

Using Meditation as a Path to Please God on Your Spiritual Journey

John Patrick



Preface

The purpose of this small book is threefold. (1) To give the reader a quick summary of the history of humanity's Spiritual journey through the time since the "Big Bang," at which point we were created as "Spirit Sparks" with raw potential, to the present where humanity, encased in a highly evolved human-animal body, 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 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 send to earth the beneficent 7 Rays of God. 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.

(3) To teach the reader the attributes of the 7 Rays so that in meditating on the Rays, one can make quicker progress on understanding how to perfect themselves and becoming one with the Will of God. This, of course, will be pleasing to God.

Sources

Similar to my first book "A Spiritual Journey Through Time", this book was also 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

Using Meditation as a Path to Please God for Your Spiritual Journey

Table of Contents

Chapter 1	Pg. 1 In The Beginning
Chapter 2	Pg. 6 The Spiritual Hierarchy, The Seven Rays and Seven Spheres of God
Chapter 3	Pg. 9 The Solar Hierarchy, the Three Life Streams Using the Earth
Chapter 4	Pg. 11 The Worldly Things that Stand Between Us and Our Truth Pg. 19 Hints in the Bible About Reincarnation
Chapter 5	Pg. 23 A Cross Examination of the Soul
Chapter 6	Pg. 29 Explaining the Rays, Beginning with the Seventh (the Last) Pg. 30 How To Start Your Day Pg. 30 Calling for the Seventh Ray
Chapter 7	Pg. 32 A Short Course on the Power of the First Ray
Chapter 8	Pg. 41 The Attributes and Lessons of the Second Ray
Chapter 9	Pg. 46 The Importance of the Third Ray
Chapter 10	Pg. 49 The God Virtues of the Fourth Ray
Chapter 11	Pg. 54 The God Virtues of the Fifth Ray
Chapter 12	Pg. 58 The God Virtues of the Sixth Ray
Chapter 13	Pg. 60 The Seventh Steps To Precipitation
Chapter 14	Pg. 63 Christhood Is Available To All
Chapter 15	Pg. 66 A Summary of the Religions
Chapter 16	Pg. 72 What's Happening Now?

Using Meditation as a Path to Please God for Your Spiritual Journey

Chapter 1 In The Beginning

In the first book, “A Spiritual Journey Through Time,” 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). 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. There were a number of books that were published through two different sources, which are still available, and which will be noted later in the book. At the end of the last period, the Masters retired from that effort saying that the 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. **In “A Spiritual Journey Through Time,” we described how our “spirit spark” was created at the moment of the Big Bang, which science places at about 13.8 billion years ago.** Our “spirit spark” has had a continuing existence since. First, as a part of a large Central Sun, and then later, transferred to yet another large Sun before we were spun off to our current smaller Sun, where at a pre-ordained time, and for a pre-ordained purpose known only to God, we would eventually experience the awakening that we call “life.”

Our physical Sun is ensouled by two highly advanced Spiritual Beings named Helios and Vesta, who are acknowledged in the Spiritual Realms by the title of Sun God and Sun Goddess. Again, your Spirit Spark was created by God, but Helios and Vesta can be thought of as your Godparents. They are the ones who nourished and educated you, orchestrating your awakening from a spirit spark with raw spiritual potential, to a white fire being with unlimited spiritual potential.

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. 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 didn't 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 called Root Races, that were scheduled to come at different intervals and to different locales. 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 Ray types and cycles will be explained in the next chapter). The idea was that each Root Race should experience all seven of the Ray cycles. Each Ray cycle lasts 2,000 years. For instance, we have recently finished the Sixth Ray cycle, which began about the time of the birth of Jesus. We are now in the Seventh Ray 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 all of 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 been finished in a total of 98,000 years. $7 \times 14 = 98$. 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 about 4 ½ million years ago, to 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 don’t indicate where the Second Root Race went, but another source indicates that they went to an area called Hyperborea, which was near the present North Pole. The Masters state that the Third Root Race went to a continent in the Pacific called Lemuria (Mu for short).

The Masters indicate that the First and Second Root Races completed their lessons in the allotted time (14,000 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 ideas about the Golden Ages and the Garden of Eden.**

The Fourth Root Race seems to have split, with the first group going 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.

I read 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, revolting against God’s laws, etc.) and had not “graduated” before their planet was scheduled to be re-absorbed by its sun (think 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 (this period, and very major event is discussed in detail in the first book).

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.

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, leading eventually to pushing their consciousness into animal forms to experience the excitement of the senses, particularly the "sexual mating process," with the result being that 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 foremost goal.

The final step was that the Ape/Chimpanzee form was the one they chose to modify and thereby inhabit, with the modifications leading to the ape man/caveman form.

Note: The Masters didn't comment on this step, offering the explanation that when we dig into the details of the workings of the dark force, we open ourselves to attacks by the dark force. This led the author to wonder how to tie the story together. Among other things, I am a member of the group known as the ARE (The Association for Research and Enlightenment). It studies the readings of Edgar Cayce, America's Sleeping Prophet. I found the story about the Ape form in the Cayce material (Edgar Cayce on Human Origins).

This desire to experience the five senses in an animal type body appears to tie into the idea of the spirits rebelling against the will of God in what is described in the Bible as the “forbidden fruit” and the Fall of Man (again, the first book covers this in more detail). A number of centuries later, when the Spiritual Hierarchy decided to move on from the ape man form and bring forth the “new” more highly evolved body that we now inhabit, that new body was presented in 5 different racial types, (black, white, red, brown and yellow) perhaps emblematic of the 5 different senses.

