mental and emotional bodies and the balancing of female and male energies. Initiation also is the merger of the Higher Self with the lower eight bodies to support the flow of power.

Initiation requires years and lifetimes of effort. One must learn the lower curricula before the higher are introduced. For most individuals, this process requires many incarnations.

Tests of Initiation are tailored to meet the needs of the soul, but there is an overall pattern or sequence of twelve levels of Initiation. The first five levels of initiation are passed by most persons as they are born, develop their sense of self or ego, seek belongingness with a companion, develop a desire to become one with god again, and make changes which are needed for their spiritual development.

Levels six through twelve are more difficult, requiring intentional effort and discipline. Briefly, they move through taking a stand and speaking one's truth; undergoing a tests of power that assists understanding of the Universal Laws; learning unconditional love; using one's power to serve humanity; waking through the Higher Self in the creation process; seeing interdimensionally; and achieving enlightenment.

We make our journeys easier when we control our emotional and mental bodies, stay calm and centered at all times, and learn the lessons the first time they appear. Passing the Tests of Initiation and meeting higher levels of mastery prepares us for new and higher levels of service and mastery.

EPILOGUE

If we live the right way
And let the Light into our hearts and minds,
The whole world becomes alive.

The world is a lovely garden,
Full of dreams, life, and beauty.
It is a special place shared by many kingdoms,
And the one place where all can connect and grow together.

GLOSSARY

Adam Kadmon

Sons and daughters of Light who are evolved beyond the body form and are manifestations of Light. In this exalted state, they are the extensions of god and exist as energy Beings of Light who have the ability to create with thought and word.

Adonai

Hebrew word for the Lord. A manifestation.

Angels

Supernatural beings who have great intelligence and power. They are guiding influences and spirits, such as the Guardian Angels, who watch over each soul in embodiment. Angels are generally regarded as good, innocent, powerful, and beautiful, and may intervene to protect us from harm. There is a hierarchy within the angelic realms that constitutes many levels of power. Angels, Archangels, Principalities, Powers, virtues, Dominions, thrones, Cherubim, and Seraphim.

Negative forces also claim to have angels, such as Lucifer, the fallen angel, who was cast out of heaven at God's command by Archangel Michael.

Akashic Records

Chronicles of all that occurs in one's life. Everything is inscribed in the akasha, which is etheric energy vibrating at a frequency that records all of the impressions of life, whether created in or out of embodiment. Any individual can learn to access these records by

developing inner sight.

Arcturians

Fifth-dimensional beings who claim they are from the star Arcturus in the Bootes constellation.

Ascended Masters

Those who have mastered time and space and gained mastery of the self, fulfilled their divine plan, and ascended into the presence of God. There, because of their great love, they receive new directions to teach in many worlds.

Atlantis

A highly evolved ancient civilization which developed and used advanced technologies such as those we are learning about today. The civilization misused some of the technologies by not integrating spiritual practices into their use and was destroyed by earthquakes and other cataclysms. The continent of Atlantis sank into the Atlantic Ocean on three separate occasions. Some Atlanteans escaped and went to such places as Greece, Egypt, and Central America.

Beings

A term used to denote the existence of Light beings, such as the Ascended Masters, Arcturians, or other species from different star systems. A life form, just as humans are one of the life forms ensouled on Earth.

Bodhisattvas

Buddhas-to-be. Those who aspire to become Buddhas have to perfect within themselves the following characteristics during several lifetimes: morality, charity, renunciation, wisdom, patience, truth, effort, determination, universal unconditional love, and composure.

Celestial

The Heavenly realms which are beyond third-dimensional sight. The home of beings not incarnated.

Chakras

The ethereal body's sense organs, as defined by such Far Eastern organizations as the Theosophical society. Chakras resemble energy vortices. There are several in the body, visible to clairvoyants only. Of these, it is advisable to use only seven when aligning the spiritual body on a daily basis. Each of these seven chakras vibrates at the frequency of one of the seven colors in the rainbow, which combine to create white Light.

Children of Light

Humans progressing on their paths of spirituality who seek the Light and are guided by it.

Christ Consciousness

One of the early stages of spiritual development. The intellectual capacity for knowing Christ and our creator. It leads to the spiritual urge to find God or Christ (Christ-seeking) and the craving to do Christ's and God's will.

Codes

The symbolism used by the Tribunal Council of the Galactic Command to deliver the keys that contain the secrets to the power held by the Atlantean Masters of over 10,000 years ago.

Commanders

Starseeds working for the Galactic command to help carry out the plan for assisting planet earth and her inhabitants in the transition into the Fifth Dimension.

Cosmic Beings

Beings from other universes and galaxies

Creator of the All

Another name for God.

Dharma

This cosmic law defining the natural and moral principles and order that apply to everything in existence. Dharma defines the destiny of each soul that comes into Earth embodiment.

Dimension

A plane of existence that can be subdivided into seven primary parts, each comprising a specific agenda that makes up the curricula of that plane.

Electromagnetic Gridline

An ancient Atlantean underground grid (developed by Hermes) for mental and spiritual communication, which was energized by crystals, special stones, and objects. It is now being reconstructed around the world as a crystalline web of Light, above the surface of the Earth, to be used as a source of connection and communication among spiritual Light Workers who believe in its power and worth.

Energy Field

Area charged with electromagnetic energy that surrounds a being or object. It may be positive, negative, or both.

Etheric

The all-pervading essence of creation, filling all space and interpenetrating all matter. The holder of all unseen events. All things exist first as ideas or thought-forms in the etheric before manifesting into the physical. Also referred to as ethers.

Ethers

See Etheric.

Galactic Command

A fleet of starships composed of Masters and Celestial Beings from numerous galaxies and ruled by the Ascended Masters of the Great White Brotherhood (White meaning white Light) who are helping earth enter the Age of Aquarius. These beings travel the universes and have the capability to influence and direct God's plan for continued evolution. They are highly advanced, and do not necessarily appear in a third-dimensional form. They have assisted Earth on her evolutionary path since the beginning.

Golden Age

Any age when Earth moves to a higher consciousness and the people on Earth live in greater peace, harmony, love, and abundance.

Golden Liquid Light

A phrase synonymous with God. It is the pool of electromagnetic energy that is the creator of everything that exists. It is called liquid because it moves continuously like a fluid and cannot be contained. See also Prana.

Great Central sun

The center or core of white fire from which the spiritual/material universes emanate. In the past, Sirius, the dog Star, has been the

focal point of the Great Central Sun in our Section of the universe. Over time, however, this position changes because of the precession of the equinoxes.

Guides

Those who walk beside our souls and assist our spiritual growth.

Higher Self

The Christ Self, the I AM presence, the exalted form of selfhood. The Light body that surrounds our physical bodies and contains the power of the God Force.

I Am Presence

Same as the Higher Self.

Karma

A universal law of cause and effect summarizing the totality of an individual's actions in any single successive state of existence. Karma also is defined as the physical, mental, and spiritual lessons that return in any lifetime to provide opportunities for the soul's growth. Loosely used, it means fate. Karmic paths are the journeys humans take that teach many lessons.

Keys

The clues that unravel the mysteries of the secrets of the power of Atlantis and, ultimately, creation.

Law of Attraction

This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like energies. Negative energies attract negative energies and positive energies attract positive energies;

Law of Cause and Effect

This Universal Law states that nothing happens by chance or outside the Universal Laws. Every action has a reaction or consequence and we “reap what we have sown.”

Law of Compensation

This Universal Law is the Law of Cause and Effect applied to blessings and abundance that are provided for us. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and blessings.

Law of Correspondence

This Universal Law states that the principles or laws of physics that explain the physical world—energy, Light, vibration, and motion—have their corresponding principles in the etheric or universe. “As above, so below.”

Law of Gender

This Universal Law states that everything has its masculine (yang) and feminine (yin) principles, and that these are the basis for all creation. The spiritual Initiate must balance the masculine and feminine energies within himself or herself to become a Master and a true co-creator with God.

Law of Perpetual Transmutation

This Universal Law states that all persons have within them the power to change the conditions in their lives. Higher vibrations consume and transform lower ones; thus, each of us can change the energies in our lives by understanding the Universal Laws and applying the principles in such a way as to effect change.

Law of Polarity

This Universal Law states that everything is on a continuum and has an opposite. We can suppress and transform undesirable thought by concentrating on the opposite pole. It is the law of mental vibrations.

Law of Relativity

The Universal Law states that each person will receive a series of problems (Tests of Initiation) for the purpose of strengthening the Light within. We must consider each of these tests to be a challenge and remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to others' problems and put everything into its proper perspective. No matter how bad we perceive our situation to be, there is always someone who is in a worse position. It is all relative.

Law of Rhythm

This Universal Law states that everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's universe. Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness.

Law of Vibration

This Universal Law states that everything in the universe moves, vibrates, and travels in circular patterns. The same principles of vibration in the physical world apply to our thoughts, feelings, desires, and wills in the etheric world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.

Light Body

The individual's electromagnetic body existing in the etheric. It is the real body that provides the blueprint for the physical body and allows interdimensional communication.

Light Workers

Spiritual believers who actively work to bring love and Light to Earth.

Lion of Judah

A name given to Jesus signifying that his teachings were Divine truths emanating from the Tribe of Judah. The Prophet Daniel recorded the vision of a winged lion rising out of the sea. An interpretation of this vision is that, in the coming millennium, divine wisdom and truth will rule and a new spiritual world will be born.

Love

An electromagnetic force which encompasses the totality of the All. Energy emanating from God that creates life.

Mandala

A circular pattern with concentric, geometric symbols and forms that represent the universe. Although traditionally from the Hindu and Buddhist religions, mandalas are used in many traditional practices for meditation purposes.

Masters

Men and women who have evolved spiritually, transcended their fellows, and who assist in ruling the world. Adepts.

Merkabah

Vehicles of Light structure encasing the Earth that is used as the means of communication between the ascended Masters and the

members of the Order of Melchizedek in embodiment. According to some, this structure includes individual units situated over and around individual Light workers. Each unit is approximately fifty-five feet in diameter. These units are tetrahedrons with the two halves spinning contrary to each other, and must be activated to receive the maximum benefit of their use. In other instances, these units of Light resemble teardrop diamond cuts.

Metaphysics

The philosophy that applies to the spiritual world. The belief that the world above and the world below are in correspondence.

Most Radiant One

The Ascended Master who is said to be Jesus the Christ or Sananda. The Supreme Commander of the Celestials who oversee Earth's transition into the millennium.

New Age

An age of spirituality and Oneness. Some refer to this age as the millennium that is approaching in connection with the Second Coming of Christ.

New Jerusalem

The emerging title of the United States for the future. According to the Ascended Masters, the people in the United States are responsible for processing information and spiritually awakening people worldwide so that collectively we may bring earth into the fifth Dimension.

Order of Melchizedek

A bonded group of spiritual and incarnated souls working in the Light to carry out god's plan for the universe.

Prana

The life support energy system of the universe. Also called the Golden Liquid Light.

Precession of the Equinoxes

An astronomical effect of the gradual shift in the Earth's axis of rotation which produces a westward movement and shifting of constellations around the celestial sphere. Approximately 25,800 years are required to complete the cycle. The Earth stays in each "age" (Pisces, Aquarius, etc.) for over 2,000 years. The precession is caused by the sun's and moon's attraction as a result of bulges around the Earth's equator.

Qadoish, Qadoish, Qadoish, Adonai Tsebayoth

Holy, Holy, Holy, Lord God of Hosts. One of the most powerful phrases that can be uttered to glorify God.

Reincarnation

The rebirth of the soul in a new body. This concept also incorporates the belief that the soul reappears in another form after death.

Sai Baba

In the late 1800's a fakir, who could perform miracles, lived in India. His name was Sai Baba, a name given in respect to those who have earned it. He offered spiritual teachings to many of various religious backgrounds. Upon his death, he told one of his followers that he would return in eight years in male embodiment and implied that they should look for him. On November 23, 1926, eight years following Sai Baba's death, a male child was born with great supernatural powers. He has risen once again in India and is presently sharing his wisdom, miracles, and spiritual

teachings with millions of devotees from all over the world. An Avatar, presently on Earth, who holds the Christ consciousness for the world..

Seventh Heaven

The Seventh Dimension and home of highly spiritually evolved souls.

Shamballa

The etheric city, said to be over the Gobi Desert, that is the home of the Ascended Masters.

Soul

An entity regarded as being the immortal or spiritual part of a person. The moral or emotional nature of humans. Though it has neither physical nor material reality, the soul is credited with the functions of thinking and willing, and, hence, of determining all behavior. The vehicle that transports the memories, lessons, and accomplishments of the individual. The soul holds together the Light of our nine bodies; the physical body, mind, emotions, and actions of an individual reflect the soul's evolutionary progress.

Spirit

The animating principle carrying with it the idea of power. It is a living energy and mystic force emanating out of the etheric realms.

Spiritual

Matters having to do with the soul and connection to the spirit of the Creator.

Starseeds

Souls from other planets, star systems, or universes who

answered a call for assistance and agreed to come to earth to help with the healing and transformation of this planet. Individuals in embodiment who presently are working with the ascended Masters and the Galactic command to help fulfill God's divine Plan of bringing peace, harmony, and love to Earth.

Terra

Another name for Earth, sometimes used to describe Earth after the completion of the planet's transformation into a star.

Third Eye

The "psychic" eye located in the middle of the forehead between the eyebrows. Also, the location of the sixth chakra. A connection to spiritual energy that can be activated by meditation and awareness to produce second sight or extrasensory perception. The inner eye of God.

Vibrational Frequency

The rate at which the atoms and sub-particles of a being or object vibrate. The higher this vibrational frequency is, the closer it is to the frequency of Light.

Vortex

A magnetic grid system entrance and exit point where magnetic and spiritual energies flow back and forth at vibrational levels outside of Earth's normal operations and physical time. Sensitive individuals, upon entering these areas, feel the differences in their energy levels. Some experience lightheadedness, loss of concentration, or other such sensations.

Yin and Yang

The broad or universal expression of female (yin) and male (yang) energies. The yin expression is creative thought, and is receptive, nurturing, and intuitive. The yang expression is

outer-directed, seeking, and questing, and is the action that carries out creation.

CHAPTER 9

LAW OF DIVINE ONENESS

Spirit is the essence of consciousness, the energy of the universe that creates all things. Each one of us is a part of that Spirit—a Divine entity. So the Spirit is the Higher Self, the eternal being that lives within us. Shakti Gawain

Our thoughts, our visualizations, and the language by which we express our thoughts are some of the most powerful tools we have for spiritual growth. Just as God, or the ALL, creates with mind, so do we as human beings. Thoughts create, and constitute the basis for all there is because thoughts are vibrations before they become thoughts. We then express them as the energies of words, emotions, and actions. In this way we interact with the world and carry out our life activities.

The Law of Divine Oneness helps us understand that we live in a world where everything is connected to everything else. Everything we do, say, think, and believe affects others and the universe around us. As we grow spiritually, we learn how to transmute negative thoughts, words, emotions, and actions into positive ones. Thus, we not only manifest a better environment for ourselves, but we also help create a world that is consistent with the One.

To assist us now on this journey, Master Athena explains the Divine Concept of Oneness in the following way.

Greetings to all Aspirants who wish to become self-realized in the Light.

I, Athena, am pleased to be selected to work with Master El Morya to deliver the ancient wisdom of Hermes Trismegistus, better known to the Egyptians as Thoth, on the universal principle of the Divine Concept of Oneness. I fulfill this assignment with my heart connected to the Great Central Sun which provides me with the connection to the Divine. It is this lifeline, through the Higher Self, that shall bring forth the highest frequency of information to the reader of these words.

To the students of this lesson, one directive is given. Feel the message with the heart center, rather than receive the words in the mind. Absorb the Light that comes with the message, and in so doing, you shall begin the journey of becoming self-realized in the Light.

It is now time to allow the information to flow from the mind of the Creator.

The Divine Concept of Oneness is the Universal Mind. It is the realization that ALL IS MIND and the universe exists within this field of pure energy and Light. All is consciousness—the planets, the suns, the animals, the plants, the minerals, and all beings of multidimensional forms who grace the Creator's kingdoms. Nothing escapes this principle, for all is composed of the same substance at the subatomic level.

It is here, at the subatomic level, where the Oneness Concept sustains the life force within, and it is also at the level where higher consciousness is realized, for all is mind energy in the universes and all is information which can be reduced mathematically.

This field of mind energy is sometimes referred to as the Golden Liquid Light, or otherwise known as prana, chi, or life force energy. This field is accessed by individuals by silencing the active mind. This state reduces the number of electromagnetic signals

emitted by higher mental actions. Silence allows the nine bodies to align with the perfect code that locks the individual into this force field.

Once an individual resonates to the frequency of Divine Oneness, the mind connects with symbols and patterns that reside in this force field. These, in turn, enable the mind to use this connection for creation and manifestation. The key to accessing this “power” lies in the person’s ability to remain totally calm, balanced, and at peace during all situations.

Mind, body, Spirit, and Earth are all interconnected within the Golden Liquid Light. They are all one, yet each affects the other in subtle ways. Humans moving into the Fifth Dimension must understand this concept, and also understand the subtlety of the mental body’s and mind’s influences on the creative process. This is especially true for scientists. If this is not understood, evolution will be stalled and chaos will result, causing pain to those moving through this portal of time/space.

A magnetic flux exists in the universe which will be experienced more fully when Earth is integrated into the Fifth Dimension. It is sensitive and fluctuates easily through the stimulus-response patterns being emitted constantly by various energy sources. For example, whenever there is a disruption in the force field, a momentary disturbance is created in the magnetic resonance patterns around individuals. The cycles of the moon and the subsequent effects on human behavior illustrate this point. When such disturbances occur, information received by individuals is disrupted, and the mathematical symbols are disturbed. This causes “inaccurate” information to be received and assembled within the mind.

I place the word inaccurate in quotation marks to make a point. In reality, no information received is inaccurate, because all information is received as a result of the magnetic patterns that form around an individual. Students of Universal Laws know this to be true and recognize that this statement is in reference to the Law of Attraction. By using quotations, I emphasize that

information exists that is more stable and conducive to the growth of the individual's nine bodies, and that this greater wisdom can be accessed through higher vibrational patterns within the Divine Mind. When an individual is calmer and more stable, his or her ability to receive higher forms of information with fewer distortions is increased. Therefore, information received under these conditions is deemed to be more "accurate."

Another way to assist one's understanding is to provide another explanation. Accurate also can be defined in terms of information received through stages of the evolutionary development of the soul. What is understood and accepted as truth and accurate in one phase of development is discarded later as the person evolves into higher fields of understanding. Thus, this explains how science has evolved throughout the centuries. As wisdom and knowledge expand and become stabilized, concepts are received at higher levels of understanding and development. This, then, changes the face of truth.

Awaken, my Sisters and Brothers of the Stars! You are the spark of Divine Creation, come to Earth to be the co-creators with God. Remember Oneness!

All is mind. All is thought. All is the All.

In the Universal Mind of Oneness, I, Pallas Athena, born out of the mind of Zeus, conclude this discourse. So Be It!

SUMMARY

Everything in the universe is connected in a force field of Oneness. All is consciousness. All is God. Since we exist within this field, we are one with it. Therefore, our thoughts, feelings, words, and actions are powerful forms of energy.

Some concepts to understand are:

- ALL IS MIND. Since we exist in this field of Divine power, we are one with it.

- The field of mind energy often is referred to as Golden Liquid Light, prana, chi, life force energy, God, or the God Force.
- The most powerful tools for spiritual growth are our thoughts, visualizations, and language. Thoughts have the power to create.
- The key to accessing mind energy is the person's ability to remain calm, balanced, and at peace in all situations.
- We are the co-creators with God, come to bring Heaven to Earth through right use of the connection to this force field of Oneness.

CHAPTER 10

LAW OF VIBRATION

Nothing rests; everything moves; everything vibrates. The Kybalion

Everything in the universe is in motion, whether solid, liquid, or gas. All things move, vibrate, and travel in circular patterns. Each thing that exists is identified by its own unique vibrational frequency. Frequency is defined as the number of periodic oscillations, vibrations, or waves per unit of time.

No two things in the universe are truly identical, because each has its unique vibrational pattern. The differences between matter and energy are explained primarily by the differences in these vibratory motions. Phenomena such as light, heat, magnetism, electricity, and sound are forms of vibratory motion, just as trees, desks, flowers, and animals are.

When things vibrate very slowly, we hear no noise. Physical objects vibrate slowest, which is why we cannot hear any sounds emanating from them. As vibration is increased, we begin to hear lower-pitched sounds. Further increases in vibration allow us to hear higher-pitched notes, as when we strike the ascending keys of the piano. If vibrations increase further, to a higher frequency,

we may not be able to hear the sound because it may have moved out of our ability to register the frequency.

So it is with our ability to see color. We are limited in seeing only the colors that are contained within the spectrum of Light—the rainbow. Our first perception of color is of a dark red. As vibrations increase, the red becomes brighter, then turns to orange, and then to yellow, green, blue, indigo, and violet. Violet vibrates higher into ultraviolet where we no longer have the ability to see the color, just as we cannot see infrared with the naked eye.

The same principles of vibration that apply to the physical world also apply to us and to our thoughts, feelings, desires, and will. We each have our own unique sound, say the Ascended Masters, and that perfect sound is who we really are. If we could become still long enough to connect with this sound, we would discover our true, perfect self.

Disruptions in our lives, our life-styles, television, radio, people and noises in general all serve to keep us from hearing that perfect sound within and from becoming it. Many of the vibrational frequencies in the world work to compete with and disrupt our mental and emotional states, keeping us from connecting with the perfection lying dormant inside.

Our thoughts, emotions, and wills send out vibrations into the universe. Every thought or mental state has a corresponding rate and mode of vibration. The higher the vibration, the longer lasting the effects are. The lower the vibration, the more potent the effects are in the short term.

In the higher dimensions, such as the Fifth Dimension, the Law of Vibration is considered to be “what is.” In these dimensions, nothing is assigned meaning, only a frequency. Thoughts, emotions, behaviors, and actions are understood for the level at which they reside. An angry person is analyzed objectively as being angry, with no value assigned to the behavior. An effort is made to try and understand the behavior, and perhaps a plan is

prepared to try and raise the vibrational frequency to a higher level, thus transmuting the anger into something less painful.

We live in the Third dimension, the plane of dichotomies, which reflects most things as good/bad, black/white, or yes/no. Because our identity is associated with this mode of operation, most of us have a characteristic style of optimism or pessimism. Optimism resides on a higher frequency and pessimism resides on a lower frequency. Optimists tend to expect more of the world. This is communicated to others and is likely to be realized. Pessimists expect the negative. They anticipate gloom and doom and actually help create it. Our basic style is important because whatever we choose creates a vibration that goes out into the collective consciousness and helps either to raise Earth's vibrations or to lower them. When we express negativity, we take on an amount of negativity equal to what we have expressed. Similarly, when we express ourselves in positive ways, we take on an equal amount of positive vibrations.

Vibrations not only affect us, but also impact the people around us. Positive or negative vibrations may resonate in others and create similar vibrations. If we send out thoughts of envy, criticism, hatred, or jealousy, then the same thought-forms are aroused and sent back by others.

Each of us has the power to choose. We can align our bodies and our behaviors to create harmony and consistency with the God within us. Just as we care for our bodies by choosing options and behaviors—food, exercise, freedom from addictions—to maintain our balance and remain in a state of health, we also must take care of our minds by choosing good thoughts. Positive thoughts help us move on our journey to spiritual development. Other thoughts inhibit our progress or cause us to regress. When we learn to choose the good, we move toward spiritual goals with measured progress.

Often, the full impact of our behavior on others is not well understood. We can be a positive force working for the betterment of our organization or community, or we can be a

negative force and tear down what is being built. Perhaps the most difficult form of negativity to overcome is personal or group cynicism. Many individuals who have experienced multiple disappointments or failures begin to believe that nothing will work. The group mind then creates a vibrational frequency that draws to these individuals everything else that resides on that frequency. In order to solve their problems, the individuals must learn to open their minds and hearts and think from a place connected to a higher consciousness, for the solutions will be found only on the higher planes of existence. Through the Law of Vibration, this mode of behavior always brings the answers we are seeking, for the higher frequencies contain greater knowledge and wisdom.

A few try and rationalize their negativity by saying that they need to be honest. When people are motivated to behave in a negative way, however, the vibrational frequency emitted speaks for itself. We need to strive to be honest and helpful and still be positive.

Our goal is to keep our vibrations as positive and high as possible. This means that we must not let another's negative attitudes penetrate our feelings or mental state. One of the ways to accomplish this is to learn to keep from becoming over involved in the problems of others. We need to listen carefully, help establish goals for solving the problems, and assist in planning positive outcomes, but we must keep ourselves from taking on the lower vibrations emitted by others.

Understanding the Law of Vibration assists us to get in touch with our feelings every moment of the day. Since each thought, feeling, word, and behavior resides on its own frequency, we need to learn to assess how we feel and to choose behaviors and attitudes that only help us evolve. Evolution is why we are here. The Law of Vibration gives us the basis of knowledge to transcend all that is not in the Divine plan and provides us the way to move to higher planes of existence.

Master El Morya says this about the Law of Vibration.

Namaste, my Sisters and Brothers of the Universe.

I AM El Morya, Master in charge of describing the nature of the universe through the next eleven discourses. I fulfill this assignment with dedication to this mission, for it is through understanding these next eleven laws that human consciousness will move to a state of enlightenment never experienced before on Earth. I come in the Light of Sananda and carry forth this commitment to you.

The Law of Vibration is known by the ancients to be the law of power. Understanding the context and application of this law allows each aspirant to move closer to his or her destiny and carry the torch within to the higher mode of Spirit. This knowledge also assists all to understand the conflicts experienced on the dualistic plane of matter and enables the souls to use the principles contained within the law to balance and control individual lives.

In the mind of Oneness, everything is in motion. Energy exists in all forms in the Golden Liquid Light. This pool of energy that permeates all universes is never at rest and serves to carry the smallest particles of energy into various states of action, thus causing effects to be felt constantly.

Inherent within this understanding is the fact that everything vibrates within the universes to various degrees that lie on a continuum. To say it in a way easier to understand: there are degrees of motion experienced within the Earth plane that lie on a continuum that spans from physical manifestations of the most dense matter to the higher existence of Spirit. Matter, energy, thought, and Spirit form the continuum of this range of vibration experienced by all. Yet, regardless of the variations of the vibrations, all is absorbed and contained within the Universal Mind of Oneness.

Everything is connected through the Divine Mind of Oneness. All is seen as the absolute, although each item tends to carry its own identification and appears to be separate. In the nature of higher

realities, everything experienced is a part of the Oneness, and the individualistic vibrational pattern (or frequency) of each item determines its position of influence and strength.

The Law of vibration reveals that higher powers, and higher consciousness and understanding, reside on the end of the continuum that comprises the highest vibrations of Spirit. Spirit is associated with such terms as pure Light, the Merkabah, love, and God consciousness. Physical dense matter is defined as that which one experiences with the five senses. Physical dense matter also represents the human body (the vehicle that carries the soul). It is also defined as the lower, heavier, and more subtle vibrations, such as the energies experienced in the heart and mind that cause mental pain and anger.

Since all is energy, it is easy to understand how all objects and actions impact the total human being which is composed of nine subtle bodies. Body (the physical body), mind (the mental body), and Spirit are affected most by the Law of Vibration; yet the influence of the All is present in everything that we are.

In understanding and using the Law of Vibration, the aspirant learns to integrate the higher Light frequencies of Spirit into consciousness and the lower eight bodies, thus effecting transformation. Assimilating the higher frequencies into lower dense matter, through the direction and will of the mind and heart, allows the individual to raise his or her own vibratory patterns. This increased Light reveals itself in the aura around.

The wise, old ancients knew that the greatest power resides in the Light. They understood the Law of Vibration. They understood the ultimate strength of the lightning bolt and how Light energy stands at the point of creation. They also perceived the deeper construct of the etheric field that comprises the God Force and saw how this energy field resides within each individual, although it is unrealized in most.

Simply put, the ancients knew that HIGHER VIBRATIONS CONSUME AND TRANSFORM LOWER VIBRATIONS. Thus, the

concept "love conquers all" reveals one of the greatest mysteries of creation. The more Light one assimilates into the body, mind, and Spirit, the faster the acceleration, enabling one to control life and manifest the perfect reality all around.

OUT OF LIGHT, ALL IS CREATED. All individuals who are experiencing an accelerated path to become One with the Higher Self shall instantly grasp the notion that when the Law of Vibration is understood fully, they will be able to apply this law and manifest a Heaven on Earth. When this moment is realized, the prophecy shall be fulfilled.

Since everything is on a continuum, the mission, then, is to move from the plane of dense matter and duality up to the plane of Oneness. This is accomplished by understanding those experiences and forms that have caused discomfort, pain, and sadness and replacing them with higher thoughts and experiences of love, joy, and peace. All that is experienced in life is nothing more than events designed within the Law of Vibration to provide Initiates opportunities to learn of the Law of Vibration and to choose to remain on that level, digress to a lower level, or aspire to a higher one. Once an individual moves to a higher level, that which was experienced on the lower level is never experienced again as a test of learning. The higher vibrational level assimilated within the nine bodies (by the choice the individual has made) serves to consume and transform the lower vibratory frequency. Consequently, since each thought, event, action, and emotion is assigned its own unique vibrational frequency, all that is of a lower nature is slowly "burned off." This phenomenon serves to continue to purify all of the lower nature within the subtle bodies and rests at the heart of purification.

All Initiates must learn the importance of purification, which only can be realized through the mind and heart connection. Purification also comes from the understanding that emotion is the cosmic glue, and that what is willed with strong emotion will be created. This is so.

Therefore, when one experiences the higher and lower natures at

battle, it is important, on the road to mastery, to acknowledge BOTH sides of the duality and walk the middle of the road. In the Oneness, ALL must be addressed and understood—nothing can be omitted. The key to transformation, then, is not to attach any emotion to the lower vibratory patterns, but only to feel the strength of the love and higher energies. Once this is accomplished, the individual will move quickly through the experience, enabling manifestation of the higher kingdom of Light and love to be realized more quickly.

For now, this brief explanation shall suffice. Use it as a tool to carry the torch in the soul to the Higher Self.

I am El Morya. Adonai

SUMMARY

Everything in the universe is in motion. Energy is never at rest. It is constantly in action, creating various effects. The differences between matter and energy are explained by the differences in their vibratory motions. Light, heat, magnetism, electricity, and sound are forms of vibratory motion, as are trees, desks, flowers, and animals.

