The Return To God

The Goal Of Your Spiritual Journey

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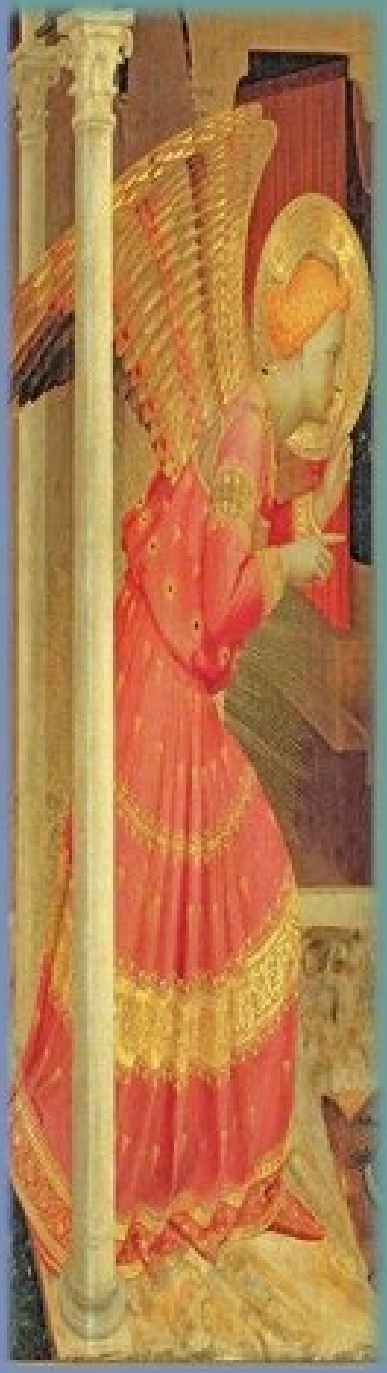

Preface

The purpose of this small book is threefold. (1) From information gleaned mostly from the Ascended Masters many books; to give the reader a quick summary of the history of humanity's Spiritual journey from the time since the "Big Bang," at which point we were created as "Spirit Sparks" with raw potential, to the period where humanity strayed from "the path" and became involved with the ape-man, to the present where the spirit is now encased in a highly evolved human-animal body and is the object of the struggle between the Forces of Light and the forces of darkness for rulership of our souls.

(2) To give the reader a glimpse of the two beings known as Helios and Vesta, who not only ensoul the sun of our system, but were intimately involved with the planning of, and creation of the earth and who are the Spiritual Godparents of the 7 Root Races that compose humanity and the lessons that we were supposed to learn. To give the reader a glimpse of the members of the Spiritual Hierarchy (the Ascended Masters, Archangelic Beings, and Elohim Beings) who are the rulers over our part of the solar system and who send to earth the beneficent 7 Rays of God.

(3) To help the reader understand where he/she is on the spiritual path, (it changes a bit as one goes through the various stages of life), the obstacles that will be encountered on that path such as: learning to master control over the emotional, mental, etheric, and physical bodies. Also, how to tune out the cacophony of the media-driven, ego-centric world. And, lastly, what can be done so that one can make quicker progress on perfecting themselves and become one with the Will of God. Throughout the process, the disciplines will urge you to awaken the relationship with the I AM Presence and Holy Christ Self, bringing you closer to your intended spiritual essence and which will ultimately lead you to the return to God.

Sources

As I touched on previously, this book was an effort on my part to bring together many years of study and contemplation and information from 20+ books into one place for the readers' benefit. Under no circumstances am I claiming origination or ownership of any of these thoughts and teachings. I have read and studied many more books and sources in addition to the ones listed below, and I apologize if I have inadvertently omitted any from my list, but these do constitute the majority of the material I have attempted to present.

The books on the material given in the 1930's:

Unveiled Mysteries Vol. I	Godfre Ray King
The Magic Presence Vol. II	Godfre Ray King
The I AM Discourses Vol. III	St. Germain
Ascended Master Instruction Vol. IV	St. Germain
Ascended Master Discourses Vol. VI	Various Ascended Masters
Ascended Master Light Vol. VII	Various Ascended Masters
The I Am Discourses Vol. X	David Lloyd
The I Am Discourses Vol. XI	St. Germain

Available through: St. Germain Press. 1120 Stonehedge Dr. Schaumburg, IL 60194

The books on the material given in the 1950's-1961:

Thomas Printz's* Private Bulletin, Books 1,2,3,4	*Master Morya's pen name
The Bridge to Freedom Journals, Books 1,2,3,4,5	Various Sources
Dictations	Ascended Masters
Electrons	Ascended Masters
Memoirs of Beloved Mary	Thomas Printz
The First Ray	Thomas Printz
The Seven Elohim Speak	Thomas Printz
The Seven Archangels Speak	Thomas Printz
The "I AM" Discourses	The Great Cosmic Being Mighty Victory*
Man, His Origin, History and Destiny	Werner Schroeder

*Note: This book was put together from dictations that were given through Mr. G.W. Ballard, who later became known as Godfre Ray King.

Available through Ascended Master Teaching Foundation, P.O. Box 466, Mt. Shasta, CA 96067

More recent publications:

Law of Life, Books 1 and 2	A.D.K. Luk.
Journey of Souls	Michael Newton, PH.D.
Destiny of Souls	Michael Newton, PH.D.
Edgar Cayce on Atlantis	Edgar Evans Cayce
Edgar Cayce on Human Origins	The A.R.E. Website

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The Return To God

Chapter 1

Trying to Identify Your Path in Life

Life on earth is a confusing thing. There is so much going on in the world that sometimes our minds are so occupied with the chaos of the world that we do not have time to think about what is important, what really matters. If you are reading this book, you are not a kid anymore. Not that there is anything wrong with being a kid. On the contrary, if you came into the world with loving parents whom you trusted implicitly, the period when your mind was able to process information and observe the wonders of the world prior to picking up any biases was perhaps the best time of your life. Would that all of us could have the child-like wonder that allows one to observe "what is" purely. Even the Great Master, Jesus, talked about having the faith and open-mindedness of a child: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven" (Matthew 18: 1-3).

But you are not a child anymore and you have been taught a litany of biases and probably a few hatreds. It is not your fault. As the old saying goes, "It comes with the territory". Depending on where you were born, your parents, siblings, friends, teachers, and the various media sources have been "educating" you with biases your entire life. Look, for instance, with impartiality, at one of the oldest hatreds between the races; the Muslim people and the Jewish people. They share the same original source, Abraham, and share the same DNA, but their hatred goes back to something that happened maybe more than 3500 years ago. Suppose someone were to take a Muslim baby and a Jewish baby out of the wombs and send them to another planet to be adopted by parents who had no knowledge of the earth and its biases. These "siblings" would probably grow up as good friends and would defend each other from whatever "threats" might arise.

So, what does that say about the world in which we live? The first thing that comes to mind is that the world is governed by competing forces; the forces of good and the forces of evil, the second one sometimes referred to as the dark force. That does not mean that everyone has succumbed to either one completely. There are a lot of good people in the world, but most

of us that think that we are amongst the “good” have incorporated at least some small percentage of the biases into our thinking. If you do not believe me, just think about which political party with which you identify, which will, of course, make you think of the other side. (So, did that question bring up visions of people and policies that you dislike intensely)?

Even some people that appear to be among the “bad” usually have some potential for mercy or goodness. The world needs to find a way to connect with the “good” part of them. If you think that I am wrong about that, remember that the Master, Jesus, taught us not to judge and condemn, but to love.

But your first task is going to be trying to identify what it is that you really want out of life. What motors your boat? What do you long for? What do you worship? That can change as we move through the various stages of life. To kick-start your own self-assessment, I will give you some examples from my own life experience.

When I was a teenager, **I longed for dating and the social life.** Going to a dance at one of the venues at the beach with my high school sweetheart, (and then the spooning that came afterward) was the highlight of that period of my life. It was also the mid-fifties, which saw the most innovation to date in automobile design and engines. **I fell in love with cars, which became a hobby which lasts till this day.**

As I moved into my early twenties, **my focus fell on building a career in the business world.** I was a southern boy, so I thought, where better to do that than Atlanta, Georgia, (The New York of the South.) I was lucky enough to land a job with a large retail company where I would work under a very wealthy but extremely charismatic man who impressed me so much that I thought that I should try to pattern my business self after him. **My boss became my hero.**

Eventually I realized that my hero had a fault, we all do, of course, but I was perplexed that someone so sharp in so many ways could sometimes misjudge people badly. (Of course, he hired me, so what does that say?) I saw this flaw for what it was, excused it, and **tried to emulate the good that I saw.** My love for flashy cars continued, and because at the time, I had some income, I acquired a used 1957 Chrysler two door hardtop, **probably for two reasons, to stroke my ego and to impress the girls.** I will confess that like a lot of young people in their late teens and early twenties, I was full of sexual lust. I experienced sexual relationships with several

very nice and attractive women, but, because I was not in love with any of them, often felt empty and somewhat out of sorts afterward. Maybe it was because I was searching for that other person who would help me to feel whole.

Within a few years, fate made a big move in my life, I met the lovely woman who would become my wife, the center of my universe, and lifetime partner, and we started having babies right away. The first baby came ten months after we were married. (There were four in all). My wife worked as an X-Ray technician when we met but could not work while carrying the baby, (the radiation would have been dangerous to the baby) so we decided that she would be a stay-at-home mom. I was also helping to support my mother, so finances were pretty tight.

My wife had a boring 4 door car, a 1960 Dodge Dart, but reason told us that we could not afford to keep two cars on one salary. My flashy dream car had to go. It hurt, but let me tell you, nothing changes you as much as seeing your first newborn and realizing the enormous responsibility of raising and providing for that new, helpless soul. **My focus then became security for my family.** Many nights were spent making lists of expenses at the kitchen table and comparing income with expenses. I prayed that nothing would go wrong. There just was not enough money for a new battery for the car or another doctor's visit. **It was during this period of understanding my responsibilities that I began my first search for God, which was motivated by a book written by Ruth Montgomery titled "A Search for the Truth".** It was not the normal path, but a beginning, anyway.

A bit more time passed, and my hero was promoted to V.P. of Merchandising at the corporate office. His former assistant manager moved up to manager, and I was given the assistant manager job. This increased my salary enough that it took some of the pressure off of my wife and I, but more importantly, **it opened up the exciting world of merchandising to me.**

Under the guidance of my manager, learning the ins and outs of buying was fun, but in retailing, one also must figure out how to sell the goods and the first step in that process was to try to understand the advertising business. So, one had to learn how to wisely distribute the advertising dollars amongst the various media, learn how to lay out ads and write descriptive sales copy for the ads. Among the other things associated with merchandising were the importance of creative looking displays, discovering which price points were critical and, most

importantly, how to motivate a sales force. The whole thing was a blast. I loved every minute of it. **I knew that I had found my life's work. I knew that I was doing what I should be doing at that time.**

I must confess that I was ambitious. I did not want to be an assistant manager for the rest of my life and understood that I should be planning my career moves**. I was blessed to stumble onto the process of visualization.** Nobody told me about it, it just came naturally. The first thing that I did was to visualize myself becoming a store manager. A lot of preparation was needed to be able to perform well if the opportunity should ever present itself. That meant learning every job in the store. I made it a point to volunteer to cover for every department head when they went on vacation. So, I learned to be a warehouse manager, shipping clerk, credit manager, bookkeeper, and payroll clerk. (This was in the days before computers, so the bookkeeping was a pencil-in, debit and credit system).

Eventually, my initial dream came true, I was selected to manage a new store that the company was opening in Florida. My 7 years of training paid off, the store was very successful, and I immediately began visualizing my next step, that of becoming a regional manager.

The thing that I should stress in the visualization process is that one should never try to one-up, or step on another person who might also be a candidate for a job that you want. **If you have put in the necessary work to prepare yourself, you have to trust in the Universe that things will work out.** The other person might get the job that you thought that you wanted, but if you are patient, good things will come.

After three years of running the store in Florida, a regional manager passed away suddenly, and I moved back to Atlanta to become the regional manager of the Georgia stores. **My second dream was fulfilled.**

My next goal was to become corporate V.P. of Merchandising. My hero had that job, but I knew that someday he would probably become president. As regional manager, I was a member of the merchandising group that accompanied the V. P. to market, so I carefully watched every move and every decision that my hero made. He had a good nose for what would sell. I felt like I had that same kind of talent.

The next thing that happened was not on my radar. The company was sold, the then current president (a major stockholder) retired, and my hero, also a previous major stockholder, became president. That meant that the V. P. job that I had been visualizing was going to be open. I did not get it. It was given to a man who was older and had been with the company longer than me. He was a handsome, articulate, and distinguished guy, had been an officer in the Army, ran in the right social circles and was close friends with the president. I must admit that I was upset. **My ego let me think that I was more talented, but I had to resign myself to it,** telling myself to just wait and see what else might turn up.

Within six months, Fate made another unexpected move. The company that now owned us had another division that my hero had been instrumental in forming, and it was in trouble, so my hero, the president, picked his close friend, the V. P. of merchandising, to head up that division. That meant that the job that I had been dreaming of was open, once again. This time I was made V.P. of merchandising. **My ultimate dream had come true.** In that job, the titans of the industry would beat a path to our door because we were a major player in the industry. **I was in merchant's heaven.** I must admit that I never dreamed of becoming president because the merchandising gig was a lot more fun.

Looking back over the early years, I realize that the decision that my wife and I made to have her become a full-time mom, although painful financially at times, paid enormous dividends, because she did an outstanding job of guiding our four sons to adulthood. I sometimes traveled on business, meaning that I was not always there when problems arose, and my wife, the strong person that she is, found a way to handle them.