So, to sum it up, we became influenced by the dark force, rebelled against the Will of God, and became trapped in these human-animal bodies that we now inhabit with the insatiable desire to experience the satisfaction of the five senses. God’s grand plan for the spirits became subverted and you, me and all the souls belonging to the Fourth through Seventh Root Races of humanity are paying the price.

Chapter 2

The Spiritual Hierarchy, The Seven Rays and Seven Spheres of God

In the first book, “A Spiritual Journey Through Time,” we recounted the story of the composition of the Spiritual Hierarchy of the earth. In summary, **There is a position called Lord of the World**, whose responsibilities include receiving direction from Helios and Vesta, the Sun God and Goddess, 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. 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, Lord 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 by Ascended Master Kuthumi. Prior to this, Masters Jesus and Kuthumi both served as Chohans of the Rays (to be explained later).

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.

There is a position called Maha Chohan (Holy Spirit) whose responsibilities are numerous, but the principle one is to receive the Light Rays from God and redirect them to the Chohans of the Rays and wherever else they are needed.

There is a position called Chohan of the Ray. (There are seven Rays, and 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 Archaii, 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 an example, the “age” of the Sixth 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 Seventh 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 First Ray is on Sunday, with Monday being the Second, etc.

In the first book we described how we came to be, plus a description of the Seven Rays. Each person on earth, at some point before incarnation, spent their initial learning period, basking in the aura of, and being buttressed by the Spiritual Beings, Helios and Vesta, that ensoul our physical sun, and then being turned from a spirit spark with raw potential into in a white fire being with unlimited spiritual potential. The next step was to become immersed in and exposed to the lessons of the Rays that are contained within the Spheres that are a part of the “body” of our God Parents, Helios and Vesta. **There are seven Spheres in the sun. The Spheres and Rays are somewhat interconnected, in that the Spheres contain the attributes and lessons of the Rays.**

Each Ray has its different attributes, and the amount of time you spent in each Sphere studying the aspects of the Ray influences the basic strengths and interests of your spirit being. It can be thought of in a manner like your experience in the schools of earth. In school there will be some subjects that interest you more than others, thereby having some impact on what might interest you in your business career or life choices. It is the same with the Spheres/Rays. **Some Spheres would interest you more than others and would impact the choosing of which Ray that you are “on.”** (the Ray that you identify with).

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 was no strict schedule.

There are four additional Rays with completely different attributes 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. 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 will be discussed in later chapters.

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. For instance, The titles, Lord and Goddess are used frequently. 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.

Chapter 3

The Solar Hierarchy, the Three Life Streams Using the Earth

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. God's plan included three separate and distinct types of beings to populate our solar system: (1) **Angelic beings, which would serve as teachers, messengers and protectors to the other two types of beings;** (2) **Spiritual beings which would, as in our case, become what we are now, (humanity,)** but on other solar systems could either 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 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.**

God conceived everything that serves to populate our solar system. 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.

There are different levels of understanding concerning the nature of God. God is Infinite and we are finite, so we can only speculate until we reach a higher level of spiritual evolution. **Some of us speculate that there is the Infinite, unseen and unknowable Cosmic Intelligence that always was and always will be and is the ultimate thinker and planner. The Kabbalists call him\her Ein Sof (without end) or the unknowable God, prior to any manifestation.**

It is also thought by some that there is another level of God that is subordinate to the Unknowable that is referred to as the "Word," who is charged with the actual physical creation of the universe. Some refer to the Word as the principle of reason and creative order.

In our solar system, the authority for planning and managing it resides in the two highly evolved Spiritual Beings named Alpha and Omega, who ensoul the Great Central Sun of

our solar system. I am the Alpha and Omega, the beginning and the end. Has Science found this sun yet? Maybe. The James Webb telescope “discovered” a very large sun in our solar system that had been previously overlooked. That was about all that was said about it as enthusiasm bounded over all of the new “wonders” they were viewing.

Next in line of authority would be Helios and Vesta, whom we had already mentioned and who ensoul our sun.

Next, after them, would be the Solar Silent Watcher, who is of the Elemental evolution and keeps an eye on the entire workings of our solar system. It is the Solar Silent Watcher who relays messages from Helios and Vesta to the Lord of the World.

Below it would be the individual Planetary Silent Watcher. In addition to watching the happenings on earth, I have read that it is the Planetary Silent Watcher who makes the comments in our personal “Book of Life.”

Also from the Elemental evolution, come the Seven Great Elohim and their female counterparts who are the beings who are in charge of the “building” of our planetary system.

There are also Devas of the Elemental evolution who have different “specialties” such as building mountain ranges, forests etc.