- Everything in the universe is in motion, and objects and entities vibrate on a continuum.
- Our thoughts, emotions, desires, and wills give off vibrations which affect us and those around us.
- Higher power, consciousness, and understanding reside in the higher vibrations. When humans embrace a higher consciousness, their auras increase to a frequency closer to the speed of Light.
- We learn to integrate higher frequencies of Spirit into consciousness and the lower eight bodies, thus, transformation occurs.
- Higher vibrations consume and change lower vibrations.
- What is willed with strong emotion will be created and become reality.
- Once an individual moves to a higher level of vibration, that which was experienced on a lower level is never experienced again.

CHAPTER 11

LAW OF ACTION

Action should culminate in wisdom. The Bhagavad Gita

Many of us work with personal issues or with larger social causes to try to make our world a better place in which to live. Involvement with groups in an attempt to achieve a goal is often frustrating. We often can attract others who seem sincerely committed to the concern at hand. We can make plans. But unless there is a visible crisis, it is often difficult to get people to carry through at the level of action needed to solve problems. It seems that we move from problem to problem without demonstrating the actions required to make significant steps toward solving the problems.

Action inevitably involves some change in our behaviors. It requires discipline, and an effort to make changes in our lives. We develop clever ways to avoid taking action. We deal with the trivia, the things we know how to do, and avoid the level of effort required to deal with more difficult problems where the steps are not clear and the risk of failure is high. We are willing to settle for less than what we or our institutions are capable of achieving.

What we seem to have missed is the need to be able to determine our goals, to develop plans, and to strive to achieve these goals. When these actions are accompanied with positive thoughts and expressions of love, we are able to manifest and achieve our desires.

Our problems seem to lie in several areas. Strange as it may seem, many of us do not know what we desire. We want to be comfortable, to get along, and not to have serious problems, but we may not have goals that are accompanied by the passion to achieve them. Goals and desires are the fuel for success. Our increased awareness of the importance of goals now is incorporated in management circles as developing a vision of

where we want to be in the future. It is this ideal state that many of us cannot visualize or allow ourselves to dream about.

A second problem is that we may not understand the actions or steps that are required to get to where we want to be. Knowing how to develop a program, or how to take the many smaller actions that lead to our desired goals, is an essential part of striving to achieve.

We may not have the will to persist in our beliefs and actions when we encounter conflict or difficulty. Persistence and the ability to stay with a dream constitute a critical part of success.

Finally, we may not understand the relationship between the physical and the spiritual. While action is essential in the Third Dimension, it also must be accompanied by positive thoughts and expressions of caring and love. We may not realize that a variety of forms of help are available to us from the Celestial World. We need only take the time to ask for this help. "Ask and it shall be given" must become a reality of our lives.

El Morya speaks of the importance of the Law of Action in the following message.

I greet you with the love of the Christos and the wisdom of the Buddha. I, El Morya, am pleased to bring to you the knowledge and understanding of how to apply the Universal Laws in the Third, fourth, and fifth Dimensions. Application of these laws is possible through the Law of Action.

In higher dimensions of time/space, such as the realms in the Fifth Dimension and higher, manifestation comes from thought and the expression of love emanating from within. In dimensions below the Fifth Dimension, such as the Third Dimension, in order for manifestation to occur, thoughts must be accompanied by action. That is because the Third Dimension is a three-dimensional existence and accompanies the physical world.

Things that reside in the Third dimension on Earth are all solid,

liquid, or gas, even though the foundation for all has its origin in the etheric. Density comprises existence on Earth. It is important to remember this concept when living in a third-dimensional reality. The reason this is so is because third-dimensional forms need a greater force to assist them to reposition the electron into other existences. It is because of density that the Law of Action must be applied for manifestation to be realized more easily on the Earth plane.

An understanding of the Law of vibration and the principles that underlie this law provide the way for humans to raise themselves out of a third-dimensional reality into higher ones. Thoughts and changed consciousness are the keys to a successful transformation. As consciousness is raised, an individual slowly begins to change his or her vibrational rate, transforming from the Third Dimension and moving eventually into the Fifth.

As one's vibrational rate increases, the auric fields begin to align with the white Light. The greater the Light held within consciousness, the greater the power the person has to manifest things solely with the power of mind, accompanied by love. Before the vibrational frequency is raised to a high enough level, however, one must apply the Law of Action in order to manifest all that one wishes to create.

The reality today is that many souls remember the time when they could just "think things into action." They remember when life was not difficult and when their days were filled with pleasure, discipline, and dedication—to self and group advancement. The world is different now, and many get confused because they are not living the lives of harmony, peace, contentment, and abundance that they know are possible. They have not realized this higher existence yet because their thoughts are not strong enough and the Light within them is not great enough to sustain a higher existence. Many wonder why there is still perceived pain and suffering in their environments.

If I may be so bold, I will diagnose this situation. The reason

individuals are not manifesting what they want, to the degree that they wish, is because they are not applying the Law of action fully. Their souls remember an existence in Atlantis and other such realities when they did not need this law, but their minds have forgotten that they are now ingrained in a third-dimensional reality. If they apply more action to their dreams and focus their wills and emotions, all that they desire can come true.

Earth is now in the transition from the third to the Fifth Dimension. Individuals presently residing on Earth carry vibrations ranging throughout all these dimensions—and even higher and lower ones. Those who have changed their consciousness successfully to match that of the higher dimensions display few to no problems in manifesting all that their hearts desire. Those whose vibrations match that of the Third Dimension (or lower) must understand that it takes action to move the electron to create what is in their dreams.

Before Earth is positioned firmly in the Fifth Dimension, many more years must pass. It will, therefore, take individuals an equal amount of time to change their vibrational frequencies because Earth and humanity are One. Because this is so, we advise that the Law of Action be taken seriously. By applying this law, more individuals will become co-creators with God and can bring Heaven to Earth. That is humanity's purpose for being.

The Law of Action means that an individual must engage in activities that support thoughts, dreams, emotions, and words. A commitment must be made first, however, for this step supports the basic principle of the Law of action. The commitment then is turned into a plan, and the plan then is supported by passion. Lastly, tasks need to be completed, because the action on the physical plane forms the bonds that connect all aspects of the energies working toward manifestation.

Simply put: thoughts, emotions, words, and actions are the keys to God-realization. But God-realization also means:

OF YOU, YOU DO NOTHING. IT IS THE FATHER/MOTHER WITHIN

YOU THAT DOES IT ALL.

Raising the Light within, living a life connected to the Higher Self, putting into action that which you want from within, and applying discipline and will power are the factors that set up the God Force to work through you. Become One with this force and the will of God will become One with you.

Adonai, Dear Commanders of the Force. I AM EL MORYA.

SUMMARY

Application of the Law of Action is a precondition for using the Universal Laws in effective ways. Actions may be understood in the following ways:

- Action requires a change in our behaviors, and it requires an ability to set goals and strive for their attainment or manifestation.
- Common difficulties in applying the Law of Action are inability to set meaningful goals, lack of skills or discipline to develop plans or a program for attaining desired goals, lack of persistence, and inability to link our physical and spiritual development.
- While manifestation can be achieved in the Fourth and Fifth Dimensions by thought and expressions of love, action is required for manifestation to occur in the Third Dimension.
- As we raise our vibrational rate, we are able to manifest things with the power of the mind, accompanied by love.
- When we apply the Law of action we grow spiritually toward becoming co-creators with God.
- Individuals can apply the Law of Action by making a commitment and engaging in activities that support thoughts, dreams, emotions, words, and actions.

CHAPTER 12

LAW OF CORRESPONDENCE

Long before the emergence of the “new physics” many spiritually minded and artistic people understood the unity and wholeness of the universe. William Blake wrote.

To see a world in a grain of sand
And a Heaven in a wild flower,
Hold infinity in the palm of your hand,
And eternity in an hour.
Auguries of Innocence

The term metaphysics, or the larger context of physics, symbolizes the truth of the Law of Correspondence. The principles or laws of physics that explain the physical world—energy, Light, vibration, and motion—have their corresponding principles in the etheric world or universe. The deep meaning of the Law of Correspondence is difficult for us to comprehend because our science and our world have been based on identifying the parts of systems or phenomena rather than looking at the whole and seeing interconnections and relationships.

Only recently have we realized the need to reverse our basic paradigms and views of metaphysics. Willis Harmon discusses the old, mechanistic view of the universe as M-1 physics, which is based on the belief that matter gives rise to mind. This view assumes that the basic material of the universe is matter and energy. Our consciousness emerges from matter such as the brain, and whatever we know must fit with our perceptions of the physical world.

Later, we moved to an M-2 view of the world based on the dualism articulated in Descartes’ separation of science to deal with the physical world, leaving the church to deal with the mind-spirit view of the world. This view assumes that two types of energies make up the universe—matter-energy and mind-spirit.

Within recent times we have moved to M-3 metaphysics, which reverses the original premise, and says that mind gives rise to matter, since the basic energy of the universe is consciousness.

First and foremost is universal consciousness, which also is called the golden Liquid Light, the god Force, or the basic Oneness of the Universe.

The second consciousness to be considered is the degree to which individuals can move to the mainstream of the universal consciousness. Each individual is unique, with his or her own human beingness or essence. The essence of the individual determines his or her consciousness, and consciousness is the basis for the human mind. When we expand our minds, we acquire a higher spiritual consciousness. As we grow spiritually, we become one with the God force.

This view of the world is supported further by our understanding that the world is holographic. A hologram is a photographic image that projects a three-dimensional image, which shows various views and images depending on the perspective. Contained in each small part of the whole is the whole itself. A holographic view of the world changes many of our views of reality. Some of these views (which also explain the Law of Correspondence) have been identified by Barbara Brennan (1987), author of the best selling book *Hands of Light*, as follows:

CONSCIOUSNESS IS THE BASIC REALITY

Each of us has unique characteristic which constitute the basis of our essence. Our consciousness is expressed through our intentions of our values. We develop perceptions of the world around us, which is our way of imposing an order of regularity on this world. We tend to perceive the world in ways which are consistent with our expectations, beliefs, and past experiences. Thus, we create our own experiences.

EVERYTHING IS CONNECTED TO EVERYTHING ELSE

Nothing in the universe exists separately or in isolation. Everything we do, say, or believe affects everything else immediately. When we behave in a positive, nurturing way it has an effect not only on the environment around us, but also on the

many, complex planes of the universe, as discussed previously in the chapter on the Law of Divine Oneness.

EACH PIECE CONTAINS THE WHOLE

Every cell within us contains intelligence and the whole pattern of our essence. We are beings with interacting systems which make up our wholeness. Similarly, we are part of others and of the world around us. There is a basic wisdom and knowledge within the universe which is beyond our physical reality.

While there are many other implications of the holographic universe, each of them impresses upon us the degree to which we create our reality and therefore must act responsibly. As more people gain this expanded consciousness and begin to live acknowledging responsibility for themselves and others, Earth moves closer to the Fifth Dimension.

All this documents that our views and perceptions of the world are indeed changing. No longer can we see ourselves as separate, disconnected entities. Instead, we are maturing into a species that must understand that we are part of a whole, finely tuned ecosystem, each part connected to and affecting the other parts.

The Law of Correspondence is THE KEY for understanding this connection, so let us read what El Morya has to say about this important principle.

It is with great pleasure that I begin to explain the Law of Correspondence—the law that eludes many Initiates interested in the path of Oneness. This law, often referred to as the principle of “As above, so below; as below so above,” is the basis for understanding the interdimensional operations of the universe. The aspirant who strives to increase his or her understanding of the Universal Laws must integrate the knowledge that all planes of existence exist simultaneously, and that, in this synchronicity, all is in motion.

In examining the Law of Correspondence, it is important to

understand three planes of existence. They are the physical, mental, and spiritual planes. These three planes comprise the basis for operations and govern the harmony and energy convergence of the soul wishing to bring Heaven on Earth. While there are many interdimensional levels existing within these three planes, all vibrating at different rates, for the purposes of this lesson, it is important to focus only on the three major divisions just described.

The term “correspondence” (corresponding) implies that all “things” existing within these planes of existence, whether seen or unseen, exist in harmony or agreement with the All. There is only Oneness, and this idea is critical to absorb. Just as individuals cannot step out of this oneness, neither can any of the other elements found on these planes. Significant to this understanding is that all are truly in harmony, one to another.

Even though human beings perceive themselves to be limited to what they see and experience, this does not mean that they are separated from the larger picture or the macrocosm. Key to understanding the Law of Correspondence is to know that agreements have been made in Universal Mind that all are in harmony with Divine Law. This Universal Mind is the force field or Golden Liquid Light called the God force. Humans have been created and placed on Earth to learn this and to become co-creators with this force field, which is the basis for creation. If humans remain separate, never seeing this connection, they will pass out of embodiment in a separated state of existence. If they open their minds to this knowledge and see the universe in a different Light, by understanding that each individual IS A PART OF THIS WONDROUS FORCE FIELD, then they are destined to move forward in time and become demigods.

We smile at the term “gods in exile,” for it depicts the situation and frustration that we perceive humanity to be in today. The physical, manifest world around is so strong that it keeps many in a state of unconsciousness. This state of mind is likened to that of the sleeping giant, who, when cloaked in the sleep state, is quiet and subdued. Awakened, the giant’s potential can come forth to

achieve great things. Magnificent deeds are destined to come forth from these sleeping giants in the Seventh Golden Age. Those who awaken will usher in the new millennium for the children of the Golden Dawn.

The Law of Correspondence is the law that holds the Oneness together. As mentioned, its name is synonymous with the Golden Liquid Light. Contained within this pulsating, vibrating field of endless energy is all that is and ever will be. It is the etheric, or cosmic, glue that holds everything together and connects the physical planes with the mental and spiritual ones.

Knowing that all exists simultaneously in each moment of time/space means that the Initiate has the power to affect any and all things in any moment of time. The reasons why many have not accomplished this thus far on their journeys are because:

5. they have not understood this law and consequently have not known that they could do so, and
6. humanity's will is weak

The mind, connected with the Universal Mind of the All, is the key to change and to creation. The strengthening of the mind comes from discipline and will power. The strength of will comes from the heart. Individuals have been distracted by the physical, manifest world, spending much of their time entertaining their five senses. Focusing attention on the outside has contributed to their forgetting the power within.

Going within allows the Initiate to connect the mind to other planes and dimensions of reality, for it is here that the soul connects with the All. When this connection is made, all power is returned. In the journey comes the awakening that all dimensional realities are connected. It is the wisest of souls who learns how to access these other realms.

The physical plane vibrates at the lowest vibrational rate, while the plane of Spirit vibrates at the highest. Within each plane are

also subplanes of existence, but it is not necessary to describe that phenomenon here. It is only significant to know.

Let us use the thermometer as an example to explain these concepts and show how easy it is to visualize the Law of Correspondence at work.

The thermometer registers numerical readings ranging from low to high. Nowhere are there markings which indicate absolute divisions separating one from another, such as hot or cold. Yet we are aware that all measurements are contained within, and each division has its own unique vibration or measurement, different one from another.

The various, different vibrations contained within the All exist simultaneously like the variations within the thermometer. These range from the physical to the spiritual planes, for the purpose of this instruction. The difference between the thermometer and Universal Mind is that there are billions of unending variations within Universal Mind, whereas the thermometer registers a limited range. Yet every change of condition will affect the reading of the thermometer.

What is significant about the Law of correspondence is that ALL LAWS EXIST WITHIN THIS CORRESPONDENCE; THEREFORE, ALL IS CONTAINED WITHIN IT. One plane of existence is affected by another and one plane affects another. All occur simultaneously. Consequently, all changes in one plane of existence affect the other planes as well. This includes thoughts, words, emotions, and actions. The Celestial realms and angelic, devic, and elemental kingdoms are all interconnected with decisions humans make on Earth. There is no escaping this. All are one and all correspond to one another. This also applies to humanity's decisions and how they affect other people and the world.

When the aspirant begins to realize this truth, the world takes on a new meaning. With this knowledge, power within the mind and heart begins to grow. This is the beauty of the understanding.

This knowledge is destined to transform the world when Initiates everywhere rise and begin to increase their individual Light frequencies through the power of the inner journeys and the mind.

Since Light is the highest vibrational frequency known to humanity, it is reasonable to conclude that Spirit is Light. Since spirit is the Creator with the power of manifestation, learn to illumine the mind and the heart with the Light of the God Force, Dear Ones. Work with this state of mind to further your understanding of the Law of Correspondence. Become that which you already are. Become one with your destiny.

I, El Morya, will work with any Initiate who calls my name in the Light of the Most Radiant One. I shall direct the attention of the soul to finding the corresponding path that shall enlighten your world. Ask and Ye Shall Receive. THE TIME IS NOW. Come forward out of exile and build Heaven on Earth.

Adonai. In the Light of the Most High, I AM EL MORYA

SUMMARY

Much of our third-dimensional experience has focused on the analysis of discrete parts of the many systems around us. Only recently have we become aware of the many systems that exist, their interrelatedness, and the prevalence of patterns and order within seeming chaos or randomness. The Law of Correspondence helps us to see the unity and wholeness of the universe and how everything is connected to everything else. Some of the keys to understanding this law are as follows.

- Mind, gives rise to matter.
- There are three planes of existence –physical, mental, and spiritual.
- When Oneness is present, all three planes are in harmony and agreement.
- The Universal Mind is the Golden Liquid Light called the God

force.

- Humans are part of this wondrous force field and are created to learn to become co-creators in this force field.
- The Law of Correspondence holds the Oneness together; it is the cosmic glue and connects the physical, mental, and spiritual planes.
- All laws exist within this interrelatedness or correspondence.
- All changes in one plane affect all the other planes.

CHAPTER 13

LAW OF CAUSE AND EFFECT

Every Cause has its Effect; every Effect has its Cause; everything happens according to Law; Chance is a name for a Law not recognized; There are many planes of causation, but nothing escapes The Law. The Kybalion

Many people live their lives responding to the events around them and never take the time to determine what is really important to them. This lack of goals or inner-directed-ness places them in the position of being victims to the pressures of daily life. A major problem in their lives is lack of will and lack of clarity regarding goals or life directions. They are experiencing the results of the Law of Cause and Effect without realizing that they have the ability to influence the effects of the law in their lives.

The Law of Cause and Effect is the expression of Divine Order in the universe. The law states that nothing happens by chance or outside the universal Laws. We may not always be able to identify the many, often complex, chains of events that produce specific effects, but this is the result of our incomplete knowledge. Events experienced may be the result of past life actions, the result of our present behaviors, or experiences provided from higher planes of existence to teach us how to master our intellectual and emotional behaviors.

Cause and effect does not deal with things so much as it deals with events. Every thought that we think, every act that we perform (individually or collectively), has its direct and indirect impact on the events which are part of the chain of cause and effect. Everything is like an ecosystem—connected and performing flawlessly according to the variables affecting the chain of events.

The Law of Cause and effect may apply to long-term or short-term outcomes. Karma is an example of the manifestation of this law. Karma that used to take lifetimes to come around now can appear within minutes following a projected thought or spoken word.

While we cannot live outside the chain of cause and effect, we can exert our will and discipline to grow spiritually in ways which help us to use the law in positive ways. Each of us has free will, or the freedom to choose at least some of our behaviors. When we act, we have the choice of right action or wrong action directed toward ourselves or others. Right action advances the cause of God or Spirit. Wrong action is an act that goes against the cause of God or Spirit. When we assume control over our thoughts and actions, we have moved toward mastery and the ability to live within the laws in positive ways.

A common problem which leads to negative effect is that of living with unrealistic fears, anxieties, anger, melancholy, or worry. These are real emotions that we all experience, but if left unattended they can consume our minds. These mental and emotional states will generate consequences by drawing events to a person that continue to perpetuate these experiences. As we move toward mastery, we are able to live by faith and remain in the Light. Learning to listen to our physical bodies, emotions, and thoughts gives us the ability to recognize and deal with these irrational states of mind, seeing them for what they really are, and learning to bless them and embrace them before letting them go.

Mastery of our emotional and intellectual behaviors must begin with forgiving ourselves and others. Harboring old grievances and resentments is a sure way of creating negative energies which will produce negative outcomes. Knowing how to heal old wounds in positive ways and moving into the Light is an important lesson in the mastery of our behaviors.

The Universal Laws are not barriers to our living happy and productive lives, but rather structures and guidelines for helping us evolve and become free. The Law of Cause and Effect provides us with the knowledge that all behaviors produce either positive or negative results. What do you choose for yourself and for those around you? What kind of life and future do you wish to create?

In the following transmission, El Morya discusses the Law of cause and Effect.

Shalom to the Children of Light who are ready to become self-realized.

It is I, El Morya, tending to today's lesson that is destined to bring freedom to the masses. I come on the wings of the dove and hold the olive branch in my hand, offering it to all who are willing to accept it. The olive branch symbolizes peace, as it is through peace that humans will master the Law of Cause and Effect. If my humble gift is accepted, then the words in this passage will further your power because they shall describe the steps required to overcome the bondage of the human soul.

The Law of Cause and Effect is complicated on the surface, yet simple within the order of the universe. The law briefly states that "Every cause creates an effect, and every effect has its origin in a cause." On the surface it appears complicated because there are so many forces that can produce effects. For example, there are the thoughts, feelings, words, or actions produced in any moment of time that affect an outcome later on; or there are forces set into motion from previous lifetimes or through genetics that must be realized. It is difficult to discern the cause when one is in the

midst of solving a dilemma or learning from an experience. In the midst of confusion, what is important to remember is that all is created through perfect cycles of energy. This is truth because there is universal order in all things. That order says that everything moves in a circular fashion. This includes all experiences in every individual's life, as well as the forces of nature.

The Law of Cause and Effect contains certain interconnecting phenomena that must be understood when proceeding on the path to mastery. These phenomena are:

- The strength of will;
- The clarity of the aspirant;
- The fear of the unknown and its effect on events;
- Forgiveness

Every person participates in creating his or her own reality through individual actions. The difference between an "average" individual and a master is that the average individual is tossed about like a boat on a high sea, following the stronger wills of others. Masters learn that by using higher laws against lower laws and applying higher principles with strength of commitment, they create their own destinies and environment. Subconsciously, this is the state in which all wish to be. This, however, is a state few have achieved because the hearts and minds of most individuals are not strong enough to assume responsibility for creating their own realities.

Several planes of existence are operating simultaneously in the Law of Cause and Effect. Everything happens for a reason; there is no such thing as chance. All occurrences are continuous and unbroken, although the individual often does not understand the reason for the event. The higher planes are those that build mastery—the lower lanes are those that complete unfinished business. The soul stays on the lower planes of existence for many lifetimes until it has released itself from karmic debts and responsibilities that have been harmful to growth.

When an Initiate begins to assume a higher state of

consciousness, the Higher Self (which controls the higher planes of existence) brings experiences and lessons to the individual that build character. Karma is dissolved and replaced by Tests of Initiation to strengthen the soul. The Higher Self then defines personality characteristics that need refinement or strengthening and brings lessons with individuals (opponents) into a person's life to help that individual understand how to grow in the Light. Such examples might include lessons in:

- Overcoming pride;
- Asserting with love;
- Learning unconditional love
- Controlling fears;
- Surrendering ego to the will of God
- Controlling the emotional and/or mental bodies
- Desiring to be of world service

The lower planes of existence are those that keep individuals trapped in the wheel of rebirth, lifetime after lifetime, learning how to complete unfinished business with souls they have encountered. In these experiences, the individual often moves like a puppet at the direction of another individual's stronger will. Thoughts and emotions from stronger personalities often "cause" the individual to act and feel in ways that coincide with that stronger will. If the individual is not balanced within with the yin (female) and yang (male) energies and is not self-confident through self-love, then that individual will usually bow to the stronger will for approval or from lack of courage. Fear or the lack of confidence are the primary driving forces that keep individuals trapped in this wheel of rebirth. When there is something lacking within, humans try to fill the void through behaviors evident in the outer world.

The goal in mastery is to stay centered at all times and not to move to extreme positions of behavior. In this mode, the Initiates understand that they can experience maximum power and overcome all odds, unless fate dictates otherwise. Will is needed to stay centered, calm, and peaceful at all times. This is how will is used to master the Law of Cause and Effect.

A Master know that any approach other than this one will never work. Moving to extreme positions of behavior only grounds the individual more firmly in the lower planes of existence. Taking extreme positions sets up situations through the wheel of cause and effect that continue to bring more of the same experiences to the soul. This occurs until the lesson to be learned is finally mastered, freeing the individual to move to a higher existence.

In the Law of vibration, it was revealed that higher vibrations consume and transform lower vibrations. Lower vibrations never can change higher ones, for the higher energy is always too intense. Since all actions create other events, the Law of Cause and Effect teaches that the way to free oneself from events that appear negative and destructive is to begin the inward journey, monitoring all thoughts and feelings experienced.

Remember that the strength of the will drives the momentum in the Law of Cause and Effect. The will, when centered and in alignment with the heart and mind, has the power to perform miracles, and, in these moments, to control the electron spin. This is possible when the individual is both clear and free of judgment. It is also possible when he or she understands that it is Light that directs the currents of creation.

Another important concept of the Law of Cause and Effect is Karma, mentioned earlier. The popular descriptor for this phenomenon is "What you sow is what you reap." All that is experienced has had its roots grounded not only lifetimes ago, but also in this collective moment of time. This is truth.

When unpleasant events become a part of one's life, it is helpful to know that these events have come for one of two reasons:

5. Either there is unfinished business that must be resolved before the soul is allowed to move to a higher plane of existence, or

6. There are lessons that must be learned to achieve a higher state of existence and enlightenment.

There are no other reasons for karmic debts experienced within the Law of Cause and Effect. All is designed for humans to evolve to higher states of consciousness.

Since the Harmonic Convergence in 1987, all Children of Light have been freed of karmic debts, yet few have known this to be true. At that time, the dispensation was given that allowed all to begin their Tests of Initiation, thus freeing themselves to journey on their paths to mastery. This is not to say that Karma (both good and bad) has not been accrued, for all are still responsible for the individual daily actions that direct life. This is only stated to reveal that the events in one's life no longer are tied to the wheel of the past, but now are connected to higher planes of existence that free the soul to achieve higher states of enlightenment and power.

Nothing escapes the law. All is in Divine Order. There is no such thing as chance occurrence or coincidence. To say that coincidence exists is to say that the events so designated could exist outside of Universal Mind and order. This cannot be. All is Universal Mind and all in order. All is law.

Therefore, what this means for the Initiate on the path is that one must begin to conquer the mind and the emotions. One must acquire self-love, enabling Light to flow continuously from the source through consciousness and back to the Source. All must be continuous and experienced in a circular fashion. When this is accomplished, the individual assumes a position of using the higher planes of existence over the lower planes of existence, and creates the utopia that is longed for within. Thus, freedom is experienced and bondage is gone.

I trust that this adequately explains the Law of Cause and Effect. Go in peace, harmony, and balance. I AM El Morya.

SUMMARY

The Law of Cause and Effect relates to our freedom of choice. While we have free will to choose our actions in life, we are held responsible by the Law of Cause and Effect. The difficulty most of us experience is learning that we have the ability to choose our outcomes and to develop the mastery over our behaviors needed to achieve positive results. In this sense, humans are provided the capability of moving beyond the Third Dimension and experiencing higher dimensions.

- Nothing occurs by chance or outside the Law of Cause and Effect
- We are responsible for creating our own reality, for every action produces a reaction.
- We can learn to identify the events in our lives that are the result of current behaviors, the results of past Karma, or Tests of Initiation for our spiritual growth.
- Developing the strength of our will and the clarity of our goals provides us with the power to create our own reality.
- When we have not developed spiritual awareness, we remain trapped in separating behaviors which inhibit our growth; we are controlled by the wills of others, we lack self confidence, and it becomes a struggle to change our stereotypic behaviors.
- As we begin to achieve a higher level of consciousness in our lives, we are provided with lessons and experiences that enhance our spiritual growth and move us toward mastery.
- We gain control over our lives by avoiding extreme behaviors, developing a strong will and sense of purpose, and staying centered, calm, and peaceful at all times.

CHAPTER 14

LAW OF COMPENSATION

If you help others, you will be helped, perhaps tomorrow, perhaps in one thousand years, but you will be helped. Nature must pay off the debt. It is a mathematical law and all life is mathematics.

G. L. Gurdjieff

The Law of Compensation is the law which helps us to understand abundance and how we can deal with financial matters. The Law of compensation is the Law of Cause and Effect as applied to blessings that are bestowed on us. While the Law of Cause and Effect deals primarily with events, the Law of Compensation deals with the material and spiritual gains we receive in life. It is in the manifestation of this law that we see the visible effects of our deeds as they are given to us in gifts, money, inheritances, friendships, and blessings.

Many of us do not receive these blessing as a result of the conscious and subconscious beliefs that direct the events of our lives. If we wish to master this law and receive abundance, we must break the poverty consciousness which comes from our conditioning in this lifetime and from the programming of past lives. We must leave the tapes of these experiences behind and see the world as a place of abundance, where there is plenty for everyone, instead of a world where there is not enough for all.

We need to overcome the programming of the past that was fed by statements such as:

Money is the root of al evil.

The rich cannot be spiritual.

To be spiritual means that we must renounce money and things in life that give us pleasure and comfort.

If we are to break our poverty consciousness, we must reprogram our thinking so that our conscious and subconscious minds do not sabotage our due returns. Affirmations are a valuable way to do this.

People are successful in life because they do more for others and because they have an attitude that supports success. If you want to get more out of life, then you must give more with right thoughts, emotions, actions, and words every time you give a gift or perform a service for someone else.

The application of this law does not always mean that what you give is exactly what you will receive. Sometimes giving in one form (such as money) means that you will receive compensation in another form, such as a friend taking you out to lunch or someone giving you a beautiful gift. In addition, the law is extended by the Law of Tenfold Return. Whatever you give is returned in ways that are ten times the value of your gift.

Sometimes we have made an agreement to use this law in different ways. If you are a person who feels that you have given more than you have received, chances are that this is either because of karmic debt or because you have been using this law as a savings plan. Agreements could have been made where you gave freely with the understanding that the payments would come later in life—or even in a subsequent lifetime. You could be starting a savings plan of good Karma that will carry you into the future. Never despair of this law, regardless of how you feel you have been treated. Have faith always, and know that it is fair, just, and true.

Do not confuse the application of this law with the Tests of Initiation. Sometimes what has been delivered appears to be a punishment, whereas in reality it is not. It is a test to strengthen some weakness within. Discernment teaches us the difference between the two. Be mindful that what appears to be the opposite of a reward may actually turn out to be an incredible benefit and gift later on, once a test has been passed and a person has become the better for the experience. Patience is the key. Wait, and the gifts will be revealed.

Master El Morya describes the Law of Compensation in the following transmission.

Greetings, Oh sisters and Brothers from the Stars.

I come forth to deliver this next piece of information which is pertinent for understanding the full context of the Universal Laws. It is with great pleasure that I deliver the following instruction to you, the recipients of the divine knowledge of the universe. I

come as your servant and elder brother, as I provide you the secrets for increasing your wealth.

Allow me to begin by asking you the question, "In what way may I serve you?" I begin in this way, for doing so provides an example of what comprises the basic foundation for the application of the Law of Compensation.