Getting back to the business side; unfortunately, the gentleman who had been picked to run the other division of the company didn't fare well in that job, that company was losing a lot of money, and the new owners lost confidence in him and our president, who had conceived the idea for the company, had originally staffed it and who later, had picked his friend to right the ship. To make a long story short, the owners fired them both and bought in a new president from outside the company. I continued with the company for another year. It was a good sales and profit year, but it became clear to me that the new president wanted to make some drastic changes, which I thought would ruin the business (It did).

My guts churned over what I saw happening to the company and to those long-term employees who had been loyal to the company whom I had come to love. When you love, you want to protect what you love, but I was frustrated at every turn because the new president, and his radical ideas, had the backing of the then current owners. If things had not changed, I would have been happy to stay with the company until retirement, but **it was no longer any fun,** and I began to think of making a career change.

I had not put out any "job feelers" but one day, out of the blue, I received a call from a leading manufacturing firm that offered me an excellent opportunity. It was too good to pass up, so I said my goodbyes, took it and spent another twenty-one successful years at that company. The transition was seamless, I never had to look for a job. **That helped me understand that God was behind the scenes, pulling the strings, and that he always had been.** I realized then that all of the things that my ego had been telling me that I had accomplished were maybe just good spiritual luck and being in the right place at the right time.

Oh, sure, the spiritual path that I began trying to follow at age 23, caused me to try to improve myself, but because I was a beginner on the Path, I was naïve in my true understanding of Spiritual Law and committed my share of sins and dumb mistakes.

I must confess to a great sin: It was very hard for me to forgive the man who had come in and destroyed the company and careers of the people for whom I had so much love. I carried those feelings around with me for many years.

Growing up in a small town where most everybody was friendly, together with the lessons of life had guided me to treat people with respect. My father helped me to understand the importance of the phrase, "Your word is your bond". Those two things served me well in both of my careers. I had grown up poor, and did not know anything other than to work hard. (My wife would tell you that I worked too hard). **However, it seems that those who work the hardest are usually very well rewarded.** I was handsomely rewarded in my two careers.

Once I retired from the business world, **I became even more focused on my search for God.** I was a frequent visitor to Metaphysical bookstores and before retirement, became excited by a series of books that had been channeled from a spirit who identified himself as Hilarion. For your information, Hilarion is the name of an Ascended Master. That being, Hilarion, was the

next incarnation of the soul who had been the great Apostle Paul. (In case you are wondering why Paul did not go straight to heaven, remember that he persecuted the early church before Jesus confronted him on the road to Damascus.)

The books from Hilarion became a natural steppingstone to the extensive series of books that I later discovered, that were dictated by an assortment of Ascended Masters during two periods: The "I AM Discourses" during the 1930's-40's, and the "Bridge to Freedom" dictations during the 1950's-60's. **The information in those books was given to help us understand humanity's spiritual journey from the time of humanity's beginnings to the present.** My own books have been an attempt to give you a bird's eye view of the Master's description of that journey.

Hopefully, the above review of key things that happened in my life will help you to reflect on the steps and stages of your own life unfoldment.

Chapter 2

What is it That You Want?

Hopefully, if you are middle-aged or older, the sketchy review of my life will have helped you to reflect on your own journey through this life, the people and events that have shaped you and have helped create your own desires. If you know what you really want and your conscience is okay with that, good for you.

Of course, if you are a young person, perhaps you have not had those experiences yet. Maybe you are at the point where you are considering finding a life partner, a husband or wife. Marriage can be a great thing if you have the right partner. I have seen couples that I can just sense are like two peas in a pod, happy and content to be together. I have seen others, who after the newness has worn off, would rather be elsewhere, or with someone else. That is not good for anyone, particularly if there are children involved.

I will tell you what I told my sons when they were considering marriage; get to know your significant other's parents and any siblings. Observe how they interact, particularly in difficult situations, because whatever responses you see to difficulties experienced by your significant other will be a learned experience from their childhood (a bias) and will most often carry over into their relationship with you.

What is love? The Bible says that God is love, and I agree with that. But what about love between people? According to a talk I heard from Catholic Bishop Robert Barron, **The real definition of love is willing the good of the other.** In other words, placing their needs and happiness above your own. If your main objective revolves around what you think you will get back from the relationship, (such as an imagined great sex life,) perhaps you need to rethink it. A great sex life is important, but things like what that person stands for, their values, your ability to communicate about anything, a sense of humor and a sense of absolute trust are critical. This will be one of the most important decisions about what it is that you really want. It will affect you for perhaps 50-70 years. Whatever you do, do not settle for less than real love, because **marriage is meant to be for the rest of your lives.**

Again, if you are a young person who is not quite sure of what it is that you want to do in the workday world, it may take several false starts before you find your niche. If you are not

attending college and your youth has not had much structure, you might consider joining the military. There you will find structure, purpose, and discipline. If you are lucky enough to know what you want to do, and are a college student, you can often hook up through presentations given at the school by companies that are recruiting, or through their internship programs. Wherever you are in the life cycle and whatever the case may be about your working career, ask your heavenly Father for guidance in your search. He wants you to succeed.

Once you have selected your field of interest, go into your job thinking of what you can do for the company instead of what the company can do for you. I know that this advice is contrary to the way that most young people think, (me first, what are the benefits? How much vacation do I get? Etc. etc. etc.) but my 40 plus years in the business world proved to me that those with self-centered interests usually make poor leaders. If you want to get ahead, give more effort than is required. When you are finished with your work, volunteer to help others. A cheery, helpful attitude gets noticed by those who are in management. It will be noticed in the heavens also. If you want to be a leader, you must understand how to communicate with and motivate people. First, your own work record and treatment of employees must be above reproach. Then, you must learn how to convince your employees that your goals should become their goals. For instance, if you tell them that sales need to increase by 25%, you should tell them what you and the company are going to do to help them reach those goals, and what their reward will be when they reach those goals.

Like marriage, your work life is going to be a long, arduous engagement. Make sure that you like what you are doing, because it will affect your personality and become a significant part of who you are.

A true story made an impression on me. It involved my mother-in-law. She was born and raised in the upper Midwest. As a teenager, she was diagnosed with tuberculosis. The treatment that was prescribed at the time was bedrest in a tuberculosis sanatorium in New Mexico. She spent five years confined to a bed. Sometimes she would watch the cleaning lady that was doing the floors and think to herself how lucky that person was to be able to work. She told God that if she were able to recover enough to work, that she would never again complain. She did

recover and spent her working career as a nurse. Things like that change one's perspective. Most of us take our good health for granted and do not understand just how lucky we are.

But suppose that you are already in a love-relationship and are employed, you are reasonably successful in your work and the spouse and children seem to be able to cope with their daily routines. If that describes you, you have a lot already, more than most, but the secular world (which is ruled by the dark force), keeps sending the message that you should have more. More money, more power, more fame, better sex, a bigger house, a nicer car, freedom from religious dogma, freedom to change your sexual identity and on and on. It just never stops. How much is enough? And when can you expect to get enough of all those things to make you happy? **Has anyone on that secular treadmill ever achieved the happiness that they seek? Can you name someone? Probably not.**

But I am assuming that my readers are not caught up in the secular world. So, I should tell you that being ambitious and wanting to have more is not always bad. Wanting to have more responsibility in a job can be a very good thing, particularly if you have already learned how to treat people correctly. It can broaden one's horizons as they learn new lessons and techniques to improve their own performance and that of the organization which they serve. Sometimes it can lead to a breakthrough idea for a new product or new service. Sometimes it can lead to an idea to start a new company. **The idea of expansion is good and is based on the God principle of the expansion of the universe.**

Wanting to have more education is a very good thing. Whether it be through some additional schooling, self-education through reading or the discipline of on-line courses, you will expand your horizons. Also, one can learn quite a lot by reading the Bible from cover to cover. In it are stories that will shed light on almost every situation imaginable that mankind will have to confront.

People tend to get their wants and needs confused. Your needs are very basic. Food, water, clothing, shelter, and bodily exercise. Those things are basic to survival and growth. All of the other things are wants. God is not concerned with our wants but is concerned with our needs.

Where are you in the "want cycle"? It changes as you go through life. **But ultimately, the most important thing that we should want is to please God. You can do that by learning how to tune into the Will of God and become one with that Will.** Currently, based on how we have been educated in this life, that probably comes in last on most people's list of wants. I know that all of us, in some way, are concerned with what we want and maybe you have already turned your attention to improving yourself, but **have you ever thought about what God wants?** Or specifically, what God wants from you? Why would you? It is not on your radar. But he created you for a reason. What is the reason? **You have the potential to offer a special gift to the world. Have you figured out what it is?**

To give you a better base of information from which to form an opinion on these questions we will review abbreviated versions of the information from earlier books.

Chapter 3

In The Beginning

In the first book, "A Spiritual Journey Through Time," (a free download on www.spiritualjourney.info) we introduced you to the Ascended Masters. The Masters are exalted Beings who have experienced life on earth (or on other worlds), and like Lord Jesus, The Buddha, Moses, and Krishna, they have achieved Oneness with God. (There is a much, much longer list). The Masters have been providing bits of information on the Spirit world (other than that found in the traditional texts) through receptive sources, since the late 1800's, (a point at which they decided that humanity had finally reached a level of mental acuity that they could actually comprehend the information).

As mentioned, there was a highly organized, extensive effort in the form of two tranches of information during the 1930-1940 and 1950-1960 periods to broaden our knowledge of how the Spirit world works, and to help us understand what we can do to make our own return to Oneness with God. At the end of the last period, the Masters retired from that effort saying that Cosmic law had granted them a limited amount of time to teach, that the allotted time was up, and that more than enough material had been presented to educate humanity.

So, the concern of the author is to bring this material back to light, by reviewing the Master's teachings on the purpose of life on earth.

The Nature Of God

A significant number of young people today question whether there is a God, because they say that Science has not been able to prove it. Science relies most often on mathematics to prove its point. Whatever the hypothesis is, it must fit a formula. It must make sense.

We live on a planet, which is a part of a solar system, which is a part of a galaxy, which is a part of an incredibly vast universe of other galaxies. The thing about the study of the vast universe is that it stuns everyone to learn just how orderly it is. So, if the huge cosmos is orderly, doesn't it stand to reason that some intelligence must have planned it? Doesn't it also make sense that the intelligence that planned it must be worthy of the name, God?

There are different levels of understanding concerning the nature of God. God is said to be Infinite and Unknowable. We are finite, so we can only speculate on the nature of God until we reach a higher level of spiritual evolution. Some speculate that there is the unseen and unknowable Cosmic Intelligence that always was and always will be and is the ultimate thinker and planner. The Kabbalists call Him Ein Sof, (without end), The Infinite, or God, prior to any manifestation. The Apostle John inferred that Jesus was "The Logos." He was partially right. Jesus, the man, attained the Universal Christ consciousness, becoming One with the living mind and Word of God, which is the true meaning of the only begotten of the Father, the cosmic principle of creation that is available to all of us, not just one being.

The oldest teachings say that the Infinite power of God externalized the universe through the power of love. In a manner that is somewhat like a couple wanting to have children, it is thought that God wanted companions with which to share the wonders of the universe. The Masters teach that God's plan included three separate and distinct types of beings to populate the universe: (1) **Angelic beings** who are God's servants who would serve as teachers, messengers and protectors to the other two types of beings; (2) **Spiritual beings** which would become what we are now (humanity), but on other solar systems could choose to remain in spirit form or take on other, different body forms; and (3) **Elemental beings** which would house the many forms of the earth's (and other planet's) and humanity's creations, such as rocks, flowers, trees, homes, ships, trains, planes, cars, all the way up to physical bodies for humans, and even further, to the elements that form planets and stars. So, God conceived everything that serves to populate the universe. All three types of these beings had a similar purpose, a common overarching goal: **and that goal was to know themselves as individuals but also**, **to achieve Oneness with the Will of God, and with that, the gift of helping with the expansion of God's glory and the three evolution's own education through the expansion of the universe.**

In thinking about the creation of the universe and the principle of reason and creative order, use your imagination to consider everything that must have been happening all at once in the "Big Bang." It seems like it could have been very chaotic. But apparently it was not. In view of that, one might wonder if God had help to keep things in order. If so, where did these helpers come from and when did He create them?

According to information obtained through Helena Blavatsky, who was one of the students of the Masters, and who attempts to describe the creation of the universe in her marvelous two volume series, The Secret Doctrine, published in 1888, we can get some insights. The Secret Doctrine states that the teachings were brought to India by an ancient race of Aryans. Some of those teachings became a part of India's religious books. The teaching, as interpreted by Madam Blavatsky, indicated that there have been other, previous universes.

One insight is in the statement that before the formation of our current universe, God was sleeping. Sleeping! Why would God need to sleep? But wait, consider all of the things that had to happen in a controlled explosion of God energy that had to be thought through, and all the many consequences of such an action. This might have taken many centuries to plan. As for the sleeping statement, if there had been a previous universe, and beyond that, the plans for an even greater one, it would not be unreasonable to assume that God had been resting from the very complicated use of His/Her energies. So, in that sense, sleeping, or resting does not seem all that absurd. After all, there is a precedent for that. The Bible says that God rested on the seventh day after creating the earth.

Another intriguing thought is that it describes the resting (sleeping) God Intelligence as being female. This female God-being was said to contain all the recovered material elements and evolved spirits from the previous completed universe, was nurturing them in Her bosom, and was awaiting the fertilization of the new "egg", our current universe. So, it seems logical to assume that there must have been a male God Intelligence to fertilize the "egg".