Interspersed through all of this would be the Angelic evolution. There are Nine different classifications of angels. There are some who are guardians, some who are messengers, some who protect the throne of God, There are some who deliver specific virtues or “graces” from God to people who are in need. There are some who guide and protect nations, churches, etc. There are some who have great control over the elements and some who watch and guard the movements of objects within the solar system (this could be a study for another book). **There are Seven Archangels assigned to the earth. The Archangels served as the first “Chohans” of the Rays. Archangel Michael is the Prince of the Heavenly Hosts.**

Chapter 4

The Worldly Things that Stand Between Us and Our Truth

Before we can understand how to please God, we must understand what the obstacles are to such a mystical goal. We live on a beautiful planet which is a gift from God with wonderful and inspiring vistas that are reminders to our souls, such as majestic mountains that point towards the heavens, lovely plains that contain rich soil that can offer fruits and vegetables to nourish our bodies, placid lakes and rivers that speak to us of peace, magnificent forests, that on some level are there to remind us to reach towards the “Light” and the Mighty oceans that are somewhat of a mirror of our emotions, sometimes tranquil and sometimes angry, but always unpredictable.

Some things, such as nature’s wonders, we take for granted, but some of these wonders speak to us on a purely subconscious level, not quite understandable to the conscious mind. For instance, there are those who, at some point, are driven to live in the mountains, others who want to live on a farm, others who are drawn to the hustle and bustle of the cities, and still others who long for the beauty of the seashore. All of these pulls and tugs are working through the subconscious mind to place us where we need to be in order to influence our lessons on this “Great Schoolroom Earth.” If you’re not sure you are in the right place, that can be an obstacle.

Then, as for other obstacles, throw in God’s most complicated creation. The human beings: adorable little boys and precious little girls transitioning to manhood and womanhood, each trying to find their true path to a successful life. Add to the mix the five different racial types, all with their apparent upsides and all with their challenges. To further complicate things, some people are born with gifts of unbridled beauty, intellect, personality, and talent, and then there are others who appear to have been at the end of the line when the “gifts” were being handed out. Our challenge is to learn how to co-exist, at times teach, and sometimes learn from others.

Next, stir in the biggest component of uncertainty, the minefield of our emotions. Scholars think that there are more negative emotions than positive emotions. For instance, they list five negative emotions: fear, anger, sadness, contempt, and disgust. They only list two positive emotions: happiness and surprise. Some scholars begrudgingly add in love. Some of

the emotions are very good, particularly the one begrudgingly called love. But there are different types of love. The best love is God's love for humanity. We are His children. The second best is the love that a small portion of humanity have for God. Next, would be a mother's love for her children. It has the potential to resemble most closely the unconditional love of God. A father's love is also good and very important, but never reaches quite the level of unconditional status as the mother's.

Now, you're probably guessing that next would be the love for one's significant other. But that depends on a lot of different elements. Is it because you truly love them for who they are, which is a mix of their inherent talents, virtues, and values, or is it clouded somewhat by the other four-letter word that begins with an L, which is lust, the sexual urge?

Add in the love that you have for humanity. This would be the most difficult challenge to quantify, because there are some who are inherently good and have certain traits that we would like to emulate, but there are a lot more who appear to have strayed from the path, thereby making it difficult for us to relate to them. Those are the ones who most need our love.

Throw in the love that you have for God's other creatures, the birds, animals, and sea creatures. Then, add in the love of your country, your community and most importantly, what you choose to do for a living, your life's work.

You could also say that you love your homes, your cars, and other possessions, but when you get to the heavenly realms, are those things really going to matter? The love emotion for God, the people, and values that we listed before we got to the possessions are the things that really matter.

The opposite of love is hatred. Where do you suppose that comes from? You're probably going to answer, "the devil" or dark force. Ultimately, you would be right, but what part do we play in that? Is the devil sitting on our shoulder, whispering in our ear? No. Hatred is a combination of three or four other emotions: fear, anger, contempt, and disgust. Hatred is built from the residue in the three levels of mind; the conscious, subconscious, and super-conscious, and the prejudices learned from our everyday experiences dealing with others, plus the prejudices morphed onto us by our parents, our friends, our state or country, our religious teaching and most profoundly, the news and entertainment media.

Compounding and confounding all of this would be the three great lusts. The first is the lust for power. The power to control companies. The power to control governments. The power to control what people think. The power to control how people vote. The power to control what people do. Ultimately, and as we see in certain signs threatening the world today, the power to decide to use terrible weapons to wipe out large segments of the people or even entire nations.

The next compounding emotion would be the lust for money. It stems from the basic needs of food, clothing, and shelter. Those are legitimate requirements, but how do you separate needs from wants and desires? Does one ever have enough? What is enough? Does anyone know? What part does fear play in it? What part does pride play in it?

Wound through all of this is the great lust for sex. All of us have it. The lust for sex is nature's way of making sure that the human race is propagated. The lust for sex is greater in some people and there are those that use their other two great lusts, their lust for power and their lust for money to obtain satisfaction of their even greater lust, the lust for sex. Some of these people have been caught and exposed, causing great shame, imprisonment and even death.

What part do all of the books, poems, paintings, movies and different genres of music have to do with the lust for sex and what we call "romance?" Most of the aforementioned works of so-called art have to do with our desires. The meaning of the word De-sire has sometimes been stated as "coming from the Father." For clarification, it's God's desire to send prompts/ideas to humanity's subconscious that would lead to them creating improvements in the life of people and the world. But, of course, humanity has corrupted the meaning of desire.

Books were a great gift to the world. Where do you think the original idea for books came from? Everything that leads to improvement for the human race originated first in the Mind of God. Books can lead us to enlightenment on any number of subjects. The Bible is the greatest book and the correct pathway through life can be found there by those who study it.