The Law of Compensation is an extension of the Law of cause and Effect, in that it reflects the "just rewards" or "punishments" individuals receive for the seeds they have sown. It is an exact law, with its own deviations, that works to provide to the individual greater things than ever imagined. This occurs when the soul aligns with the Higher self in service to others.

The Law of Compensation is about giving and receiving. It is the law that guarantees that each will be provided for by God. It is the manifestation of Divine Order in all things and that which grants freedom to the minds that work to dissolve the attitudes of poverty consciousness and insatiable needs.

The law is flawless in its design. Basically, it says that for everything given there shall be a return. But there is a twist to this law that not everyone realizes,. This twist is called the Law of Tenfold return. What this law reveals is that once a person learns to give freely from the heart, the universe returns the gift with a tenfold yield. This supports the premise that "It is better to give than to receive."

I give this knowledge freely from my heart, Dear Ones. Furthermore, I freely ask, "What more can I give in this moment of time?" In so doing, because my attitude, motive, and heart are all aligned with truth, I reveal to you now that I shall be rewarded tenfold for this offering.

For most, the Law of Tenfold Return goes into effect primarily when the individual learns to release fear that sends the message that "there is not enough." Another condition that facilitates enactment of this law is when the auric fields of the Initiate are

attuned to the higher vibrations of Light. Attaining a higher frequency in the Light automatically raises the body, mind, and Spirit into a higher dimension of mind, which releases the old programming that keeps one in bondage.

One cannot separate the laws and their influence on individuals in a universe of Oneness. Therefore, it must be reinforced that compensation is also the reflection of a person's multidimensional thinking. The Most Radiant One stated this when He declared, "As a man thinketh, so shall he become."

This command assures that what is reaped is the just consequence of all that is sown. The Law of Compensation assures that everything is fair and all is in alignment with the Divine, for the laws are not biased. Each soul is treated impartially and indifferently by the laws. Each soul is its own judge while on the Earth plane, for free will dictates the gifts that will be given to each.

Another factor that enters into just compensation is the fulfillment of promises and contracts made between lifetimes. Each soul who comes to Earth is on a mission from God, whether it realizes it or not. Contracts are made in the etheric and reviewed periodically in the dream states, assessing the standards and measures of performance for the individual in embodiment. When promises are kept, the soul is regarded tenfold. This is the mark of those who possess the "Midas Touch."

When the word is not honored, a lower vibrational frequency is initiated which sets the individual up for what are termed "disappointments" and "frustrations," which are not readily understood on the Earth plane. When one assesses the complexity of all the dimensional realities and vibrational frequencies that impact the soul, one quickly sees that alignment with the Light of the Higher Self is the only way out of bondage. All must be in the highest vibration and truth to control one's destiny. Connection to the Higher Self and to God's will grants peace, harmony, and a fulfilled life.

Free will is God's gift to humanity. This allows all individuals to choose their own rewards in life, based upon the application of integrity. Integrity is the key which grants the soul on the spiritual path greater gifts and rewards, including both spiritual and material offerings.

When a soul feels helpless to change life events, invoking the Law of the Perpetual Transmutation of Radiant Energy (in cooperation with the Higher Self) is the way to remedy the situation. Apply this law and wait for the returns. Applying this law creates Divine Order, and the compensation that comes surpasses all understanding.

Speaking of compensation, there is another important aspect of this law which includes payment to oneself. Too often individuals give to others and do not give to themselves. This depicts a lack of self-love and creates an imbalance in the energy fields that support the natural flow of energy. All must learn to love themselves FIRST, and from this state of mind, all else flows. The more you love yourselves, the more love you have to give to others. It is like a cup that is always full. The cup that overflows is the cup of divine love that spills out into the universe, touching the robes of all others.

By not treating oneself with the same kindness bestowed upon others, a cycle for deprivation is established. Positive thoughts, attitudes, words, and actions are needed at all times to keep the energy flowing. Blockages create inequities, although from the universal perspective, inequities are only perceived and are not reality. Nevertheless, all must be kept in alignment with harmony and love, and this includes the love of self, which is contained within.

Overcompensation to others is another stumbling block to the smooth operations of this law. The human psyche is clever and can deceive one to believe that if one gives more to another, then that soul is deemed more worthy and loving. Therefore, giving must be a good and honorable thing in that it justifies one's own

self-worth.

As was stated earlier, giving, and giving freely, IS an honorable thing and THE action which grants freedom. But if giving is done with the wrong motive, such as giving to make up for the lack of love within, then the energies once again are blocked. All must give equally to themselves and to others to keep the energy balanced.

Balance, Balance. Balance. This is the only path to follow when achieving mastery. If balance is maintained at all times and truth and integrity are adhered to, then the Law of Compensation shall be realized.

In honor of the God within, I, El Morya, do complete this transmission for the Divine. Go in Peace.

SUMMARY

The Law of Compensation is the Law of Cause and Effect as it applies to material and spiritual gains in life. Some of the characteristics of its operation are as follows:

- We may not be able to receive abundance because of our beliefs and programming that we cannot be spiritual and also enjoy abundance. This is changed when we move into higher dimensions of the mind.
- We receive gifts and blessing according to the degree to which we have given to others.
- Our gifts to others are rewarded with a tenfold return for those gifts that we have given freely from our hearts.
- We must be able to love and give to ourselves first, as well as to be able to give to others.

CHAPTER 15

LAW OF ATTRACTION

What is hidden within will dictate what will appear on the outside.

El Morya

Most of us have had chance experiences in which our needs were met at exactly the right time—the page you turned to in a book which gave the information for which you were searching; the stranger you sat next to who answered a question you'd been thinking about; or the money that arrives just when you needed it. These are examples of the Law of Attraction.

The Law of Attraction extends the Law of Vibration in that we create or attract the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies, and these energies attract like energies. Negative energies attract negative energies and positive energies produce positive energies.

Our task is to monitor and to see that our thoughts, feelings, words, and actions are positive. This is often difficult for us to accomplish in a material world of thought-forms of violence, sex, and greed. While we cannot be protected from seemingly negative events, we can learn not to dwell on them and thus attract similar events into our lives.

An example of the power of this law may be seen in the copycat crimes or evil events which many, including children, see on television and in other media. When people observe certain phenomena some have a tendency to duplicate them. Just by thinking about things, they create similar events around them. There is strong evidence that the increase in violence among both adults and children is the result of negative images which are not balanced or placed in perspective.

A positive example of the Law of Attraction is that optimistic teachers who have higher expectations of children provide a climate in which children's learning and achievement are increased. Studies have identified similar outcomes among supervisors, or mentors, and adult workers.

When we think positive, loving thoughts we draw positive, loving

people into our lives. We also influence the Tests of Initiation that we experience, for these tests are designed to increase our learning.

In the following message, El Morya reveals the secrets of the Law of Attraction.

It is with pleasure that I return to deliver another message regarding the Universal Laws. For this communication I shall focus on the Law of Attraction. This is the law that serves to frustrate many souls on the spiritual path, for it mirrors to them that what is hidden within.

The Law of Attraction demonstrates the power of the mind, heart, and will to project what is within, and the universe's ability to respond to this energy. It is likened to a cosmic magnet that draws to the person everything he or she focuses on or projects into the etheric.

In an earlier transmission it was established that manifestations are a result of multi-dimensional forces impacting the conscious and subconscious mind. Because this is so, it is essential that all persons watch carefully their thoughts, words, emotions, and actions, to assure that hidden, negative images, surrounded with emotions, are not stored within. This is emphasized because this is key to understanding the Law of Attraction.

Inner thoughts and emotions determine the level at which one vibrates. This is truth. One's vibrational rate is a frequency. This inner frequency creates a signal that is emitted outward. Once emitted, this signal begins to draw to it other things that reside on that same frequency. What is hidden within will dictate what will appear on the outside.

What the Law of Attraction also draws to the soul are one's Tests of Initiation, for the Higher Self understands every weakness within that creates a "void" or character flaw that must be "polished." The Higher Self is programmed to fill each void (frequency) that has not been learned or mastered with

experiences needed to assure personal growth. The beauty of this law is that once lessons are learned, and the individual's vibrational rate rises higher, the tests never come again. They do not, because the soul rises above the vibrational level of those tests. The soul, now residing on a higher level, will receive only experiences that vibrate on this new level. The miracle is that the higher one goes, the better and better life becomes.

The Law of Attraction controls the rate and sequence of events that impact a person's life. Quickness of mind and control over the emotional body are the key elements that dictate the rate at which events occur. Once individuals master control over their mental and emotional bodies, they then experience only that which has been carefully programmed into their conscious and subconscious minds. It is at this point that they demonstrate more control over what happens in their lives.

If a person has not mastered the mental and emotional bodies, and often performs erratically and negatively, then the law returns to that person events and people that reside on the same level of discordance. These individuals feel as if they are constantly swatting at flies, often wondering if they ever will get rid of them. This is the state that makes many people feel helpless and victimized. Often individuals believe they are like ships being tossed about on stormy waters.

I began this transmission by stating that this law is frustrating to many. This is so because individuals do not understand that what is delivered to the sender is what is built from within. It is inescapable. In a world bombarded with negative thought-forms emanating from sources such as television, discordant societal groups, troublesome group initiatives, war zones, ghettos, painful and distressing situations, and radios, it becomes difficult to separate personal thoughts and images from that which is not of one's own essence.

People must watch what is being fed into their minds! To master this law, great discernment and discipline are needed. Parents need to guide their children better, and individuals must begin to

select more carefully that which is allowed into their auric fields.

In the days of the ancients not many influences bombarded the mind. Today it is different. As Earth approached the Fifth Dimension, there is an exponential increase in stimuli, and one must use great discernment in protecting the most precious “commodity” humans have—the mind. This must be done before mastery can be attained. Practice and a desire to control one’s own thoughts and emotions are what dictate one’s vibrational frequency.

Controlling vibrations is the key to mastering the Law of Attraction! If individuals could learn to control their vibrations at all times, and learn to reside on a higher frequency closer to Light, then all could control the events and souls that come into their lives.

There is, however, one exception to this law that must be explained.

Contracts souls make between lifetimes can appear to negate the effects of this law. An example would be when the Most Radiant One came to Earth 2,000 years ago and fulfilled his contract for the celestial plan. The amount of anger and hatred projected on him in the final hours was not an extension of the anger and hatred radiating from within his essence. Instead, it was delivered unto his soul because lying within his auric field was the program that was destined to transmute the world. His Higher Self came into this world with the plan that when the time was right, this program could activate, and, in so doing, would transmit the “void” that needed to be filled. This drew the events to him to fulfill his destiny, yet, at the same time, raised his vibrational frequency to the point of ascension.

Great Ones who come to Earth to fulfill missions for God enter the Earth atmosphere with the blue-print for transmuting designated energies for the world. These blueprints contain information and instructions on how to transmute knowledge, thoughts, emotions, and events. When the blue-prints are

activated, the universe responds to the frequencies programmed within and calls the images, people, and events to the scene for the dramas to be played out.

The Most Radiant One had only the vibrations of compassion and forgiveness within his essence. That is why he was selected to fulfill that role. His vibrational frequency was measured to be the highest on Earth. For the painful event that had to be fulfilled (that of transmuting the sins of the world), an extremely high vibration was needed, because humanity's consciousness was so dark and low. There, a Being had to come forth that equaled the vibrational frequency at the opposite end of the spectrum. The strength of his Light was necessary to consume and transform the negativity of humanity.

If he had not been vibrating so highly, then an event of lesser consequences and impact would have occurred. It was because of his intense, radiant Light that the law could be fulfilled, but it took extreme circumstances to fulfill prophecy. This explanation also reflects the application of the Law of Rhythm, a law that shall be explained later. Because it will, I shall say nothing more about it at this time.

To the reader of these words, can you not see how the applications of each law build one upon another? It is necessary to understand the ALL before you can fulfill that which you have come to Earth to do.

Learn the meaning and significance of all the laws, apply them to your life, and see how you truly are the co-creator with the Divine. Heaven is waiting to be brought to Earth once again. The Heavenly force awaits to assist you in this endeavor.

Hold your thoughts on God and on the Light, and Ye shall see the wonderment of your inner life as it begins to spring forth the fruits of your essence.

Beloved Ones, hear the inner voice within that speaks of your divinity. Do not be afraid to connect with this higher frequency.

Visualize the Light in your daily meditations and prayers, and Ye eventually shall draw to you all that is of the highest.

God speed you on your journeys. I AM El Morya. Adonai

SUMMARY

The Law of Attraction helps us understand how we consciously and unconsciously choose the events in our lives.

- Our inner thoughts and emotions determine the level at which we vibrate. The level of our vibration attracts things and people operating at the same level of vibration.
- The level of vibration also determines our Tests of Initiation, for the Higher Self is expected to ensure mastery in the various areas of our own lives.
- When we have not mastered our mental and emotional bodies, we experience the discord of others in our own lives.
- As we gain mastery, we move toward creating the Fifth Dimension on Earth.

CHAPTER 16

LAW OF PERPETUAL TRANSMUTATION OF ENERGY

Good thoughts will produce good actions and bad thoughts will produce bad actions. Hatred does not cease by hatred at any time; hatred ceases by love. Buddha

There are times when we may feel trapped and helpless, unable to deal with the problems of our daily lives. What we do not realize is that we can change the conditions of our lives. It is our ability to use the Law of Perpetual Transmutation of Energy that gives meaning to the concept of free WILL. We have the power to choose the directions of our lives.

It all begins with the principles of energy. The material universe is made up of various forms of energy. Motion is the only manifestation of energy. It may be the active or kinetic energy of

the rays of the sun, ocean currents and tides, winds, waterfalls, or other forms of active energy, or it may be potential energy such as that contained in fossil fuels or other forms of inert energy. When energy is converted from passive to active energy, it is transmuted to other materials or changed to other forms. Transmission or transmutation of the forms of energy is a continuing process of the material universe.

Just as energy is changed in the material world, it also is being changed continually in our lives. The manifestations of our energy are found in our thoughts, our belief systems, our speech, and our actions. Each of us has some control over the ways we use these behaviors to send positive or negative energies to others or to maintain positive or negative thought-forms in our own lives. The process of sending out thoughts to others is known as transmutation of thought.

How does this operate? Every thought that we have produces two actions. The first action constitutes a vibratory energy, like sending out a wave from ourselves. The distance the wave travels and the intensity of the wave depend on our ability to focus and maintain our thoughts. When spiritual or positive people enter a room, their thoughts seek persons with thoughts similar to their own. All persons in the room will experience a raising of their vibrations, but the meanings are likely to be different for everyone in the room. Persons with higher thoughts and vibrations stimulate others to higher thoughts without conscious effort being exerted.

A second effect of thoughts is the creation of thought-forms. Every thought creates a materialized entity which operates on emotional and intellectual levels. Negative thought-forms may stay with an individual and increase in size over time. Persons with psychic vision often can see negative thoughts in the auras of other persons. Thought-forms can take on the form of entities that exist without our awareness.

Thoughts are forms of energy which may shape the conditions of our lives. For example, if a person wants to enjoy abundance but

does not feel worthy or is unable to visualize gifts or wealth, this goal is unlikely to be achieved.

Thoughts are sent or transmitted to others. When we have positive thoughts, we send them to others and they respond quickly or over a period of time. Positive thoughts that are sent are replaced with positive thoughts; thus, we feed our own optimism and sense of well-being. We also feed the positive thoughts of others.

Similarly, if we think negative thoughts, we send negative impulses to others. This lowers their vibrations and sends low grade thought-forms into the environment. As negative thoughts are sent, they are replaced by the same.

It has been said that a large number of our sins or separations from God are committed with our mouths. We do not think about our thoughts and our speech, even though they impact our own present and future as well as the present and future of others.

If we are to grow spiritually, we must begin to examine our thoughts and understand that our beliefs and our thoughts do not represent reality. They are our perceptions of reality that are incomplete. When we realize this, we open ourselves to moving out to understand in new ways and to appreciate the diversity of people's perceptions. We can control our thoughts, our beliefs, our speech, and our actions, but to do so requires that we will ourselves to behave in different ways.

A beginning step is to clear our minds of past negative thoughts and feelings. We do this by forgiving past oversights, insults, or transgressions. It is the forgiveness that helps us clear our minds and fill them with positive thoughts and energies which enrich our lives. Where our thoughts are focused, our energies are focused. When we move to positive thinking, we free our energies for the positive activities of life and for our spiritual development.

Master El Morya explains this law and how it applies to our lives in the following way.

Greetings, Oh Children of the divine. Once again it is I, El Morya, responding to the request to explain the next law. I transmit this next message with total love in my heart, and know that because I do so, the words will be received within the heart centers of all who reside on that same frequency.

Today I will address the Law of Perpetual Transmutation of Energy. This is one of my favorite laws, for its application expresses the magic to be found in the Christos. Once understood, this law provides the answers many have yearned to know regarding how to change conditions in one's life from the point of stillness within.

So what does this mean in common terms? It means that all persons have within them the power to change all conditions in their lives, just by understanding how to use one Universal Law against another to facilitate the change. Simply put, since higher vibrations consume and transform lower ones, each person can become an alchemist of the heart, if he or she chooses to do so.

Since all is energy and everything is contained in Oneness, it is reasonable to conclude that everything is interrelated and affects everything else. But if this is truly the case, then one might suppose that all would continually be absorbed in the Light, and love and Light would reign on Earth. Looking around, the casual observer can see that this does not happen. So how, then, does this law work?

It works with the WILL, Dear Children of the Divine. It works when one chooses to transform the darkness into Light and when one has a desire to change surrounding conditions into a higher form of existence. This law is also a one-directional law; therefore, it is the key to one's harmony, peace, and love. Since higher vibrations only consume and change the lower vibrations, it is not possible to reverse the affects of this law. Lower forces, consumed by negativity, cannot apply this law to lower the frequencies of higher vibrations, for its effects cannot be reversed. It is the law.

It is with great pleasure, then, that I offer this law to the Children of Light of the world to use as their weapon to embrace the darkness and bring it into the Light. There is no other law like this one, for its application has the power to raise Earth's vibrations into the Christos energy, carrying it speedily into the Fifth Dimension.

One uses this law by forgiving others, loving others, seeing in others the differences as well as the similarities, and applying higher frequencies to situations in life that are considered to be discordant.

The highest frequency one can see is the color violet. . St. Germain is the ruler of the violet ray because he is the master alchemist. In his role as Merlin, he came to Earth and brought the alchemist's magic to assist in transforming the energies of separateness into those of balance. He was the metaphysical king, while I, Arthur, was the physical king. Together we reigned with the vision, balance, insight, will, and courage that it took to re-energize England and prepare her to assume the vibrational frequencies that are destined to balance the world. We did so through the application of the Law of Perpetual Transmutation of Energy.

Violet is the favorite color of alchemists, and Merlin knew of its power. Since this color holds the highest vibrational frequency seen with the naked eye, it has the power to change all the frequencies that reside below it. Violet is the last color of the rainbow, before it turns to ultraviolet and then is reflected in the Light. It therefore holds the highest coding of symbols, and can be used to change surrounding conditions.

Visualize this frequency daily and surround any condition in your life that is discordant with this color. See the condition change from a disharmonious one to one of peace and delight. Hold this vision with the strength of the will, always from the perspective from the Higher Self, and great miracles will begin to occur.

The key to its effective use is the Higher Self. Recognize this and all power shall be granted to you. The lower bodies have no power on their own; it is only the Light from the Higher Self that understands how to use this precious energy.

If one visualizes this frequency, consuming and transforming all lower negative energies, the vibrations will change, first within the mind and then in the emotional body. The reason this is so is that negative entities cannot stay within this higher frequency for long. The strength of the will and the length of time this frequency is used will dictate how long it will take to clear a situation. When using this law, always remember the importance of the breath, for it is the breath that helps one command the emotional body.

Light is a higher frequency than violet. The white Light is the shield of protection. Visualize the Light within and around at all times, and it shall strengthen your will. With a stronger will, the soul's ability to manifest and transform events becomes more precise.

The Light also aligns the chakras with the Higher Self, thus providing the connection to the Great Central Sun, and the source of all there is. The Light strengthens one's faith, hope, and charitable nature, as well.

The third vibration that is important to know when using this law is pink. Pink is the color of self-love and resonates on the level of the soul. Surround others with this frequency and their attitudes will soften. Hold them in the soft glow of this field and watch their frowns slowly turn to smiles. The power of this frequency cannot be underestimated, for it generates much love throughout the universe.

The effects of this law are seen primarily when one meditates in silence and applies the principles to situations and events in life. Therefore, I invite all who wish to change the conditions around them to join with St. Germain in the stillness of the hearts and ask for guidance on its use. He shall assist all to become the

magicians of the new millennium, but demands that the wills be strong.

Journey with Merlin once again, Dear Children of the Heart, and learn of the magic of the ancients.

I close this transmission with a song in my heart and look forward to your accomplishments as you create a beautiful world for your children.

I AM El Morya. So Be It! So It Is!

SUMMARY

The Law of Perpetual Transmutation of Energy explains how our thoughts manifest positive or negative energy in our own lives and in the lives of others and how we may transcend negativity by applying higher frequencies to situations perceived as negative.

- The Law of Perpetual Transmutation of Energy is basic to our understanding that we are responsible for many of the conditions of our lives and that we have free will to change the nature of our lives and environments.
- Just as energy is changing continually in the material world, so energy is being sent with a predictable impact in the emotional and spiritual worlds.
- We use energy in our thoughts, our beliefs, our speech, and our actions; it is these behaviors which transmit and transmute energy to others, whether positive or negative.
- Positive energies attract positive energies and overcome negative energies through their higher vibrations.
- We control our transmission of energies through intent and will.
- We apply the Law by forgiving others, loving others, appreciating the uniqueness of others, and using higher frequencies in our lives.
- Violet color may be used to change conditions; white Light may be used as a protection; and pink may be used to

increase self-love and the love of others.

Chapter 17

LAW OF RELATIVITY

God allows us to experience the low points of life in order to teach us lessons we could not learn in any other way.

The Law of Relativity begins with our understanding that each of us is provided with problems or Tests of Initiation. These tests are designed to assess where we are on our spiritual paths and what experiences we need to learn.

Our response to these tests is important to our spiritual growth. On the one hand, we can compare ourselves to others and ask, "Why me? Why am I experiencing these problems when others do not experience the same problems?" We choose our response to these tests, and that response can advance or retard our spiritual progress.

When the heart and mind are connected, we realize the meaning of the tests and know that failure simply means that the next test will be more difficult. In this positive frame of mind, we say, "Thank you, Masters, for this Test of Initiation." When we look at our problem we consider that it might have been worse or more difficult.

The ways in which we view the world begin and end with our own minds and the meanings we choose. As we move on our spiritual paths we are able to see the positive aspects of our experiences, even the difficult ones.

El Morya speaks to us on the Law of Relativity.

This message on the Law of Relativity is protected in the Light of the Most Radiant One and transmitted with the vibration of the Highest. It speaks of observation and choice, and teaches the importance of applying the Law of Vibration to the choices each

makes.

Inherent in understanding the Law of Relativity is an awareness of the Tests of Initiation, which are lessons that all must learn to become enlightened. These tests determine how quickly the soul advances on the spiritual path, and how many times it must be reborn on the Earth plane for the purpose of making choices again.

I, El Morya, speak with the wisdom my soul commanded when I was Solomon centuries ago. It is with great pleasure that I come forth today and transmit my understanding of this most important law.

Although the Law of Relativity has been in existence as long as the universe, it received its current name from the Pharisees of old. The Pharisees I speak of were the ones who lived when the Age of Pisces was new. These learned ones understood the importance of maintaining a higher standard of living while practicing spiritual laws. Many who resided in Israel enjoyed the status of their positions and protected their ranks by citing the laws as the defense for their actions. They spoke with precision, for they had memorized the laws, and their minds understood the impeccable application of these statutes in the world.

They were, however, remiss on one count. Their hearts were not connected to the spirit of the laws. An intellectual interpretation of the law often differs from the spiritual intent, which was usually the reason the law was created in the first place. Unless a soul is sufficiently advanced to accept the spirit of the law, its meaning and intent often are lost in the winds of time. The Law of relativity is one of the laws that has been lost in the winds.

Basically, the Law of Relativity assures that each soul will receive a series of tests (problems, if you will), designed for the purpose of strengthening the Light within. As each soul is tested and provided with opportunities for advancement, options are given that guide the possible choices to be made. These options allow the soul to use the understanding of the Law of Vibration for

either advancement or regression.

Everything in life is relative, Oh Sisters and Brothers on the path. All is the All. There are no judgments regarding good or bad, better or worse. Everything is relative, balanced within the mental and emotional state of the person in any given moment of time. The reason one believes that things are better or worse is because the mind makes comparisons with people, things, and events that are not relevant, and applies these comparisons to the present situation.

Each event in one's life stands alone and should not be compared with other things. This is because each event has its own vibrational frequency, with unique lessons to learn, and should be analyzed from the perspective of "What is it I am to learn from this situation?" Instead of approaching life from this perspective, individuals frequently choose to compare their lives and situations with those of others, and it is through these comparisons that they often become depressed, believing that others are more blessed than they are.

The Law of Relativity speaks to the fact that all things are known only through their relationship to the mind. The mind controls how one feels, what one believes, and how one behaves. It is a powerful tool—and God's gift to humanity. But the mind can be too clever sometimes, especially if it becomes disconnected from the heart. Too much analysis or reason sway one from seeing the higher truths. When this occurs, the individual becomes attached to the letter of the law and not to the spirit of it. This is what happened to many of the Pharisees of old.

The Law of Relativity brings clarity to the mind, for it cautions individuals not to compare current problems to former ones. Instead, the law guides each soul to look at challenges as opportunities for advancement and learning. Since each will be presented with Tests of Initiation, and everybody's tests will be different, it becomes obvious that the journey in life is not about comparisons, but about mastering the lessons each has come to learn.

The Law of Relativity is considered to be one of the more advanced laws. The key to using this law effectively comes through the control of one's mind. When one learns to use the mind to focus only on the present situation, the soul is freed to pursue new and higher solutions for problem solving.

Learning to analyze each moment of time, staying connected with the heart, is the key to freedom. The law essentially reveals that in every moment of one's existence, the soul is provided with choices. The ultimate goal is to choose that which is beneficial and good for advancement, thus creating a higher frequency within.

When one does not understand this law, great repercussions may develop because choices made, not connected to the heart, can bring heavy returns of Karma. When people are pious and feel they are in a state of grace, they sometimes act righteously. This is especially true of those who also have memorized the laws. In this frame of mind, they can be compared to the Pharisees.

Keep in mind, Oh Children of Earth, that the souls of the Pharisees are still caught in the wheel of rebirth. The choices they made did not take into consideration the importance of the connection to the heart. Make all choices from the heart center, and the wheel of rebirth will no longer chain you to the Third dimension. Let the Law of Relativity guide your understanding and set you free to pursue other forms of existence.

Come join us in the Fifth Dimension and higher. We shall teach you the higher truths that you are seeking to learn. All you need do is to assure that each choice you make is aligned with a higher frequency, and you shall quickly advance on the steps of the high Initiate.

May the Creator of All watch over your every footstep. Go in peace. I AM El Morya

SUMMARY

The Law of Relativity deals with the ways in which we manage our thoughts as we face our problems and our Tests of Initiation. We may respond to these tests with self-pity, or we may look for the learning opportunities they bring.

- Each of us is provided with Tests of Initiation to determine whether we have mastered lessons of spiritual growth.
- Our responses to these tests may be judgmental in that we compare ourselves with others, or they may be positive in that we respond to the problems with mastery.
- Our ability to respond positively requires that our hearts be connected to the spirit of the laws and that we use our tests to advance on our spiritual paths.

CHAPTER 18

LAW OF POLARITY

To destroy an undesirable rate of mental vibration, put into operation the Principle of Polarity and concentrate upon the opposite pole to that which you desire to suppress. Kill out the undesirable by changing its polarity. The Kybalion

The Law of Polarity states that everything is dual, that there are two poles or opposites to everything found on the physical, mental, or spiritual plane. Polarity is the difference in dimension or direction, and it represents the two extremes of one thing. In the physical world there is no summer without winter. In the mental world there is no structure without freedom, and in the spiritual world there is no good without bad. In each instance, both of the poles have meaning.

The Law of Polarity considers an object or condition in itself as unrelated to other objects or conditions. Thus, love cannot be related to winter on a continuum because these conditions are on different planes, or refer to different classes or objects or

relationships.

When we consider those conditions or objects found on the same continuum, we soon realize that there are no absolutes. When does water move from hot to cold, or when does summer become winter? Opposites are two extremes of the same thing. The difference is simply the degree to which we perceive either pole as being on the same continuum.

If two poles are degrees of the same thing, then we have the power to move from one extreme to the other. We may dislike some individuals strongly and then, when we come to know these persons, feel compassion or love for them. We may dislike the discipline of exercise but, over time, learn to look forward to the high of working out. Or, we may think we cannot do without certain food items and then learn to dislike these same foods. These are examples of how we use the Law of Polarity on ourselves by moving from one extreme to another. Using this law is part of the discipline we need to change our lives.

What may be even more surprising, however, is that we can influence others in positive ways. When we dislike others, we can visualize them as being good and put violet light around them. We then may find that these persons have changed in some ways, and we may even learn to like or love them. Thus, we have the power to change our own feelings, and, often, the feelings and behaviors of others.

El Morya describes the Law of Polarity and the Celestial Hierarchy's views of what the law does for humanity.

Greetings, Oh Sisters and Brothers of the Stars. I, El Morya, come forth today to transmit the message on the Law of Polarity. I deliver these words as the Representative of the Council of Light from Lyra, and as the designated Ambassador for the Tribunal Council of the galactic Command. These Councils pay tribute to the Law of Polarity because it is through the operations of this law that their work is deemed successful.

The Law of Polarity designates that everything has opposites and opposites are the same; they only differ in degrees. What is considered truth for one is the half truth for another. In all things there exists duality, which comprises the nature of the universe.

If opposites are really the same, then it is reasonable to conclude that love and hate are but two extremes of the same emotion residing on the same continuum. The differences between these two reactions lie in the degree of emotion expressed. The same holds true for concepts such as hot and cold or good and evil. Where does love begin and hate stop? Where does hot begin and cold stop? The answer resides not in a point on the scale, but in the degree of the mental and emotional attitude of the individual in any moment of time.

For the average student on the spiritual path, this law provides the power and keys for understanding transformation. Since all things contain the principle of polarity within them, then all things can be changed. The way things are changed is by directing the "charge" of energy along the continuum that resides between the two polarities. It is that simple. The power of the mind, which controls the emotions, is the key to understanding that **ALL THINGS CAN BE CHANGED**. The first step in change is **CHOOSING TO DO SO**.

Humans possess eight etheric bodies and one physical body. Four of these bodies are better understood, and, therefore, "used" more than the others. These are the physical, mental, emotional, and spiritual bodies.