In fairness to other lines of thought. I am reminded that there is talk among scientists about parallel universes. Others talk about an endless stream of universes, and that ours was not the first "Big Bang". You could then consider the next hypothesis; the possibility that there might have been a previous universe, or more than one, that had completed whatever was its mission and had been reabsorbed back into the basic spiritual "mind stuff," or the bosom of the female God-Being, to await His/Her next move, and that is where the Spiritual Beings that helped God control the governance of the new universe (Big Bang) came from.

The Creation of Our Galaxy and Solar System

According to the readings from the Ascended Masters, we belong to a solar system that is part of an even larger system known as a Galaxy. The following will be a new thought, so I ask that you give it a chance: **The Creators and Spiritual Rulers of this Galaxy are the Cosmic Spiritual Fire Beings known as Alpha and Omega, who reside in the Great Central Sun of our Galaxy.** They are the God-authority for everything that goes on in our particular, very complex Galaxy. In other words, they are our Godhead, being One in spirit and purpose with the Universal First Cause. All beneficial spiritual radiation to our earth emanates first from God to this Great Central Sun and then to our own Sun. (You may wonder if Science has located this large sun. Possibly. In 2024, the James Webb telescope discovered a large sun of which they had been previously unaware, There was little said of it at the time, because they were so intrigued with the fabulous pictures of galaxies that they were receiving from further out in the universe).

The Earth belongs to a solar system that revolves around our sun. Our sun is also a spiritual fire-being, a step-down representation of Creative God Energy that has living spiritual beings in charge of its activities. **The spiritual and creative essence of our sun is governed by two Cosmic Spiritual Fire Beings known as Helios and Vesta, who are also referred to as the Sun God and Goddess of our solar system.**

So, does the idea that fire can represent Spirit catch you by surprise? If it does, please remember that the Bible says that when the Holy Spirit descended on the Apostles, it appeared as tongues of fire. Remember also, that the spirit named Yahweh appeared to Moses in a burning bush.

As for what we call humanity, the Masters state that the future potential "you" and all the other "beginner" spirits were created as spirit sparks (fragments of fire) in the big bang of 13.8 billion years ago. (The scientists are not so sure of that date now. Our space telescopes are discovering parts of the universe that they think might be older). For a long time, you lounged in the aura of the first great Central Sun, basking in the wonders of that mighty God-Being. Eventually, you were spun off in a series of expansions of the universe to another Central Sun, and even later to the Central Sun known as Alpha and Omega, and finally to Helios and Vesta.

At a certain point, after the planets in our solar system were formed, and following a carefully laid out plan, Helios and Vesta called you forth to begin your important journey toward God-self-realization. Over a great period of time, Helios and Vesta nourished you from fragmented spirit sparks that had no understanding of purpose, into white fire beings with unlimited spiritual potential. **So, even though some God-type being was involved in calling you out (birthing you) from the bosom of the Divine, Unknowable Mother, Helios and Vesta could be thought of as your Godparents, the beings that raised and nourished you.** (Now, you might begin to understand the genesis of earlier civilization's belief in a Sun God. Those people determined for themselves that all life on earth was dependent on the sun, so therefore, they thought it must be their God.)

Helios was known to earlier civilizations. You might be surprised to learn that one of the seven great wonders of the ancient world was called the Colossus of Rhodes (280 BC). It was a huge statue of Helios that guarded the Greek island harbor.

The Masters teach that our solar system is one of seven that revolve around the great Central Sun that is governed by Alpha and Omega. Helios and Vesta are subject to and abide within the sphere of influence of Alpha and Omega**. *I AM the Alpha and the Omega, the first and the last, the beginning and the end. Revelations 22-13*.** (Note: It was Alpha and Omega that originally visualized and approved the plan for our galaxy, and it will be their decision when to end it, hence, I suspect, the statement in Revelations).

Prior to our solar system, when the twin souls Helios and Vesta belonged to another solar system in a larger galaxy, that was under the overall supervision of a different Central Sun, Helios and Vesta also held an important position. They were the Spiritual Essence of a planet. Like all of God's creations, planets, solar systems, and galaxies have a lifespan. As their galaxy evolved and neared the completion of its mission, the planets then returned to their sun source to be absorbed back into the sun (think exploding galaxies/supernovas) to prepare for the next step, and that next step was a further expansion of God's glory by the creation of even more new galaxies from the energy and remnants of the previous.

Helios and Vesta decided to apply for the opportunity to become a sun in the new solar system that was being formed and was to be governed by Alpha and Omega, who had gained

the opportunity to serve as a Central Sun after having served as a sun in a previous system. (Are you beginning to see how the evolution of authority and responsibility works)? Helios and Vesta had a vision that included the desire to create a number of new planets. Their plan, like God's original plan, included the opportunity for angels, spiritual beings (humanity – in our case), and the elemental kingdom to evolve on those planets.

Helios and Vesta had to prove that they had the necessary talents to become the Spiritual Essence of a sun. They would have to pass through a series of tests showing that they could sustain a level of radiation of energy sufficient to maintain life on a planetary system and keep the planets rotating in a certain order and maintain each planet at a certain distance from the others, all through the power of intense concentration and radiation. Can you even begin to imagine that type of mind?

Helios and Vesta would also be charged with devising the physical plans for the planets in minute detail, the basic composition, (rocky or gaseous), the topography of the land masses, the great oceans, major rivers, majestic mountains and etcetera for each planet in our solar system. Then they would give the plan to a being referred to as the Solar Silent Watcher, a highly evolved Being belonging to the Elemental Evolution, who represents to our physical solar system, a concept somewhat similar to that of the Holy Spirit in our spiritual lives, and who is next in importance in the governance of the physical solar system to the Sun God and Goddess.

The Solar Silent Watcher holds the intricate details of the plan (much like an architect's aide) while the solar system is being built, maintaining the plan for the solar system in her consciousness. When the building of the planets is finished, she turns the plan for each planet over to a Planetary Silent Watcher for day to day overseeing. Incidentally, the Planetary Silent Watcher, in addition to her other duties, is said to be the being who makes the entries into each of our "Books of Life," which we will review, together with certain members of the Spiritual Hierarchy, at the end of our current earth life, to determine if we have accomplished the objectives for that life and to guide us in our further spiritual evolution. (Here, in the Silent Watchers, we note other different, but incredibly powerful types of minds).

The next step in the planetary creation process was for Helios and Vesta to call in the seven Elohim and their female counterparts, who are also members of the Elemental Evolution.

The Elohim are described as huge beings, some larger than the planet earth, and are multi-talented. (Incidentally, some consider the Elohim to be another name for God. The Masters say that the Elohim are "Gods" in a real sense, because they have achieved a high level of attainment in the Elemental evolution, and are indeed, one with the Mind and Will of God, but are not the I AM/Father/Mother/God).

In this instance, one of the Elohim's functions is similar to what we know as a construction superintendent. To begin the process to build the Earth, Helios and Vesta asked the Elohim to use their powerful Light Rays, and where these masculine and feminine convex Rays crossed, it formed the core, or permanent atom of the Earth. That core acted as a magnet. Then began the time-consuming task of assembling all of the elements around that core. After consulting with the Silent Watcher on the intricate details of the plan, the Elohim would work with the Elemental Builders of form, the nature devas and the various other forces of the elements to build, form and bring the planet Earth into manifestation.

As the Earth was being formed, two Cosmic Beings (Cosmic Beings are those who have evolved beyond the first level of Ascended Master status) were chosen to be the Spiritual Essence and directors of the Earth element. Their names are Pelleur and Virgo. Among other duties, the male Cosmic Being, Pelleur, works with the axis of the Earth. You can think of the female Cosmic Being, Virgo, as the embodiment of "Mother Earth," and again, the form-giving being that is involved in the nourishing and "feeding" of all life forms on the Earth.

The Masters don't give information on the early years of the planet, the time leading up to the first signs of plant life, the populating of the oceans with marine life, the dinosaur age etc. which will be frustrating to those with a scientific type of mind, but instead, skip ahead to the story of the coming of the Angelic Beings and then to the first spiritual beings that became known as humanity.

The Coming of the Angelic Evolution, (the Teachers and Protectors)

After turning over the building of the planet to the Elohim, and whatever time it took for the Earth to reach a point that it could become ready to be inhabited by spirit forms, Helios and Vesta's next call was made to the Archangels and their female components, the Archaea, who

came from their base in the Central Sun (Alpha and Omega), where they had been absorbing the God radiation, virtues and rules. They would serve as the guardians and initial teachers of each of the three evolutions that were to use the planets in their evolutionary journey.

Even though the Archangels were to act as teachers and guides they, the Cherubim, the Seraphim and all other Angelic Beings were also on their own evolutionary path upward in knowledge, power and responsibility. The Angel's overall common purpose is to radiate the virtues of God, the perfection that is His/Her nature, but they can also specialize in certain duties. They use the feeling faculty (the emotions) in the radiation process.

Angelic Beings can serve as ministering angels, (guardian angels) watchers over churches, schools, hospitals, towns, and even large cities. There are Angelic Devas that guard entire mountain ranges. There are others who use the radiation currents to help mankind with healing. There are some whose specialty is watching over one of the various world religions. A brief sketch of the Order of Angelic Beings appears below:

Cherubim, Seraphim and Thrones are in the First Order. The Cherubim are said to have both human and animal-like features, as well as wings. Some have been described as having a four-sided (4 faces) head. They appear to be guardians of holy places. We first hear about them as guarding the entrance to the Garden of Eden. Seraphim spend a great deal of their time around the throne of God. They are very wise, seasoned beings and act as God's messengers. The name "Thrones" seems to speak for itself and invokes images of guards, the seven Thrones said to be around the Throne of God.

Dominations, Virtues, and Powers make up the Second Order. Dominations regulate the duties of lower angels. Virtues represent the teaching of the virtues of God to those below. Powers supervise the movements of the heavenly bodies and can also oppose evil spirits.

Angels, Archangels and Principalities make up the Third Order. Archangels are the Rulers. Archangel Michael is the Prince of the Heavenly Hosts. Angels are the "grunt-workers". Principalities guide and protect nations, groups of people and institutions such as the church.

The newer Angels are included in the category of Angels. They spend a great deal of time around the throne of the Father-Mother God, absorbing a particular virtue of God. At their beginner level, they are very one-pointed, focusing on one virtue at a time. If they are told to go

and deliver a particular virtue, let us say “hope” or “love”, to a certain person, they go and do that, radiating that virtue, then return to absorb more of the radiation and, perhaps, move on to another person.

According to the readings, all three life streams, (Humans, Angelic Beings and Elemental beings), are involved in an evolutionary process, as is the entire universe. To repeat**, in humanity’s beginnings we manifested first as spirit sparks, and then later, with the buttressing of Beloved Helios and Vesta, we were given form as spiritual white fire beings.** Most of these white fire beings went further out in the creation process and became androgynous, meaning that they have both female and male polarities.

From the very first moment that your white fire being was created and you realized “I AM”, you were given free will and the liberty to use that flame so that you could grow into limitless perfection. You were to use that free will to discover your individuality, while also becoming One with the Will and Mind of God**. Free will means that you have a choice, but with that choice, an enormous responsibility. You can choose to use that will for service to God and your fellow man, or you can choose to use that will for the gratification of your earthly desires.** It is the use of that free will that has prevented us from achieving our true purpose and is one of the main focuses of this book.

The I Am Presence and the Seven Bodies of Man

The white fire being is known as your “I Am” presence. It is a fragment of God’s Spirit and knows only perfection. The I Am Presence remains in the heavenly realms and is considered the first of your seven bodies. It is androgynous, which means that it has both male and female polarities. That also means that there is a polar opposite of you (sometimes referred to as your twin flame) somewhere in the living universe or perhaps in the rebooting/ renourishing process that we experience between lives in the heavenly realms.

The second body is called your “Holy Christ Self,” and is the perfect being that you will ascend into once you have mastered the lessons of life and no longer need to incarnate. That is our goal. Do you understand the importance of these two sentences?

The third body is called "The Causal Body," which also resides in the heavenly realms and is the repository of all the good you have accomplished in your earthly sojourns and experiences in the heavenly realms. It is built of concentric colors of the 7 Rays, and when the proper amount of "good" has been achieved and enough of the "bad" has been sufficiently eliminated, (the Masters say at least 51%,) that "causes" the Ascension into the Holy Christ Self.

The other four bodies reside on the earth and are interconnected. **They are (first) the Physical Body**, which allows you to function. **The Etheric Body** is next, which can sometimes be seen as a small light-glow encasing the Physical body and which also houses the soul. **The Mental Body** is the next outbound, encasing both the Physical body and Etheric body. Last and the largest is **the Emotional Body** (the largest because our emotions are the most difficult to control.) No surprise there, right? **Our challenge in life on earth is to learn to master these four lower bodies.**

The Masters teach us to call on the I Am Presence for help in anything that we try to do. It is a representative of God. Remember that when God appeared to Moses, he identified himself as "I Am Who I Am" (Exodus 3:14, in most Bibles).

Our early education as spirits was in the seven realms (spheres that contain the teaching of God virtues) that exist within the aura of Helios and Vesta. (The Masters sometimes use the terms "realms" and "spheres" interchangeably). The purpose was to begin a long but carefully planned mission to learn the ways of God and the Laws of God and understand the rules of the creation process behind God's ever-expanding universe. That plan included many years of carefully spelled out instruction by highly evolved Angelic Beings and Cosmic Beings from this and other solar systems who had come to teach in temples of truth within the spiritual realms.

Each one of the seven spheres has different lessons on God virtues and powers which are also known as Rays. Incidentally, these Rays have their own individual color and are beamed to the earth to be absorbed by us. Most people are unaware of the Rays. Lord Jesus was very much aware of the Rays and told his disciples that he had nourishment of which they were unaware.