There have been many great minds who have left their thoughts behind to help those who seek answers to life's great mysteries. There are others who have written on the human condition, some great ones who have recorded history and still others who have written stories to entertain. But entertainers can also compose books that send us in the wrong direction. For

instance, how many times has an emotional passage from a book caused sexual arousal in your lower body? And who thought that publishing nude or nearly nude pictures of women was a good thing?

During the early years of the 20th century, the radio was the focal point for entertainment in the home. It wasn't uncommon to have a radio console made of wood that was about half the size of today's refrigerator. There were series of stories that ranged from personal versions of life experiences such as "Portia faces life," and "Amos and Andy," to mysteries such as "The Green Hornet," and "The Shadow," to Westerns such as "The Lone Ranger" to comedians such as Jack Benny, and Abbott and Costello. There were also many really good musical shows and a general entertainment program called "The Breakfast Club" that was hosted by Don McNeil. Sandwiched around these were the news programs from the various networks. It would be difficult to find major fault with the early days of radio.

The concept now called "movies" began in the late 1890's. The idea was first conceptualized by none other than Thomas Edison. It became more popular with the advent of the "talkies" in 1927. Soon, it dominated as the most popular form of entertainment. It had great power to influence people's minds, particularly those of the young. The powers behind the great studios kept searching for the "next big thing." The stories ranged from Biblical characterizations that would help stir the soul, to different variations of death depicted in war movies, westerns, cops and robbers, and murder mysteries, to stories dealing with adversity, to stories of man dealing with nature, to stories about coming of age, and to stories about love relationships. The same question about sexual arousal would apply to a movie with explicit sex scenes.

The "Television" exploded onto the scene in the 1950's. Eventually, almost every home had one. To some extent, it hurt the movie business and the radio business, but soon, the movie studios learned how to churn out material for the television networks. Originally, the content on the major television networks was mostly wholesome and family oriented. As the movie industry experimented with human sexuality and criminal perversion, those same themes found their way onto the television screen, further affecting the minds of the youth and impressionable adults as well. And what originally served as national news programs based on

presenting factual information eventually morphed into certain networks presenting their biased opinion of people and events.

In the 1990's personal computers found their way into households, opening up an exciting new way for some people to work more efficiently. That was followed by a smaller device that became known as the "smartphone." The concept of combining a phone with a small computer was an exceptional step forward in the area of information gathering and communication abilities. People could use it to contact businesses and healthcare providers, family members and friends. Eventually, it housed a shopping network, and one could even do their banking on their smartphone. It almost eliminated the need for paper maps with the arrival of GPS. And, of course, the entertainment industry found multiple ways to amuse the mind, including music channels, sports events, movies, and games.

Certain entrepreneurs came up with "Social Media" sites where one could post opinions, keep up with people who have shared interests, keep up with news, promote their business or creative ventures, help drive traffic to a website, build relationships with customers, further one's education, search for career opportunities and even sell personal items.

As in any public entertainment or communication venture there are always many opportunities for people to abuse the system. Key among them on "Social Media" are three: cyberbullying, fake or slanted news and algorithms that tend to filter content to make sure it is relevant to the site's management's opinions. These things have become such a problem that Congress is investigating some of the key players.

Music has always had a great influence on our spirit. Before we came to earth from the unseen realm, we experienced the music of the heavenly spheres (I was lucky enough to somehow tune in one night just before I fell asleep. It was breath-taking). The path that would lead to the great orchestral music began as early as the 11th century when monks began to put melody to some of their prayers and chants. After that, the world was treated to the talents of the great composers such as Beethoven, Mozart, Bach, Brahms and some twenty plus others who transformed classical music to a height not since equaled.

The genre that is referred to as the "Blues" started in the deep south in the late 1800's and incorporated things as divergent as spirituals, work songs, complaints about living

conditions and rejected love relationships that were experienced by members of the African American culture. In other words, it was the African American soul crying out for help.

Jazz, which, in its many different versions, can be very creative and expressive, became an offshoot of the blues and was begun by African Americans in New Orleans in the late 1800's-early 1900's. African American people were also responsible for the beginning of what we call "Country" music. So, the gifts to the American musical culture from the African American people have been enormous.

Eventually there came the "pop-classic" music of the 20th century. It sometimes reached a tiny bit close to the real classics but was simpler and often featured a singer. I find myself feeling sentimental When I hear some of the love songs of the 1930's, 40's and 50's. They were not particularly sexually oriented but cried out for our greater need for love and romance. Something of value that would be permanent. A life partner with which we could build a family. The dance steps that accompanied those songs seemed to echo the idea of a lovely union as a couple glided across the floor. Even the boogie-woogie required the couple to work together to perfect the dance step. It was faster and more athletic, but fun.

Then came rock, which is catchy and a lot of fun, but sometimes the words are very suggestive. It also contains the seemingly sexually oriented movements of the lower body parts. Was that meant to be a subconscious emulation of a male bird's mating ritual? Maybe. But in humans' interpretations of rock, it's not just the males giving off mating vibes, in rock dancing both the male and female participants are giving off "vibes." Sometimes it appears that the participants are busier making a statement of their individual sexual vitality than trying to be part of a couple. It is if they are dancing alone. It is like a self-advertisement.