In the universe, there are three primary planes of existence:

- The physical, which is the lowest, densest plane of matter;
- The mental, which comprises the mental and emotional bodies, and
- The spiritual, which includes the etheric and spiritual essences of the higher planes.

The physical plane includes the physical body, the mental plane includes the mental and emotional bodies, and the spiritual plane includes the higher etheric bodies and encompasses the soul and Higher Self. Polarities exist on each of these planes of existence; yet the polarities within everything that resides on each plane cannot be crossed between the planes. That is because the vibrational frequencies residing within each of these planes are distinct unto themselves. For example, one cannot turn love into cold, or heat into evil. Therefore, each thing must be analyzed for its own essence and being. Each reaction emitted then must be analyzed, for the frequency that it contains, and a decision can be made to change the behavior to either a higher or a lower one. This is possible, because all things reside on a continuum.

The power of the Law of Polarity comes from this understanding, for this knowledge gives the individual the foundation for choosing other responses. The universe, through the Law of Cause and Effect, will return whatever behavior is emitted from the source. If a lower behavior is sent, then the individual can expect events in his or her life to come around that will deliver a similar package of events or experiences.

Knowing that all reactions and emotions reside on a continuum aids the individual to achieve higher states of consciousness and to evolve. Nature is set up for all to evolve. That is the secret to life and to understanding the laws. Humans are to continue to raise their vibrations through the power of thoughts, the mind, emotions, and actions. This is accomplished through choice.

The key to mastering the Law of Polarity lies in one's ability to stay balanced, focused, and detached from the world and things around. Extreme reactions most assuredly bring returns that match the emotions and behaviors emitted. Balance is the key to success. Never forget this, and this Law shall come to serve you and raise your vibrations unto the divine's.

Thank you for this opportunity to deliver this message of power. On behalf of the Council of Light from Lyra and the Tribunal

Council of the Galactic Command, I bid you farewell for a brief moment in time.

Adonia. I AM El Morya

SUMMARY

The Law of Polarity expresses that we can change ourselves and even change others. We may do this in unconscious ways as we learn and experience new things or the same things in new ways, or we may use the law consciously to bring about change in ourselves and others. Some of the key understandings of this law are as follows:

- There are two poles, or opposites, to things or conditions found on the physical, mental, and spiritual planes.
- Polarity is the difference between the two extremes of one thing.
- There are no absolutes of difference between the extremes or poles of any one thing; rather, there are degrees of difference.
- When we choose to change, we can change our attitudes or behaviors on the continuum of extremes when we choose to do so.
- We can change the behaviors of others by raising our vibrations.
- Mastery of the Law of Polarity requires learning how to maintain balance, focus, and detachment from the distractions of the material world.

CHAPTER 19

LAW OF RHYTHM

Everything flows out and in; everything has its tides; all things rise and fall; the measure of the swing to the right, is the measure of the swing to the left; rhythm compensates. The Kybalion

The Laws of Vibration and Polarity are expanded when we add the Law of Rhythm. While everything vibrates and moves, and has two poles or opposites, everything vibrates at or responds to certain rhythm. This rhythm establishes seasons, cycles, stages of development, and patterns—all of these reflect the regularity of God's universe. It may also be viewed over long periods of time as the continual creation of the universe, the rise and fall of nations, and our own birth, death, and rebirth.

The cycles or rhythms apply to all areas of human life—the physical, mental, and spiritual. Many of the cycles in our lives and in nature occur in multiples of seven—seven days to the week, seven notes to the scale, seven rays of influence, etc. It has been said that human beings were designed by the Creator to live for twenty and one-half periods of seven years each, or about 144 years. Our failure to do this is the result of our inability to live within the laws of nature. Today we find many who are extending the life span from 68 or 70 years to 80, 90, or even more than 100 years.

In the natural order of the Law of Rhythm, we experience the positive cycles and the positive emotions of faith, generosity, kindness, patience, love, courage, and duty. Everything goes well and we feel happy and confident. We may describe this period as "being on a roll" or experiencing unusual luck. We feel this way because our lives are in balance.

When we move into the negative cycle our feelings and mental states change. We now may feel more fear, greed, envy, criticism, or hatred. Our natural tendency is to blame this on other people or events. We can overcome these feelings by transmuting the feeling and overcoming the negative. Our will or mental state is superior to the manifestations of this law. The rhythm continues, but the negative takes place on the lower, unconscious level. It is overcome or transmuted to a higher level by the use of our will to remain positive. We rise above the natural rhythm and do not experience the negative.

Since the Law of Rhythm is inevitable, we can adapt in ways by

using our knowledge. We can plan new ventures at the times when things are moving to a positive side and we can remain positive to lessen or eliminate the effects of the negative.

We do this by learning to control our emotions at all times. We must work at reducing episodes of fear, worry, selfishness, greed, hatred, or other negative emotions. Even though we may have some of these feelings, we should strive to keep ourselves from owning expressions of these feelings. In this way we will not be subject to these emotions when the pendulum shifts again. When we allow negative emotions to be expressed, they remain with us and they provide the poles for shifts of the pendulum. When we are expressing positive emotions, the positive stays with us and assists us in transmuting the negative swings of the pendulum.

The key to success in mastering this law is balance. Never allow your emotions to swing too far to the right or left. If you can accomplish this, life gets better and better.

El Morya describes the Law of Rhythm in the following way.

On behalf of the Light within each person who reads this message, I greet you from the heart of Sananda. It is I, El Morya, here to transmit the next message on the Law of Rhythm.

The universe moves in a cyclical fashion, with energy flowing one way and then the other. This movement is defined as the rhythm of the universe, and this rhythm is found in all things. It is called the Law of Rhythm.

The principles underlying this law are defined as the movements of the in-breath and the out-breath of God. Life moves in cycles and is constantly renewing itself, first from the highs and then from the lows, next from within and then from without. These rhythms connect the two extremes revealed in the Law of Polarity. These rhythmic motions are what constitute the heartbeat the pulse of life itself.

The Law of Rhythm basically states that all things move in a

cyclical fashion, like the pendulum swinging first to the right and then to the left. The tides flow in and the tides flow out; the sun rises and the sun sets. These rhythms constitute an order of renewal in the universe that can be either disruptive or pleasant, depending upon how one wishes to perceive these rhythms.

Like the physical plane, the mental and spiritual planes also have rhythms. Thus, individuals witness mood shifts and states of mental imbalance. These periods constitute some of the most difficult times that people experience, for the extremes drain individuals of precious energy and serve to lessen the mastery they command over their own mental and emotional bodies.

For every high there shall be a low. This is the Law of Rhythm. This is the only law the individual cannot learn to control. The only way in which one can command mastery over it is through mastering one's own emotional and mental states at all times. Doing so allows one to rise above this law.

Those who thoroughly enjoy life and are filled with excitement must also experience the extreme lows, for as the pendulum swings from the right and back to the left, the opposite event or experience must be brought to them. Once the individual tires of the lows, the soul is open to learn new ways to govern specific behavior patterns. This begins the process which leads to the lessening of the extreme depressions that intrude on one's life. When the Initiate commands this state of mind and demonstrates that he or she is ready to receive instruction on another, "better," way to experience life, he or she then is introduced to the Law of Rhythm.

The way in which one escapes from the effects of this law is to rise above it. That means that the only escape is to control the mental and emotional bodies at all times and to govern the extreme mood shifts that interfere with one's path. The individual learns to walk the center of the road, never getting too excited or allowing negative things to penetrate his or her consciousness.

Masters know that all is energy and that this precious life force is

given to each to manage and use wisely for manifesting God's plan on Earth. Since energy can neither be created nor be destroyed, it must be transmuted. The Law of rhythm teaches a way in which to transmute energy and manage the extreme rhythms in life.

The key to transmuting the effects of the Law of Rhythm is through the strength of the will. By applying one's will to manage reactions towards events in life, the individual actually can learn to detach emotionally from all experiences. Will power can be used to prevent the individual from getting too excited when events occur that serve only to steal the energy, under the guise of enthusiasm. When the highs are controlled, the swing of the pendulum will not be so extreme. Therefore, the polarized event that will come to the individual will be of a lesser negative quality, and will be easier to accept.

To be successful at rising above the Law of rhythm and detaching emotionally, the Initiate must learn to walk the middle of the path at all times. This is the road to mastery. Few have been able to accomplish this in the past, however, which is why there are so few who have ascended from the Earth plane.

The time is come for more to make this journey and move into their Light bodies to sit at the right hand of the Father/Mother Creator. Those who master the Law of Rhythm will surely be among those who will have seats reserved for this gathering. This law separates the Masters from the Initiates, the leaders from the followers. It is the turning point toward spirit and the step away from the material world of the Third Dimension. Learn it well, Dear Children of the Command, for to understand it grants you your ticket to the stars.

Adonai, Oh sisters and Brothers of the path. In the name and radiance of the Most High, I AM El Morya.

SUMMARY

There are many rhythms in our lives that we cannot escape. We

can overcome the effect of rhythms by remaining positive and transmuting the effects of negative rhythms or cycles.

- The universe moves in cyclical fashion, with energy moving one way and then another. This rhythm is found in all things and is known as the Law of Rhythm.
- Individuals experience mood shifts and mental imbalance as the negative cycle or rhythm is experienced.
- One can overcome the Law by mastering his or her mental and emotional states at all times.
- The individual overcomes or transmutes negative cycles by walking the center of the road or remaining calm and centered.
- It is our will power which allows us to master our mental and emotional states and to remain centered.

CHAPTER 20

LAW OF GENDER

Gender is in everything; everything has its Masculine and Feminine Principles; Gender manifests on all planes. The Kybalion

The Law of Gender is often difficult for people to understand because they assume it refers to the physical differences between men and women. Physical differences or sex are one small manifestation of the Law of Gender on the physical or organic plane. The term is used in a much larger context to refer to creation or production.

Masculine and feminine energies are found on all planes—physical, mental, and spiritual. Gender refers to a division of labor or effort which is required for all creativity. Gender is found in organic as well as inorganic matter and within the operations of heat, light, electricity, magnetism, attraction, repulsion, etc. In each instance, both masculine and feminine energies are essential—the masculine energy directs itself to the feminine energy, thereby initiating the creative process. The feminine energy is the one doing the active creative work, and

this is true on all planes.

On the mental plane we are the Law of Gender manifested. Although male and female bodies and brains differ in significant ways, both sexes have the need and abilities to use both masculine and feminine energies. Both must be present in the creation process, and both sexes need to develop these skills.

Current brain research supports the distinction outlined above. The male brain usually emphasizes left brain thinking, and it appears to be suited for analytic functions. When these are employed, they culminate in the skill of initiation of action. On the other hand, female brains appear to demonstrate more right-brain activity and to be suited for synthetic functions. Both men and women can perform both sets of functions, but in different ways. In most cases, each of us has access to both masculine and feminine energies. Part of development, maturity, and spiritual growth is the ability to use both sets of energies based on the requirements of a given situation.

Masculine energies may not be used because of our fears of success and failure and ignorance of our missions. When we learn about our missions, we gain the confidence to act and to initiate.

Feminine energies sometimes are viewed as weak. Even though we must live lives of positive thoughts and actions which exhibit gentleness, patience, humility, self-control, graciousness of speech, sympathy, and wisdom, these are not manifested in passive ways. We are expected to use these positive behaviors in bringing about the fifth dimension. It is the feminine energies that will bring about a balance that will enable us to become co-creators with Spirit. In full spiritual development, masculine and feminine energies are understood and expressed by both women and men. It is then that we manifest the fullness of the human and third-dimensional experiences. El Morya's message on the Law of Gender expands the concept.

I come once again to deliver the final message. Today I will speak on the Law of Gender. In so doing, I shall impart the wisdom of

the ages, for in the understanding of this law comes the union with the Divine. I am delighted to begin, for there is so much to say. Therefore, I, El Morya, shall commence with this discourse.

The universe is made up of two active principles, yin and yang. Some call these positive and negative aspects of life, while others refer to these as the polarization of the subparts. Regardless of what term is used, these two principles are found in every subparticle in the universe, and comprise the foundation for creation itself.

The Law of Gender is the expression of yin and yang, otherwise termed the feminine and masculine. The law states that these two principles reside within all things, and it is through these principles that humanity is able to create.

The Law of Gender is the creative force that runs from the inner into the outer world. It is the force of the Gods and the power of the giants. It creates life, even that which is born into the physical manifest world of "things," for both of the principles (yin/yang) must be present to build and to manifest in the third-dimensional reality, as well.

The receptive side of humanity's nature is often called the negative side. This is further termed the feminine or the yin. This is the force that creates, spins ideas, and weaves the threads to make the tapestry into a work of art.

The positive or directive side of humanity's nature is called the masculine or yang. This force is directed toward the creative force of the feminine principle. It is the originator of ideas and actions. The masculine energy is attracted to the feminine principle, and when they unite, they form a union that assures that the creative process will be realized.

These two forces are present in everything that exists. These forces are the great mystery of the universe. The natural attraction of the positive and negative energies are everywhere, for there is consciousness even in the atom. Remember that it

has been stated earlier that God is thought. Therefore, the chi or prana that exists everywhere has intelligence. This intelligence, which has the power to create, is demonstrated in the Law of Gender.

It is important to understand this law if one wishes to advance, because mastery requires the person to command everything in the physical world. This means that individuals will be guided and tested until they are expert at manifestation and creation.

Of the two, creation appears to be the easiest, but in reality it is not. To truly create in the physical world, individuals must balance the yin and yang within to a point of stability. This means that they must have mastered how to receive dreams and visions and also how to turn them into reality, by creating in the physical world. When individuals are able to create and implement ideas, they position themselves in the field of Oneness. Very few souls ever achieve this kind of command over nature or themselves. This truth reveals another reason why so few ever become Masters.

When the yin and yang are balanced perfectly within the soul, the individual intuitively knows how and when to act appropriately in all situations. The balance of the positive and negative or masculine and feminine principles within brings the person to a point of androgyny, the state of mental balance that aligns the individual with the Higher Self.

Universes have been created when the feminine principle was unleashed, but they have been created only when this was ignited and balanced with the masculine principle. For centuries on Earth the feminine principle has been thwarted, making it difficult for either men or women to exert their full human potential. Cultures, societies, individuals, sexes, and institutions all have participated in suppressing the feminine principle. As a result, creation has been stifled and destruction looms at every turn. The aggression from the masculine principle has thrown all things out of balance, leaving the world to wander aimlessly until the power can be restored.

A Golden Age, the seventh, to be precise, has been predicted for the millennium, because the cosmic conditions are ripe for the feminine energy to be restored on the planet. The Age of Aquarius has promised this. Philosophers, astrologers, and astronomers have known this since the beginning of time, for the Creator's pen has so recorded this edict. The earth will venture into this new era and the balance will come forth, but first the balance must be realized within each individual.

Therefore, we offer the Law of Gender to you for contemplation. Learn of this law, for it is the source of all your power. It will teach you to become co-creators with God. Learn to balance all thoughts, emotions, words, and actions with the principles of positive and negative responses. When you accomplish this, self-realization will be given.

The Higher Self is androgynous and waits to unite with the lower eight bodies. It cannot form the union, however, until the lower bodies are balanced with the yin and yang energies. The balance actually accelerates the electron spin to a point of stillness necessary for the merger to take place. Ascension does not occur until the union is perfect.

Therefore, I say unto you, hold the perfect stillness within, and balance the masculine and feminine principles in the soul. Learn to listen to the higher guidance of your inner voice, and know that when you do so, all will be perfectly aligned.

This concludes my message of the Law of Gender and seals the messages of twelve. On behalf of the higher Councils of Light who sanction these words, I leave you with this volume of information to ponder.

Read each message with the masculine energy in the forefront of your minds and direct all initial impulses to the intuitive feminine nature. Then put the meaning of these messages into action through the creative process of the feminine energy. When applying these laws, discipline the mind, heart, and emotional

bodies to follow the guidance of the Higher Self. By living the laws, your souls will soar, for the Light these laws will bring will truly set you free.

In the months and years to come, I remain your humble servant. Should you need help in understanding or applying the spirit of these laws, call for my assistance. I shall not let you down. I only wait to serve you in your quest for mastery.

Remember, the Ascended Realms cannot interfere or override humanity's free will. That is your gift from God. Should you knock on the door of the divine and invite our assistance, we will guide and support your journey. The angelic kingdom will also come, for that is their responsibility and duty to God. Know this to be true.

Finally, remember that the Order of Melchizedek, of which I am a member, is your strength in the years to come. We assist all who are sincere seekers of the Light and who wish to journey to higher dimensions of time/space while still embodied on the physical plane. Ask and Ye shall receive our assistance, and know that you are protected in the Light of the Most Radiant One.

I now close this transmission with love and respect for all who read these words with their hearts. Carry your intent to the higher dimensions and join your elder sisters and brothers who await to receive you in the chambers of the Most High.

God Day in the Light of the Most Radiant One. I AM El Morya.

SUMMARY

The Law of Gender deals with the two activities needed to create or produce—the yin and the yang. These functions are complimentary and are found on all planes—physical, mental, and spiritual.

- Masculine and feminine energies must be developed in both

- women and men to be used in appropriate situations.
- The masculine and feminine energies are the foundation for creation in every part of the universe.
 - Creation requires that we have balanced the yin and the yang, or the ability to dream dreams and bring them into reality.
 - When we balance our masculine and feminine energies we move to a state of androgyny that aligns us with the Higher Self.
 - The seventh Golden Age will be a time for the restoration of feminine energy on the planet.
 - When we are able to master the balance of our thoughts, emotions, words, and actions we unite the Higher Self with the lower eight bodies. This is necessary in order for ascension to occur.

A joyous person abounds with energy and feels buoyant because he or she is running a higher-frequency current of energy through his or her system.

CHAPTER 21

INTRODUCTION TO PERSONAL TRANSFORMATION

I am One with the Violet Flame. St. Germain

Transformation is changing our beliefs, our thoughts, and our behaviors. Transformation, like learning, results in changed awareness, consciousness, and behaviors. It requires us to face our longings and our deeper-level knowledge, to gain the information and courage needed to determine their meanings for our lives, and to take the actions and steps necessary to gain the skills or clear the way for new levels of consciousness and understanding.

The process of transformation culminates in self-mastery. Self-mastery is achieved as we move to our reunion with our Higher Selves and the God Force. The merger of our physical

selves with our Higher Selves is part of our becoming one with the Light and the God Force.

Transformation has been described as involving three stages of mastery and development. Transformation begins with the opening of self to new ideas, new consciousness, and new information. Information gives us images and possibilities that we can test and determine the degree to which they seem right for us. This phase of transformation is an exploration, a seeking out of the unknown and a stretching of our beliefs. Previous sections of this book have provided examples of information that offers new possibilities. This information cannot be tested fully in the usual ways, but must be examined in our hearts and minds to determine its meaning for our lives.

The second phase of transformation occurs when we begin to integrate the information into our lives. We determine how the ideas and philosophies will be put into practice and how we will gain our own spiritual mastery. This is the phase of becoming Light beings and joining with our Higher Selves. It requires meditation, clearing of old beliefs, experiencing forgiveness of past and present transgressions or injustices, and learning to love and accept ourselves and others. There are many things that we can do to accelerate this process, which often is achieved as we are able to receive telepathic messages.

The last phase of transformation comprises mobilization of our self-mastery. We are able to live our Earth mission in powerful and fulfilling ways because we now are aligned in a real way with our Higher Selves and the God force. We are living a fifth-dimensional life within a third-dimensional world. Ego is no longer the master of our lives, and we are preparing ourselves for our ascension. Our ascension, or the attainment of new levels of service and learning frees us from the need to reincarnate to learn the lessons needed for self-mastery.

One of the primary lessons we learn as we move to self-mastery is the lesson of discipline, or the ability to control our physical, emotional, and intellectual functioning in ways that keep us in

touch with positive views of our experiences and our abilities to view the third-dimensional experiences at higher levels. Being able to understand that the Earth experience is an illusion that will be viewed in different ways as we become Spiritual Masters is part of our learning. It is easy to emphasize the discipline needed and forget the joy and the bliss that are experienced as we move through the process. We do experience peace, joy, and abundance as we are able to reunite with our creator and move through the stages of transformation.

It is important to remember that we are never alone as we go through this process. Our guides, angels, the Ascended Masters, and many other sources of strength and growth are provided to us. The following section outlines some practical ideas and actions we can take to accelerate our progress on our journey to spiritual mastery.

CHAPTER 22

THE SUB-LAWS OF THE UNIVERSE

The Knowledge of man is as the waters, some descending from above, and some springing from beneath; the one informed by the Light of nature, the other inspired by Divine revelation.
Francis Bacon (St. Germain)

The Universal Laws describe the fundamental principles governing the functioning of Earth and the Celestial Worlds. The Laws tell us that humans co-create with god by using their minds, that energy, vibration, Light, and motion make up the universe, that patterns of correspondence or consistency are part of our physical and spiritual worlds, and that there is a consequence or effect for everything that we do. These principles help us understand how and why things happen.

There are also human characteristics or traits related to the Universal Laws. These are referred to as the sub-laws, or the ways in which we put the Universal Laws into action in our lives.

Each of the sub-laws is not simply a nice thing to do. Each has a spiritual purpose—a purpose designed to bring Heaven to Earth. In following the purposes of the sub-laws, we participate in the co-creation of the perfect world which has been envisioned for us by our Higher Selves.

We may agree with the purpose of the sub-laws and wish to live in accordance with them, but find that unresolved issues of past lifetimes or the limits of our current spiritual development place barriers in the paths of our realizing the purpose or benefits of the sub-laws. If we are to use the sub-laws well, it is essential that we learn how to overcome the barriers that prevent us from using them in effective ways. We can do this through our thought processes and through the words we speak, which reflect our thoughts in positive ways. These are the affirmations that bring our behaviors and our lives into alignment with divine intent.

The following sub-laws detail the virtues that not only help us to grow spiritually, but also bring forth a higher existence on Earth. Each sub-law is described in terms of its alignment to the Higher Self and then examined from the perspective of the ego's influence on it. Finally, suggestions are given that will assist individuals to align their power with their Higher Selves, thus facilitating mastery in their lives.

SUB-LAWS OF THE UNIVERSE AND THE BEHAVIORS AND ATTITUDES THAT DIMINISH AND SUSTAIN THEM

ASPIRATION TO A HIGHER POTENTIAL

Definition: The higher force that instills within us the strong desire to achieve greater things.

Purpose: The soul's ambition to evolve and journey back to the Source.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors.....Sabotaging your accomplishments Feelings of:

Vanity

Experiencing a lack of openness diminishing energy

Failing to keep promises Hopelessness

Lack of interest in life Despair

Criticizing others Death

Attitudes Inability to set goals and objectives, Playing it safe

Fear of success and failure

Fear of risks

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Trust in the process and Divine Order of the universe.

Make commitments and keep them.

Follow your inspirations.

See a part of yourself in everyone else, and emulate all that is good in others.

Align with the Higher self.

Never stay around negative people for more than five minutes.

Allow yourself to risk.

REMEMBER: God is in the details.

Affirmations.....I am getting better and better every day. The Light within me is expanding and producing miracles in my life.

SUB-LAWS GOVERNED BY THE HIGHER SELF

CHARITY

Definition: Philanthropy or benevolent good will toward humanity.
Lenient judgment of others.

Purpose: A love for humanity demonstrated by giving, with no expectations of return.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors..... General dislike for humanity. Lack of trust

Attitudes.....Belief that you are being used or are unequal to another in power.

Poverty consciousness and belief that there is not enough

abundance for all.

Feelings of: Something lacking

Insecurity

Futility

Malevolence

Unworthiness

Acquisition (Greed)

TEACHINGS AND ALIGNING WITH THE HIGHER SELF

Give with no expectations of return.

Give freely, knowing the law of tenfold return will serve.

Feel the joy one receives when given a gift from the heart of another.

See a part of yourself in everyone you observe.

Believe others will help you.

AFFIRMATIONS

There is plenty for everyone

Humanity's greatest strength is in its diversity.

People everywhere are all children of one God.

SUB-LAWS GOVERNED BY THE HIGHER SELF

COMPASSION

Definition: A sympathetic awareness of another's distress, often through unconditional love.

Purpose: The quality that teaches that there is perfection in all things and that we are to have sympathy for others, even though they may not see things the way we do.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaving cruelly toward people and animals
Persecuting others
Tyrannizing others
Judging others
Inflicting injustices or injuries on others as punishment

ATTITUDES

Need to feel superior

Feelings of: Being alone
Hatred
Severity
Anger
Nonforgiveness
Revenge
Disappointment
Noninvolvement
Apathy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Stay silent and "bite your tongue" before saying something cruel.
Listen to others to understand their perspectives.
Stop judging yourself and others.
Practice thinking kind thoughts.
Practice random acts of kindness
Distance yourself from others and lovingly observe them
Show tenderness, objectivity, and empathy towards others
without smothering them

AFFIRMATIONS

I no longer judge myself or others.
I accept myself and others unconditionally.

SUB-LAWS GOVERNED BY THE HIGHER SELF

COURAGE

Definition: Firmness of mind and action in the face of opposition.

Purpose: The attribute that assists us to complete great things, no matter how large or small the contributions.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Sense of imbalance and lack of ability to stand in your truth.

Allowing others to take your power.

Allowing yourself to be intimidated.

ATTITUDES

Feeling that you have to conform to peer pressure

Fear of failure

Fear of confrontation

Feelings of: Cowardice

Timidity

Weakness

Faintheartedness

Ambivalence

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Stay calm and centered in the midst of chaos and opposition, and allow your Higher Self to guide you.

Never fight emotion with emotion.

Stick to the facts and data.

Analyze worst case scenarios, make a plan, and follow through.

Do it!

Respect the timing and sequencing of all critical events.

AFFIRMATIONS

I am confident that I am fulfilling my divine Plan.

My inner guidance is clear, and I now have the courage to follow it.

I now have the confidence to speak my truth.

SUB-LAWS GOVERNED BY THE HIGHER SELF

DEDICATION

Definition: Devotion or commitment to a cause, person, or mission.

Purpose: An act of commitment, based on great love and desire, to serve humanity. It is this action that separates the Masters from the Initiates.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Uncaring mannerisms

Sense of hopelessness or despair

Inability or lack of desire to set goals and objectives

Lack of ability to stay focused or committed

Feeling that you are disconnected from God

Listening to others before listening to your inner guidance

Apathy toward self-improvement

ATTITUDES

Lack of discipline

Lack of will or commitment

FEELINGS OF Indifference, Alienation, Unconcern, Passiveness, Disorganization

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Have the courage to operate on the Light level, which understands that we have a higher purpose in life.
Request daily that the Light penetrate your essence and give you the energy and strength needed to pursue your life's plan.
Set goals and objectives, and make a plan to reach them.
Learn to trust and follow your inner guidance.

AFFIRMATIONS

I am now fulfilling my mission on Earth
I am now employed in the perfect job for me.
I understand my higher purpose, and joyfully complete the tasks to fulfill it.

SUB-LAWS GOVERNED BY THE HIGHER SELF

FAITH

Definition: Trust and conviction in a belief for which there is no proof.

Purpose; Confidence in the Universal Laws and the divine harmony of the universe

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors.... Need to control
Need for material confirmation

Attitudes.... Belief that ego is in charge and not Spirit
Fear and dislike of what you receive
Belief you are unworthy

Feelings of:
Skepticism, doubt, denial, distrust, suspicion, rejection, fear

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Anchor the Light within on a daily basis.
Recognize that there is purpose in all things.

AFFIRMATIONS

Let God's will be done through me.
I trust in God to show me the way.

SUB-LAWS GOVERNED BY THE HIGHER SELF

FORGIVENESS

Definition: Letting go of judgment, resentment, or a claim against another. An abundant act.

Purpose: Unconditional love that absolves negative Karma and frees ourselves and others.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors;

Holding judgment or anger toward another

Inability to forgive yourself

Blaming others and holding grudges

Attitudes:

Belief that if you forgive, you may lose control over others.

Desire to discredit, censure, accuse, or indict another.

Belief that if you forgive, you were wrong.

Feelings of: Fear anger Resentment

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Breathe deeply, relax, and let the feelings go.

Allow the God Force energy to flow through you.

Practice unconditional love.

Do not take another person's words or actions personally.

Remain calm and balanced at all times.

AFFIRMATIONS

I forgive myself

for _____

I forgive _____ for

_____ -

I release all negative and limiting beliefs

SUBLAWS GOVERNED BY THE HIGHER SELF

GENEROSITY

Definition: An openhearted, liberal, unselfish act of kindness or gift bestowed upon another.

Purpose: an act that grants liberty to us and frees us to evolve.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Lack of self-love which inhibits you from giving freely to yourself or others.

Overcompensation by giving too generously to others and not giving enough to yourself.

Attitudes

Belief that you are separated from the source

Belief that you may not have enough

Feelings of: Selfishness, Greed, Pettiness, Stinginess, Miserliness, Meanness, Insecurity

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Follow the Golden Rule:

"Do unto others as you would have them do unto you."

Give yourself gifts and enjoy receiving them.

AFFIRMATIONS

I am a radiant Being, and I love all of me.
There is abundance for everyone, and I am ready to receive my share.

SUBLAWS GOVERNED BY THE HIGHER SELF

GRACE

Definition: Unmerited divine assistance given for humanity's sanctification.

Purpose: The quality that flows through a person giving a sense of beauty, balance, harmony, and charm of movement and form.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors

Expression of rigidity
Inaction or laziness
Insensitivity toward others
Disregard for details and excellence, and the skills needed for refinement in these areas.
Inability to differentiate another's problems from your own

Attitudes

Belief of personal importance or preoccupation with self

Feelings of: Awkwardness, Vulgarly, rudeness, Carelessness, Negligence, Clumsiness, Stress, Indifference

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Monitor your inner dialogue and beliefs, and bring discordant thoughts and actions into balance.

Practice balance and harmony.
Learn to breathe deeply, and calm yourself at all times.
Identify weaknesses in your skill areas, and strive to improve upon them
Request that the essences of the ascended Masters and all their grace and beauty merge with your consciousness.

AFFIRMATIONS

I am that I am
I am the Light of the world.
My discernment improves every day
I complete all my work accurately, perfectly, easily, and effortlessly

SUBLAWS GOVERNED BY THE HIGHER SELF

HONESTY

Definition: Honor and integrity of character and action. Truth in action

Purpose: The state of mind that changes our destiny by eliminating negative Karma and replacing it with positive Karma

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Need to cheat or trick another
Living under false pretenses
Engaging in deception
Stealing or cheating another

Attitudes

Lowering your standards to accommodate peer pressures
Feeling that you need to protect yourself or you may not get what you want or may be harmed.

Feeling unclear on issues or facts
Lack of respect for others' abilities to deal with truth.