In the initial Spiritual learning process, we were instructed that we had to visit each of the 7 spheres but were allowed to determine for ourselves how much time we wanted to spend in each Sphere/Ray to absorb those lessons. Some of the spheres would appeal to our interest more than others, just as certain subjects appealed to us in schools on earth. **The total experience of the mixing process of the lessons of each Ray/sphere tailored to our level of interest, shaped our very special soul interests and our very own habits that made each of us the unique being that we are.** (The Sphere/Ray in which we spent the most amount of time determined our Ray type). You probably understand by now that large amounts of interest in other Rays helped make you the complex being that you are.

Again, as we were to progress in knowledge, wisdom and understanding of the Divine Right Purpose of the creation process, the plan was simply that at some point we would be able to take an active role in the execution of administering some facet of growth in this ever-burgeoning universe.

Chapter 4

The Spiritual Hierarchy of the Earth

In the first book, "A Spiritual Journey Through Time," we recounted the story of the composition of the Spiritual Hierarchy of the earth. To summarize it quickly, there is a position called **Lord of the World,** whose responsibilities include receiving direction from Helios and Vesta about influences they would like to see made in the "values and virtues" of humanity, and most importantly, to personally make up for the deficit of "the Light of the World. This "light" should have been given off by humanity. That position was held for millions of years by a highly evolved spiritual being named Sanat Kumara, who came from Venus, and volunteered to make up the deficit of Light. He is referred to in the Bible as The Ancient of Days. In the 1950's, the former Buddha, Siddhartha Gautama, assumed the position.

There is a position called **Buddha of the World,** whose responsibility it is to attempt to send "the Love of God" to humanity. When the former Buddha moved up to the position of Lord of the World, Ascended Master Maitreya, who had served as World Teacher, moved up to fill the "Buddha" position.

There is a position called **World Teacher,** which Lord Jesus now occupies. He is assisted in this effort by Ascended Master Kuthumi. Prior to this, Master Jesus, and Master Kuthumi both served as Chohans of two of the Rays.

There is a position called **Manu of the Race**. There are seven Root Races, so there are seven Manus. A Manu is a being who has achieved perfection and is the Archetype that is to be the "model" that the members of his Root Race should try to emulate. The first three Manus have gone on with their Root Races to further education in the Spiritual World.

There is a position called **Maha Chohan (Holy Spirit)** whose responsibilities are numerous and enormous, but the principal ones are to receive the Light Rays from God and redirect them to the Chohans of the Rays and wherever else they are needed. He is the supervisor of the 7 Chohans and he also reigns over the nature kingdom.

There is a position called **Chohan of the Ray.** (There are seven Rays, so therefore seven Chohans, who are all Ascended Masters). They are responsible, among other things, for

directing the Rays to humanity. They receive help in this process from seven Archangels, seven Archaea, plus seven male and female Elohim

Each Ray has its own properties, virtues, and blessings. If we wish to become One with God, we should learn all the attributes of the Seven Rays and meditate on them.

(Note: The Rays have two regular, but independent cycles. The long cycle is for what is known as an "age," or two thousand years). As mentioned, the "age" of the 6th Ray began about the time of the birth of Jesus and ended just a short while back. We are now under the influence of the "age" of the 7th Ray for the next two thousand years. The short cycle works on a weekly basis and offers the blessings of a different Ray for each of the seven days of the week. The 1st Ray is on Sunday, with Monday being the 2nd etc.

Anchored within the heart of each individual is a small 1/16-inch flame cluster of the first three Rays: blue, yellow, and pink. (This flame cluster is invisible to the sight). These colors represent: **Blue**, the strength, power, protection, and Will of God. **Yellow**, the wisdom, perception, discrimination, and illumination of God. **Pink**, the divine love, tolerance, harmony, and adoration of God.

Again, all of us have these properties, or potentialities, to some extent. It is part of what links us to the brotherhood of man. This does not mean that everyone has the same amount of each of the three. Again, it depended on how much time you spent in each Sphere/Ray, which, again, was up to you.

There are four additional Rays with completely different attributes and colors that would have influenced your learning experience, and after completing your journey through all seven, there would have been one with which you most identified. Again, this mix of the Rays will have an impact, to some extent, on what type of personality that you have, what you choose to do in life, and ultimately, how you choose to serve God in the heavenly realms once you graduate from earth.

The individual Rays, their attributes and powers are discussed in detail in the second book, "Using Meditation as a Path to please God on Your Spiritual Journey" (a free download on www.spiritualjourney.info).

Embedded within the Spiritual Hierarchy of the earth are other highly evolved Spiritual Beings who have achieved their mastery and have chosen to remain with the Hierarchy of the earth to continue their service to humanity. Some of these have been given titles that may surprise you (titles such as: Lords and Goddess are used frequently). For instance, the being that was Moses is now known in the Hierarchy as the Ascended Master, Lord Ling. There was a highly evolved being known to ancient China as Guanyin (sometimes spelled Kwan Yin). It has been written that she was able to maintain one body and minister to the people of China for a thousand years. She is now referred to as The Goddess of Mercy.

In summation, many of the above positions will be open at some point, to be filled by humans who have perfected themselves, are one with the Will of God and have made their own Ascension. All the planets in the universe that support spiritual life have need of supervision. Ultimately, one, together with their twin soul can become the Spiritual Essence of a Sun or Great Central Sun.

Chapter 5

The Coming of Humanity to the Earth

In the first book we recounted, in detail, the story of the coming to earth of the group of Spirits that we now call humanity. It was Archangel Michael who led the cavalcade of Spirits from the Sun. This event occurred about 4,500,000 years ago. **The original pure Spiritual Beings came to the earth as etheric thought forms.** If we could go back and try to witness the event, these pure Spiritual Beings would be invisible to our human sight. They were vibrating at a higher level and did not have the human-animal bodies that we now occupy.

Archangel Michael brought us to the earth to attempt our hands-on experiment with the process of Precipitation. This was to be a very important step in our spiritual education. In essence, it was to learn how to become a co-creator with God. **We had been taught the Precipitation process, which involves a seven-step procedure of using the mind to create matter through the power of thought,** while we were studying in the heavenly temples. We had even practiced it there with promising results, but the heavenly realm that we were in was in the fourth dimension. The Masters state that it is much harder to create matter in the third dimension, so the earth was to be our proving ground.

There were originally seven different "waves", or groups of souls that were known as Root Races, that were scheduled to come at different intervals and to different locales on the earth. The mixture of each Root Race group was such that some of each Ray type would be included in each of the seven Root Races. The idea was that each Root Race should experience all seven of the Ray cycles. Again, each Ray cycle lasts 2,000 years. (For instance, we have recently finished the 6th Ray cycle, which began about the time of the birth of Jesus. We are now in the 7th Ray cycle. It keeps rotating, after the 7th cycle, the process begins again with the 1st cycle).

So, the plan was that the members could come to earth seven different times for up to 2,000 years at a time, if necessary, to absorb the lessons. That means that if a Root Race took the maximum amount of time, they should have completed their lessons on earth in 14,000 years. If each of the seven Root Races were to finish their lessons in 14,000 years, we should

have finished in a total of 98,000 years. 7 X 14 = 98. The point is, if you do the math, our entire spirit group should have completed their lessons about 4,400,000 years ago.

The Masters state that the first "wave," known as the First Root Race, was led to the North American continent in the area where the Grand Tetons are located and then spread north, south, east, and west. Accompanying them were Angelic beings and Guardian Spirits from more advanced worlds, with whom the spirits could see and communicate.

The Masters do not indicate where the Second Root Race went, but another source, (Madam Blavatsky's writings), indicates that they went to an area called Hyperborea, which was near the present North Pole.

The Masters indicate that the Third Root Race went to a continent called Lemuria (Mu for short) that was located in the Pacific Ocean.

The Masters indicate that the First and Second Root Races completed their lessons in the allotted time, (14,years each). The Third Root Race took a little longer but also completed their lessons and returned to the heavenly realms. A very high level of spiritual attainment was reached in the first three Root Races leading to stories and mystical tales about the Golden Ages and the Garden of Eden.

The Fourth Root Race seems to have split, with the first group going, yet again, to Lemuria, some to the Middle or Far-East, and some to Atlantis a little later. The Fourth Root Race ran into problems. Why? Because by that time, the dark force had found its' way to the earth.

The Coming of the "Laggards"

My understanding is that the original number of souls that had been seeded in the sun to use earth as a classroom was about 3 ½ billion. That is not the case now. (The last time that I saw a number, it had increased to 10 billion). This was due to a need for a "temporary home" for souls that had been using planets in other solar systems as their proving ground and, for various reasons, (laziness, stubbornness, rebelling against God's laws, etc….) had not "graduated" before their planet was scheduled to be re-absorbed by its' sun. (Think of exploding suns/supernovas).

These groups became known as the “Laggards”. If they could not find a new home, the Laggards would experience “the second death”, with their remains being returned to the universal supply of matter. In an act of compassion, Earth volunteered to take on these Laggard souls. It was hoped that the Laggards would be influenced in a positive way by the innocent spirits and become inspired to continue their own spiritual education.

It was during the early part of the Fourth Root Race’s advent on the earth that the Laggards were first allowed to be mixed in with the pure, “innocent” souls. The first group of the Laggards went to Lemuria (near where Australia is now). The group of Priests on Lemuria were given warning of this event about 100 years in advance of their arrival so that they could pray and make decrees for the protection of their flock.

Since the “Laggards” had been brought to earth to mix in, they were equipped with the same type of etheric thought-form bodies as the “innocents” so the “innocents” did not understand the danger that existed. The Laggards had been infected by the dark force on their prior planet home and were very motivated in their approach to winning over the “Innocents” to their way of thinking, so they began their courting with subtle whispering and suggestions that the “Innocents” should try things their way. This process took many years but eventually began to spread like a low hanging fog.

The primary way that the “Innocents” learned was by watching what their teachers and others did and then emulating them. The Laggards knew this. The Laggards showed the “Innocents” how to push their consciousness into other forms in order to experience that form’s consciousness, leading eventually to pushing their consciousness into animal forms to experience the excitement of the senses, particularly the “sexual mating process. As this practice grew, the “Innocents” began to forget who they were. The result was that **the desire to inhabit a body in which to experience the five senses became their goal.**

The readings from the Masters indicate that the original “Fall from Grace” happened on Lemuria. The time span covering the period of the beginning of the darkness until the veil was completely shut was woven over a period of about a million years, so again, there were obviously some spirits that stayed true to the original teachings for a good while before they succumbed. The Masters are not inclined to give us all the details, which can be frustrating for

those of us that want to know. However, there is their insistence that we need to learn to move forward instead of dwelling on our past mistakes. After all, we cannot change what happened. **We must learn to deal with "what is" now.** But we hope that we can learn from our predecessor's stumbles.

The Early Development of the Human-Animal Body Form

The Master's description of the next period is sketchy by design, because the group was becoming more immersed in discord such as gossip, incorrect views, witchcraft and practicing unbroken periods of underlying puzzlement on how to create a flesh body suitable for their desire of the sense experience. This caused them to become more and more trapped in materiality. The readings do not tell us just how low we sank. So, in looking for more information, I researched other sources.

According to the Cayce material, which in some cases appears to closely mirror the information from the Masters, the group that was experimenting on earth made a determined effort to find a suitable form in which to embody. According to the document, **"Edgar Cayce on Human Origins"**, those on the earth focused on the ape as a species that most nearly approached the desired form. (Science tends to also include chimpanzees in our ancestry). The spirits studied the possibilities and through their ability to descend on the ape's bodies, hovering above and around them, influenced their endocrine glands, and over time, were able to eventually come up with a form for a physical being, the ape-man (caveman) that somewhat resembles what we are today. So, if that is, indeed, how it actually happened, one could say that it makes Science's view that we evolved from the ape/chimpanzee, at least, partially correct.

Thinking through the rest of the story we get from Science though, that appears to be where it ended. **Apparently, becoming a human was not a natural evolutionary path for the ape because if it were, we would not still have apes, or to take it a step in another direction, it would have been discovered by now that some current ape had given birth to a caveman baby or perhaps, even a human baby.**

Note: There is a possible divergence between the Cayce Material's view of this period of humanity's immersion in the cave man period and that of the Masters. The Cayce Material

states that it was the beginning of the Adamic period of history. The Masters say that this period was the low point of humanity's visit to the Earth without mentioning Adam and Eve. It is possible that this was the final "schism" between God's plan for man and man's choice to take on a physical human-animal body.

Since the Bible does not present any pre-history, it might also be possible that the Adam and Eve story was a symbolic representation of the "Fall" that we have discussed. To further confuse the issue: The information in The Secret Doctrine indicates that the Biblical Adamic race began with the seeding of the Fifth Root Race which, The Secret Doctrine states, overlapped that of the Fourth Root Race. That overlapping appears to be a likely case, and interbreeding must have happened, ostensibly in cases where the cavemen would steal human girls, leaving behind descendants that have confused scientists.

Although some members of the Fourth Root Race might have stayed true to their commitment to the Rule of the Law of One, and made their own personal Ascension, most had to eventually recycle into the new human body. (The Masters stated in books published in the 1960's that many members of the Fourth Root Race were still here as of that time).