So, perhaps you can see how music can be a great influence in our lives. The overall idea of music is good. It can lead to inspirations of devotion to God. A song or orchestral composition can help foster pride in a country. It can celebrate major events in our lives, such as birthdays and weddings. It can be used to tout our learning institutions. It can be used for entertainment, just for listening enjoyment or, more purposely, for dancing, which is a celebration of life. And then, there are the "You done me wrong" songs. Expressing one's frustration of a love affair

gone bad. All of those types of songs are real and most of us have had experiences with which we can relate.

Branching out from the lower expression of human conditions are those songs and movies that are the ones that appeal to our sexual urges. These things have become more acceptable and commonplace even while humanity has theoretically become smarter. Go figure.

Getting back to people, some we like immediately and some we dislike immediately. The subconscious is signaling its trust or distrust. Others grow on us. What makes the difference? If you mark it all up to the power of one's perceptions, maybe those that have the power of perception are luckier than the rest of us, but are there other underlying reasons? Did we know them in the heavenly realms before experiencing incarnation on the earth? But that begs other questions. If we knew them in the heavenly realms, all would have to have been on an upward path and that would preclude any dislike. There is another likely option that we will discuss later.

So, what about trust? How does it work? Where did it come from? Is it a virtue? Readers of the Bible will tell us that trust originally came from God. We are told that God loved us so much that He formed the sun, the planets and the spiritual being that is you. You inherently know that the sun is going to rise every morning. You inherently know that because you have seen it happen enough that you now trust that it will continue to happen. So, the Bible told us where trust came from, but now the habit of observing has given you the clue to how it works. If you observe things or people enough, you will be able to form an opinion and determine your level of trust. So, trust is not necessarily a virtue but comes from experience.

Faith is somewhat intertwined with trust, but with a major difference. Faith is the knowledge that what has been promised by God, or a parent or a spouse or a friend will happen. You never question the belief. Faith is a virtue, a gift from God.

Hope is even more different. It is based primarily on desire. In positive circumstances, the desire/hope is for the very best outcome for any circumstance, concern, or person. This type of hope is a virtue. In negative circumstances, it can be used by the dark side of ourselves

to hope for some type of revenge or bad outcome to happen to people that we don't like. That is not a virtue but a distortion of God's intention for humanity.

Charity is also a virtue. The Bible teaches that the early Jewish people gave offerings, sometimes burnt, to God. Leviticus 27:30 taught the idea of giving 10% of your earnings. This became known as a tithe. In God-centered people, it means today that the first 10% of your earnings belong to God. You will have to decide how to dole it out between the churches and charities. Some of you may find that living up to this is hard, but in my experience, God is never outdone by generosity. The more you give, the more you get.

The other four virtues: prudence, justice, temperance, and fortitude all have to do with our powers of correctness of thought and control of self and emotions; how we interact with others, how we judge others, ourselves, and situations. Judging others is a big pitfall for mankind and gets tangled up with resentment, dislike and even hatred. This is where we can get tripped up by the unforgiveness that can last for a lifetime.

In the scheme of things over the centuries, standards of living have seemed to have gotten better, easier and to some extent, more peaceful. But continued peacefulness rests in the hands of a few world leaders who exhibit a ruthless pursuit of power. If you follow the news, you know who they are. Having the threat of another World War can lead to pressure on the subconscious. This can lead to incorrect thoughts, such as cutting corners on duties, responsibilities and morals, all because the thought might have crossed your mind that, "Hey, the world is going to end soon, so what does it matter?"

Even with all of the modern advances, the pace of life has picked up, placing crushing demands on some people's time. There are those who must work two or three jobs to help make ends meet. There are those who are trying to juggle school with part-time work, all the while incurring debt that must be paid back in later years. There are those who provide care for a sick, disabled, or aging family member. Pressure, pressure, pressure, all working on the boiler room of the emotions. And there are those that the pressures have been such that they have given up trying to make it the "regular" way and have become drug addicts, homeless, or both.

Now, let's look at the influences on our beginning years. If you read the first book, "A Spiritual Journey Through Time," or the first few chapters of this book, you will have learned

about the Root Races. **The period leading up to the “Fall,” plus the period of the devolution of consciousness culminating in the Ape-man/Caveman epoch lasted for several million years.**

So, if you are a member of the Fourth Root Race, you would be considered a “really old soul” and would have experienced a large number of different lives together with the accumulation of the karma from the misuse of the energies sent to you from God during those lives.

If you didn’t read the first book, I may have caught you by surprise with the mention of a number of different lives (Reincarnation) and the accumulated Karma. **There are many good books on Reincarnation. In my opinion, one of the best is “Journey of Souls” by Michael Newton, PH.D.** Dr. Newton is a counseling psychologist as well as a master hypnotherapist. He found a way to guide people who were under hypnosis, not only through their childhood and their time in the womb, but also back to their learning experiences in the spirit world in between lives and then back into previous lives. There are a large number of individual case studies, with the descriptions of events in the spiritual realm being so similar that the information would be hard to refute. If you are still bothered by this, as it relates to your previous religious teaching, there are hints in the Bible about Reincarnation.

Hints in the Bible About Reincarnation

Where are the hints in the Bible about a prior belief in Reincarnation? Try Matthew 11, verses 13-15, Matthew 16, verses 13-14, and Matthew 17, verses 1-13.

In the first one, Matthew 11:13-15, (which I never remember hearing at church, so it appears that the Catholic Church tries to avoid this one,) Jesus is talking about John the Baptist. “For before John came, all the teachings of the scriptures looked forward to this present time. And if you are willing to accept what I say, he is Elijah, the one the prophets said would come. Anyone who is willing to hear should listen and understand.”