Feelings of: Inadequacy, Deprivation, Panic, Malice,
Unfaithfulness, Lack of self-respect

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Monitor all your thoughts and actions on an ongoing basis
Listen to your conscience.
Identify with role models who exemplify integrity and honesty.
Be pure of heart.
Do not give in to temptation and accrue the negative Karma for misdeeds.

AFFIRMATIONS

I am a person of integrity and can be trusted.

I value equity and fairness and strive to live my life around these principles.

I now live a life applying Universal Laws in Divine harmony.

SUBLAWS GOVERNED BY THE HIGHER SELF

JOY

Definition: The expression of feeling much delight, glad feelings, and happiness.

Purpose: The state of mind that assists us to see the perfection and beauty of God's plan in every waking moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors

Creating hardships, misery, and heartaches

Discounted others' happiness and delight

Attitudes

Worrying that life is not perfect

Belief that hard times are necessary, and we need to be punished

Belief that life is serious

Feelings of: Gloom, Despair, Unhappiness, Misfortune, sorrow, Inadequacy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Remember that everything happens for a reason, and take all challenges as opportunities for growth.

Meditate on lessons that need to be learned.

Pray for strength and guidance to stay in touch with the happiness within.

Release all fears and worries and ask God to handle all the problems that seem insurmountable.

AFFIRMATIONS

I surrender to the Higher Self.

Show me the way to happiness and joy.

I now see the perfection in all things.

I now embrace happiness and delight in the world around me.

SUBLAWS GOVERNED BY THE HIGHER SELF

KINDNESS

Definition: The state or habit of treating others kindly and with respect.

Purpose: The divinely inspired quality that infuses energy into

others who support your vision. Collectively, good leadership facilitates the fulfillment of God's plan on Earth.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Acts of coldheartedness
Unfriendly behavior
Uncaring or even malevolence toward others
Lack of generosity
Lack of recognition or response

Attitudes

Uncontrolled desire to dominate for personal recognition
Concern about status

Feelings of: superiority, Bitterness, Ruthlessness, Harshness, Cruelty, Greediness, Indifference

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Say "thank you."
Show sympathy and compassion toward others.
Show affection for your friends and family.
Stay centered and calm.
Recognize the good in others.
Reward others, especially when they're not expecting it.
Praise and recognize those around you.

AFFIRMATIONS

I do things for others, and it makes me feel good.

I enjoy making others happy.

When I help others, I help myself.

SUBLAWS GOVERNED BY THE HIGHER SELF

LEADERSHIP

Definition: The position in which one guides or directs

Purpose: The divinely inspired quality that infuses energy into others who support your vision. Collectively, good leadership facilitates the fulfillment of God's plan on Earth.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors: Cowardice or sheepishness

Acting like a dictator or bully

Inability to delegate responsibility

Inability to follow through with tasks

Indecisiveness and lack of a clear plan

Lack of commitment

Lack of self-confidence

Attitudes

Forgetting with whom you are connected

Fear of non-approval

Fear of failure

Feelings of: Unworthiness, Procrastination, Incompetency

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Follow your vision and inner convictions, and articulate them clearly to others.

Have the courage to speak the truth.

Complete all tasks in the pursuit of excellence.

Guide others with love.

Stay positive.

Visualize yourself and your team completing a project successfully.

Praise and reward others.

Acknowledge your strengths and talents, and feel good about them.

AFFIRMATIONS

I work well with others.

I am now completing god's divine plan on Earth.

Every day is more fulfilling than the previous one.

I am a co-creator with others, performing in Divine harmony.

SUBLAWS GOVERNED BY THE HIGHER SELF

NONINTERFERENCE

Definition: the state or fact of not intervening in another person's path by judging or interfering with their actions or decisions.

Purpose: This quality allows all to grow at their own pace and eliminates unwanted negative Karma that can impede one's progress.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Conflict with another

Forcibly meddling in the affairs of others.

Showing little respect for people and the decisions they make

Courting another or their possessions

Prying into business not your own

Attitudes:

Irrational need to feel needed and appreciated

Need to control others

Feelings of: Envy, vanity, Strong will, self-righteousness,

Infallibility

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Allow others to make choices and live by their decisions.

Get out of the head, and move more to the heart.

Value people and relationships more than “winning.”

Ask for Divine assistance to show you the way to stop interfering in another’s life

Request that the angels help you see the bigger picture.

Restrain from action, and support through prayer

AFFIRMATIONS

I honor my own path and respect the paths of others.

I honor all for their choices and the decisions they make.

SUBLAWS GOVERNED BY THE HIGHER SELF

PATIENCE

Definition: Forbearance, steadfastness in the face of trials or delays. Having the ability to bear misfortune or inaction calmly without complaint.

Purpose: The quality of balance that keeps the male and female energies within balanced. The composure necessary for ascension.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Restless nature

Inability to control emotions—excitability

Lack of will and control of the intellect needed to stay calm.

Attitudes:

Uneasy feelings about another’s abilities

Discouragement regarding life and others.

Feelings of: Anger, Discouragement, Passion, Overexcitement,
Lack of focus.

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Hold your composure in all situations.

Breathe deeply and rhythmically.

Never respond until you have all the facts and data.

Remember that we are living an illusion and that all events in life are merely tests for mastery.

AFFIRMATIONS

I am attached to nothing.

Nothing has meaning. I am calm and centered at all times.

I complete all my work with little effort and stress.

I see the perfection in all things.

SUBLAWS GOVERNED BY THE HIGHER SELF

PRAISE

Definition: To commend, recognize, compliment, or glorify.

Purpose: The expression of appreciation that allows us to see the beauty in others.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Criticizing others

Slandering another

Diminishing the work and achievements of others

Attitudes:

Taking others for granted
Feeling that you are diminishing yourself by complementing others
Not recognizing others' efforts.
Feelings of: Indifference, rejection, separation, sarcasm, condemnation, satire, disapproval, hate, envy, jealousy

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

See beauty in others.
Get in touch with the goddess energy within and empower others by making them feel good.
Ask for the ability to see who needs praise.
Remember your intention to stay connected to your Higher Self.
Enjoy how good it feels to make another happy.

AFFIRMATIONS

Our world and its people are beautiful
I now release all negative judgments.
I free myself to evolve.
I now let go of all negative self-criticism.
I love myself for who I am.

SUBLAWS GOVERNED BY THE HIGHER SELF

RESPONSIBILITY

Definition: The act of being accountable by having the ability to distinguish right from wrong and following through with conviction.

Purpose: The attribute that assists in developing standards that help one follow Buddha's Eightfold Path:

Right Seeing
Right Thought
Right Speech
Right Action

Right Living
Right endeavor
Right Mindedness
Right Concentration

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Lack of commitment
Hypocrisy—saying one thing and doing another

Attitude: sense of being overwhelmed and feeling that your job description is too much to handle
Feelings of imbalance between the male and female energies within
Believing that you do not make a difference

Feelings of: Laziness, Negativity, Hopelessness, Uncaring, Irresponsibility, Unaccountability, Helplessness

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Remember that you chose your own path.
Remember the commitments and contracts you “signed” before coming into embodiment.
Break down all duties into tasks that have a beginning and an end.
Hold on to your faith.
Discipline yourself.
Work to achieve mental and emotional clarity.
Surround yourself with like-minded people.

AFFIRMATION

I now complete all my tasks easily and effortlessly.

SUBLAWS GOVERNED BY THE HIGHER SELF

SELF-LOVE

Definition: to value, honor, and respect one's being (body, mind, and spirit) with full awareness of one's own inherent worth.

Purpose: The state of being that teaches us to love others unconditionally while accepting ourselves for our imperfections in the moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behaviors:

Engaging in self-condemning statements.

Setting yourself up for failure

Attitudes

Expressing feelings of self-deprecation

Expressing feelings of dissatisfaction, bitterness, or revulsion

Feelings of:

Self-hate, Self-loathing, Self-scorn, Abhorrence

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Trust yourself to do random acts of kindness

"Breathe Pink," and allow the color to change your feelings.

Be charitable to others

Smile!

Allow yourself to feel all your emotions, and let the negative thoughts pass through you.

AFFIRMATIONS

I love all of me- my body, mind, and emotions.

I am a radiant Being of Light and love.

I am perfect and I embrace the totality of my Being.

SUBLAWS GOVERNED BY THE HIGHER SELF

THANKFULNESS

Definition: The act of expressing gratitude for a benefit received.

Purpose: an act of kindness that frees the heart of focus on the quality of the moment.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO.

Behaviors:

Not acknowledging your needs

Taking others' kindnesses for granted

Ignoring the gifts of others

Attitudes:

Feeling that you are blocked from Spirit

Perception of scarcity

State of consciousness where you impose expectations on others.

Feelings of:

Unfaithfulness, carelessness, Insensitivity, Forgetfulness,

Moodiness, Discontent, Criticism, Arrogance

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Get in the habit of thanking god every day for all that you receive.

Ask for the wisdom to understand all that is received as blessings.

Make a list of all your blessings.

Say "thank you" to obstacles and challenges for the lessons they bring.

AFFIRMATIONS

The universe is good to me and I am grateful.

I thank god for showing me the way.

I thank god for all my lessons, for they continue to make me a better person.

SUBLAWS GOVERNED BY THE HIGHER SELF

UNCONDITION LOVE

Definition: Absolute acceptance of another without any sign of judgment.

Purpose: the expression of God through the soul that grants us freedom in the Light.

BEHAVIORS AND ATTITUDES GOVERNED BY THE EGO

Behavior:

Criticizing and judging others to make yourself look better.

Self-criticism

Attitudes:

Experiencing any feeling or vibration that is not calm, peaceful, and loving

Lack of ability for forgive or sacrifice

Feelings of: Fear, Anger, Hostility, Low self-esteem, Piousness

TECHNIQUES FOR ALIGNING WITH THE HIGHER SELF

Get in touch with your inner child to determine if or where it is wounded.

Call forth the experiences, bless them, and forgive yourself and others.

Observe others from a detached standpoint.

Visualize the Light within permeating every cell of your body.

Meditate daily to quiet the mind.
See God in all things.
Know that you are a point of Light and that God is within.

AFFIRMATIONS

I love to give and to receive
I give thanks to God for all that I am.
Life is beautiful and I see perfection in all things.

SUMMARY

The ability to live in harmony with the sub-laws of the universe is one of the primary goals of our many incarnations on earth. When we live within the values and purposes outlined by the sub-laws, we demonstrate that we have chosen to live in agreement with our creator. We not only are created in the image of our creator, but we also are moving toward agreement with the world and ways of life that the Creator has provided for us.

Talking about the sub-laws or characteristics of our lives is easy. Living them in consistent ways by demonstrating positive thoughts, words, and actions is much more difficult. The sub-laws listed in this chapter provide an index for helping us to live better lives. Using this listing of the sub-laws requires the following steps:

- Carefully read the definition and purpose of each of the sub-laws and make a list of those that seem most unfilled in your life.
- Study the ways in which you can achieve the purpose of the laws by aligning with them and with your Higher Self.
- Study how our attainment of the sub-laws is blocked by the will of the ego.
- Develop a plan for practicing right thoughts, demonstrating the intent of your thoughts in your behaviors, and affirming your intent to think right thoughts on a daily basis.

Many chapters in this book provide explanations of God's intent. This chapter helps us understand.

- The purposes and skills needed for living in the Light
- The ways in which we can master the curriculum of the third dimension, which ultimately prepares us for entry into the Fifth.

CHAPTER 23

MEDITATION AND PRAYER

He who lives in harmony with himself lives in harmony with the universe. Marcu Aurelius

From birth, we identify ourselves with our five senses. We are told that we look like our father or mother and grow up hearing stories about our freckles, blond hair, and capabilities. In short, it is reinforced constantly that we are our bodies. Our identity is connected to this physical imprint. We gaze into the mirror and think that the reflection is who we are.

The reality is that we are not the body. We are something else much more expansive than the body. We are actually the expression of Universal Mind energy and Light, and it is this energy that creates our thoughts, words, emotions, and actions. Since we can think about our thoughts, we are not our thoughts. Since we can analyze our emotions, we are not our emotions. Since we can observe and analyze our bodies, we cannot be our bodies.

The body is not capable of doing anything on its own. During the course of our lives, the body will age and eventually die. We will not, because we are not the body. The body is only the vehicle that transports us as we journey in this third-dimensional reality.

Everything in the physical world is created first out of mental energy. When we think we are unhappy, we are. When we believe

we are excited, we behave that way. Whatever we think, we have the power to become. Some people believe that we are the negative thoughts that frustrate and control us, but we are not. And aren't you glad? We live in a sea of thought-forms encasing the planet, many of which are not of the highest. These thought-forms have a tendency to gravitate to us, depending upon our mood and what we attract to us. The thoughts we choose to own exist as the original, creative forces that guide our paths.

Once we realize that we are not our thoughts and emotions, we can begin to control them. We do this by choosing to think or feel otherwise. Whenever we do not like how we are feeling, we should choose to experience something else.

It is difficult for most of us to break from the illusion of who we think we are, especially when our five senses are alive and functioning so well. There is a way to do so, however; and that way is through meditation. By meditating, we can become aware of all that is not the body and all that is pure consciousness. Meditation leads us to discover who we really are.

MEDITATION

Meditation is deep and continuous thought that allows us to travel inward to reflect on sacred matters. The act of meditation can cause our brain waves to slow down to such a degree that we are able to use more of our mind. This action once achieved, allows us to reflect on the inner aspects of the mind. Deeper meditations connect us to the spark of the Divine and the Light within. Once this has been accomplished and the connection to the Higher Self has been made, we are assured of living harmonious, abundant, loving lives if we follow the guidance emanating from within ourselves.

Why should we meditate?

Meditation assists us to find bliss, inner harmony, and centeredness. It is the only way to find the peace within and to

connect to it so that we can live it. Peace can never be found or experienced outside of oneself. It is found when we learn to control our mental and emotional bodies and stay centered within. Meditation teaches us how to master this state of mind, and once we do, we discover who we really are.

Meditation is the path of all the wise sages who have journeyed before us, and it will continue to be the road to freedom for many more in the years to come. In one of Ascended Master Kuthumi's earlier incarnations he played the role of Pythagoras. During that lifetime he was quoted as saying:

LEARN TO BE SILENT, LET YOUR MIND LISTEN AND ABSORB

Pythagoras lived in approximately 600 B.C. and knew then what many still have not learned today. How many years must these Ascended Masters patiently continue to guide us before we learn?

WHY IS PROPER BREATHING IMPORTANT?

Very few individuals on earth understand the importance of the breath. Breathing is life itself. It is the connection to health. Evidence of this statement is shown in the number of individuals with poor posture and caved-in chests, and those who are contracting diseases in the respiratory areas. If we could develop only one generation of children who breathe correctly, diseases could almost be eliminated. Kuthumi states in many transmissions:

THE BREATH IS THE ALL

He emphasizes this, for it is through the breath that we connect with prana. Kuthumi defines prana as "the life force energy that feeds the soul." He goes on to explain further that "it is the nutrition line emanating from the Higher Self that provides the essential ingredients for all nine bodies to function in unison." In the Sanskrit language the term means absolute energy, or the Source of All there is. It is used by the soul for all manifestation. Those individuals who have stored prana successfully, either deliberately or subconsciously, radiate a vitality and power that

are experienced by all who are in their presence. It is prana that heals through the hands and auric fields of the Masters. It is this force field of energy that will continue to build in the individuals who consciously journey to the Light and who eventually will create Heaven on Earth, as prophesied.

Peoples in the Far East(such as the Orient and India) have known about prana for centuries. Some individuals in the west are beginning to understand it. A few prophets have predicted, however; that because of the western ego, prana will not be accepted in western culture until a scientist “discovers” it, quantifies it, and renames it, thus making it a commodity. We wonder if this will constitute the basis for a Nobel Prize.

HOW SHOULD WE MEDITATE?

We are what we eat. What we eat will determine what we think. Therefore, do not meditate within two hours of eating. Fasting is a well-known way to enhance the meditative state.

The process of meditation is enhanced if you sit with your spine straight. Do not sit on the ground, because the energies will be pulled into the Earth. Instead, sit on a pillow or rug, with your legs crossed.

Breathe deeply and rhythmically, inhaling through your nose, while your chest and solar plexus both expand. Breathe in fresh air, if possible. Slowly let the air out of your mouth, keeping your chest firmly in place and pushing up gently from your solar plexus. Try to exhale all the old, stale air.

Never inhale through your mouth. Humans are the only animals who sometimes breathe through their mouths, which is one of the causes of diseases. This is because the mouth provides no protection for the organs within.

Hold the air within for a few seconds before exhaling. This might make you feel a little light-headed. Focus your attention on any part of your body that is holding tension—the neck, shoulders,

face, legs, etc.---and release the tension into the universe.

With eyes closed, visualize a golden Light within your head. See it slowly expand and fill your entire body with Light. Try to hold your full concentration on the Light, until you can see every cell in your body filled with this frequency. Continue to breathe deeply.

Controlling the breath, and thus calming the nerves, is a prerequisite to controlling the mind and the body. Swami Rama

While visualizing the Light within, allow all thoughts to pass through your mind. Hold your vision on the Light.

What happens if thought bombard your mind and you cannot clear your head?

It is common for most people to experience thoughts that agitate the mind. If this happens, let the thoughts pass through like clouds passing across the sky, and bring your focus back to the Light. Do not hold onto any thoughts or feelings. Instead, just bless them, thank them for being there, and allow them to drift slowly away. Never attach judgment or self-criticism if you cannot hold the focus for long. Just experience the process and strive to do better each day. Be earnest in your desire to accomplish this, however. Discipline is necessary to achieve a higher state of consciousness.

The challenge is to conquer the desires of the ego. This usually takes a long time to accomplish. Do not expect victory immediately, but keep trying to conquer the thoughts and focus on the Light. Once you can do this, you stand on the threshold of becoming more than the sum of the parts of your existence.

How long should we meditate?

Each person must determine individually how long to meditate each day. Even as few as sixteen minutes a day will begin to produce miracles in one's life.

Discipline is also important. If a meditation can be completed at the same time each day, greater effects often are experienced. Some people prefer evenings, while others start the day with a moment or two of silence. The ultimate goal is to become a walking meditation every moment of the day.

What are the stages of meditation?

Sia Baba, a great Avatar living in India, presently holding the Christ consciousness for the world, teaches that there are three stages of meditation: concentration, contemplation, and true meditation.

STAGE 1—CONCENTRATION

This stage of concentration requires discipline over our thoughts and actions. Staring at a mandala (a circular pattern with concentric, geometric symbols and forms that represent the universe) for several seconds without blinking will enhance deep concentration, as will holding our thoughts still while focusing on the Light. To learn to meditate we must desire to learn the art of concentration, and then use this power to conquer our mental and emotional bodies. At this stage, we must command our breathing, taking deep rhythmic breaths and inhaling the life force energy of the universe.

STATE II CONTEMPLATION

The contemplative stage requires the ability to focus internally—for example, visualizing the Light within. One of the greatest meditations that should be mastered is to see the Light within emanating from every part of our body. When this can be accomplished successfully and the mind can hold this thought for an extended period of time, consciousness will expand. Light is the great purifier of the universe. It dissolves all that is not of the highest, and is a transforming power. By focusing on the Light, all eventually is renewed, for it has an "IQ" greater than ours and understands all that we need. Therefore, by focusing our attention on the Light, we draw to us all that we need, whether we understand it in the moment or not. An excellent mantra to

say daily that will facilitate this is:

I AM THE LIGHT OF THE WORLD

STAGE III -- MEDITATION

The stage of true meditation is mastered when the one who is meditating no longer feels that he or she is doing it. In other words, when the person and the Light merge and become One, then higher consciousness is experienced and understood.

PRAYER

Daily prayer is another extremely powerful way in which we can achieve harmony in life. Prayer is a plea or entreaty addressed to God, asking for a special favor or request.

It is also a form of giving thanks. Did you know that prayers, when aligned with Divine harmony, are always answered in some form? That is the rule. Since this is law, we should have confidence that what we ask for will be realized.

The Ascended Masters constantly remind us of the sayings:

Ask, and it shall be given you;
Seek, and Ye shall find;
Knock and it shall be opened unto you.
Matthew 7:7, King James Version of the Bible

When one asks, the request is granted; when one knocks, the door opens; and when one seeks, the answers are found. This is law.

Prayer is speaking to God, while meditation is listening to God. Since we spend so much of our time talking, it is a good practice to learn to focus our thoughts and words into constant prayers. Focusing our energy will always assist us to bring Divine harmony into our lives.

Some people do not know how to pray. They think that a formal verse has to be spoken or a structured thought emitted. Not true! A smile with a song of gratitude in the heart is the best prayer of all. Learn to be in this state at all times, and you will become a living prayer.

There is only one God and he is omnipresent.
There is only one religion, the religion of love.
There is only one caste, the caste of humanity.
There is only one language, the language of the heart. Sia Baba

Living a life of truth, right speech, peace, harmony, love, and nonviolence fulfills the language of the heart. This is what we have come to learn.

SUMMARY

Many of us live with the illusion that our identity is our body, our physical senses, and our experiences in the physical world. In truth, we are much more. We are expressions of Universal Mind energy and Light and our bodies are vehicles which facilitate our experiences in a third-dimensional world. Everything in the physical world is first created out of mental energy. Just as we were created from universal mind energy, we also create our reality from our mind energy.

There are two basic ways to get in touch with our real identities and learn about our missions and purposes—meditation and prayer. Meditation is listening to God, and prayer is speaking to God. Both allow us to contact our Higher selves and make the connections beyond the physical world.

Meditation is deep and continuous thought and concentration that allows us to travel inward to reflect on our realities beyond the third-dimensional world. Deep meditation connects us to the spark of the divine and Light within. It is the way we learn to control our mental and emotional bodies and discover who we really are.

Meditation begins with an understanding of the importance of deep breathing. Breath is “the nutrition line emanating from the Higher Self that provides the essential ingredients for all nine bodies to function in unison.” It is our forcefield of energy that enables us to journey and remain in the Light.

Guidelines for our meditation include the following.

- Do not meditate within two hours of eating.
- Sit with your spine straight.
- Breathe deeply and rhythmically.
- Hold the air within you for a few seconds before exhaling.
- With eyes closed, visualize Golden Light within your head. See it expand and fill the body.

Prayer is another way of going within and making contact beyond the physical world. Prayer is a plea to God for a special favor or request or a means of giving thanks. It may be a formal prayer or request or our ongoing dialogue with our Creator. Prayer is an active vital force in our lives when we use it, because our prayers are always answered.

CHAPTER 24

AFFIRMATIONS AND MANIFESTATION

What things soever Ye desire, when Ye pray, believe that Ye receive them, and Ye shall have them. Mark 11:24

Master Athena discussed the Divine Concept of Oneness in chapter 9. She said that the universe and everything in it is mind or thought within the field of pure energy and Light.

Since we are One with this energy, our boundaries are limitless, and we have the power to affect everything around us. We can even affect conditions and events at a distance, although few of us have realized this potential. We only have to move our

consciousness to our point of power through our Higher Selves, and then let the universe do its work of supporting our dreams, visions, decrees, and actions. As long as we are working through the Higher Self, we can be assured that we are bringing God's perfect plan through for our highest good and not the will of our egos.

The use of affirmations is an important tool in discovering personal power. This is primarily because when we affirm something by saying it aloud, we add the energy of sound to the thought. Sound is the second most important form of energy with which we can work. Light and sound are the basis for all manifestation and the ingredients with which the Universal Mind and the golden Liquid Light work.

In studying the Law of Vibration, we learned that everything has its own unique vibratory frequency (sound), and that higher vibrations consume and transform lower vibrations. Applying this concept further, we begin to realize that the higher the vibration we personally maintain (that which is closer to Light), the more power we have to create and manifest that which is our perfect plan. This is another reason why it is so important for us to become Beings of Light. Remember the saying, I AM the Light of the world? It was stated with purpose.

We all have experienced the "talking" that goes on inside our minds. To most of us, it seems as if this happens continuously, and we keep a running commentary on almost everything that happens to us or around us. Unfortunately, much of this talking comes from what have been called "old tapes"—thoughts and ideas that we have carried around inside us for years.

Saying affirmations helps free us from these tapes and the negativity that often accompanies them by replacing them with positive, reinforcing thoughts. This is not difficult to learn or to do, and, in fact, can be done at almost any time and in almost any place. Affirmations can be used once a day or as often as desired. They can be spoken, changed, written, or thought.

Affirmations are, simply put, positive statements. They can be either specific or general, depending on one's need. Their number is infinite, because they can take the form of any positive statement that one wishes to make. By using them, an individual makes firm what he or she is trying to bring about in life, whether it be a change in jobs, a better relationship, a promotion, a healing, or something else.

The most powerful affirmations usually include a spiritual reference to God, Jesus, Buddha, Divine Love, the ascended Masters, or whomever one feels comfortable with or is most inspired by.

The process of manifesting with affirmations requires five basic steps.

STEP ONE. The first step requires that you visualize what you need. (Notice that the word need and not want is used. If we deliberately begin to visualize everything we want, chaos can result around us.) In the business and educational worlds, this step is considered to be goal setting, or forming the vision. Know where you are going and what you wish to accomplish.

On some level, each of us knows the inner plan that will bring the greatest harmony and joy to our lives. If you cannot identify your goals, meditate and ask that the vision be revealed to you. In time, all will come forth. The amount of Light you have been able to assimilate into your consciousness will correlate directly to the amount of time it will take to retrieve the answers—the more Light, the less time.

It is important to remember that you do not have to have a perfectly clear vision outlining every detail of what it is that you need. In fact, in the beginning it is desirable that you do not. Once you put your affirmation out into the universe, you might actually limit the gift that will come to you if you are too restricting.

STEP TWO. The second step requires that you focus your

energies. One of the greatest problems people have today involves the number of choices available to them. There are so many choices that individuals often become confused. This confusion can lead to apathy, inactivity, or frustration.

What causes this state of mind and behavior? Believe it or not, it is the EGO. The ego pulls our attention to the wants rather than the needs. When a person seriously embarks on the spiritual path, one of the first contests he or she experiences is the battle between the ego and the Higher Self, or the will of God.

The ego pulls us in several directions, making it difficult to focus. The Higher Self has no difficulty whatsoever. Can you imagine Ascended Masters Kuthumi or El Morya running around perplexed and confused because of the multitude of choices they have to deal with? Never!

They, as Ascended Beings of Light, overcame those tests long ago and work only within the Universal Laws. In alignment with God's will, they select the choices that are presented through the Light stream of consciousness and move with grace and harmony every step of the way. This mode of operation produces perfection, harmony, and abundance because God's plan offers this to all. It is the ego and the lessons that ego must learn that make the path difficult to travel.

We, in embodiment, can travel the same path as the Ascended Masters if we wish. We only need to become aware of the tools that are available to assist us. The first of these tools is the understanding that we must simplify our lives! It really is that simple, although not so easy to accomplish. Our life-styles are complex, and the forces around us often bombard us, making it difficult to focus and think clearly. Here are some suggestions to help you.

- Make all decisions while in a relaxed state of mind.
- Realize that everything in the physical world is an illusion, and select one thing that appeals to you. Instantly, let everything else go. Just pick one thing. Focus your energy on this new point, and watch how quickly the mind begins to

strengthen once a decision is made.

- Relax and meditate on your idea of a perfect situation for you. See yourself at work or play doing what you enjoy the most. Keep the vision, focus, and define it in detail.
- Write down your vision. Describe it completely, if this helps you form the thought.

STEP THREE.

The third step requires that you write out your thoughts in the form of affirmations describing the vision as though they had already manifested and you were participating in them. Be sure to write all affirmations in the present tense.

Place the affirmations on a mirror or the refrigerator so that you are reminded constantly to focus on this ideal situation. Remember, the more mental energy you put into your affirmations, the sooner they will manifest.

STEP FOUR.

The fourth step requires that you say your affirmations aloud. Say them in the car, walking around the house, or in any other place where you can concentrate and not disturb others. Looking at oneself in a mirror while saying them appears to bring more energy to the decrees. Try this if you feel comfortable with it.

NOTE. An important key to success lies at this stage of the process. Therefore, read this next section carefully.

It is important to remember that, of the four forms of energy (thoughts, words, emotions, and actions), emotion is the cosmic glue. Beliefs and emotions solidify thoughts faster than the other three forms of energy.

When you begin to develop some affirmations designed to improve your life and change the reality (illusion) around you, you might not believe them right away. An example of this might have to do with affirmations regarding abundance. If your past

has shown you poverty, hard times and little prosperity, it might be difficult to say and believe in an affirmation designed to place you in abundance. The affirmation "Financial abundance is mine, and I accept it freely" is easier to say than to believe if one has had several year of hard times.

If you are saying one thing, but deeply believing something else, it will take longer for you to push the energy the energy in a circular pattern into the physical world and realize your manifestation. Or, the manifestation might take other forms. A little abundance might begin to flow, only to be sabotaged because you do not feel deserving. The ego's confirmation of "I told you so, and I do not deserve it" will certainly come into play to justify the deep emotions behind this belief system. So while the Higher Self (through the Light stream of consciousness) is working to bring you what you deserve, your ego and your ingrained habits and beliefs (emotions) will be working to deny you what you want.

Here's how to conquer this situation. Do not give up. Keep saying your affirmations. When you see something develop, immediately claim your power and accept that you have participated in a co-creating this event. Watch for all signs of the desired manifestation, because it might not come only in the form of monetary support. For example, it could come through someone offering to buy you lunch or someone else giving you something you have needed for your home. Just know that the universe (God) works in mysterious ways. Accept everything as a sign of your power to manifest, and immediately give silent thanks for your gifts. Say thanks to whomever you identify with: God, Jesus (Sananda), Mother Mary, the Ascended Masters, the Angels, Vishnu, Viracocha, Buddha, etc. It is vital to remember to do this, for it keeps the wheel of gratitude and energy turning.

A balanced attitude and astute awareness of the signs around you will assist you to develop self-confidence in yourself and in this system. When you begin to develop a sense of confidence in what you are able to do, your belief system will start to strengthen. The new beliefs will then become the "cosmic glue" and will

enhance the manifestation process so that you can realize things more quickly.

When you first begin to say affirmations that are not a part of your reality, it is critical that you block that so-called "reality" and say affirmations with strength and commitment. If weeks go by and nothing is realized, do not stop saying them. It may be that you have put so many thoughts and beliefs regarding not having something into your Wheel of energy that it will take months before the cycle can play itself out. If this happens to you, your faith surely will be tested. How strong are you? How strong is your faith? How much do you believe in the power of the Light?

STEP FIVE..

The fifth step requires you to develop and strengthen your will and begin to "will" your affirmations. Decree with power and strength. Then detach from your need, and let it go into the universe. Do not try to outguess the result. Just decree it, and wait for it to return to you in some form. Trust that the Light and the god force have more intelligence than you do and that the perfect situation will begin to take form around you.