Lost in the dictations on the cave-man period is just exactly when the entry of the entity through the process of natural birth began, I did read one dictation that stated that it was during the period when Lemuria was still an active destination. Ostensibly, it would be logical to assume that the natural birth process began through the caveman bodies, but it could have been earlier. The details are lacking. Confusing? Yes! Again, apparently the Masters decided, years ago, to focus on **what "is" now, instead of what used to be.**

The Coming of Sanat Kumara (The Ancient of Days)

The next important piece of information from the Masters is shocking. This event happened somewhere about the 2 ½ million-year mark from the first advent of humanity on earth. The readings say that a council of Cosmic Beings was called, with Alpha and Omega as Chair. **After much discussion, the thought was put forth that the experiment on Earth had obviously failed, that the Earth and its' inhabitants were giving off no "Light", so therefore the Earth should be destroyed, thus bringing the second death to all those on the Earth.**

Attending the meeting was a Cosmic Master Being from Venus by the name of Sanat Kumara, who was the Co-Ruler (with his feminine counterpart) of the planet Venus. He asked if the council would consider letting him go to Earth to be an anchor of the "Light" and give him a chance to help turn things around.

It is reported that Archangel Raphael supported Sanat Kumara's position and again, after much discussion, humanity and the Earth were given a reprieve, another chance. It was stated that one reason for the Cosmic Being's compassion was that some of the volunteer Guardian Spirits that had originally come from other planets had also become trapped in the material bodies.

The Creation of the Current Human-Animal Body

After time had passed and it became apparent that the spirits, through entering these new caveman type bodies had lost the memory of what they used to be and were trapped in these material shells, the Spiritual Hierarchy for the earth, urged along by Alpha and Omega, stepped in to help solve the problem. They realized that there was no going back to the original plan, so they came up with something that would better serve the purpose. A new type of body was formed, more refinements were added, resulting in the Adamic beings portrayed in the Bible whose appearance is like ours. (It is difficult to pinpoint the exact time period involved, although science states that the caveman period lasted almost two million years).

It appears that this step was most likely the beginning of the seeding of the Fifth Root Race. And how was that accomplished? Probably somewhat similar to the same manner as the other four Root Races; a cavalcade from heaven to certain points on the earth, but this time with the exception that it was most likely five separate cavalcades with the five different racial types that we know today. (Which are: Black, White, Brown, Yellow and Red). Whether the spirits traveled to earth in bodies already formed or whether the bodies were formed as they landed on earth is anyone's guess.

Only one Master gave a date for the incoming of the fifth root race, and he had not ascended at the time. Master Kuthumi, in a letter written before his Ascension, gave a date of 1,000,000 years ago. Ascended Masters can read the Akashic Records and had Master Kuthumi been ascended at the time, I would not be inclined to question that date. And, of course, the

date could be correct. (See the note below). As for other sources, a Google site states that modern man broke away from the caveman about 600,000 years ago. Science notes that the oldest surviving skeletal remains of modern man date back some 230,000 years. Of course, there could be many factors that influence the lack of skeletal remains.
Note: As of 2024, there has been a report that a human skull has been found in China that appears to date back 1 million years. (This would tie into Master Kuthumi's statement).

The Destinies of Lemuria and Atlantis

The Masters state that Lemuria "Mu" was a giant continent in the Pacific Ocean that included Australia and New Zealand and stretched as far east as what is now known as San Diego, California. The Hawaiian Islands, the Fiji Islands and Easter Island are remnants that have reappeared since the original sinking. During the early part of the Fourth Root Race, humanity reached a very high level on Lemuria. That was before the arrival of the Laggards. There were other times after the arrival of the Laggards when groups that clung to the "Light" also made very notable progress. But the readings say that a goodly number of those in the priesthood, after sensing the danger to the Innocents that was part and parcel of the Laggards, decided to pray for the banishment of the Laggards and that was against the intention of the original idea to reclaim these Laggard souls for God by giving them exposure to the ways of the Innocents.

As I understand the readings, it was in Lemuria that the Laggards and the dark force were finally able to bring about "The Fall of Man". We have already reported that the "Fall" took a long time and that there was another long period after the "Fall" in which humanity continued to devolve. But, prior to this big event, the people of Lemuria were warned that they needed to change their ways, but when nothing bad happened for several years, they ignored the warnings and decided that they could continue down their path of desire fulfillment and everything would be alright. This same type of attitude is so aptly described in the Old Testament stories of the Jewish race. (History does tend to repeat itself). So, somewhere about 200,000 years ago, and only about 100 years after a period of really good progress, there followed a period of rapid decline. (Take note, this shows how quickly things can change). At that point, the Spiritual Hierarchy decided that the experiment had failed and made the

momentous decision to let the continent of Lemuria disappear below the waves. It is said that the continent sank overnight, taking with it some 60 million souls. There are indications that parts of the western coast of Europe were submerged at the same time.

The Atlantean Epoch

Many notable people, beginning with Plato, have commented on the existence of Atlantis. It was first mentioned by Plato in two of his dialogues (Timaeus and Critias) back in the 5th century B.C. (Source: Edgar Cayce on Atlantis by Edgar Evans Cayce). Quite a number of psychics have written detailed descriptions of the land, the people, and the workings of their society. Some of the stories are very fascinating. The descriptions, details and dates sometimes vary, but they all agree on one thing; that Atlantis existed. We will not comment on any of these descriptions except those from the Masters and Edgar Cayce, whose readings on Atlantis were similar to the Masters dictations. To give us an idea of how important the existence of this continent and its effect on humanity was, of the 2500 Life readings that were given by Mr. Cayce, which represented approximately 1600 different people, approximately 700 of those people were said to have had an incarnation on Atlantis. (Sometimes more than one).

According to the Masters, the continent of Atlantis was originally seeded by members of the Fourth Root Race. (Some members of the Fourth Root Race may have also gone to eastern Asia, seeding, perhaps, what are now the Chinese and Indian countries, and of course, we had already stated that the Fourth Root Race was on Lemuria). Atlantis was said to have stretched from as far north as New York, south to the Azores and Cuba and as far east as Europe.

In the very early years, the bringing in of returning members of the race was through the crossing of the Light Rays described earlier. During the ensuing years, there were many highs and some lows. Unfortunately, after the Laggards were allowed to be seeded on Atlantis, things began to follow a familiar pattern. There began all the seeds of discord and the experiment of pushing into forms, similar to what happened on Lemuria. As time moved on, this led to some difficult relationship decisions between members of the followers of the Rule of the Law of One and the followers of Belial, a particularly evil being who was a member of the dark force and who practiced black magic. (Black magic uses supernatural powers for selfish or evil purposes).

When the Law of Reincarnation came into effect about one and one half million years ago, birth through the sexual process became the norm. Eventually the Fifth Root Race appeared on Atlantis. Both the Master's and the Cayce material indicate that the "red" race, or what we know as the American Indian race, appeared there, eventually spreading to North and South America, but do not give an actual date. Based on information from Master Kuthumi, the earliest date was possibly one million years ago.

According to the readings, the Atlantean culture reached one of its heights approximately 500,000 years ago. At that time, they had a great understanding of their relationship to God, even to the point of making use of the vibrations of the Rays that passed through their bodies.

The readings also state that it was during the period approximately 75,000 years ago that the race that inhabited the continent of Atlantis made one of its greatest leaps forward. The Country of Atlantis became a very modern civilization with great scientific advancements. It is said that they had discovered a power source still unknown to our scientists today. This new source involved harnessing the power of universal energy in a crystal contained in a small box. This source could be used in industry and the home. It is said that they had flying machines and boats powered by these power sources that could be used to travel to other places on the earth. They also developed rays that seem to have been similar to what we call lasers. Of course, in the wrong hands these lasers could be used for destructive purposes.

The Masters indicate that there were great Temples of Enlightenment, Healing and Truth that were located in different parts of Atlantis. These temples were visited not only by their own citizens but by people from other parts of the world. Atlantis was a leading world power and, after the sinking of Lemuria, the preeminent source of world-wide teaching on the relationship of man to his spiritual roots.

In the Cayce material, it is said that Atlantean society eventually became divided into three factions. There were those that were still trying to follow the Rule of the Law of One, a second group composed of those who were called the sons of Belial, and a much lower-intelligence worker-being that was trapped in a different non-human body. (Evidence of sex between cavemen and animals)? These worker-beings were like slaves, were sometimes

referred to as “things” and have been described as almost robot-like. The lasers described above could be used as medical tools to remove unwanted appendages from these beings.

The beings that were used as slaves were the cause of significant disagreement between the followers of the Law of the Rule of One and the followers called the sons of Belial. The first group wanted to educate and make life easier for the slave-worker-beings while the followers of Belial wanted to continue to use the worker beings for purely selfish purposes.

According to the Master’s readings, the Laggards had discovered the power of black magic soon after the appearance of modern man (a date of 680,000 years ago was given for this discovery) and used it to subdue and influence others. It was said that the followers of Belial convinced some of the people that their form of magic was much easier to obtain than the strict rules of the followers of the Law of One. Wars became common on the continents of both Lemuria and Atlantis. It was reported that poisonous gases were used in at least three wars that wiped out the entire population of cities.

The Masters state that during one of the high points on Atlantis, the Archangels had trained some of the people, including those in the priesthood, in the art of etherealization and precipitation. The priests were also trained in the art of levitation so that they could move easily between the temples. Instead of using those powers as a Sacred Trust, some of the people used them to impress others with their accumulation of personal power. This was a major sin (Pride is considered the first of the seven deadly sins) against the Great Law of God. Eventually, more and more of the people, including certain members of the priesthood, began to come under the influence of the dark forces.

It was reported in the Cayce material that materiality predominated in some of the members of the Atlantean Race. In those people, physical development was stressed above all else and that they resorted to body worship (Phallicism).

We can see that humanity was, once again, going down the wrong path, but something dramatic was about to happen. The Masters state that there were at least three different cataclysmic events that initially broke up the continent, the first occurring about 200,000 years ago, which was accompanied by a polar shift, (this is the same date as when Lemuria went down) another major event about 80,000 years ago, with the final sinking of the island of

Poseidonis occurring about 12,000 years ago. This last date appears to agree with most other reports and might be the possible date of the Great Flood portrayed in the Bible.

The Masters state that in the meantime, some of the more enlightened people were beginning to sense that there were more physical changes coming to their land and they began to migrate to other parts of the earth. Certain members of the priesthood who had not been corrupted took the teachings of the Rule of the Law of One along with braziers housing the sacred flames from the Temples and left in boats before the Island went down. They went in multiple directions, some going to portions of North and South America and others going to Egypt, Greece, Spain, and Portugal.

The final destruction of Atlantis occurred just before 10,000 B.C. (12,000 years ago). It has been stated that parts of western Europe were raised at the same time. Poseidonis, the site of the Atlantean capitol, was destroyed by the elements in a polar shift that sunk the remaining island of Atlantis. The Masters say the event was unleashed by the Godhead who had decided that selfishness and sensual desire had reached a point of no return. Does this somehow sound familiar? Couldn't one say that about our world today?

Chapter 6

The Biblical Age

"The Sons of God Looked on the Daughters of Men and Found Them Fair"

Unfortunately, it seems that the coming of the Fifth Root Race to earth did not even begin to solve all the problems. As evidence of this, in the Genesis section of the Bible (Gen 6, 1-6) it states that "the sons of heaven saw how beautiful the daughters of man were and so took for their wives as many of them as they chose. After the sons of heaven had intercourse with the daughters of man, they bore them sons who would be known as the Nephilim, the heroes (giants) of old, the men of renown".

When the Lord saw how great man's wickedness on earth was, and how no desire that his heart conceived was ever anything but evil, he regretted that he had made man on the earth and was grieved." (The Bible gives no date for this). There are several descriptions of the "sons of heaven" depending on which Bible you pick up. Some Bibles refer to them as "sons of God". There is also disagreement on the meaning of this statement. It appears that the majority of those that have weighed in on this subject think that the sons of heaven were fallen angels. The offspring, the Nephilim, were described as giants measuring over 9 feet tall. It is impractical to think that a mating between humans could produce such giants.

The readings say that some angelic beings and guardian spirits from other planets and solar systems were able to lower their vibrations to that of the human level. Some had even become enamored with the physical sense world and had become trapped there.

(As further evidence that angels could take on human form, but in a very different way, the Masters say that Mary, the mother of Jesus, was originally an Angel, an Archaea, and also the divine counterpart to Archangel Raphael. Mary volunteered to take on a human body for the most important mission of giving birth to Jesus).

At any rate, the mating of the Sons of Heaven with the daughters of men was a major sin against the Laws of God and may have been one of the contributing factors leading up to the decision to wipe out much of mankind in the great flood which was to come. So, this gives us an idea of how badly things were going at the time of this biblical reference.

The Continuing Struggle of the Spiritual Man

Following the incoming of the Fifth Root Race and after the flood, eventually there were welcome periods of progress in parts of the world, and society began to evolve without the scientific marvels that were destroyed with Atlantis. The people resorted to planting and harvesting food, raising livestock, making pottery, clothing, and other basic necessities. The idea of banning together in tribes or small groups to work toward common goals and safety eventually led to the formation of city-states. In some cases, the progress was undermined by selfishness and the three great lusts: the lust for power over others, the lust for wealth and the lust for sex. Incredibly, these great stumbling blocks still head the list of the problems of today's world.

Great heights were achieved in a number of different locations. China had a marvelous civilization that the Masters say was one of the best. India has been a keeper of religious fervor for many centuries. The Masters report that there was a civilization that reached great heights about seventy thousand years ago that was located where the Sahara Desert now exists, (which at the time, was not a desert,) another in the Gobi desert, which at one time, included a sea. A high point was reached in several areas of South America. One was called the Meru civilization with its capital being on the east coast near the Amazon River. One of its rulers was named Casimir Poseidon, which suggests that he may have initially come from Atlantis or descended from those from Atlantis. (That particular civilization went down with Atlantis). The Meru civilization was followed by the Pirua, Inca and Mayan civilizations, all of which achieved great heights.