In the second one, When Jesus went into the region of Caesarea Phillipi, he asked of his disciples, “Who do people say that the Son of Man is?” They replied, “Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.” Note: This story is repeated in Mark 9, verses 27-28. A slightly different perspective on the same question is raised by Herod in Mark

6, verses 14-16, and again in Luke 9, verses 7-9. So, it appears that at least some of the people in that time period thought that souls could come back.

Then read Matthew 17:1 through 13. The Catholic Church is very selective in how they present this gospel because they seldom mention the most important reference to reincarnation cast in verses 10 through 13. It's as if they would not know how to explain the verses in question. It is the occasion on which Jesus and three of His disciples, Peter, James and John are on a mountain and Jesus' Holy Christ Self merges with Jesus and Jesus is transfigured. Moses and Elijah appeared, talking to Jesus, and at that moment, a bright cloud enveloped them, and a voice from the cloud said, "This is My Son, whom I love; with Him I am well pleased. Listen to Him." When the disciples heard this, they fell facedown to the ground, terrified.

Now, the part the Catholic Church appears to avoid reading is: Then the disciples asked, "Why then do the teachers of the law say that Elijah must come first?" Jesus replied, "To be sure, Elijah comes and restores all things. But I tell you, Elijah has already come, and they did not recognize him but have done to him everything they wished. In the same way the Son of Man is going to suffer at their hands. Then the disciples understood that He was talking to them about John the Baptist."

(For the first time, I recently heard a priest read this part of the gospel on a TV broadcast that originated in Canada. His explanation was that this leads some people to the idea of reincarnation. Probably not his exact words, but he made no effort to refute the idea.) This story is also repeated in Mark 9, verses 2-13. In these two stories, you can see that the disciples indicated that the prophets and reciters of the Jewish law had taught that Elijah would come back before the Messiah.

Continuing with our story. **The first sub-group of the Fifth Root Race began incarnating on earth about a million years ago**, so if you are a member of the Fifth Root Race, you would be considered an "old soul," also with a great deal of karma. **If you are a member of the Sixth or Seventh Root Races, you would be a new soul and didn't bring any "karmic baggage" with you.** However, your challenge would be to emulate the lives of the saints, (seriously!) and not let yourself be overcome by the constant stream of emphasis on the fulfilling of worldly desires which come at us from every direction.

A message to the two groups, “really old souls” and “old souls:” Look very carefully around you at all the people that you encounter in your daily lives. Some of them are going to be there for a reason. They could have been friends or loving family members in a past life, but there are going to be others who may have been enemies, hateful family members or estranged love partners who are now placed in your current life to give you and them a chance to work things out.

There is much concern for the children of the world. The first, of course, is what type of parents do they have? The early years are critical for the development of the love and trust elements of the child, the nurturing and teaching from both the mother and father. If there are siblings, one must learn where they fit into “the pecking order.” Who is the top dog, and why? And then they go to school, where they will hopefully be taught the basics of what needs to be assimilated into the mind to be able to function in the world. When we say, hopefully, it depends on the mindset of the local board of education plus the quality of the individual teacher. We pray that the child can learn reading, writing and arithmetic instead of things like an attempt to confuse the child about their sexual gender or dumb-down the child to the level of the slowest learner.

At school, they encounter a different pecking order. This one is made up of all the different types of children in the respective community, plus others that, for one reason or another, are bused in. This can prove to be a difficult time for a young, impressionable mind. It is easy to fall into the trap of trying to be “popular.” It can lead one to trying drugs, alcoholic beverages, experimenting with sex and even becoming a member of a gang.

Some kids move on to college to pursue other avenues of growth. Some to become a sports hero, some to find their niche in a profession, but all to broaden their perspective of the world. In recent years, there has been a trend by a significant group of professors to undermine the core strengths and values of this great country into which we are blessed to reside. Make sure that your college age child is made aware of this pitfall.

The physical world is real. Most of the rest of the world is an illusion. Its purpose is to grab our attention and divert us from our main task of becoming one with God’s Will. Most people are not who or what they seem but are acting out a part that is based on their biased

and distorted view of how they want to out-picture themselves. **The Goddess of Truth, Pallas Athena, says that most people cannot bear the brutal frankness of who they are. So, the task for all of us, even though it may be painful, is to find our true selves.**

(Note: During the first three “Golden Ages” and during the early part of the Fourth Root Race, there were temples of truth where one could seek counsel from Pallas Athena. She is the Divine Complement to the Maha Chohan-Holy Spirit.)

Fame and fortune are fleeting things. The fame only lasts for a short time, and then the idolizing crowd will move on to someone else. Fortunes are only usable as long as you are above ground. God is not going to be impressed with how many multi-million-dollar homes you owned, but rather, what you did with that fortune to help other people.

The problem for the older soul is that it has racked up many lifetimes of problems, often catering to the fulfillment of desires, sometimes the lust for power, the lust for wealth, the lust for sex, the longing for fame, and the hatred of enemies. Sometimes it has been forced to fight in senseless wars, kill, plunder other’s belongings, incur injuries, incur shame, and incur wrath. Some have even been forced out of their homeland, or out of their families. All of these things weigh heavily on the soul and, sometimes, tend to influence our subconscious memory banks.