We can use affirmations not only for ourselves, but also for others. Only use them for decreeing positive things. You also must ask permission of the other person's Higher Self to do this. This assures that you are not interfering with his or her path. Interfering without permission brings the karmic debts back to the sender! Always remember that all energy travels in circles. What is willed on one level, regardless of who the recipient of the decree may be, MUST come back to the originator. There is no escaping the Law of Cause and Effect. What you sow is what you reap. If you think you can get around this Universal Law, you are mistaken.

If you think only positive, loving things, you will experience a life filled with love and Light. If you use the energy to will wrongful or harmful things on another, you will reap all that you sow. The difference between the past and the present time is that we are

entering the fifth dimension where all energies will continue to accelerate. It is the time of the quantum leap. Consequently, it no longer will take several lifetimes for energy to return to its sender, as it did in the past.

In the new millennium, energy will travel at closer to the speed of Light, and all thought-forms will return to the sender almost immediately. In other words, all Karma will be experienced instantly or in the same lifetime. This is one reason why it is safe to print this information now, for no one will escape the effects of what they sow. Individuals who choose to misuse their power eventually will get so tired and sick of reaping what they have sown that they will give up negativity out of sheer exhaustion.

Nevertheless, one must show great discretion in how this power is used. A safety net for using affirmations is to include a caveat that your decrees are for the most positive benefits for all concerned. Then let them drift off into the universe, allowing the celestial to work for you to bring blessing and joy to all.

The rationale for learning and using affirmations is that this method is one of many ways to create a Heaven on Earth. Picture what the world would be like if everyone began affirming and decreeing only positive, loving things. Or, imagine mass consciousness gaining momentum in the Light with more and more people turning their thoughts and actions toward the positive uses of energy. The world's present condition could change in a twinkling of an eye.

Jesus understood what it would take to bring the world into the Fifth dimension. But, because it is up to us to change the vibrational frequency and raise it to a higher level, even he cannot predict when this moment will occur. Our mission is to hold the Light for the world, regardless of what goes on around us. As more and more people hold the positions and become the Light, this frequency will slowly affect everyone and everything on the planet through the Law of vibration. Be patient, Be silent, and Be the Light, as Master Kuthumi has said. Victory is assured.

Affirmations manifest for individuals on different levels of development and commitment. The lower levels concern issues such as wanting or eneding physiual objects or specific events of one's life. Higher uses of affirmations involve concerns such as health, happiness, world service, mission fulfillment, and peace.

Some of the most powerful decrees are stated through the Higher Self, using the power of the violet frequency and celestial kingdoms for assistance. Since the violet frequency dissolves negativity, another level of power is added to the decree. Some examples of these higher decrees are.

Through the power of the Higher Self, I command and demand that the violet frequency blaze ahead of me and dissolve all negativity.

I request that the angels of the Violet Flame Temple surround me with golden Light and release me from all struggles and limitations that are preventing me from fulfilling God's will on Earth.

Through my beloved I Am Presence, I move into the higher frequency of the Light and surround myself with the protection of Archangel Michael and the sword of Blue Flame. I command that my life be purified of all negative thought-forms and that perfection come into my life.

Through my beloved I AM Presence, I AM Light and Love.

Through my beloved I AM Presence, I command that all mistakes of the past be replaced with perfection and that all things b e purified before I approach.

Some examples of affirmations that can be used to improve the conditions in your immediate environment are:

I AM Radiant and a Being of Light and Love.
Miracles happen wherever I go.
All that I need comes to me easily.

Love comes to me easily and effortlessly, and I accept it now.
My health and body are perfect, and I am stronger every day.
I am now employed in the perfect job for me.
I complete all my work perfectly, quickly, easily, and effortlessly.
Abundance comes to me effortlessly, and I am grateful and I
deserve it.

Finally, affirmations should be phrased so that they:

- Fit your own personal needs or provide assistance to others.
- Accentuate the positive without ever using negative phrases. The God force is love and Light---only the positive. It does not recognize the negative. The emphasis should be on what you can do or want rather than what you cannot do or do not want.
- Are short and simple.
- Are always stated in the present tense, with the understanding that the request has already been fulfilled.
- Create new opportunities.

SUMMARY

One of the ways that we can affect our lives and the conditions around us is through the use of affirmations. When we move our consciousness to the Higher Self, we have access to the universe to support our dreams, visions, decrees, and actions. When we state things aloud, we add the energy of sound to thought. Saying affirmations frees us from the tapes and negativity of the past and moves us to positive, reinforcing thoughts.

- We send energy into the world when we make positive statements or affirmations of our needs which can support the realization of these needs as well as changing previous negative thoughts about ourselves.
- Affirmations are positive statements which may be spoken, written, or thought.
- Manifestation is assisted when you: `
- Visualize what you need. Focus your energies on specific needs; Write down your thoughts; and strengthen and develop your will.

CHAPTER 25

ABUNDANCE

No limits are set to the ascent of man, and to each and everyone the highest stands open. Here it is only your personal choice that decides. Hasidic saying.

Have you ever wondered why there is so much poverty in a world overflowing with wisdom and wealth? Have you noticed how many individuals have difficulty manifesting abundance? Poverty is the opposite of abundance. Therefore, a discussion of poverty may help us understand how we can manifest abundance. In this chapter we will look at the process we have been using to create unprosperous beliefs so deep within us that we are not even aware they are there. Then, we will see how those beliefs actually have shaped the world around us.

One of the reasons poverty is so widespread is that poverty consciousness exists in the world. People see poverty on television, and in movies, magazines, and periodicals as well as in neighborhoods. If the pictures and stories are graphic enough, we believe them, discuss them, and think about them. These images are implanted in our conscious minds, and then transferred deep into our subconscious minds.

In addition, newspapers, magazines, and other media daily report these conditions as reality. The media's entire justification for continuing to focus on negative reports rests on the premise that this is real, so we must continue to see it and dwell on it.

Well, poverty is real, for the moment in which it exists. But poverty exists because people have created it with the power of their collective thoughts, beliefs, words, and actions. It is a vicious cycle that is self-perpetuating. If we see poverty, we believe it to be real. If we believe it to be real, our thoughts, feelings, words, and actions continue to create it. As we continue to create more apparent poverty in the world, many people begin to fear that perhaps it will touch their own lives. Fear (the cosmic

glue) brings more poverty into reality. Therefore, we talk about it more....Get the picture?

Because we have forgotten momentarily that we have the power to create our own reality, we have allowed the media and news to program us into creating a world that is less than perfect, harmonious, beautiful, and abundant. Carrying this process one step further, people begin to feel helpless to change these conditions, which only serves to perpetuate them.

We also have poverty consciousness because of our past life experiences. Many people today have had previous incarnations in convents, lamaseries, temples, or monasteries. In these past lives, vows of poverty were taken so many times that they left a permanent impression in our Akashic records that poverty is holy. This belief is stamped so deep in some of us that it is nearly impossible to break this attitude. To believe otherwise takes a strength and discipline that most people are not accustomed to displaying. We were such good students in those former lifetimes that we all received an "A" for learning poverty consciousness. Some souls may even have earned an "A+" if they really struggled and were recognized for the burdens that they carried. This, of course, glorified the belief and made it all the more difficult to break.

The truth is that vows of poverty were appropriate for those former lifetimes and the conditions under which individuals chose to live. They are even appropriate today if a soul needs such an experience in order to evolve. As a matter of fact, vows of poverty must be taken at certain times in humanity's evolutionary development, because they help devotees to detach from the materialistic world and focus totally on the spiritual path. Such an existence eliminates distractions and sets up conditions whereby individuals devote their lives to learning religious and spiritual teachings.

Unfortunately, one does not have to spend a lifetime in a monastery or convent to learn other truths about poverty. Today, teachers and role models are everywhere suggesting that poverty

is good because it makes us spiritual or holy. There is an underlying spiritual precept that if we struggle, we are noble because we earn more rewards on the path to God. Concepts such as these have been taught in nearly every major world religion for the past two thousand years (and perhaps even longer), stamping into the soul the notion that poverty makes us better people. Beliefs such as these even contribute to preventing people from aspiring to higher goals, because they believe that suffering is what God intends for them to do.

Nearly everyone carries Akashic Record memories from one of the two situations described above: past life experiences or present spiritual teachings. Because this is so, it makes it easier for the media to program individuals into accepting, believing, and fearing what they broadcast. Thus we participate in creating it.

Poverty consciousness runs deep in our cellular, Akashic record, and past life remembrances. We believe the stories we hear to be true because they reflect "reality," and they also resonate within our emotional bodies at the soul level. Therefore, we do nothing to change this reality. Many of us live on emotions, failing to balance our emotions with logic. By accepting another person's beliefs as our own truths, we prevent ourselves from seeing what is needed today.

Ascended Master Kuthumi has reminded us repeatedly that our two weakest bodies are our mental and emotional bodies. He says that, on the road to mastery, Masters learn to control both their thoughts and their emotions. In other words, Masters CHOOSE what they think every moment of the day and CHOOSE how they feel, as well. Yet, how many of us can say that we are not influenced by the media? We believe all that we see, rather than see what we believe. That's the problem. We do not CHOOSE what we think every moment of the day, nor do we CHOOSE how we will feel. Instead, thought-forms and attitudes of others permeate our consciousness and we turn our lives over to them by buying into their beliefs, attitudes, emotions, and actions instead of creating our own.

Now that we understand that each one of us is the creator of our own reality and that our beliefs and emotions are the “cosmic glue” for manifestation, we can begin to understand how we have created such a mess in the world. The universe is truly a universe of abundance, yet we have thought it into one of poverty and pain.

God is Light, love, and abundance. The electron is the electron no matter how it manifests. Energy is energy. It is neutral and will move on the path of least resistance, depending upon how we direct it. It is, therefore, up to us to decide what we will create.

Choosing between poverty or abundance is a good way to start. Which do you choose? Remember that to choose one means that you must let the other one go. Are you ready to do this? Monitor your thoughts and beliefs, and then decide just how willing you are to let the negative ones go.

Einstein understood the concepts that are being discussed here and tried to tell us in a different way. Once a reporter asked him, “What is the most important question in the world?” He replied, “The most important question in the world is, do you want a peaceful, happy, abundant world in which to live, or do you want a foreboding, fearful, and scarce world?”

The reporter, slightly puzzled, asked, “Why is this the most important question in the world?”

Einstein replied, “Because whatever you choose, you will create.”

NOW IS THE TIME to remember who we are. We must realize the power that lies within us and use this power to create Heaven on Earth. We must BE the Light, and integrate spirituality into everything on Earth. Never before have humans had to do this. This is a part of the Divine celestial plan to assist Earth to move into the Fifth Dimension.

The millennium holds the promise that Heaven will be created on Earth, and this will be accomplished by grounding spirituality into

all walks of life. We are the Light and the co-creators with God, and it is our responsibility to use this Light to bring peace, love, happiness, and abundance to the planet.

It is time to practice being fifth-dimensional beings. Let's put on our thinking hats, and use the higher-level creative powers that have been given to us. At the heart of empowerment is the concept that a person can manifest all he or she needs to live in peace and harmony. Empowerment is never associated with the homeless, starving, or unfortunate. It is always connected with the strong and those who take charge of their lives and assist others to do the same. Let's challenge the old beliefs about abundance and use our logic to change our thinking. God's plan calls for abundance, happiness, peace, and love to be shared by all.

Upon examining some of the lives of the Ascended Masters, we notice that, in their final incarnations, they lived lives where they did not have to worry about poverty. Once they learned about the Universal Laws and their own power, they often chose lives of abundance and wealth. El Morya was King Solomon and later King Arthur; Kuthumi was Pythagoras and Shah Jahan, the Emperor of India who built the Taj Mahal; Monka was Viracocha, the head of the Incan civilization; Serapis Bey was the Pharaoh Akhnaton; St. Germain was Merlin and later incarnated as Shakespeare. A former incarnation of Jesus was Joseph, son of Isaac, Joseph later became the governor of Egypt and held power next to the Pharaoh. All these life styles had one thing in common—affluence. Do you think they lived in poverty and struggled? Of course not, and they are now Ascended Masters.

Just as we are doing, they balanced their lifetimes among less affluent and more affluent roles. Now that we have come to the end of these lessons, it is time to use our knowledge and experiences and live in abundance, too. Just like the Ascended Masters, we have learned the Universal Laws, and it is now time to balance this instruction in our everyday existences.

It is not poverty that makes one spiritual or noble. It is the

quality of one's life and how one lives in each moment of each day that does it. There is nothing wrong with living a spiritual life in abundance and using higher principles and love to give to others and assist them on their paths.

You can and should begin to enjoy abundance. The first step is to analyze your thoughts and change those that are not in alignment with your new goals. Then you must begin consciously to give and receive. One of the best ways to start receiving is to start giving. If blockages are present, making it difficult for you to receive graciously, try a new approach to start the energy flowing. Command and demand the Law of Tenfold Return to work for you, so that you may use this energy to bring happiness and peace to others around you. The more you receive, the more you can give. When you give, do not be afraid to say the following affirmation:

This gift is given freely and with love to help bring abundance to Earth. I am a co-creator with God, and, in giving, I expect my tenfold return.

If you follow this principle, the Law of Tenfold Return begins to operate in your life more quickly. Saying a decree like this serves to move blockages out of the way.

When we first begin to see the effects of this law, we have a tendency to deny that we could have participated in creating such a blessing. Then, after a few examples are provided to us, our emotional bodies will begin to believe. Once we believe, the cosmic glue begins to create at will. It is here that our faith usually becomes so strong that we no longer have to use decrees. We can move on to giving freely from the heart, enjoying giving just for the sake of it.

No matter what path you choose to begin to create abundance, begin today, and DO IT.

SUMMARY

One of the most basic fears that people experience is the fear of poverty. Poverty consciousness comes from the media, our observations of suffering, and our past life experiences. There is a widespread belief that vows of poverty are necessary for spiritual development. While poverty experiences may be needed to learn important spiritual lessons, they are not required for spiritual growth.

God is Light, love, and abundance. We create our poverty and our abundance as a result of our thoughts, beliefs, words, and actions. We choose what we create. It is our responsibility to rise above our fears and take charge of creating abundance, happiness, peace, and love for all.

Our success in creating abundance is involved with its meaning in our lives and how we use our abundance. If we become greedy or do not use our abundance wisely, we may experience lessons which teach us how to use abundance. While we need to love and give to ourselves, we must also love and share with our brothers and sisters. In return, we receive more.

The Law of Tenfold Return states that when we give, we receive a tenfold return. Saying a decree may remove blockages and help us manifest abundance. Later, we may no longer need to say decrees as we learn to give freely from the heart.

CHAPTER 26

DISCERNMENT

To doubt yourself is to doubt the wisdom and viability of the human design. To fully trust in God you must also trust yourself. No one is created without everything required to make healthy, wholesome decisions. Ken Carey The Third Millennium

Discernment, or the process by which we evaluate situations and make decisions, is a critical aspect of our growth, our spiritual

development, and our ability to create communities that contribute to our collective well-being. There are many indications that the world is experiencing rapid change and profound transformation. This process, which has been ongoing for many years, has initiated a period of change not experienced at any previous time in our past history. This period of change and transformation will last into the next century, and will lead to a new level of civilization, a move to a fifth-dimensional planet.

Moving to a new way of living cannot be achieved without acquiring a new level of thinking and a higher consciousness. Developing a higher consciousness is accomplished by using both our rational thinking skills and our intuitions, or that which we feel and know without subjecting it to rational tests. We must rethink our beliefs, purposes, priorities, and patterns of behaving. We need to move to new levels of discernment.

Discernment is the ability to make discriminations, to make choices, and to make decisions. It is also the art of asking sensitive questions of ourselves and others in order to see deeper meanings and implications. The process of discernment involves four interrelated processes: perception, intuition, decision-making, and action. The core of each of these processes is comprised of trust in ourselves, faith in our creator, and love, which is the energy that helps us expand our consciousness.

Discernment begins with perception, or the mind-set we use to view ourselves and the world we experience. Our experiences in the world shape our perceptions and beliefs. Our world view is a combination of our inner reality, or the ways in which we have internalized and used our experiences, and the realities of the external world. As we change and/or the world changes around us, we need to rethink our world view or mind-set.

Today, as we are faced with ongoing change in every aspect of our lives, being aware of these changes becomes an important task in our survival and continued well-being. We see companies and organizations collapse because they have not been able to change their ways of thinking and behaving. Individuals

experience frustration when they have not spent time anticipating changes and responding to the need for change.

The most fundamental changes are likely to occur in our spiritual views, as we move from self-consciousness to group-consciousness to soul-consciousness to God-consciousness. Our perceptions and our values change as we progress on our spiritual path. As we move through these stages, our consistent concerns are to move toward more complete identity with the creator, greater trust in ourselves—that the decisions we make at any time are expressions of our free will and perfect for our level of development. It is also important that we learn to discern what is helpful for our advancement and what is not helpful, as that the decisions we make can accelerate us on our paths.

As individuals become more spiritual, their perceptions change. They drop their duality consciousness and begin to see the world in terms of lessons to be learned and tests designed to facilitate empowerment. This change in perception requires a strong sense of discernment, for we may be brought down many wrong alleys just because we have not learned the art of discernment. While no harm may come from making poor choices, poor decisions may make the journey more difficult. If our goal is to achieve a life of peace, harmony, abundance, and love as quickly as possible, then learning discernment and relying on our own inner judgment is essential to master.

Ultimately, you must decide in your own hearts, and these alone. Base your decisions on your perception. To inhabit the new awareness, you are required to be yourself, for when you are, you are a beautiful being, in touch with your eternal dimension, conscious of the generations that will follow you, conscious of the generations that came before, immersed in the love that lights and unites the leaves of all generations upon life's singular tree. (Carey, p. 78)

The second aspect of discernment requires that we learn to get in touch with our intuition and to hear the inner voice that speaks to

us. This is perhaps the most difficult step for most of us to learn, because we live in a society that rewards analytical thinking and not intuition. Consequently, most people have shut down their feelings and adopted the attitude that intuition is connected to psychic phenomena and is less than desirable. This attitude has limited our growth. Operating without using all our capabilities is like playing cards with less than a full deck. If we do not honor all aspects of our personalities, we cannot become all that we are meant to be.

Ascended Master Kuthumi says this about intuition and its connection to discernment.

Discernment requires that Initiates learn to go inward and “feel” the vibrational frequency of each thing that confronts them. It makes no difference whether the message received comes through words, actions, or emotions. The skill that separates a Master from a novice is the ability to feel the sound of the message. Once the vibrational level is felt, the Master knows whether or not to accept or reject the message in regard to whether or not the guidance that accompanies the message is helpful or not so helpful for one’s path. If the vibrational frequency is high, then following the message will bring greater things to the soul. If the vibrational frequency is high, then following the message will bring greater things to the soul. If the vibrational frequency is low, the Master knows to bless the energy, let it go, and transmute it into a higher tone for the angelic choir to use in singing praises to the Creator.

This was the way of the Atlantean Masters. This will be the way in the Seventh Golden Age.

Decision-making is the third aspect of discernment. This step is perhaps the most critical, for the decisions we make, based on our perceptions and intuitions, determine our actions. Some of our decisions are made instinctively, as we respond to real or perceived threats or dangers. We may make other decisions in a

similar way, without considering all choices, by simply “going with the crowd” or taking the easy way. In such cases, we give away our right to make decisions. In all cases, whatever decision we make, we are ultimately responsible for the consequences, for the laws are perfect and will bring to us that which we have owned.

One of the reasons that we do not make decisions that we wish to make is fear—fear of being different, fear of loss of acceptance, fear of being alone. While we need to use caution and judgment, we also must understand that we reduce ourselves when we do not consider our own values and perceptions as we make decisions.

We should never judge ourselves harshly if the decisions we make are not the best---nor should we judge others. Unconditional love and acceptance of our frailties are the goals we are striving to achieve. We need to accept what is and continue to move forward, making new decisions regarding the tests that face us. Adopting this process only enhances the practice of refining our discernment.

One of the lessons we are learning today is that we need to listen to our inner thoughts. We are living in a time of inclusion and collaboration where we understand the importance of listening to, respecting, communicating, and working with others. We must take seriously the importance of trust and responsibility as a motivator of ourselves and others. We must realize that while each human being is unique, we are all children of God and have shared interests, responsibilities, and abilities to teach and learn from each other.

Decision-making is not simply encountering a thought, situation, or idea and making a decision. Rather, it requires processing the information through our rational, intuitive, and spiritual filters in order to determine the course of action that is best for us.

The final aspect of discernment is to choose and to take action or actions based on the choice we have made. We may choose a course or direction, but not follow through with the necessary

actions, as a result of our lack of skills, discipline, or persistence. This is where our will must come into play. Willing ourselves to learn what is needed, to discipline ourselves, and to persist when achievements do not come quickly is part of the learning process necessary for intellectual, emotional, physical, and spiritual growth.

Our skills of discernment change over time as we develop new values and new abilities. We may hold ideal values but not be able to actualize or live by these values until we learn the skills that are needed to realize them. Brain Hall (1994) identifies four sets of skills that are essential to our personal and spiritual growth. They are:

INSTRUMENTAL SKILLS...Instrumental skills include our intelligence and manual dexterity to care for ourselves, to read and write, and to carry out the tasks of daily life.

INTERPERSONAL SKILLS.....Interpersonal skills are the skills we need to express and manage our emotions so that we gain cooperation from those with whom we relate and work.

IMAGINAL SKILLS....Imaginal skills include the skills needed to learn from our experiences, to choose and to act creatively on complex alternatives, and to see and act on new ideas not previously considered.

SYSTEM SKILLS....System skills are the skills needed to see and manage all parts of a system, and to design and manage change in ourselves, in groups, or in organizations.

In order to become integrated beings we must develop at least minimal skills in all four areas. Skills and values are interrelated. When we change perceptions, this often leads to new values. These values are acted upon as we use existing skills or develop new skills.

The importance of developing these skills is high-lighted by the challenges we will experience over the next several decades as

Earth moves into the Fifth Dimension. In the past, change was more gradual and we were able to use our abilities of discernment in a more deliberative manner. We will need to recognize the need for rethinking our perceptions and values, for monitoring our decision-making, and for disciplining our actions as we use our discernment skills.

Development of our discernment skills gives us the opportunity to move toward becoming one with the Light and reaching the next level of our spiritual growth. This is the goal for all of us to achieve.

SUMMARY

Discernment is often considered narrowly as the ability to discern or select the “rightness” or higher vibrations inherent in a situation. Discernment is much more than this. Discernment is the ability to make discriminations, make choices, make decisions, and take actions which contribute to our growth and the creation of a better world. It involves four basic processes:

- Perception....while we always have perceptions of situation, they may be limited to those perceptions which fit our self-interests. Quality perceptions require the ability to develop a mind-set based on the intents of ourselves and others. It is a perception of what is needed for the advancement of self and others.
- Intuition..... Intuition is our ability to connect with our Higher Selves and hear the inner voice that speaks to us.
- Decision-Making.....Decisions must be made with the realization that decisions create consequences and that not deciding also creates consequences. Decisions need to be made with care and with contact with our Higher Self.
- Action.....Discernment requires action. Follow-through requires discipline and the will to learn the skills that are needed to be successful in our courses of action.

Learning the skills needed for spiritual and effective lives is a lifetime task. Learning instrumental, interpersonal, imaginal, and

systems skills is an integral part of our personal and spiritual development.

CHAPTER 27

THE POWER OF FORGIVENESS

Inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore the means for correcting our misperceptions.

Gerald G. Jampolsky Love is Letting go of Fear

Forgiveness is THE KEY to transformation. It is the gateway to the Fifth dimension. "One must master a forgiving state of mind to obtain eternal life in the higher kingdoms," says Sananda, the teacher who chose to come through to deliver the message for this chapter.

Who better to deliver instruction on this topic than sananda himself, Jesus the Christ, the Master of forgiveness? While his teachings encompassed many subjects, forgiveness was always at the heart of all that he taught. Even as long ago as two thousand years, his essence comprehended the power of forgiveness and the reason why humanity must achieve this state of mind.

Today Sananda, THE Master of metaphysics, reveals the science behind the power of forgiveness.

To My Most Distinguished colleague in the Light.

I come forward from my Father's House to deliver guidance on the meaning and intent of "forgiveness." It is with pleasure that I deliver this message, for the information, if understood and followed, will deliver all who have the capacity to understand into the Light of the Fifth dimension.

I AM Sananda, Jesus the Christ, known to others as the Lion of Judah, come forth to bring freedom to you, my Brothers and Sisters.

Forgiveness emanates from the heart, the area and chakra that connect with my essence. It is the state of mind that pierces a hole in the heart, allowing Light to penetrate consciousness.

Although forgiveness is taught by definition and through example, few on Earth understand how important it is to live the process of forgiveness. That is because the ego's strength is strong, and it is the ego that is the controlling force placed between the Higher Self and the mind. The ego is likened to a film or shield of energy that works constantly to keep the power and Light of the Higher Self from penetrating the lower mind and bodies. It is often connected to forces of darkness that can influence decisions that the individual will make. The ego is closely aligned with the lower three bodies (the physical, mental, and emotional) and enjoys "ruling" this area. It is like a dictator in some respects, as it does not welcome competition. Often it will play games and tricks on the individual just to keep its position of power, even though the individual constantly experiences pain, frustration, and depressing states of mind from following the ego's advice.

The "battle for the soul," currently witnessed on earth, is one in which the Light of the Higher Self is challenging the will of the ego for control of the individual's soul. The arenas and tests of Initiation are presently being experienced worldwide by less than ten percent of the world's population. By 1997, an additional fifteen percent of the world's population will be elevated to the arenas. By the year 2000, nearly sixty percent will be awakened and in the process of understanding entry into the Fifth Dimension; and in 2011, the entire population on Earth will have heard the cry. Therefore, the importance of this message will be significant for all in the years to come.

My heart measures much pain and frustration within many individuals in embodiment. The cries for help are delivered daily by the angelic kingdom, and the Ascended realms work endlessly to plan and assist within the guidelines stating that we cannot interfere unless invited to do so. Since so many have invited our presence and welcome our words and guidance, we assist

through the hearts of those who choose freely to work with our essence.

Those who are the messengers of our hopes and wisdom stand before the world ready to accept all Karma for their actions. Their strength and Light hold firm and will continue to be anchored in the years to come through additional souls linked to the Light, creating a strong shield for the Command. For their strength, I am grateful, as is the entire Celestial Command. If it were not for their courage, messages such as this one could not be realized.

As I measure the pain from the souls who cry out, I understand the dilemma that they face. The soul is trapped within the body which is primarily controlled by the ego, and the mind and emotions are then manipulated like puppets.

The dilemma is that the weakest of the nine bodies composing human form are the mental and emotional bodies. These are also the two that the ego rules, because these bodies are closest to the physical. The ego is clever, and it is skilled. It understands every weakness and strength within a person's composition and is out to win the battle of control.

The mental and emotional bodies have literally been in control for many lifetimes because of karmic debts that had to be paid. Enlightenment, and the teachers who come with this process, do not appear to the student until the majority of karmic debts have been forgiven and the candidate begins to rise on the path, thereby acquiring a higher frequency of Light. When this occurs, the mind begins to resonate on a higher frequency, one which matches the Light of the command. At that moment, the individual calls through his or her consciousness to the teachers using the Law of Attraction, and the teachers gently come to provide the answers to questions. This state of mind means that the person is ready to undergo the Tests of Initiation.

Enlightenment can be acquired in one lifetime if the candidate is truly motivated and disciplined to acquire the understanding and wisdom. Normally, the process of enlightenment takes thousands

of lifetimes. It frequently takes that long for the soul to acquire the volume of lessons needed to purify and merge with the Higher Self. That is the goal all individuals strive to achieve, and that is the victory all see within the mind's eye—the soul merging with the Higher self. Not achieving this victory is THE ONLY THING that keeps a person in separation. Not achieving this state causes pain and delays the harmony and peace longed for within.

So, once again, allow me to repeat: The ego (which is the individual personified) is the shield between the soul and the Higher Self. It works to rule the lower kingdom, of which the individual IS the kingdom. Once this is understood, the questions then become:

Whom do you serve: God or man?
Whom do you trust: God or mammon?

If you wish to free the lower self from pain, suffering, and anguish, then there is only one choice. You must merge with the Higher Self; that is the only way to accomplish this. Each soul must choose freedom for the process to begin. But, as always, the choice is yours.

Because humanity has been primarily preoccupied in completing karmic debts, the teachings that have been sent to begin the enlightenment process have, for the most part, fallen on deaf ears. It is my observation that the words from the teachings are analyzed primarily through the mind. This process assists many to understand the meaning of the teachings. While this is a first step, and we are grateful that many do this, it is not enough to experience fully the freedom that is offered through the teachings. The teachings must also be experienced with the heart. Analyzing and dissecting only with the mind are insufficient.

Forgiveness is the key to purifying the soul. Since this state of mind rests at the heart of transformation, allow me to explain, in energy terms, why this is so.

The universes collide and form one pulsating field of energy that is the God Force. This energy field constitutes the life support system for individuals in embodiment. The connecting point to this power is through the Higher Self. This field of energy is intense and it radiates a pure force comprised of Light particles that make up the variances of all creation, including the eight lower bodies that make up the human form.

Anything that vibrates less than this God Force, while still a part of this force, is considered to be of a lower form and, therefore, can be described as "contaminated" (although this term is used in an exaggerated form to make this point). Important to remember here is that, in order to connect with the power contained within the Higher Self, all lower forms of energy (such as those held within the lower eight bodies) must be cleared and raised into the collective frequency of this God Force.

Emotions like hate, envy, jealousy, anger, remorse, suspicion, and even mild dislike vibrate at lower frequencies. Any one of these feelings serves to contaminate individuals, keeping them from realizing their full potential and power.

The ego, which controls the dark side of humanity, must make choices as to what to do with every experience encountered. Remember that forces of both darkness and Light will try to influence the ego's choices by whispering things into consciousness. The difference will be that the Higher Self will provide the higher guidance, which will always require more strength and discipline to follow. It is easier to hate, feel righteous, and "win" than to humble thyself before thine enemy and forgive the trespasses that have come upon you. Although I strive not to judge, it is my humble observation that the ego usually chooses the path of least resistance.

The ego will frequently listen to anything that gives justification for why the person should continue to hold on to the lower feelings, for, remember, the ego's only chance for ruling is to keep the individual trapped in the lower kingdoms. Be mindful and know that the dark forces to which the ego can connect are very

clever. When the ego listens to and obeys the lower directives, convincing the mind to do the same, the individual's vibrational frequency stays low because vibrations are directed by one's state of mind. Maintaining a lower frequency assures that the person will remain in the kingdom that the ego controls. "Victory" is accompanied by the ups and downs of life, often bringing depression and frustration. Yet all is perfect because it has been chosen.