The priests that bought the Ascension Flame from Atlantis to Luxor in Egypt at the time of the cataclysm brought that part of Egypt to its greatest height. Later, the priesthood in Egypt was infiltrated by the dark force, some of the priests became evil and created their own gods to deceive mankind. This brought down that civilization. A similar thing happened in Greece when the priests from Atlantis landed on Crete. Their knowledge and teaching of truth and healing led, among other things, to the establishment of the Oracles at Delphi, where priestesses could be consulted for spiritual and personal guidance. Later, the dark forces inserted their own followers amongst the priestesses to sabotage the information given at the Oracles of Delphi.

The Appearance of the Teachers

It was clear that Humanity was a mess and might even be beyond help. The Masters report that there had been Spiritual Teachers sent to the Earth from the very beginning of the first appearance of the "smog." The first to come was a being from the Great Central Sun, named Krishna, (there have been several beings named Krishna) who was said to be a Christ-like Being that stayed on the Earth for about 600 years. The Masters state that there have been other similar beings who came from time to time.

You may ask why did the being named Krishna have to come from the Great Central Sun? The Masters say that none of the members of the first three root races stayed behind to help the subsequent root races but instead went on to higher dimensions of learning. So, there were no Ascended Masters from the earth's evolutions to help. The Masters that we have serving us now have either made their Ascension from membership of the Fourth or Fifth Root races or were originally Guardian Spirits from other planets or solar systems.

Looking back at the period after the Great Flood, it seems that the Spiritual Hierarchy for the Earth must have decided that they would send a number of enlightened beings to different parts of the earth to bring new philosophies and in some cases, the basis of new religions to try to jump-start humanity's spiritual progress. This push from above was most likely caused by the need to get humanity back on the right track before the time for this experiment on the earth was over.

Note: Much of the following information comes from Google or Wikipedia sources.

The beginning of the Egyptian religion is estimated to be as far back as 4000 B.C. which would indicate that their civilizations might be older. They believed in a number of gods: Amun, the creator-god, Ra, the sun god, Isis, the mother goddess, Osiris, the god of death. Thoth, the god of wisdom, writing, hieroglyphs, science, judgement, and others. They believed in some form of after-life. It was thought that one needed to lead a just life to placate the gods and bring good luck. Unfortunately, beliefs changed as leaders changed.

Noting the change of seasons and the gifts that each season brought, **the people of China** began to search for reasons and began to understand that a greater power controlled their destinies. They were blessed by the arrival of the female goddess, Kwan Yin, around 2500

B.C. who taught them to honor and respect the gods. Lao Tzu and Confucius were noted teachers. The Emperor Chan: about 551 B. C.-479 B.C. was a leader who stressed honesty and integrity to the people which is still a hallmark of some of the Chinese people today. It was said that he was able to increase the Light in his heart to the point that it was visible in his flesh.

The Sumerians go back to about 3500 B.C. They appear to have been the first literate civilization of Mesopotamia. They were originally ruled by religious priests before giving way to kings. They had numerous gods and goddesses that they thought held sway over all things pertaining to the natural and social order. The Middle East is thought to be the cradle of civilization. Many different groups overlapped there (Sumerians, Akkadians, Chaldeans, Babylonians, Assyrians, etc….) causing an overlapping of religious beliefs. **(Sabeanism, Mazdeism, Zoroastrianism, Egyptian, etc….**)

The Big Five Religions

Hinduism is thought to have begun between 2,300 to 1500 B.C. in the Indus valley, which appears to be one of the older civilizations, dating back to perhaps as early as the 28th century B.C. Hinduism evolved from teachings that were brought to India by a group of ancient people called the Aryans whose philosophies, religion and customs are recorded in the Vedas. Although we do not know specifics about the Aryans they would certainly qualify as important teachers. The Hindus honor a number of gods, the most important being a trinity composed of Brahma, Vishnu, and Shiva. They believe in the concepts of Reincarnation and Karma. One of their revered holy men, Krishna, note the similarity to the word “Christ”, pre-dates the Hindu religion, so it appears that they had some religious beliefs prior to Hinduism.

Judaism began about 1800 B.C. when the Lord said to Abram "Go forth from the land of your kinfolk and from your father's house to a land I will show you" (Gen 12). Abram (Abraham) went to the land of Canaan. Then the lord appeared to Abram and said "To your descendants I will give this land". The belief in Judaism is built around the concepts of only one God. Some 400 or so years later, Moses would lead the Jewish people out of captivity in Egypt, and would bring to the world The Ten Commandments. Two other major world religions have spun off from Judaism. There are some 13 to 20 million followers.

Buddhism: Begun about 600 B.C. by Siddharta Gautama. The Buddha was born into a royal family in India. During his early years he was shielded from the pain and suffering of citizens of the real world. When he did realize their plight, he was so disturbed that he went into a deep meditation that lasted 7 years. When he awoke, he said that he had become enlightened. He ministered to and taught the people for many years. The core belief is dharmic and is somewhat similar to Hinduism. Jainism also shares some of those core beliefs.

Christianity: Founded about 27 A.D. by Jesus Christ. This was the first off shoot of Judaism. Jesus proclaimed a new covenant in which he added a new commandment: To love one another as I have loved you. He set aside the old eye for an eye retribution of Judaism with the idea of turning the other cheek and doing no harm. He brought to the world the first communion service in his portrayal of changing the bread and wine into his body and blood, the basis for the Mass in the Catholic Church. He was crucified, died, and was buried. His fame and immortality were established by his Resurrection from death and later, his Ascension to heaven.

Islam: Founded about 610 A.D. by the Prophet Muhammad. This was the second off shoot of Judaism. It traces its roots back to Abraham. Islam teaches that there is only one God, and that Muhammad is God's final messenger. Their Holy Book, The Quran, is considered by Muslims to be the verbatim word of God. Islam stresses the practice of daily prayer. Islam teaches a final judgment with paradise for the just and hell for the unjust. Islam is the world's fastest growing religion.

There were, of course, other important teachers in parts of the world that left no permanent record. Among those would be all the civilizations that were developing on other continents like Eurasia, Australia, South America, and North America. Many of them have similar sounding creation stories, flood stories etc.

For example, The Inca's first settlement dates back to about 4500 B.C. Their civilization reached its height between 1400 and 1533 C.E. One of the early bits of Inca mythology has it that a being named Viracocha was the supreme god who created the heavens, earth, sun, moon, and all ethnic groups. When he finished creating, he was said to have begun to move about the people teaching the basics of civilization. One source described Viracocha as a white-skinned, bearded male. It was said that he went west across the Pacific but promised to come

back some day. The Incas considered themselves children of the sun god, whom they referred to as Inti. They were famed for their art and architecture and during its height, the empire was the largest in the Americas, ruling over ten million people.

The Recent Teachers

In 1517, Martin Luther recognized some of the errors in Catholic leadership during his time and brought to the world the first spin-off of Protestantism, the Lutheran Church, which is a branch of Christianity. There have been many other notable and important spin-offs from Catholicism since.

Moving on, Mary Baker Eddy founded the Church of Christ, Scientist in 1879 to commemorate the word and works of Christ Jesus and reinstate "primitive Christianity" and its lost element of healing.

The Theosophical Society was formed in 1875 by Helena Blavatsky, and others listed below, to introduce the teachings of the Ascended Masters. Prior to the Theosophical Society, the Masters had made contact with several individuals who produced numerous books on their experiences. Among them were H. S. Olcott, A. P. Sinnett, C. W. Leadbeater, Annie Besant and W. Q. Judge. These individuals joined with Madam Blavatsky to help form the Society. Alice Bailey came along a little later but was also a Theosophist and continued the work of the Masters by writing twenty four books.

There were, of course, other lesser-known teachers who devoted much of their lives to studying the mysteries of spirituality and philosophy and then explaining their findings in an attempt to broaden the understanding of the race. Among these types of teachers within the last several hundred years were: Jiddu Krishnamurti, Emanuel Swedenborg, Immanuel Kant, Soren Kirkegaard, Rudolph Steiner, Joseph Smith, Mahatma Ghandi, C.S. Lewis, Pope John Paul II, the Dalai Lama, Mother Theresa, Martin Luther King, Edgar Cayce, Bishop Fulton Sheen, Billy Graham and Bishop Robert Barron, just to name a few of the those who have either left their writings behind or lived by example. (The Dalai Lama and Bishop Barron are still with us).

The above people excelled in their devotion to God/good, but most of us have a lack of focus, or even any kind of awareness of what it would take for ourselves to help advance the race. It has pretty much been that way for thousands of years.

We have trouble looking beyond the immediate problem of everyday existence and the fascination with appearance to focus on the greater understanding of why we are here, or in other words, focusing on our divine purpose. And what is that purpose? In broad general terms**: To tune out the cacophony of the world, to purify ourselves, to meditate and pray for guidance from above that we might become one with God's Will, to learn forgiveness and unconditional love, and to ask God to help us understand what our gift to the world might be.**

Quite frankly, the world is in trouble. It is moving toward secular goals at an alarming pace. Most of us have been so engaged with our own problems that we have not given enough thought to our soul's purpose, much less to that of humanity's problems. And how were we supposed to learn that we even have a divine purpose? The proper vehicle should have been through the priesthood, together with individual meditation, prayer, and study, **but when have you heard a sermon that indicated that you have a divine purpose, and that they want to help you find it**?

If asked, most of the members of the priesthood will tell you that they had a "calling," an inner voice that kept urging them toward serving mankind through joining the priesthood. That was to be their gift to the world. **But what happened to the next step, that of helping awaken you to the need to understand your gift to the world?** Maybe, as they became wrapped up in the workaday business and administration of their churches, their minds became bogged down with the minutiae and they quit thinking about what they could do to help mankind, relying on the tired old habit of reminding us that we are sinners. And they would be right about that. We are sinners. According to the readings from the Masters, the race's habit of sin began some four + million years ago and has been nurtured by the subtle machinations of the dark force ever since.

How do we find our purpose, and does the purpose change as we move through the different periods of our lives? Probably. Blessed, indeed, are those who grow up knowing that they want to be a member of the priesthood, or knowing that they want to be a doctor, or nurse

or policeman or fireman. (We could also include those who want to join the military, but wouldn't it be nice if the world did not need the military)? All of the professions mentioned are those that serve their fellowmen. Some spend their entire working career serving mankind in such a manner. **Do they need to look anywhere else? Only in the particular episode of life in which their inner voice starts asking, "Is that all there is?"**

We, humanity, are good at chasing after worldly dreams. The news is full of people who thought that if they could just have that one person, or have that one job, or become famous, or obtain enormous wealth with all of the trappings, they would be happy. But when they appear to get what they want, they come face to face with the "Big Lie" again. There always seems to be something missing. **The "something" that is missing is a close relationship with God.**

I happened to be in a group recently where there were several babies present. Everyone in the group was smiling and saying things like, "Aren't they beautiful, or aren't they precious?" So, why are we so taken with newborns? Maybe it is because at some subconscious level, we understand the purity of their minds and souls. Their awareness has not been brainwashed yet with the effluvia of the world.

So, what do the Masters teach about religion? My understanding of their writings is that they do not specify any religion amongst the "Big Five", as the correct one, but appear to take ingredients from each one in their prescription for improving ourselves.

From Hinduism, they appear to take the concepts of Reincarnation and Karma. This may be difficult for some readers to accept, but that is the Master's teaching. If you have doubts about Reincarnation, I recommend that you read "Journey of Souls" and "Destiny of Souls" by Michael Newton. PH.D.

Dr. Newton was a master hypnotherapist and a counseling psychologist. His many sessions with people under hypnosis document their experiences in and out of numerous bodies as well as their experiences in the spiritual teaching realm that we enter between lives and is the place where we recharge our "spiritual batteries". Of course, each life story is different but the guided steps that each must take to try to perfect oneself are similar. Note: I

read that some, but not all, of the past life regressions have been filmed. A few were filmed of Dr. Newton and other hypnotherapists trained in Dr. Newton's techniques.

If you read my first book, perhaps you will remember the writer's description of the nature of the spiritual beings that first came to the earth 4.5 million years ago. They were etheric thoughtforms with no physical bodies. The pattern for the first three Root Races was that they would come to the earth for up to 2,000 years at a time, seven different times, to experience the beneficence and lessons of the Ray that was being beamed to the earth at the time.

Once they felt that they had finished their studies under a Ray, they would seek out two other spirits who would agree to act as surrogate parents and leave with them whatever they wanted to reclaim in their next visit to the earth. Then, they would find a priestly type and ask that their form be etherealized, and the spirit returned to the heavenly realms for study until their time came to experience the next Ray. Then, the surrogate parents would send out a ray from their essences, and where the rays crossed, the new etheric thoughtform body would appear. It would be fully formed, no childhood necessary. This process continued until they experienced existence under each of the 7 Rays.

According to the dictations, the first three Root Races completed their studies on the earth and went on to choose either a state of nirvana, or further education to prepare them for service in the expansion of the universe.

The Masters state that no animals were on the earth during the first three Root Race's time on the earth. They did not explain why. Research during writing of the first book found that this likely had to do with a "nuclear winter" that appeared to be caused by a number of asteroids colliding with the earth. That same research indicated that a reforesting and the reintroduction of animals was present during the time of the 4th Root Race's advent on the earth.

By now, you understand that the 4th Root Race was affected by the "Laggards" who brought with them to the earth, the teachings of the dark force. Beginning at some point, several million years ago, the race was subjected to the workings of Reincarnation. Why? The race had rebelled and gotten so far away from God's plan for us that something drastic had to

be done. Gifting a number of lifetimes to try to improve oneself must have seemed the merciful thing to do instead of being judged for eternity on the basis of the mistakes of one lifetime. Had the last part of the statement become the law, most of us would have ceased to exist.