The problem for the new soul is they are taught that what they see of the world, the illusions, the craziness, the desire-fulfillment syndrome, “it is what it is,” or “dog eat dog,” is normal.

Chapter 5

A Cross Examination of the Soul

The Masters indicate that if one only studies and seeks the ways of the world, they will never experience the enlightenment that is necessary to enter the Kingdom of Heaven.

God, I am who I am, (Exodus 3:14) knew that his chosen people had all but forgotten their relationship with Him after many years of slavery and exposure to the fleshpots of Egypt. God chose Moses to bring the Israelites out of Egypt, thus seeking to remove from their everyday life, the chaos, inharmony and seeking of worldly desires that was such a part of their experience in Egypt. It took forty years of wandering in the desert (which was presumably, at that time, almost a generation) to try to re-educate them and weed out the “dross souls” who were never going to become one with God’s Will.

So, your first challenge is to train yourself how to seek and become one with God’s Will. This means making major changes in the way that you think. You are a child of God. **A fragment of God is within you, similar to the DNA from your earthly parents.** Only, in this case, it originated as a Divine Spirit Spark created during the “Big Bang,” that at a given moment, after having been buttressed by Helios and Vesta, (the spiritual beings who are the Sun God and Sun Goddess of our system and are your Godparents,) your spark burst into a white fire being and became your **I am Presence.**

Your I am Presence resides in the heavenly realms and contains the original pure male and female spiritual essences. Yes, I know that this may be a shock, but **there is a polar-opposite female or male spiritual version of you somewhere in the solar system.** It is also called your Divine Complement. **Along with the Presence, there are two other parts of you residing in the heavenly realms. One is known as the Holy Christ Self,** which is the perfected version of what you will eventually become. It is the one that sends messages to your conscience. **The third part of you that remains in the heavenly realms is called the “Causal Body.”** It is built of the colors of the concentric light ring energies of the Rays which you absorbed while going through the seven spheres in the Sun and has been added to by the good deeds that you have done while on the planet earth. In other words, it houses and reflects all the “good” lessons of the Rays throughout your existences.

You have the potential to become a godly being, a master of body, mind, emotions, and spirit. Jesus said, “You are Gods.” (John 10:34.) To become a master, you will need to begin to think like a master. Call on your I am Presence to guide you in everything that you do, beginning with a serious self-assessment. What are your desires? Have you made a list of you wants? Are they all worldly? What do you think about the most? What do you pray for? Who do you blame for your problems? Where are you on the spiritual ladder?

The perfect example of what we all should strive for was first portrayed in the life of the original Krishna, who was a Christ-like being who came from the Great Central Sun. (Of course, that was so long ago that he has been mostly forgotten). Then, there was Moses, who was confronted by God, and became the great rescuer and teacher of the Jewish people. Next, there was Siddhartha Gautama, who experienced a marvelous breakthrough in meditation, and then ministered to the people until his death. Then, 2,000 years ago, we had the perfect example of the correct way to live in the personage of Jesus.

If you’re like most of us, you might feel a bit lacking in certain areas to be able to have a personal relationship with any of these exalted beings and call on them for help. Particularly in the Christian dispensation. **For many years, churches and preachers have emphasized our sins and unworthiness. Jesus is very aware of that. During the 20th century, Jesus appeared several times to a nun named Sister Maria Faustyna Kowalska, who was later canonized as a saint, and Jesus told her that he was saddened that people were not coming to him due to feelings of unworthiness. “Tell them to come to me.”**

Jesus understood the power of the I am Presence, and prefaced many of his remarks with the words, I am, such as, **“I am the Resurrection and the Life.” (John 11:25) It became one of his mantras. Another was “I am the way, and the truth and the life. No one comes to the Father except through me.” (John 14:6)**

You may also be unsure about your worthiness to not only call on Lord Jesus but also, to call on your own I am Presence, but the beginning of your path to holiness, and therefore your path back to God, starts here. **Jesus would be the first to tell you that the same basic substance of the I am Presence which he used to achieve his Christhood is also within you,**

waiting for your acknowledgement that you want to use this divine spiritual essence to produce oneness with God and perfection in yourself.

As a start, you could come up with your own mantra. For instance, for a beginner it could be things like, “I am becoming one with God’s Will” or “I am seeking God.” If you are living in a household that is subject to strife, you could say, “I am the Presence of Harmony.” A more advanced student could say something like, “I am the Power of God working in the world.” Ask for help from your I am Presence in understanding what your mantra focus should be. **The critical thing is to claim this God-power as your own, repeat it frequently, and then believe it.**

Encourage yourself to set aside some time at the end of the day to review your interactions with family members, other people, and businesses. Ask yourself what you could have done better and then, vow to do better. If you were gruff or short with someone, find them and apologize. If you didn’t have any interactions on a given day, start reviewing the scenes of people and situations tucked away from your past. You may find this uncomfortable, but it needs to be done to purify the soul. This is a critical step in your self-assessment.

The part of our intellect that governs our everyday lives is sometimes referred to as the ego. To be clear, the ego is thought of in the heavenly realms as that part of the monad/soul that goes out to experience life on a planet. If the monad/soul has experienced previous lives, it comes in with a certain amount of “baggage” (Karma, from incorrect actions, thoughts, and words). Therefore, since these egos are not as pure as the driven snow, the writer tags the egos of these souls with the term, false-self ego (this applies to just about all of us).