When the individual choose not to hold on to lower feelings any longer and begins to rise above them (even though it was easier to behave that way in the past), the vibrational frequency of the soul is raised. This always causes a consciousness shift. CHOOSING TO LET GO of the past habits and patterns begins in the mind.

The path to freedom is a CHOICE. Freedom commences the moment the individual chooses to control the mental and emotional bodies and to follow a higher path, rather than to follow the path that the ego wishes. Once the choice is made to control the mental and emotional bodies (rather than the mental and emotional bodies controlling you), a new world emerges and hope springs forth like the lilies in the spring. This moment of decision begins the process of initiation whereby the person is reunited with an "old" friend, the Higher Self, who quietly instructs on another way to live.

The statement for eternal life and entry into the Fifth Dimension is:

"Ego is dead: ego is dead; ego is dead!"

The ego uses the mind and emotions, coupled with ingrained habits and traditions, to keep people from letting go of lower beliefs, attitudes, and feelings. The ego frequently wins because the control mechanism employed is often fear.

Here is a test to follow in determining which of the two forces directs inner guidance:

When presented with new information or asked to accept information unconditionally, it is advisable to take a moment, breathe deeply, and examine how this new information resonates within. If the vibration of fear is present, then know that the information has been cleverly delivered by the lower forms of ego, and its intent is to control the soul by keeping it trapped in the lower kingdom. All is vibration.

Anything that resonates of fear and directs decisions to be made as a result of that feeling is not of the highest. Instead, it is a clever simulation, usually using the mental body to try and convince one to move in a specified direction. Often, logic is disguised and used as the means by which to cover up the presence of fear.

In God's universe, there is only one law—love. Out of this law come Oneness and unity, not separation and fear. If you do not feel this vibration, then you are being coerced by a strong and clever force that wishes for you to maintain an emotional and mental state of the past that resonates with the vibrational frequency compatible with the specified agenda. (Thus, the Law of Vibration explained again.) Courage is often the trait that is needed for the soul to proceed forward and stand in the truth of what one feels inside.

Examine how it feels when the mind is in control and cannot forgive another for what he or she has done. The feeling within is likened to those described above---hate, anger, or frustration. Also, when one is unforgiving, the notion that he or she is "winning" can also be present. Am I not right?

If you agree, then examine this state of mind from a vibrational frequency. When a mind resides in these lower states of consciousness.

- Are the mind and heart illumined or are they darkened.
- Are the lower eight bodies empowered or are they weakened.

- Are the mental and emotional bodies controlling the person, or is the person controlling the mental and emotional bodies?

To answer the last question, record how much mental energy is consumed when an individual is kept in this state and how often the thoughts of the incident are replayed within the mind, causing greater and greater sores to fester. In what vibrational frequency is the individual kept suspended when the heart cannot forgive? The deeper question is what prevents the victim from letting go?

FORGIVENESS IS NOTHING MORE THAN LETTING GO

A FIRST GREAT PARADOX

A first great hidden paradox to this situation is that the person who trespasses against another is considered to be, by the "victim," the lesser quality soul. Often this is not the case, because events present themselves in life for two reasons: karmic debts and dharmic destinies. Dharmic destinies include Tests of Initiation. In addition, situation can occur that are not intended to cause harm, yet are perceived by individuals as being harmful because the mind and ego are in control. Circumstances can then arise that evolve into additional Tests of Initiation for individuals to pass. When these occur, such tests are always orchestrated by the Higher Selves of the individuals involved. Therefore, there are many situations that can occur in any moment to place a person in an arena for advancement and learning. This is truth.

Since all souls must be strengthened on the path to initiation, it is reasonable to conclude that all must be tested. Often the tests will come through individuals whom the person least suspects. This assures that the lessons will be even more difficult to achieve.

The saying that holds for this level of initiation is:

"You can tell the level of spiritual mastery you have attained by the level of the test or opponent who will be brought to you."

The logical conclusion to this is the greater the test, the greater the compliment to the person being tested; for the test is a direct correlation to the level of mastery of the soul. From this perspective, then is your most hated "enemy" or "opponent" your greatest friend? Is this individual placed in your life to become your greatest teacher and to help you learn lessons that you have not yet learned? Think about it. If you agree that thine "enemy" could be so described, does that then make the soul of the opponent lesser, greater, or equal to thine own?

Each test is never what it appears to be on the surface. Tests are never the paperwork, the mannerisms of the boss, the mate leaving, or the slanderous statements made by another. The tests are of a higher nature and they ALWAYS concern mastery of the Universal Laws. For is that not what each Initiate has come to Earth to master? The activities one is involved with are part of the illusion, or the maya, as it is termed in the Far East.

For example, if a mate chooses to leave, the test might actually be to measure one's ability to BE unconditional love in the midst of all adversity. Or, for another who has already passed that test, the test could be to balance the female and male characteristics within. It all depends upon what the soul needs to grow.

The perceived weaknesses within the soul determine what the lessons will be. The weaker patterns within will determine the arena in which the person will be placed. The arena (situation) will provide the individual with opportunities to practice strengthening that part of the personality that needs strengthening. If the person has a predominant amount of feminine energy within and is not a "fighter," then there is a strong likelihood that the test will require the individual to display assertive behavior, thus assisting the individual to align with the male energies within and bring a more perfect balance to the inner energy fields. If the person does not choose to accept the challenge because the former habits of relying on the feminine energy patterns are too great, then he or she will most assuredly face the test again in the future. This is so because the test

relates to a particular vibrational frequency and must be passed before the soul can reach a higher level of vibration. This pattern—and the test—will then repeat itself until the lessons are learned. Each time the test appears, however, it comes with new faces. Each new scenario will also bring lessons ten times more exaggerated than before, allowing the individual many opportunities to practice the lessons until they are learned.

Once the lessons are learned, however, and the individual is actually behaving on a higher level, the soul radiates this higher frequency of Light and because of the Law of Vibration, will NEVER HAVE TO UNDERGO THOSE TESTS AGAIN. When one's vibrational frequency is increased, the soul is free to take on tests of a higher nature that reside on the new level of frequency it has accomplished.

Knowing this to be true, now observe those who have trespassed against you. Because their deeds have served to raise your soul to a higher level, are they among those who have come to serve you or to harm you? If one forgives another for the illusions that appear to be so intense and goes inward to master the lessons of the tests, then the individual progresses on the path to the Light at a much faster pace. Entry into the Fifth Dimension then is almost assured.

Only you can harm yourself, Dear Children of Light. No deed of another can harm you unless you give your power away. If you surpass all limitations and rise above illusion, you will give no power away and the Light shall protect and serve you. This is my promise to you.

Does this explanation provide you with another viewpoint regarding how important it is to forgive?

A SECOND GREAT PARADOX

The second great paradox is that "victims" who believe they are "winning," because they smugly declare they cannot forgive and choose to hold onto their anger, are actually losing. The

individuals who have caused them pain still control their souls' vibrational levels by keeping them at lower vibrational states. When one cannot master forgiveness, the reality is that the other individual holds power over the soul by keeping it vibrating at a lower level. This continues for as long as an individual holds on to that lower state of mind that blocks him or her from seeing through the illusion. Therefore, the one who has trespassed against the other continues to hold the soul in bondage for as long as the "victim" allows this to happen. Of course, this pleases the ego immensely.

How simple is the solution, Dear Children of Thoth. How difficult to master the solution, however, when one is the plaything of the ego.

Let go! Let go! Let go!

By letting go and not allowing another's deed to imprison the soul, the individual experiences a higher state of consciousness and freedom, not yet experienced. In letting go and experiencing forgiveness, a lighter, happier feeling begins to overcome consciousness and the mind begins to open to new ideas. This shift of consciousness fills the heart and soul with new hope. The heart's capacity for charity is then activated. A stronger faith results. All is guaranteed. Forgiveness then is THE KEY to understanding and experiencing the three ancient mysteries of faith, hope, and charity. Therefore, I say unto Ye:

Let go of all hatred and anger, and say thank you for the lessons and the opportunities to raise your soul's vibrational frequency into the Light. Without such an experience you would never be self-realized. Then love your opponent for making you the Master you are today. See your greatest enemy as your greatest friend, and rejoice that you have been sent such powerful teachers for they shall deliver you unto the Lord.

Adonai, My Beloved sisters and Brothers of the Light. I AM Sananda, sent by my Father to once again deliver you from

bondage. Hear my words with your heart and allow my essence to penetrate your minds, and you shall see the Light all around.

Qadoish, Qadoish, Qadoish. Adonai Tsebayoth.

Go in Peace

SUMMARY

Forgiveness, or letting go of past grievances or actions, is the key to spiritual growth. When we cling to old hurts or wounds we imprison ourselves in a life ruled by lower vibrations, and we are destined to repeat the problems of the past. Forgiveness allows us to move to higher levels and to evolve in our spiritual growth.

- Forgiveness is the key to transformation.
- Forgiveness emanates from the heart. It is a state of mind that pierces a hole in the heart, allowing Light to penetrate consciousness.
- Ten percent of the world's population is currently experiencing Tests of Initiation; by 1997 another fifteen percent will begin the process; by 2000 nearly sixty percent will be awakened; and by 2011, the entire population on Earth will be involved in the Tests of Initiation.
- Enlightenment, a state of mind that normally takes thousands of lifetimes to achieve, can be achieved in one lifetime if the person is motivated and disciplined.
- The statement "Ego is dead" is the statement for eternal life and entry into the Fifth Dimension.
- The strength of the opponent or the difficulty of the Tests of Initiation is a measure of the challenges that you are expected to overcome and master. Your enemies can be considered to be your best friends, for without these challenges to overcome, how would you ever earn mastery?
- Forgiveness is nothing more than "letting go."

Chapter 28

JOINING FORCES WITH THE ANGELS

Angels and ministers of grace defend us. William Shakespeare
Hamlet

Throughout time, history has recorded encounters with beings who reside in other dimensions and magical kingdoms. It is not by chance that every culture on Earth and every geographical area of the world has stories to tell about these enchanting beings. These beings have many names ranging from fairies, elves, and sylphs, to cherubim, seraphim, and archangels. They are not of human form; instead they are distinct life forms of their own, residing on other dimensions of time/space. In Sanskrit, one word summarizes the entire range of these kingdoms, and that word is Deva, meaning God, good Spirit, or beings of Light.

Although mystics and sensitives always have been able to “see” these beings, the majority of humans cannot. The Third eye of the average person is not opened, which prevents contact or awareness of their presence. Because most people cannot see these beings of Light, they receive little “press” or recognition by the masses.

So what are the normal responses when questions about these beings are raised? Well, these responses seem to fall within the following categories:

7. **All stories about these beings are fiction.** The beings have been created by storytellers, including Biblical writers, over thousands of years. For example, the Angel Gabriel really did not appear to Mary, and that story was invented by one of the most creative minds of the day.
8. **All stories about these beings are imagined.** Even though communication networks were not present until this century, a miraculous coincidence has occurred that created nearly identical stories in every major civilization on Earth. (Obviously, regardless of physical boundaries or distances between individuals, the human psyche has the remarkable ability to imagine in identical ways.)

9. **Stories about these beings are real**, even though the majority of individuals cannot see them with their physical sight. They do exist in another dimension of time/space, but science does not yet have the technology to measure their presence.

It is clear that these traditional responses fit the options for a Third Dimension steeped in duality—yes or no. imagined or real.

This chapter approaches the topic with a clear recognition that the Devic kingdoms are real. Because the authors frequently communicate with these beings, no further debate regarding their authenticity will be presented.

The purpose of this chapter, then, is briefly to describe the membership of this kingdom and then to go one step farther and tell the reader how to make contact with these beings of Light. The intent is to foster an awareness of these beautiful beings with the hope that communications can be expanded in the future and more assistance can be obtained from them.

The unfoldment of the Devic Kingdoms is intricately intertwined with our evolution. Devas are a part of the feminine energy rising to meet us on our journey. The Fifth Dimension will bring us more of an awareness of the beautiful creatures residing in God's kingdoms. We must begin now to prepare the way for new realities to enter our lives and open to the joy that awaits us on the path. The house of the father has many rooms.

Angels have been around since the beginning of time. Their existence is recorded as fact in the bible. They have been the objects of numerous works of art and are the subjects of classical paintings worldwide. The word angel comes from the Greek angelos, meaning messenger. The angelic kingdom was created to serve God and to work in every capacity to fulfill this responsibility. Their job is to assure that God's entire kingdom runs smoothly and in accordance with the Divine Plan.

Angels are called Gods, watchers, servants, the holy ones, Spirits,

the heavenly army, and hosts. In the bible, they are referred to as morning stars in the Book of Job, and as chariots of God in the book of Psalms. There are angels of:

The Devic Kingdom....These angels work with the elements of nature. Here, there are Devas of the earth, air, water, animals, fish, and birds, and even sunsets and sunrises, to name but a few.

Thoughts, Prayers, Virtues, and Enlightenment...These angels expand the positive thoughts that we emit and apply the right energy to those thoughts to assure their appropriate usages.

Healing. Theasing angels provide clarity and love and create the conditions necessary for humans to perform healing.

Churches, Organizations, Cities, Territories, Countries, and Races. These angels are responsible for assuring that all evolutionary patterns and responsibilities will be completed for the assigned group. The angel in charge of America, for example, is named Americus.

Protection and Guardianship.. These angels protect individuals in large memberships.

Evolutionary Patterns. These angels oversee each individual's evolutionary plan through all incarnations.

Karma.. These angels supervise all karmic patterns and debts that one has to experience in order to evolve and reach a higher consciousness.

The Service to Christ.. These angelic beings are preparing the way for the return of the Most Radiant One. They focus their energies on sending the Christ energies to Earth to raise its vibrational frequencies and to assure that the Divine Plan will indeed be fulfilled.

Technology and Equipment.. These angels oversee equipment,

facilities, and technology. They report to the Hierarchy if technology and its uses are not being used in accordance with the higher plan. For example, Kuthumi stated that when the atom bomb was developed and detonated in World War II, a cry was heard around the universe that Earth needed assistance in its evolutionary cycle. It was these angels who sounded the cry that called the celestial forces to come forth to provide assistance to humanity.

Angels have been heard, spoken to, listened to, and observed by visionaries, prophets, and a few ordinary people. They are the messengers of God. Angels can appear in earthly or etheric form. Our children, the pure of heart, accept them unconditionally.

Some individuals see angels in their dreams, where their guidance is known to have helped many people through difficult situations. Their messages have come in many mysterious forms, including "coincidences" and analogies. Angels often guide souls by sending them messages in their dreams.

Further, angels have been known to facilitate spontaneous healings, especially with terminally ill patients. When these incidents are reported (and often not until years later, for a variety of reasons), people claim that their energy and lives suddenly changed. One common occurrence is a shift in consciousness in which the person loses interest in worldly possessions and acquires a new interest in spirituality and a sense of mission.

Although numerous reportings of contact with angels have been logged, something happened over the centuries to diminish our belief in these beings of Light. In the past, few individuals paid attention to angels or even acknowledged their existence. When movies were made about them, there was an underlying, unspoken assumption that the movies were fiction. People scoffed and called these Spirits fantasies.

Today, however, there seems to be a renewed interest in these beings of Light. Television shows, book, and magazine articles

abound with stories and testimonials of angels and their magical presence. At least this is true in America.

In spite of this renewed interest, many scientists and medical personnel believe that people who report sightings of angels are only experiencing hallucinations due to endorphins in the body. In their research, these scientists have found suggestions that the functions of the brain produce chemicals and patterns in the mind. They therefore assume that angelic sightings are merely imaginings---some type of chemical brain activity. Despite the fact that only five percent of individuals are diagnosed as being fantasy-prone, the scientists tend to dismiss all explanations for these reportings other than scientific ones.

How sad this state of mind is for humanity. The mystic and wise Initiates know that some things simply cannot be measured. They understand that measuring experiences is not the only way to prove their validity. Some things can only be experienced, such as love, for example.

What has happened to create this state of mind that closes so many individuals down to their natural awareness? How could humanity, with all its advanced technology and knowledge, actually evolve to shutting out this Light and assistance? What dark force has been at work that has so successfully closed minds, reduce humanity to cynicism?

Since humanity is in charge of creating its destiny, and ultimately that of Earth, and since there is a spiritual awakening occurring on the planet, we can collectively change things. The fact is that angels are real, and they do intervene for us on Earth. They are a part of our force field of power and are here to assist us to become Spiritual Masters. Their Light is a chief Source of our power because their Light is a source of extraordinary love. Because of free will, however, we must choose to connect with them.

In one message, Master Kuthumi spoke of the employment status of the Celestial Command.

We await to be called into action by the Legion of Light Workers on Earth. The edict decrees we cannot interfere because of the condition of free will. This is a sacred condition, and we honor it.

The angels grow especially restless for they have so many gifts to bring. Their full potential lies as dormant as the trees in winter while they await the calls from Earth's Spiritual Warriors to join forces with their strength.

Call, Dear Ones, and call soon. Reduce the unemployment rate in the Heavens. If you oblige, we shall continue to serve you in acquiring new jobs to fulfill your mission.

According to Kuthumi, the angels are underemployed because humanity is not choosing to connect with their power and use their full potential to combat the negativity of Earth. He goes on to explain further that, when we call them to assist:

11. They are obligated to come.
12. They will come.
13. They command unique job functions and responsibilities.
14. They will assist us with our needs and wants.
15. They are smiling and kind, and Masters at giving love.

When connecting to the angelic kingdom, it is important to make our requests specific. For example, if we need assistance with healing, we should call upon the angels who tend to that specific area or need. Our prayers can send angels to help if their assistance does not interfere with karmic or dharmic law. Sometimes individuals are in situations to learn lessons designed to strengthen their souls. When this is the case, the angelic kingdom seldom will interfere; to do so could actually retard the soul's development and progress to the Light.

Never make a blanket call for all the angels in the universe to assist. Remember that they are obligated to come. Call only upon those whose assistance you require.

Psalm 91, verses 11 and 12, reads:

15. or to his angels He (God) has given command about you, that they guard you in all your ways
16. Upon their hands they shall bear you up, lest you dash your foot against a stone.

Angels take care of everyone and protect us from harm. They often take care of the spiritual body more than the physical one. At the time of death, they prepare one for the journey after life and then serve as guides on the way. Every major city also has a chief power (angel) guiding it, just as every major territory or country has an Ascended Master watching over its development.

There are nine orders in the hierarchy of angels and the Celestial Hierarchy. These are, from the lowest to the highest: angels, archangels, principalities, powers, virtues, dominions, thrones, cherubim, and seraphim. Each order has special duties that it performs.

Angels and archangels command a high rank in the hierarchy. They guard people and all physical things and are also sent as messengers. Often they come to a planet or star system just to observe and collect wisdom. Sometimes they remain until the inhabitants reach a certain level of illumination, lending their Light to assist in this transformation.

Principalities protect religion and spirituality and serve as the angelic rulers of the nations of the world.

Powers thwart the efforts of demons to overthrow the world. They have received special authority from the Celestial Command to provide protection/

Virtues bestow excellence and merit in grace and valor. They also work miracles on Earth and are the principal beings who assist in healing.

Dominions are regulators of angelic duties. It is through them

that the Majesty of God is manifested.

Thrones bring justice of god to us.

Cherubim each have innumerable subordinates in the hierarchical order who are charged with fulfilling the law according to the twofold principles of equilibrium and cause and effect. They sometimes are called the Recorders, and also the Rulers of North, south, west, and East. Often they appear in units of four. In Christianity, they are personified as the Recording Angels whose job it is to record each human's deeds in a great book. It is by these deeds that each individual is judged. The Cherubim also protect the throne of God.

Seraphim have six wings and surround the throne of God, where they ceaselessly sing, "Holy, Holy, Holy." They are the angels of love, Light, and fire. The Seraphim are the most ardent in Divine love and strive to inspire that quality in human beings.

We can invoke angels at any time and request their assistance.

Jesus said in Matthew 21: 21,22:

Therefore I say unto you, if Ye have faith and doubt not...whatsoever Ye shall ask in prayer, believing, Ye shall receive.

Master Kuthumi was asked to describe the angelic kingdom and its role on Earth today. He sent through the following message.

It is with great pleasure that I, Kuthumi, deliver a message about my distinguished celestial colleagues, the angels. Without fail, they sing the praises of the Most High and, for this reason alone, I am honored to deliver information that shall help even the most casual observer.

The angelic kingdom is considered to be the cosmic glue that assists all dimensional beings to become the Light. These beings have the patience of Job and understand the path to the Light even better than many on the Ascended Realms. Since most of

them have never been embodied on Earth, they do not resonate with the remembrance of the five senses and how these tools for learning impact a soul's path to the Light.

Members of the angelic kingdom are the stepping stones to higher worlds. They compose the dimensional frequency that affects the soul and its ability to hear. All that is spoken by the Ascended Masters is heard by humans only because of the angelic assistance which adjusts the vibrational patterns of the causal body.

The term "guardian angel" is a truth, for each soul in the universe is assigned a guardian angel. This higher Light being is actually one with the Higher Self, which is what each soul in embodiment actually is. This concept is understood by few, and acknowledged by fewer, but that is of no consequence for this instruction. The point I make is that each individual, regardless of color, creed, or gender, is assigned the presence of a being from the angelic kingdom.

The angels are dutiful and they are committed to one thing: the Light. For them, there is no other purpose for being. They see all and understand that each experience is designed for the soul's lessons to understand and integrate with the Light. That is all. Their agenda is easy to understand.

The radiance that shines from them emanates from pure God Force energy. It is so strong and intense that it cannot be perceived with the human eye. It can only be seen with the inner eye and the eye of the soul unless an individual has purified himself or herself through many lifetimes and moves to the vibrational frequency closer to theirs.

The angels are likened to work horses. They perform their responsibilities with great dedication and joy, for they understand that to fill the hearts with Light and love is the only purpose for existence. They are the guardians of the Light and understand that there is only one law: love.

Love is an elusive concept, but, for the angelic kingdom, it is the only thing they understand. They are incapable of judgment and can only administer the higher truths that vibrate on the spectrum of power that embraces the Christos energy. They are also the ambassadors of the Creator and perform flawlessly to assure that Divine Will rules.

The angelic kingdom is divided among a hierarchy that comprises precision and order. The layers of the hierarchy understand how to coordinate responsibilities and facilitate the master plan for Earth's transition into the Fifth Dimension. They are skilled in completing the responsibilities in the Light matrix and work to bring maximum benefits to Earth through all Children of Light who are connected to their essences.

It is the responsibility of the membership of the Order of Melchizedek in embodiment to make the connections to the angelic kingdom and begin to co-ordinate with them to bring God's plan to Earth. That is why both groups have come. They have come to unite to do God's will before the will of the ego. All have come to raise the vibrations of the planet into the steam of consciousness that will eventually catapult the world into the higher dimensions of the new millennium.

The four Archangels blow the trumpets as the games now begin. Michael, Gabriel, Raphael, and Uriel stand positioned in the four directions to usher in the triumphant. They rejoice at the reawakening as the remembrance of victory moves to the forefront of consciousness.

Hear my words with your hearts, Dear Children of Light, and see with your inner eye the angelic kingdom standing ready to do your bidding. Unite with these chariots of fire and begin to do battle with the forces of darkness that try to consume your souls. Know that victory is assured through love and Light, and begin to embrace the darkness with the power that you know to be yours.

Learn of the hierarchy in the angelic kingdom and how to connect to their power. They carry the sword of Archangel Michael for your

protection in the days to come. You are assured victory if you follow this plan.

Good tidings of great joy be yours in the days ahead.

Adonai, My Celestial Sisters and Brothers of the Command. I AM Kuthumi, your Messenger for the Divine.

John Randolph Price, in his book *The angels Within Us*, says he believes there are twenty-two angels charged specifically with guiding us as we travel our spiritual paths. Randolph cautions, however, that before we call these angels to us, we must prepare ourselves to work with them by clarifying our minds and intentions. He says there are four critically important steps we must take:

STEP ONE: Forgive ourselves for our past errors of thought and the negative things we have created in our lives.

STEP TWO: Evaluate ourselves---our personality traits and our attitudes.

STEP THREE: Totally surrender our minds, emotions, bodies, and personal lives to the Spirit within.

STEP FOUR: Meditate, bringing our awareness into the presence of God.

After we have done this, we are ready to call the angels to us and ask for their loving help. This help frequently shows itself in uncomfortable or unexpected ways. Why? Because angels lovingly (and fearlessly) cut us loose from whatever is stopping our spiritual growth and progress toward the Fifth Dimension. You can suspect they are at work when:

- Life suddenly takes a new direction. You might be discovering new adventures and creativity or you may feel like you are losing everything you have accomplished over time.
- You feel an intense pull to move elsewhere, but you don't know why or where you should be going.
- You suddenly change careers in spite of a drastic cut in pay.
- You start taking responsibility for your own actions and

feelings. You stop blaming other people, fate, or circumstances for things that go wrong in your life.

- You have a solid sense of knowing and of strength, peace, guidance, and renewed energy. You find life refreshing and exciting instead of stagnant.
- You laugh more and see yourself and everything around you through the delighted eyes of a child.

The time has come for us to reopen our third Eyes and to see with the same vision as the prophets of old. We must train our inner eyes to see what we cannot see with our physical eyes. When we strengthen our faith, we will “see” angels all around us. We can command angelic intervention and bring back the mysticism of the higher days.

SUMMARY

The point has often been made that we are never alone and that we have a variety of resources to call upon for reassurance, assistance, or learning. Angels constitute one of the groups that are available to us. Each of us has a guardian angel or a higher Light being that is actually one with our Higher Self. They watch over us and provide us guidance on a continuing basis.

There are several other categories of angels who are assigned specific tasks. Angels communicate with the soul and help us to hear the messages of the higher realms. Angels are able to assist in combating the negativity of Earth. When called upon, they will come and assist us with our needs.

- Angels are messengers of God, and they can appear in earthly or etheric form.
- Angels intervene for us on Earth. Their Light is a chief Source of our power when we choose to connect with them, because their Light is a Source of extraordinary love.
- The angelic kingdom is the cosmic glue that assists all dimensional beings to become the Light.
- There are nine orders in the hierarchy of angels known as the Celestial Hierarchy:

- Angels and Archangels—guard people and things and are sent as messengers.
- Principalities—protect spirituality and serve as the angelic rulers of the nations of the world.;
- Powers---stop the demons from overthrowing the world;
- Virtues—work miracles on Earth and assist in healing.
- Thrones—bring the justice of God.
- Cherubim—fulfill the Law according to equilibrium and cause and effect and protect the Throne of God.
- Seraphim—angels of love, Light, and fire.
- Members of the Order of Melchizedek in embodiment are here to connect with angels and coordinate with them to bring about God's plan on Earth. Ultimately, this membership will teach others how to do the same.

CHAPTER 29

THE ELECTROMAGNETIC GRID

We are made wise not by the recollections of our past but by the responsibility for our future. George Bernard Shaw

In Atlantis, an etheric energy matrix existed beneath the Earth's surface, providing a lattice network for such activities as telepathic communication and healing. This matrix was known as a grid, which is defined as a network of uniformly spaced horizontal and vertical bars or lines, especially one for locating points when placed over a map, chart, building plan, etc.

This grid was a system of electromagnetic frequencies created through worldwide linkages made by human thought waves and

energy transmitted by the Earth and through crystals. The system followed a carefully designed global plan that was obviously intelligently thought out and detailed. It embodied the study and form of geomancy, which means the divination of lines drawn at random.

The electromagnetic grid existed for centuries and supported the higher-dimensional existence of the Atlanteans. It enabled life to exist in a higher form on the planet. It was an empowering system situated several feet beneath the Earth's surface. The electromagnetic grid was built by the Thrice-Greatest Geomancer and Master of earth known as Hermes Trismegistus and the High Priests and Priestesses of Atlantis who came to Earth to build a great civilization for this part of the galaxy.

The intricate landscaping produced by their efforts to connect the Heavens to Earth was completed in cooperation with the Elohim and the Devic kingdoms. It was based on the Hermetic Principles that form the basis for all manifestation. These principles are included in the Universal Laws, described earlier in this book. The effect of this grid ultimately was to connect humans to the earth through the power of Spirit.

Today, we see the remnants of this miraculous accomplishment in the form of ley lines. These electromagnetic currents of energy once encased the Earth, connecting land masses and traveling under the seas. Architects, scientists, archaeologists, mystics, and others know these lines to be real, but have little physical evidence to support their existence. Some people believe that they can be located using the spiritual trigonometry techniques of Buckminster Fuller. Even if they can, it is impossible to create an acceptable scientific explanation of how these lines were created. Evidence of their existence and the power of their intersection points, however, can be tracked to such uses as:

- Guiding focal points for position cathedrals, pyramids, sacred structures, and other mystical objects, such as Stonehenge.
- Organizing Earth energies
- Facilitating UFO activities and sightings

- Guiding the migration patterns for birds
- Dictating volcanic activity
- Directing gravity and antigravity activities
- Defining the ridges on mountain tops
- Directing the movements of ocean currents.

The electromagnetic grid was the greatest spiritual accomplishment ever completed on the planet. It exemplified the highest human thought-forms of love interfacing with Mother Earth.

The primary purposes of the electromagnetic grid were to:

5. connect the spiritual Light Bodies of individuals; and
6. supply a free and unending amount of energy to those who were connected to it.

This was done by synchronizing brain-wave patterns to the currents of energy emitted by thoughts that were linked with the heart centers of individuals. Thus, frequencies were created that were connected directly to the Higher Selves and, consequently, the Divine Plan. As a result, Earth's grid lines and the auric frequencies of individuals were clarified and purified, for all are connected in the macrocosm/microcosm.

Since the energy field created by these steps aligned with a higher frequency or spiritual attunement, this frequency automatically connected to Earth's Light network called "Christ consciousness" (another term for the God Force). This created a web of Light resembling a massive brain and nervous system, signaling and connecting the physical world to the etheric existence of the Higher Self. In this way, a highly evolved spiritual telecommunications system was created that could be used by all who had reached an enlightened state of consciousness.

Since there were so many awakened individuals in Atlantis who were connected to the God force, it was relatively easy to bridge connections of thought, mind, and heart through the Higher Selves. All individuals who walked the Earth with their Third eyes

open were connected to this energy field because the resonance patterns of the Third Eye equaled that of Christ consciousness.

Hermes and other bings of Light first implanted celestial crystals within the etheric bodies of the High Priests and Priestesses and then within those of the Light workers of the hierarchy. These crystals contained symbolic and geometric coding from the Universal Language of Light that sent out frequencies to connect signals emanating from points of Light. This effort formed lines of Light radiating from their etheric bodies which connected to the Earth, forming the illumined web of Divine energy.

To determine which crystals would be implanted within the etheric bodies, the High Priests and Priestesses were matched using a selection process that assured compatibility to other souls. Matching was completed based upon membership in the individual's soul group and the ray upon which each entered embodiment. Crystals that matched select criteria were then implanted etherically within the lower eight bodies of these high Initiates.