I suggest that the Reincarnation theory could have been based on the multi-life experience plan of the first three Root Races. Those groups had to experience existence under the influence of seven different Rays (that was spread over a period of 14,000 years) before the Spiritual Hierarchy would consider them a finished product.

What is the meaning of Karma? Very simply put, it is that you must experience whatever harm you may have done to someone else, either in this lifetime or a future lifetime. In experiencing the pain, it is hoped that you would never want to harm someone in that way again.

So, where does that leave us? It is not a pretty picture. The remaining members of the 4th Root Race that are still using the earth have been here for about 4.4 million years. A lot of time has been wasted. The ape-man/caveman period itself, lasted for over two million years with the net result being that the quality of the soul experience spiraled downward to its lowest point. When the Spiritual Hierarchy stepped in to change and improve the body shape, beginning with the advent of the 5th Root Race, those beings, incarnating in bodies like ours, began coming to the earth about 1 million years ago.

Some members of the 4th and 5th Root Races have perfected themselves (including some of the Masters serving in the Spiritual Hierarchy) and made their Ascension to the heavenly Realms. The Masters say that some of the Laggards have also turned toward the Light, which is great news, but **the Masters also indicate that the overall number of Ascensions from the 4th and 5th Root Races is disappointing, paltry, (most of us are spinning our wheels, making the same mistakes lifetime after lifetime), and is one of the reasons for the Masters' effort in the last century to educate humanity.**

The 6th Root Race began incarnating more recently, so they did not bring any Karma with them, but are soaking up all of the negative energy and ideas of those of us that are still here. The Masters state that there is a stratum of dark energy, (they refer to it as the effluvia)

encircling the earth and that it is at its densest over the large cities. In it, the worst thoughts of the deranged members of humanity are stored, waiting to influence those who are vulnerable.

Returning to our story, **from Judaism, the Masters appear to take the Ten Commandments which are the basic rules for living a just and good life that were given to Moses by God.** Judaism also stresses that there is only one God. Perhaps that tenet was inserted as a counterweight against the fascination that may have occurred among many Hindus with the numerous lower levels of God-type beings that are said to exist in the Hindu hierarchy. (Not that the Hindu teachings are incorrect, God does seem to have helpers, it is just that ultimately, all prayer and devotion should go to God).

For practical purposes, the Spiritual Hierarchy must have understood that people from different parts of the civilized world would cross paths, begin to trade and inquire about beliefs and customs, etc. so it must have seemed providential to try to tweak religious doctrine from time to time. Of course, the danger is that those differences in religious doctrine could lead to disagreements and biases.

From Buddhism the Masters appear to take meditation and the devotion to "right living." In the Master's instructions to their students, they stress that we should all practice meditation three times a day for a minimum of at least 5 minutes each time. No one could argue with the Buddha's teaching that one should devote themselves to right living, right speech, and right occupation. (We would have instant peace if everyone would do that).

The Buddha also taught that suffering is a part of existence, and that desire and attachment are the causes of suffering. (As we mentioned earlier, "If we could just have that one person, or that one job, etc….) He also taught his followers how to alleviate suffering through what he termed "The Eightfold Path". In his instructions, you will find that they tend to mirror some of the Ten Commandments. According to the Masters, the Buddha perfected his soul and made his own Ascension at the end of his life.

From Christianity the Masters appear to take tuning into the Will of God and perfecting ourselves, as taught by Lord Jesus, as a path to our own Christhood. The Masters teach that Lord Jesus was the perfect patten for us to emulate. Lord Jesus began each day with prayer and meditation on God's Will for him. He completely subjugated his earthly ego and said

to the Father, “Not my will but thine be done” (Luke 22:42). His relationship with God, the Father, was so pure that he was able to perform many miracles of healing, casting out of demons and even called several people back from the dead. He made it clear that it was the power of the Father, working through him, that performed the miracles. “I, and the Father are one” (John 10:30).

Jesus made an extensive effort to change the culture of the old Jewish concept of “An eye for an eye and a tooth for a tooth”, by teaching that one should turn the other cheek when hit, that one should love thy neighbor as thyself and that one should not judge others unless they are willing to be judged. (The Masters love Jesus’ teaching about non-judgment and instead of judging, exhort us to look for the divinity in a person that we think might be doing something wrong and pray for them to choose the right path).

Much of Jesus’ effort in his teaching was focused on forgiveness. Even as he was dying on the cross, Jesus said, “Father, forgive them; for they do not know what they are doing” (Luke 23:34). The Masters, like Jesus, teach that only the pure of heart can enter heaven, so if you are harboring hatred or ill will toward anyone, you must emulate Jesus and completely forgive them if you want to enter the heavenly realms. This may seem hard to do, but it is extremely liberating once you have made the concerted effort to forgive them.

From Islam the Masters appear to take the practice of daily prayer. This, of course, is of great importance, All prayer is good and ultimately goes to God. He is listening. He is as close to you as your heartbeat. He knows your every thought. He knows your wants and needs before you do. He is not always going to give you your wants, but rather your needs. This is to improve your soul experience. If he is as intimately concerned with you as that, shouldn’t you talk to him every day? Shouldn’t the conversation include gratitude for your blessings and talents and be offered throughout the day instead of just at bedtime?

Since the Masters don’t choose sides on the religion preference issue, but seem to borrow something from each one, doesn’t it seem clear that they are confirming the idea that all of them will lead you to God and you can keep on attending the services and practicing the disciplines of the one to which you belong, but with the new understanding that you should be willing to expand your spiritual horizons by borrowing from the wisdom of the others? Or,

if you are not a member of an organized religion, but would like to become more spiritually attuned, you can follow the instructions in the next paragraph. Gods blessing are for all.

What would that look like? The writer would suggest that you pick an earlier awakening time (maybe an hour) and establish a new routine: **(1) Upon awakening, that you thank God for each new day and ask your I AM Presence (the God-essence in the heavenly realm that animates the small three-fold flame in your heart) for guidance.**

(2) Ask Archangel Michael to place a pillar of crystal light energy around you and your 4 lower bodies to protect you from all attempts by the dark force to influence you and to dispel all discord, all fear and doubt, all anger, violence and retribution, all evil thoughts, deeds, and temptations. (You can expand the list to cover all your concerns).

(3) Call down the Ray that is being beamed to the earth each day and learn how to bask in it. (The 7 Rays are discussed in detail in the second book "Using Meditation as a Path to Please God on Your Spiritual Journey". Visualize the Ray encircling your 4 lower bodies and then ask it to burst into flame. Then visualize the flames coming in from the furthest periphery of your emotional, mental, etheric, and physical bodies and see the flames coming up from below your feet and focusing on your feet. It may be helpful to visualize a pool of flame that encircles your 4 lower bodies that, after focusing on your feet, begins to rise to your ankles, lower legs, calves, and shins etc. ultimately finishing above your head until you have completely submerged the entire 4 lower bodies.

(4) **Meditate.** (The Masters recommend 3 sessions per day of at least 5 minutes each). What should you meditate on? If something is bothering you, ask for guidance to solve the problem with the best outcome for all concerned. Otherwise, meditate on things that you can do to purify yourself. (This is, after all, our biggest need). You can always read a passage from whatever your holy book might be and meditate on the lessons in that book.

(5) **Decree.** A decree is generally a prayer that is aimed at improving the world, its people, as well as ourselves. (There is a book of decrees that is available from the Ascended Masters Teaching Foundation). There are plenty of situations in the world that are dire, about which you can also make up your own decrees, such as: Prayers to end wars. Prayers to end senseless killing. Prayers to help drug addicts, Prayers to protect unborn babies. Prayers for the

homeless. Prayers for world peace. Prayers for truth from governments, Prayers for truth from the news media. Prayers for those who have died and have no one to pray for them. Prayers for repentance for ourselves as well as all mankind (they are our spiritual brothers and sisters) and Prayers for a return to God. (There are plenty more). The Masters have little use for those of us that are self-centered and are not willing to decree for the good of the world.

This morning hour with God, the Masters, the Angels, the Rays, and the Elohim may be a tough discipline to begin with, but you will find that with practice, it will become one of your favorite times of the day. I find that I am very unhappy if something out of the ordinary interrupts my morning routine.

Chapter 7

Understanding Our Predicament

The following description comes partially from both the Master's teachings and books that were written by Dr. Michael Newton from his investigations of **between life** experiences related to Dr. Newton by patients who were under hypnosis.

When we are released from our bodies at the end of our earth life, we make our way back to the Spiritual Realm that we call "home." If we are an old soul, we might be able to find our way back on our own because we have done it so many times before. Newer souls may require the help of an angelic being. **When we get there, we may spend some time visiting with loved ones before going to bathe in the river of violet/purple flame.** (This, of course, is to help transmute some of our Karma). We will also spend some time resting, particularly if the spirit had become "drained" because of a difficult illness.

Eventually, we will be called and instructed to enter a building and proceed to a small oval meeting room where the 7 Lords of Karma are waiting to review the details of our most recent life. Note: In Dr. Newton's book, the people under hypnosis referred to the Lords of Karma as the "Council of Elders." There are many names in the spirit world for the souls who have volunteered for this role "Old Ones", "Venerables", etc…; Lords of Karma happens to be how the Masters refer to this group. Many of Dr. Newton's patients also made the interesting comment that in the room, **they could sense an invisible "Presence" that was taking in all of the dialogue and proceedings.**

The Lords of Karma will have reviewed our "Book of Life", and will go over with us, the major events of the life. They also review the spiritual challenges that we faced, on which we vowed to work before we incarnated. If, as in the case of most of us, we have failed those challenges, added to our karma, or have not made enough progress on reducing our past karma, we will be told that we must try again. So, off we go to the schoolrooms to, once again, study the rules of the Law of One, and await the beckoning of the Lords of Karma.

At some point, it could be quickly, or it may be centuries in earth time, we are called back to a building by the Lords of Karma, in which we will enter a room that is like a private movie theatre. In it **we are shown a select number of scenes from the next proposed life as**

well as some of the people with whom we will have to interact. Sometimes it will include people whom we like, or love, but it could also include people with whom we have bad, or even hateful relationships. Sometimes we might be rich, other times we might be poor. Sometimes we might be blessed with great intellect, other times we might be as dumb as a turnip. Sometimes we might be blessed with one or more talents, others we might be unremarkable in every way. Sometimes we might be physically attractive, other times we might be unattractive or even disfigured. There are 5 racial types, so the Lords of Karma may suggest one for which we have harbored biases in the past. The same rule goes for religions. (This is to help the soul understand the pain and injustices of biases by actually having to experience them). There will be times when we are urged to try the opposite sexual polarity. **The type of body and "gifts" that we will inhabit and inherit is predicated, to some extent, on the progress that we have made as a soul.**

Does this scare you? It should.

In the first book, we explained that each person is a part of the body of God. Taking it a step further, it is like **we are an atom in God's body. For God to be able to sense perfect peace in His/Her body, all the atoms need to be performing their duties in goodness and with the love of their creator.** Think of a soul that is not in harmony with God as being like an organ in your physical body that is diseased, which is causing you acute distress. Of course, God, being the Perfect Spiritual Being that always was and always will be, can, no doubt, override our negativity, but still be aware that some of the body parts are veering off in the wrong direction.

What can be done about this? The answer lies in the Reincarnation process. The plan is to have the soul undergo difficult life lessons until it realizes the futility of relying on the "Big Lie" of worldly pleasures and treasures with their false allure and sparkle. Most of us see the world through the window of the dark force. That has been the preponderance of the information that has been force-fed to us. **Ask for help to see the world from God's perspective. It will change the way that you think.** You will begin to see that all of the treasures of the world will turn on you and destroy you when God is absent from your heart.

Take a careful but emotion-free look at the people in your life. They are there for a reason. They are like characters in a play, with the Lords of Karma acting as the authors and

directors of the play. Sometimes certain characters are there to teach you. Other times, it is for you to teach them. Sometimes members of your family will be placed there because you have had previous good relationships, other times there may have been some problem that the two of you could not work out in a previous life. The same goes for your school life, social life, and work life. If you have a difficult boss, perhaps there is a problem that you could not work out in a prior life or maybe you had been a difficult boss or even a difficult ruler. Ask yourself why certain people irritate or rub you the wrong way. Pray for the wisdom to understand how to relate to them correctly. **Remain non-judgmental. Remember that you do not know the role that the Lords of Karma chose for them. Ultimately, the correct way to relate to everyone is to treat them as if they were God in disguise.**

In the first book, we built a case for expanding our understanding of the meaning of our Oneness with God. All of us are his children. We have been told for centuries by the "Church" that we are unworthy, and in our present state, we probably are, but if you read Jesus' words literally, he was telling us that if we put in the hard work to purify ourselves as he did, we can also be candidates for Christhood. **Jesus has already given us help by the grace offered to humanity by his death on the cross and subsequent Resurrection and Ascension.** Again, what that means is that we can also eventually become a "Christ". So, what backs up this claim? See the reprint about Christhood taken from the second book, "Using Meditation as a Path to Please God on Your Spiritual Journey" below.

Christhood is Available to All

In an address by the Lord and Ascended Master, Jesus, contained in the series titled, 21 Essential Lessons, Lesson 15, THE SIXTH RAY, available from the Ascended Master Teaching Foundation, P. O. Box 466, Mount Shasta, CA 96067, Jesus explains that Christhood is ultimately ordained for everyone using this planet as part of their spiritual evolution. He goes on to explain that one of the greatest mistakes that has hindered the Christian movement is the thought that Christhood/Godhood should be tendered only to him. To further expand on this to those who may have doubts, I remind you of what **Jesus said, "Even the least among you can do all that I**

have done, and greater things" (John 14:12). So, why are we limiting ourselves? Who put up the boundaries?