After all etheric coding was completed, Hermes' team then positioned crystals (primarily clear quartz, although other stones such as rose quartz and amethyst also were used) beneath the Earth's surface. This step connected the High Priests and Priestesses, who carried the etheric implants, to the electromagnetic energies emitted from the crystals buried beneath the Earth. Individuals were then "charged" accordingly with a higher current of energy and eventually sent around the world, connecting designated points to sacred sites. Connections were accomplished by touch, and also by the physical presence of the High Priests and Priestesses, because their auras emitted energy rays that were higher than those of the other citizens of Atlantis.

These select emissaries of the divine journeyed to various lands and sites. Each time they visited foreign places, the currents of energy were made stronger. Throughout the centuries this process strengthened the ley lines, making them nearly

impenetrable. The Light traveling through these lines was so pure and radiant that mystics and high adepts could see them with their Third Eyes. Earth's radiance could be tracked by Celestial Beings in the Heavens, and all who resided on this frequency used this grid for higher purposes. The grid truly connected the Heavens to Earth and formed the perfect Oneness. Consequently, peace, love, and Light abounded everywhere, for all of these attributes were connected to the Divine Plan.

That was the state of affairs when Atlantis was in its glory. But as history often reveals, things began to change. Certain individuals, not of the priesthood, began to rise to power and change the systems, which resulted in disaster. In time, Atlantis fell, and when it did, many of these great accomplishments were buried with the land underneath the ocean floor.

Reports (such as those written by Plato) reveal that Atlantis was magnificent during its height and glory. Some of the survivors, who were the keepers of this sacred knowledge on geomancy, settled in Egypt and the Yucatan, keeping a portion of the mysteries and knowledge alive. That is why these civilizations were able to rise to great heights, also. Other souls drifted off into "the deep sleep," holding the sacred information within their Akashic Records until the time when history would reveal that the souls of the High Priests and Priestesses would reincarnate to rebuild Atlantis in the form of the Seventh Golden Age. That time is now.

The High Priests and Priestesses from Atlantis have risen. The souls of these beings who ruled Atlantis have reincarnated and presently are remembering what this electromagnetic grid was and what it stands for. Even now, they are traveling the world creating a NEW grid matrix for Earth.

Atlantis IS rising, just as the great "sleeping prophet" Edgar Cayce prophesied decades ago. This time, the purpose of the priesthood is to assist Earth to enter the fifth Dimension.

For the past several years, these souls (representing the Order of

Melchizedek) have been actively involved in establishing a new electromagnetic grid, situated this time not under the Earth, but approximately three to four feet above its surface. Much of the old grid has been destroyed or desecrated, making it virtually unusable for the new world that is coming. Therefore, sacred sites are being created all over the world as energy fields to support the new matrix.

Rainbow energy fields are slowly emerging from Earth's crystalline structures deep below its surface. Gaia (Mother Earth) is awakening and moving out of slumber into a heightened state of consciousness. As more and more souls choose to receive the Universal Language of Light programming from etheric crystals implanted within the lower eight bodies, assurances arise that the New Jerusalem is emerging on Earth and humans are the co-creators of this celestial temple.

Soon the new electromagnetic grid will be complete. When this occurs, the etheric, cosmic doors that emerge will create entrance and exit points that facilitate interdimensional travel. Communication with the gods, just as in Atlantis, will become "business as usual," And all who earn the higher vibrational frequency connected with the Higher Self will have access to this communications channel network.

Since Atlantis fell, the Order of Melchizedek periodically has sent to Earth some of its finest members who have incarnated to assist humanity to evolve. This was especially important during the Dark Ages, when consciousness was at its lowest. Usually only one soul embodied at a time, but occasionally they would incarnate in groups, supporting each other when an important mission, such as mass enlightenment or a great invention or literary work, had to be completed. Every time they embodied, these souls were so pure that they could remember how to connect to the Order's membership remaining on the etheric (the Ascended Masters). They would do so for the purpose of channeling great works, writings, and legacies for humanity's benefit and growth.

One need only review history to read the names of these great Masters who came to Earth. Souls like Pythagoras, Socrates, Plato, Hippocrates, Athena, Akhnaton, Isis, Jesus, Mother Mary, Buddha, Krishna, Mohammad, Shakespeare, Solomon, Moses, Sia Baba, Gandhi, and Quan Yin are only a few who were sent to earth by the Order. Jesus is called Melchizedek King in the scriptures because of his purity and perfect mastery of the laws.

The Order of Melchizedek has been guiding Earth's development from the beginning of time and will continue to do so in the future. Today, the Order is providing instruction and assistance to all who have the hearts to hear. It teaches individuals how to be free of limitations and pain, thus ending the struggle to evolve. The Age of Aquarius has promised this. It has been written; so shall it be done!

Hermes has returned, too, and once again is directing the establishment of the new electromagnetic grid that is destined to surround the Earth. The new matrix will be likened to a tuning fork as it vibrates and connects the higher consciousness of humans all over the world. It will facilitate the development of the Adam Kadmon, or the emergence of the new human who is destined to walk the face of the Earth in the Seventh Golden Age.

Just as when Atlantis existed, conditions on Earth and in the universe are synchronized once again to support this endeavor. It has taken over 10,000 years for this higher frequency to be reached, because the Heavens have not been able to experience such an alignment until now. This perfect alignment has called forth the Great One himself to direct this miraculous project.

The electromagnetic grid is not intended to be part of a new religion. Instead, it is being created to develop humanity's potential by linking higher consciousness centers to the Christos energy. The grid will create a web of Light and focused human consciousness, vibrating on wave lengths that use the Universal Language of Light to transmit messages. It will be the super highway for evolution in the years to come. Some of the uses for the electromagnetic grid are to:

- Send love
- Heal oneself and others
- Increase telepathic powers
- Open the third Eyes of Initiates on the path to enlightenment
- Link the world in the concept of Oneness
- Send support to others
- Increase the soul's ability to do soul travel
- Access the Universal Language of Light
- Increase manifestation powers for self and others
- Empower individuals
- Strengthen Earth's magnetic field in the Light
- Support spiritual development
- Link humanity with Mother Earth
- Contact the Celestial Command (including the angels)

The Universal Language of Light contains 144,000 geometric symbols. It is the frequency coding that humans need to transcend third-dimensional thinking. It comes to us through our own Higher Selves and filters down to our lower eight bodies. This language carries the Divine blueprint for our individual missions that replaces the will of the ego with the Will of God.

These geometric symbols presently are being encoded into human consciousness and our etheric bodies. This is being completed by the Celestial Hierarchy with all who have given permission to have it done. Coding resides on various wave lengths, so that individuals receive only the symbolic coding that matches their levels of consciousness. The lower the consciousness, the fewer the codes that can be down-loaded. The higher the consciousness, the more the codes that are implanted. The more symbols that one receives, the more responsibility for world service he or she is given in fulfillment of the Divine Plan.

The goal for Earth's ascension into the Fifth Dimension is to connect as many Light Workers to the grid as possible. We are connected to the grid through the solar plexus area. We can focus our energy, meditate on the Light, and send and receive important messages, energies, and manifestations.

THE ELECTROMAGNETIC GRID CANNOT BE MISUSED

The electromagnetic grid is an instrument of peace, co-operation, and love, and will be used to build this kind of world in the coming millennium. It cannot be misused because one must reside on a higher frequency to use it. No one residing on a lower frequency (for example, people who are greedy or wish to inflict harm on others) will be able to connect to it. When a person evolves to a higher level of consciousness, he or she will be incapable of inflicting harm, for the soul's new vibrational frequency will carry an agenda that no longer supports the lower behaviors.

The importance of the electromagnetic grid is that it provides Light Workers everywhere a tool for sending and receiving information and energies that can result in manifestations to serve the move toward the Fifth Dimension.

Here is an exercise sent through from Kuthumi to assist you in accessing this electromagnetic grid:

19. Sit with your spine straight and breathe deeply.
20. Calm your mind, body, and emotions. Stay perfectly centered at all times when using this force field.
21. Invoke the Light and your Higher Self to protect you.
22. Meditate on the Light.
23. Illumine the third eye by visualizing a bright golden Light within your head. Connect this Light with your heart center.
24. Connect to the Great Central Sun and the Earth Star through your twelve chakras and ground this higher radiant energy within your heart.
25. Visualize the electromagnetic grid connecting to your solar plexus area with a golden Light of energy. See yourself as part of this web and feel grounded in this sea of love and Light.
26. Send out impulses of energy and begin to receive, as well.
27. Expect that it is so! So Be It! So It Is!

SUMMARY

Hermes Trismegistus, with the elohim and Devic Kingdoms, built an electromagnetic grid system several feet below the Earth's surface that was used for centuries to support a higher-dimensional existence on Atlantis. After the fall of Atlantis the grid was damaged, and the remnants are known to us as ley lines. The grid connected the Light bodies of individuals to each other and to the Earth, provided a free and unending amount of energy to those connected to the grid, and connected the physical world to the etheric existence of the Higher Self. It also formed a telecommunications system which could be used by all who had reached an enlightened state of consciousness.

For the first time in 10,000 years, Earth has reached a frequency that supports a new electromagnetic grid, to be built in support of the Seventh Golden Age and upon entering the Fifth Dimension. The new grid will be approximately three to four feet above Earth's surface, and sacred sites are being created as energy fields to support the new grid matrix.

The new grid will:

- Create entrance and exit points for interdimensional travel;
- Facilitate communication with other Initiates and enlighten people worldwide;
- Generate wave lengths that use the Universal Language of Light to transmit messages;
- Transmit our divine blueprints for our life missions.

CHAPTER 30

INITIATION

That which we do not confront in ourselves we will meet as fate.
Carl Jung

No book on self-empowerment such as this one would be

complete without an explanation of the Levels of Initiation. Levels of Initiation are the tests that all spiritual seekers must complete on their journeys. They are tests of the soul.

These tests are completed through a step-by-step process and are designed to strengthen the physical, mental, spiritual, and emotional bodies while facilitating change within each of them. Each individual's tests are unique, depending on the lessons needing to be learned. One of the conditions for passing these tests is, ultimately, self-control.

Initiation means acquiring spiritual consciousness and using this knowledge to guide higher energies and powers into and through one's body. It also implies omniscience and omnipotence. Therefore, command over the mental and emotional bodies is imperative, and the male and female energies within must be balanced. Initiation is also the merging of the Higher Self with the lower eight bodies to facilitate the flow of this power.

Remember this quotation:

OF ME I DO NOTHING, IT IS THE FATHER (MOTHER) WITHIN ME THAT DOES IT ALL.

This statement by Jesus is an excellent example of his understanding of this merger and the power that comes with it. In Far Eastern religions, this power is often called Kundalini. It is buddhi and considered an active principle. It is an electromagnetic force that, when aroused, has the power to kill as easily as it can create.

In the past, few souls passed their Tests of Initiation because there were not many opportunities to learn them nor were there Master teachers from whom to receive help. For centuries, this knowledge was deemed so threatening to those in power that rulers often attempted to destroy both it and the teachers who were perpetuating it. In some parts of the world, individuals were forced to move underground and conduct secret meetings to keep the knowledge alive. In other areas, mystery schools were formed

that allowed only those who had reached a certain level of spiritual consciousness to be admitted. These schools often were reserved for the High Priests and Priestesses who incarnated for the sole purpose of perpetuating this knowledge for the world.

At present, most individuals are conscious to a degree that corresponds to the resistance of their nerves and physical bodies. When higher spiritual powers begin to flow through the physical body, many patterns, beliefs, and emotional blockages will be changed. Since this must be accomplished without injury to the physical body, the person must be ready to receive this power.

Initiation should never be requested until the person has experienced all of life and is in a position to control this power as it enters the lower nerve centers. If all is not in alignment, the energy can be so powerful that it actually can harm the individual and the lower, subtle bodies. If individuals seek initiation too soon or too quickly and do not pass their Tests of Initiation, the soul may sink to a state even lower than that in which it originally incarnated.

Achieving initiation takes years of dedication, discipline, and concentration. It requires that one learn the lower curricula before the higher are introduced. For most individuals, this process takes thousands of incarnations. The soul needs to experience all aspects of life, while choosing a different role each time. For only a few can initiation be accomplished in much less time.

Many old souls have incarnated on Earth today for one purpose—to pass their Tests of Initiation, which will grant them ascension to higher levels. Deep down, each of these souls knows that this is the last lifetime in which they must come back to Earth. Next time, if they return, it will be by choice. The race is not won yet, however, because each time a soul returns, it must be tested. No one is granted safe passage until the tests are completed successfully.

The Levels of Initiation through which we all must pass to enter

the higher realms and dimensions are described in this chapter. Never before has this knowledge been revealed in such a form for all to see. THE TIME IS NOW, says Ascended Master El Morya, for this information to come forth. In this age of transition into the Fifth Dimension, all souls must choose which path they will follow. This information is brought into the Light for all to read, with the intent that this firsthand knowledge will help more souls to choose the path of the Spiritual Warrior.

There are twelve Tests of Initiation. They are:

Level 1. The state of beingness that allows the individual's nine bodies to maintain normal functions. This is the time of birth (and general awareness), where the world is seen as an extension of oneself.

The decision concerns unfoldment.

Level 2 . The moment one first senses detachment from the Source of the All. This constitutes the moment when the individual begins the journey in the physical world.

The decision encompasses the development of ego.

Level 3 The cry for assistance from the innermost reaches of the mind, when individuals believe that they are separate from one another and begin to search for ways to belong once again.

The decision constitutes selection of companions.

Level 4. The shift of awareness when one understands that there is a greater power and looks to the Heavens with sincerity and asks to become one with this power once again.

The decision demands integrity of purpose.

Level 5 The state of consciousness when one makes a commitment to serve the Creator of the All, and understands that this commitment will require many things in life to change.

The decision includes walking the path of higher truths, and eliminating past weaknesses and blockages that only nurture the illusions around.

Level 6 The moment of action when one stands by the new truths and values and moves into the physical world with new-found courage.

The decision includes making a statement in the physical world which supports the choice.

Level 7 The period when the Initiate undergoes a test of power which is designed to strengthen the will and which brings about an understanding of Universal Laws.

The decision involves searching the soul for answers and listening to one's inner voice for guidance on the right direction to follow.

Level 8 The time when relationships are challenged and the Initiate learns that the only true relationship of significance is the relationship he or she has with God.

The decision requires that one learns unconditional love.

Level 9 The test that develops manifestation powers from within and includes the period of examination which reveals how one will use these powers in the world.

The decision encompasses the choice to let go of ego completely and to serve humanity in the name of the One.

Level 10 The period of stillness within the heart that allows the universe to work through the Higher Self in the creation process.

The decision involves a state of higher consciousness called euphoria, and the relationship this has to the physical, manifest world around.

Level 11 The state of beingness whereby one journeys interdimensionally to other places of the Most High and uses these experiences for benefiting humanity.

The decision requires one to separate the nine bodies and to commit to the One.

Level 12 The state of enlightenment whereby the One is within and the Light permeates the essence.

The decision requires one to begin the process of unfoldment once again, only on higher planes of existence. It demands that the Initiate assume responsibility for the commitment made and to journey to other worlds to assure that a higher vibration will encompass the world whence he or she has come.

The first five levels are normally acquired quite naturally in our earlier years. It is at the sixth level that the Initiate is required to make a commitment to the path of spiritual consciousness. The decision made here is critical because it determines the course of the entire journey thereafter. (These Tests of Initiation are detailed in the newsletter Celestial Voices. See the back of the book for further information on how to order these.)

Once a person embarks on the spiritual path, many challenges and tests, in addition to those described here, are brought to the individual. These are not to be considered forms of punishment. Instead, they are to be received as opportunities for growth. The saying goes:

You can tell the level of spiritual mastery you have achieved, by the level of the test that will be brought to you.

So, if you are a person who has been greatly challenged lately, and you feel that the whole world is caving in around you, feel honored! The greater the tests, the greater the compliment. In order to pass the tests, the individual must go inward and find out what lesson is to be learned. The lessons never include the

obvious. They always concern issues relating to the soul's growth, such as learning patience, forgiveness, or unconditional love, or acquiring sensitivity, strength, or assertiveness to strengthen the will. One must journey inward to find these answers, and will not escape the tests until the appropriate level of behavior is mastered. If you do not learn the lessons the first time around, the tests comes again with new faces and situations. The only drawback is that it arrives ten times stronger. Therefore, learn the lessons as quickly as possible. Begin now to control your mental and emotional bodies and stay calm and centered at all times, and you will accelerate your path into the Light and into mastery. It is then that The Light Shall Set You Free.

Have a wonderful journey.!

SUMMARY

Our spiritual journey, like our life journey, is developmental. We experience various steps or levels as we progress through stages of mastery. The Levels of Initiation are the tests that the souls of the spiritual seekers must complete. The tests are provided to strengthen our physical, mental, emotional, and spiritual bodies while facilitating change in them. Passing the tests requires discipline and command over our mental and emotional bodies and the balancing of female and male energies. Initiation also is the merger of the Higher Self with the lower eight bodies to support the flow of power.

Initiation requires years and lifetimes of effort. One must learn the lower curricula before the higher are introduced. For most individuals, this process requires many incarnations.

Tests of Initiation are tailored to meet the needs of the soul, but there is an overall pattern or sequence of twelve levels of Initiation. The first five levels of initiation are passed by most persons as they are born, develop their sense of self or ego, seek belongingness with a companion, develop a desire to become one with god again, and make changes which are needed for their spiritual development.

Levels six through twelve are more difficult, requiring intentional effort and discipline. Briefly, they move through taking a stand and speaking one's truth; undergoing a tests of power that assists understanding of the Universal Laws; learning unconditional love; using one's power to serve humanity; waking through the Higher Self in the creation process; seeing interdimensionally; and achieving enlightenment.

We make our journeys easier when we control our emotional and mental bodies, stay calm and centered at all times, and learn the lessons the first time they appear. Passing the Tests of Initiation and meeting higher levels of mastery prepares us for new and higher levels of service and mastery.

EPILOGUE

If we live the right way
And let the Light into our hearts and minds,
The whole world becomes alive.

The world is a lovely garden,
Full of dreams, life, and beauty.
It is a special place shared by many kingdoms,
And the one place where all can connect and grow together.

GLOSSARY

Adam Kadmon

Sons and daughters of Light who are evolved beyond the body form and are manifestations of Light. In this exalted state, they are the extensions of god and exist as energy Beings of Light who have the ability to create with thought and word.

Adonai

Hebrew word for the Lord. A manifestation.

Angels

Supernatural beings who have great intelligence and power. They are guiding influences and spirits, such as the Guardian Angels, who watch over each soul in embodiment. Angels are generally regarded as good, innocent, powerful, and beautiful, and may intervene to protect us from harm. There is a hierarchy within the angelic realms that constitutes many levels of power. Angels, Archangels, Principalities, Powers, virtues, Dominions, thrones, Cherubim, and Seraphim.

Negative forces also claim to have angels, such as Lucifer, the fallen angel, who was cast out of heaven at God's command by Archangel Michael.

Akashic Records

Chronicles of all that occurs in one's life. Everything is inscribed in the akasha, which is etheric energy vibrating at a frequency that records all of the impressions of life, whether created in or out of embodiment. Any individual can learn to access these records by developing inner sight.

Acturians

Fifth-dimensional beings who claim they are from the star Arcturus in the Bootes constellation.

Ascended Masters

Those who have mastered time and space and gained mastery of the self, fulfilled their divine plan, and ascended into the presence of God. There, because of their great love, they receive new directions to teach in many worlds.

Atlantis

A highly evolved ancient civilization which developed and used advanced technologies such as those we are learning about today.

The civilization misused some of the technologies by not integrating spiritual practices into their use and was destroyed by earthquakes and other cataclysms. The continent of Atlantis sank into the Atlantic Ocean on three separate occasions. Some Atlanteans escaped and went to such places as Greece, Egypt, and Central America.

Beings

A term used to denote the existence of Light beings, such as the Ascended Masters, Arcturians, or other species from different star systems. A life form, just as humans are one of the life forms ensouled on Earth.

Bodhisattvas

Buddhas-to-be. Those who aspire to become Buddhas have to perfect within themselves the following characteristics during several lifetimes: morality, charity, renunciation, wisdom, patience, truth, effort, determination, universal unconditional love, and composure.

Celestial

The Heavenly realms which are beyond third-dimensional sight. The home of beings not incarnated.

Chakras

The ethereal body's sense organs, as defined by such Far Eastern organizations as the Theosophical society. Chakras resemble energy vortices. There are several in the body, visible to clairvoyants only. Of these, it is advisable to use only seven when aligning the spiritual body on a daily basis. Each of these seven chakras vibrates at the frequency of one of the seven colors in the rainbow, which combine to create white Light.

Children of Light

Humans progressing on their paths of spirituality who seek the Light and are guided by it.

Christ Consciousness

One of the early stages of spiritual development. The intellectual capacity for knowing Christ and our creator. It leads to the spiritual urge to find God or Christ (Christ-seeking) and the craving to do Christ's and God's will.

Codes

The symbolism used by the Tribunal Council of the Galactic Command to deliver the keys that contain the secrets to the power held by the Atlantean Masters of over 10,000 years ago.

Commanders

Starseeds working for the Galactic command to help carry out the plan for assisting planet earth and her inhabitants in the transition into the Fifth Dimension.

Cosmic Beings

Beings from other universes and galaxies

Creator of the All

Another name for God.

Dharma

This cosmic law defining the natural and moral principles and order that apply to everything in existence. Dharma defines the destiny of each soul that comes into Earth embodiment.

Dimension

A plane of existence that can be subdivided into seven primary

parts, each comprising a specific agenda that makes up the curricula of that plane.

Electromagnetic Gridline

An ancient Atlantean underground grid (developed by Hermes) for mental and spiritual communication, which was energized by crystals, special stones, and objects. It is now being reconstructed around the world as a crystalline web of Light, above the surface of the Earth, to be used as a source of connection and communication among spiritual Light Workers who believe in its power and worth.

Energy Field

Area charged with electromagnetic energy that surrounds a being or object. It may be positive, negative, or both.

Etheric

The all-pervading essence of creation, filling all space and interpenetrating all matter. The holder of all unseen events. All things exist first as ideas or thought-forms in the etheric before manifesting into the physical. Also referred to as ethers.

Ethers

See Etheric.

Galactic Command

A fleet of starships composed of Masters and Celestial Beings from numerous galaxies and ruled by the Ascended Masters of the Great White Brotherhood (White meaning white Light) who are helping earth enter the Age of Aquarius. These beings travel the universes and have the capability to influence and direct

God's plan for continued evolution. They are highly advanced, and do not necessarily appear in a third-dimensional form. They have assisted Earth on her evolutionary path since the beginning.

Golden Age

Any age when Earth moves to a higher consciousness and the people on Earth live in greater peace, harmony, love, and abundance.

Golden Liquid Light

A phrase synonymous with God. It is the pool of electromagnetic energy that is the creator of everything that exists. It is called liquid because it moves continuously like a fluid and cannot be contained. See also Prana.

Great Central sun

The center or core of white fire from which the spiritual/material universes emanate. In the past, Sirius, the dog Star, has been the focal point of the Great Central Sun in our Section of the universe. Over time, however, this position changes because of the precession of the equinoxes.

Guides

Those who walk beside our souls and assist our spiritual growth.

Higher Self

The Christ Self, the I AM presence, the exalted form of selfhood. The Light body that surrounds our physical bodies and contains the power of the God Force.

I Am Presence

Same as the Higher Self.

Karma

A universal law of cause and effect summarizing the totality of an individual's actions in any single successive state of existence. Karma also is defined as the physical, mental, and spiritual lessons that return in any lifetime to provide opportunities for the soul's growth. Loosely used, it means fate. Karmic paths are the journeys humans take that teach many lessons.

Keys

The clues that unravel the mysteries of the secrets of the power of Atlantis and, ultimately, creation.

Law of Attraction

This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like energies. Negative energies attract negative energies and positive energies attract positive energies;

Law of Cause and Effect

This Universal Law states that nothing happens by chance or outside the Universal Laws. Every action has a reaction or consequence and we "reap what we have sown."

Law of Compensation

This Universal Law is the Law of Cause and Effect applied to blessings and abundance that are provided for us. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and blessings.

Law of Correspondence

This Universal Law states that the principles or laws of physics that explain the physical world—energy, Light, vibration, and motion—have their corresponding principles in the etheric or universe. “As above, so below.”

Law of Gender

This Universal Law states that everything has its masculine (yang) and feminine (yin) principles, and that these are the basis for all creation. The spiritual Initiate must balance the masculine and feminine energies within himself or herself to become a Master and a true co-creator with God.

Law of Perpetual Transmutation

This Universal Law states that all persons have within them the power to change the conditions in their lives. Higher vibrations consume and transform lower ones; thus, each of us can change the energies in our lives by understanding the Universal Laws and applying the principles in such a way as to effect change.

Law of Polarity

This Universal Law states that everything is on a continuum and has an opposite. We can suppress and transform undesirable thought by concentrating on the opposite pole. It is the law of mental vibrations.

Law of Relativity

The Universal Law states that each person will receive a series of problems (Tests of Initiation) for the purpose of strengthening the Light within. We must consider each of these tests to be a challenge and remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to others' problems and put everything into its proper perspective. No matter how bad we perceive our situation to be, there is always someone who is in a worse position. It is all

relative.

Law of Rhythm

This Universal Law states that everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's universe. Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness.

Law of Vibration

This Universal Law states that everything in the universe moves, vibrates, and travels in circular patterns. The same principles of vibration in the physical world apply to our thoughts, feelings, desires, and wills in the etheric world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.

Light Body

The individual's electromagnetic body existing in the etheric. It is the real body that provides the blueprint for the physical body and allows interdimensional communication.

Light Workers

Spiritual believers who actively work to bring love and Light to Earth.

Lion of Judah

A name given to Jesus signifying that his teachings were Divine truths emanating from the Tribe of Judah. The Prophet Daniel recorded the vision of a winged lion rising out of the sea. An interpretation of this vision is that, in the coming millennium, divine wisdom and truth will rule and a new spiritual world will be born.

Love

An electromagnetic force which encompasses the totality of the All. Energy emanating from God that creates life.

Mandala

A circular pattern with concentric, geometric symbols and forms that represent the universe. Although traditionally from the Hindu and Buddhist religions, mandalas are used in many traditional practices for meditation purposes.

Masters

Men and women who have evolved spiritually, transcended their fellows, and who assist in ruling the world. Adepts.

Merkabah

Vehicles of Light structure encasing the Earth that is used as the means of communication between the ascended Masters and the members of the Order of Melchizedek in embodiment. According to some, this structure includes individual units situated over and around individual Light workers. Each unit is approximately fifty-five feet in diameter. These units are tetrahedrons with the two halves spinning contrary to each other, and must be activated to receive the maximum benefit of their use. In other instances, these units of Light resemble teardrop diamond cuts.

Metaphysics

The philosophy that applies to the spiritual world. The belief that the world above and the world below are in correspondence.

Most Radiant One

The Ascended Master who is said to be Jesus the Christ or Sananda. The Supreme Commander of the Celestials who oversee Earth's transition into the millennium.

New Age

An age of spirituality and Oneness. Some refer to this age as the millennium that is approaching in connection with the Second Coming of Christ.

New Jerusalem

The emerging title of the United States for the future. According to the Ascended Masters, the people in the United States are responsible for processing information and spiritually awakening people worldwide so that collectively we may bring earth into the fifth Dimension.

Order of Melchizedek

A bonded group of spiritual and incarnated souls working in the Light to carry out god's plan for the universe.

Prana

The life support energy system of the universe. Also called the Golden Liquid Light.

Precession of the Equinoxes

An astronomical effect of the gradual shift in the Earth's axis of rotation which produces a westward movement and shifting of constellations around the celestial sphere. Approximately 25,800 years are required to complete the cycle. The Earth stays in each "age" (Pisces, Aquarius, etc.) for over 2,000 years. The precession is caused by the sun's and moon's attraction as a result of bulges around the Earth's equator.

Qadoish, Qadoish, Qadoish, Adonai Tsebayoth

Holy, Holy, Holy, Lord God of Hosts. One of the most powerful phrases that can be uttered to glorify God.

Reincarnation

The rebirth of the soul in a new body. This concept also incorporates the belief that the soul reappears in another form after death.

Sai Baba

In the late 1800's a fakir, who could perform miracles, lived in India. His name was Sai Baba, a name given in respect to those who have earned it. He offered spiritual teachings to many of various religious backgrounds. Upon his death, he told one of his followers that he would return in eight years in male embodiment and implied that they should look for him. On November 23, 1926, eight years following Sai Baba's death, a male child was born with great supernatural powers. He has risen once again in India and is presently sharing his wisdom, miracles, and spiritual teachings with millions of devotees from all over the world. An Avatar, presently on Earth, who holds the Christ consciousness for the world..

Seventh Heaven

The Seventh Dimension and home of highly spiritually evolved souls.

Shamballa

The etheric city, said to be over the Gobi Desert, that is the home of the Ascended Masters.

Soul

An entity regarded as being the immortal or spiritual part of a person. The moral or emotional nature of humans. Though it has

neither physical nor material reality, the soul is credited with the functions of thinking and willing, and, hence, of determining all behavior. The vehicle that transports the memories, lessons, and accomplishments of the individual. The soul holds together the Light of our nine bodies; the physical body, mind, emotions, and actions of an individual reflect the soul's evolutionary progress.

Spirit

The animating principle carrying with it the idea of power. It is a living energy and mystic force emanating out of the etheric realms.

Spiritual

Matters having to do with the soul and connection to the spirit of the Creator.

Starseeds

Souls from other planets, star systems, or universes who answered a call for assistance and agreed to come to earth to help with the healing and transformation of this planet. Individuals in embodiment who presently are working with the ascended Masters and the Galactic command to help fulfill God's divine Plan of bringing peace, harmony, and love to Earth.

Terra

Another name for Earth, sometimes used to describe Earth after the completion of the planet's transformation into a star.

Third Eye

The "psychic" eye located in the middle of the forehead between the eyebrows. Also, the location of the sixth chakra. A connection to spiritual energy that can be activated by meditation and awareness to produce second sight or extrasensory perception. The inner eye of God.

Vibrational Frequency

The rate at which the atoms and sub-particles of a being or object vibrate. The higher this vibrational frequency is, the closer it is to the frequency of Light.

Vortex

A magnetic grid system entrance and exit point where magnetic and spiritual energies flow back and forth at vibrational levels outside of Earth's normal operations and physical time. Sensitive individuals, upon entering these areas, feel the differences in their energy levels. Some experience lightheadedness, loss of concentration, or other such sensations.

Yin and Yang

The broad or universal expression of female (yin) and male (yang) energies. The yin expression is creative thought, and is receptive, nurturing, and intuitive. The yang expression is outer-directed, seeking, and questing, and is the action that carries out creation.