The whole point of the Master's teaching is that we must come to an understanding of the predicament in which we find ourselves. Which is: We have pretty much blocked ourselves out of heaven. How so? It is twofold. First, if you read the first book or have finished reading Chapter 5 in this book, you have learned about our initial fall from grace with the subsequent separation of our Christ Selves from the earth-bound spiritual entity. Whether you accept this story or want to go with the Biblical story of the forbidden fruit from the tree in the center of the Garden of Eden, they mean the same; **we rebelled against the Will of God.**

Second, we keep getting the chance to return to earth to make a new attempt to finally learn how to become one with the Will of God and then to lead an exemplary life. This, of course, is after having studied anew in the heavenly temples. **Before leaving the heavenly realms, we are full of zeal for this new opportunity. However, once we get here and go through the infancy process, then the acts of acquiring the skill to think and learn, it does not take long for our consciousness to be overwhelmed by the distractions of the world,** (which are governed by the dark force). Add to that the weight of our previous karma and somehow, all that zeal that we had somehow becomes lost.

Our God is a God of love. He has shown mercy to his children more times than you could count, always offering us a way to come home. Some examples: thinking of the "Big Five", religions still extant on the earth, the beginning of the spiritual concept that is now known as Hinduism was brought to India by a migrating group of Aryan people who have since been lost to history, so we don't know where they received their initial information, but it appears to have been very close to the truth.

All of the religions that came along after that, some of which have since disappeared, were started by someone who may have been searching, and either sensed the closeness of God, like the Buddha, who went into a seven year's long meditation to find God, and whose teachings are a part of the "Big Five", or by divine revelation from God, as in the cases of Abraham and Moses, and then, later, through the life and teachings of Lord Jesus. All of these religions were offered as a correct way to live your life, which God would find pleasing. It is said

that Archangel Gabriel was Muhammad's teacher, so you could also count that event as divine revelation.

Judaism is famous for its prophets. Perhaps the greatest Jewish prophet was Isaiah. Paraphrasing one of his messages to the people during the time of their captivity in Babylon, it is as if God is speaking**: I (God) gave you everything that you needed to live a good life and be faithful to me.** I also gave you priests and prophets to teach and guide you. You were successful, did everything right in the beginning and then **you acquired so much wealth that you began to take me (God) for granted.** You became so self-confident and arrogant that you lost your wealth, lost your freedom, and lost your direction in life.

2700+ years later, we can look at ourselves and make some of the same assessments. The False-self ego has taken over the direction of our lives with its reliance on the deadly sins of pride, greed, wrath, envy, lust, and gluttony. It is subtle. We do not know that it is there. Each of us has created within ourselves a concept that has become our God, one that is comfortable and easy to live with, who we think probably turns his head when we do something wrong and does not see. It is as if we are in a state of somnambulism or self-hypnosis. We do not think that we are guilty of any of those deadly sins, because our habits have somehow worked for us in the past and we are enjoying ourselves so much that we do not want to change. But sooner or later, something will happen, perhaps some type of crisis will appear, maybe a health crisis, or the loss of a loved one or the loss of a job, and we are so taken aback that we begin to think about what we might have been doing wrong, which may ultimately lead to an earnest assessment of our conscience.

The dominance of the ego is the result of living in a world that is constantly being manipulated by the dark force, is full of chaos and misinformation, and we simply do not understand how to take the proper spiritual safeguards. Chaos comes from all directions: economic problems, health problems, relationship problems, sexual problems, racism, politics, wars or threats of war, the constant blather of the news media, the attack on our moral center by the criminal and sexual depravity of some factions of the entertainment industry or by computer games that warp the minds of our young people. All of these things tend to lead to most of humanity becoming emotionally and mentally overburdened. Again, it is so subtle, we

do not understand what is happening to us. For instance, the Masters state that all of the good that we might obtain by reading 20 pages in the Bible about “The Acts of the Apostles”, can be undone by then watching a TV show loaded with sexual promiscuity or violent content.

Chapter 8

Working on the Return to God

The Masters teach that the ultimate goal that we should be striving for while we are experiencing life on earth is to become a Christ. That may seem far-fetched to those of us who have been told over and over that we are sinners and are unworthy. And it may appear unattainable to those of us that think we have already stumbled far beyond God's forgiveness. It is unattainable if we do not try. And that is the problem. **Most of us never try.**

In the Master's earlier books, it was mentioned that there were other Christ figures that came to minister to the peoples of the earth with the introduction of the 5th Root Race that began about 1,000,000 years ago. These Christ figures were not from our group known as humanity, but were reported to have come from the Great Central Sun.

It was also pointed out that before Jesus came, there were other beings that were involved in earth's evolution who had achieved their Ascension into the Christ Estate. These first three are unusual, but are examples, nonetheless. The first is an Old Testament figure, Melchizedek, who was said to have no beginning or ending, leading us to assume that he was already divine. (To add validity to the last statement, Jesus was said to be a priest in the priestly line of Melchizedek.) Melchizedek bestowed his blessings on Abraham, which was a significant and world-changing event, somewhere during the 1800's B.C. Also In the Old Testament, Isaiah was said to have been taken up to heaven in a whirlwind with a chariot of fire and horses of fire about 670 B.C. Enoch was said to be taken to heaven without having to die. (This was before the Great Flood).

According to the Masters, Ascended Lady Master Nada made her Ascension about 700 B.C. Master Lanto made his Ascension about 500 B.C. Lord Buddha made his Ascension during the late 480's B.C. Moses made his Ascension in his next life as Ananda, the Buddha's loyal attendant, in the 400's B.C. Master Serapis Bey made his Ascension about 400 B.C.

The above Ascensions (except for Enoch and Isaiah) were done under private circumstances, but the idea for Lord Jesus' mission was entirely different. **Jesus' Resurrection and Ascension were designed to present the manifestation of someone achieving their Christhood as a very public example.** One that would be remembered forever.

I remind you that the people of the earth had sunk to a very low point at that time in history. Lord Jesus' mission was planned by the then World Teacher, Ascended Master Maitreya, to stun and awaken the world. Until that time, the souls that made their Ascension did so without any fanfare at the close of their earthly lives. Individuals passed on, and when they died, if they had lived an exemplary life, their Spirit ascended and merged with their Holy Christ Self. And that is the way that you and I will eventually do it.

Lord Jesus aptly demonstrated through his unquestioned trust in God and submission to the unjust persecution and death on a cross that the spirit, in surrendering to the Will of God, was more powerful than all earth-based power. He Resurrected his dead body, showed it to others and then made a public Ascension. All of these actions were fully documented.

Lord Jesus' example was for the purpose of stirring the souls of those on earth to emulate his example. Not to experience a violent death, like death on a cross necessarily, but **to turn our lives over to the Will of God. Then, after accepting that Will, to try to perfect ourselves. Jesus said, "Be perfect, therefore, as your heavenly Father is perfect", (Matthew 5:48) To guard against becoming blinded by fears and doubts and to go with whatever the circumstances of our mission call for.** For instance, how many times was the Apostle Paul beaten and put into prison? He was shipwrecked several times and was stoned (to apparent death) at least once. But he did not let that interfere with his mission.

So, after Jesus' Resurrection, you have the miraculous actions of the Apostles after receiving the powers from the Holy Spirit. Some of these same powers of the Holy Spirit were also said to have been passed on to some of the Lay People. The early Christian teachers tuned in so deeply to the teachings of the Master Jesus together with the zeal given to them by the Holy Spirit that they embodied those powers to those in which they encountered. **Their description of the Christ way of life, together with the example with which they lived, created more converts to the faith then all of the teachers and lecturers that have followed them since.**

I have not yet been able to determine how long those miraculous powers lasted, but they must have lost some momentum by the time of Emperor Constantine and the Council of Nicaea (325 AD). There were later councils. That of Emperor Theodosius I and the Council of

Constantinople, (381 AD) and even later, the Council of Ephesus, (431 AD) convened by Emperor Theodosius II. Lord Jesus has mentioned that some of his teachings were misinterpreted by people who influenced them with their own beliefs. And, of course, those new documents would eventually become a part of the Catholic Christian Church teaching.

Lord Jesus reminds us that the resurrection process manifests itself every spring in the nature kingdom. This is shown in the re-leafing of trees and the annual reappearance of flowers and growth of grass, as just three examples. There is, however, a huge difference between us and the kingdom of nature. The nature kingdom has a perfect pattern that works on a pre-ordained cycle. **We, on the other hand, have free will. We can, and have, chosen to wander off on a different path than the one God chose for us. That is what originally got us into trouble** (The Fall from Grace) which manifested when we rebelled against the Will of God about 4,400,000 years ago. Since then, we have also continuously failed to understand the true purpose of these lives that we are experiencing and to make good on our chance to wrap up our lessons on the "Great Schoolroom, Earth". **So, what again are those lessons? To learn to control the four lower earth-bound bodies: mental, emotional, physical, etheric, and to try to obtain Christ Consciousness.**

So, the question remains. When are we going to awaken to the knowledge that we have restricted and inhibited ourselves by our acceptance of the earthly education of limitations and unworthiness, together with our insatiable desire to become mired in the foolish and self-defeating habits of the world?

It is not hopeless. The Masters have laid out a plan to help you. You should begin with the morning routine described on the last page of Chapter 6. Then, I recommend that **you should do a thorough examination of conscience, peeling back all of the layers of shame and self-protection that you have kept hidden in your subconscious.** You must deal with them. If you are a Catholic, you can confess your sins to a priest. For all other religions, you should confess them directly to the Heavenly Father and ask for forgiveness. (He will not be shocked. He already knows about them).

Next, I recommend that you read the second book, "Using Meditation as a Path to Please God." It explains **how to use the power of the 7 Rays.** Each Ray will have a

significant impact on your spiritual being, helping you to become a better person. As a bonus, the 7th Ray is designed to help you transmute your Karma, (Transmutation means to forgive your accumulated sins from this and past lives) which is one of the things, together with your current bothersome False Self Ego that is holding you back.

Once you have done these things, I suggest that you have a period in the evening when you **review the events of the day and grade yourself on how you have comported yourself with every encounter with another person and every random thought that might have crossed your mind.** The standard by which you grade yourself should be the "Christ Consciousness".

Emulating the Christ Consciousness means that you must get out of your comfort zone and learn how to love correctly. Oh, I understand that you love family members and a certain group of friends, but God's original teaching is that we are all one. That means that we should love everyone and all of creation. You do not have to like the "bad actors", but you do have to love them.

You are going to say, "Well, that is a tough order. How can we love that dictator or that gangster"? It is tough, but we do not know the reasons behind their role in the current "play" that is presented as life. The proper response would be to acknowledge their wrongdoings as something that you hope that you will never have to confront, while simultaneously praying that they will have a spiritual awakening.

Warning: Please understand that as you begin to become more God-centered in your thoughts that the dark force will do everything in their power to flip you.

For an example of someone who understood the correct Christ-like attitude toward life, **I offer a brief story about an English nurse, Edith Cavell, who served during the First World War.** She ministered to and treated soldiers from both sides of the conflict without discrimination and, in addition, helped about 200 Allied soldiers escape from German-occupied Belgium. For this, she was arrested, court-martialed under German military law, and sentenced to death by firing squad. **The night before her death she said, "I must have no hatred or bitterness toward anyone."** She was 49 years old when she was executed (Source: Wikipedia).

This lady, like Jesus, understood the true meaning of forgiveness. This is one of the most difficult life lessons, but you will never enter Heaven if you harbor hatred or resentment toward others.

The Masters are also adamant about decreeing (Decreeing was explained in the last part of Chapter 6) for the improvement of all people and situations in the world.

Another thing that you should do to get right with God, is to make sure that money is flowing through you to those who are less fortunate. The idea of a charitable gift of 10% of your earnings goes all the way back to the Old Testament. The thing that might surprise you is that you will find that the more you give, the more blessings you will receive.

At the end of the 2nd chapter, I asked if you had ever thought about what God wants. **God wants his creation to return to its integrity and justice.** Jesus so aptly laid out a prayer to lead us to that goal in the Lord's Prayer (Matthew's version, Matt 6: 9-13).

Our Father who art in heaven,
Hallowed be thy name.
Thy Kingdom come.
Thy Will be done on earth as it is in heaven.
Give us this day, our daily bread,
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation but deliver us from evil.

For those who read the first book and took note of the symbology of certain numbers, note here that the Master, Jesus, expressed the prayer in 7 important statements.

When you examine each statement, contemplate the gravity of the words:

In the first line, do you really understand to whom you are talking? Most of us say this prayer by rote. This is the creator of the entire universe that you are addressing.
In the second line, Jesus is acknowledging that God's name is the holiest of the holy.
In the third line, he expresses God's desire that the glory of heaven may come to earth.

In the fourth line, he instructs us to become One with the Will of God.

In the fifth line, he instructs us to pray for our food.

In the sixth line, he explains the basis of the Law of Forgiveness.

In the seventh line, he instructs us to pray for protection from the evil one.

So, if you have followed the teachings of the Ascended Masters, you will find that these things will give you a start on your return to relationship with God. Each step is complex, and you will be surprised at how noticeable the changes to the way in which the mind works manifests in you. You will, after all, be inviting God into your mind and soul. **That is what God has wanted from you all along. Your attention.**

Blessings!

Inside this book are answers to these questions and more.
The pdf book is free to download.

Blessings to you all
John Patrick
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