When things go wrong in your life (sometimes a daily occurrence), your false-self ego will look for someone, or something else to blame. In the Bible this process all began with the allegory of the forbidden fruit. After Eve had eaten the forbidden fruit, she gave some to Adam. Later, when the Lord God was moving about in the garden, He called to Adam, “Where are you?” Adam answered, “I heard you in the garden, but I was afraid, because I was naked, so I hid myself.” God understood that they had eaten of the forbidden fruit. So, then began the shame and blame game, which is still going on today. When God questioned Adam, he was ashamed, but blamed Eve. When God questioned Eve, she was ashamed, but blamed the

serpent and, of course, the serpent didn't have anyone else to blame and received a punishment, but Adam and Eve (and the whole of humanity) were then kicked out of the Garden of Eden.

So how does that affect us now? Go back to the earliest events of your life. Some were very good, particularly the nurturing ones from your parents. But there would have been some wherein you might have been playing with a sibling or another child and a toy was involved. If it was your toy, you might have grabbed it saying, "mine." This simple little occurrence was the first step in your setting boundaries or placing into motion the need to own things to make you feel secure. The next step in the wrong direction was, still, as a small child, you started learning how to control other people. It started with observing which actions or outbursts brought attention from your parents. This need to control others and how they relate to you, and later, trying to control events that might affect you, could grow to be an insidious subconscious habit and could lead, ultimately, to you becoming a manipulator. These two are just small examples of how our every experience works to create the false-self ego.

As we mature and enter the workforce, there will be relationships with other people. If you are at the entry level, you will have to learn what is expected of you and who you must please. Do not cut corners, do more than your share, volunteer to help others, and begin to set goals to rise through the company. Learning to visualize yourself in the next step-up in job responsibility is most important. It means first, that you must find a way to learn about and master the details of the position, then visualize yourself in that position, always treating other people with the respect that you would have for God. You can't become impatient, and you certainly can't try to scuttle someone else who appears to be in your way. In my first career, the initial step-up took two years, the next one took five long years. After that, it became easier.

Of course, in this world, possessions are a huge part of our lives. **In Matthew's Gospel (19:16) you will find the story of the rich young man who approached Jesus and asked what he must do to gain eternal life. Jesus explained that he must keep the commandments. The man replied, "All of these I have observed. What do I still lack?" Jesus said, If you wish to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven,**

Then come, follow me.” Of course, the man couldn’t bring himself to do that and went away sad.

The lesson here is that if you pay attention to the culture of the world, possessions are very important. The world judges by how much wealth you have accumulated, what type of home you have, what kind of car, or multiple types of cars you have, what type of boat, how much jewelry, and on and on. Jesus knew, and we should learn, that wealth is only transitory. You can’t take it with you. If you have become lucky enough to accumulate some wealth, the burden is going to be heavy. It may be a test from the unseen world to see how you handle wealth. You need to have a serious conversation with your soul about what you are supposed to do with that wealth.

I sometimes become amused when I hear people saying that they want control over their own body, particularly women who demand the right to abortion. Is the body really yours? Did you make it? Is it going to last forever? Who do you think gave you that body? Didn’t God make you in His image, which is spirit? (God is spirit, and those who worship Him must worship in spirit and truth. John 4:24) “Male and female, he created them.” (Gen 1:27) This statement indicates that male and female are equal, so quit worrying about the male dominance portrayed in some parts of the Bible.

So, if your true essence is spirit, wouldn’t that mean that your physical body in which you experience life on earth is just on loan to you from God? We are told that God fashioned our bodies from the dust of the earth and that the body will return to dust. Are you going to somehow subvert that rule and take your body to the heavenly realms?

The Masters say that only the pure of heart can enter the Kingdom of heaven, so, if you are like me, there are sins, mistakes and things from my life of which I am not proud, some of which I am ashamed. I find myself asking, “How could I have been so stupid?” Of course, part of it can be attributed to my self’s lack of understanding of how much I had been caught up in the allure of the illusions of the world.

Our lives have been full of different types of events and different types of people who have affected our world view and how we react. We want control over our lives. We want love. We want peace (at least most of us do, but some want power no matter what the consequences

are to other people). We want money to provide for our families and we want a good sexual relationship with our spouses. If there are children, we want to give them every opportunity to succeed in life. God wants most of these same things for us. The exception is: **God wants us to turn the control of our lives over to Him.** “Let go and let God.” You turn control over to God by building a relationship with your I am Presence/Holy Christ Self.

Note: The I am Presence cannot be associated with evil, so it doesn’t typically relate to your earth personality. That is left to the Holy Christ Self, which is the one who is always trying to influence you to do “good.” It is correct to pray to the I am Presence for guidance and assistance (all prayer eventually goes to God.) You will remember that Jesus and his Holy Christ self were united on earth in the “Transfiguration.” (Matthew 17. 1-9)

In the Spirit world, you are going to be judged on how you used the energy that God sent to you in every heartbeat. In the final analysis, that is all that is important. It is what leads to how you live your life and how you will treat others. Examining your conscience and remembering to ask for help from within to peel back all of the layers of incorrect thoughts, habits, actions and interactions with others will take time. Of course, begin with a review of how you have fared with the obedience to the Ten Commandments.

The Masters teach that the overall purpose of “life” on the planets is to know ourselves as individuals, but to become one with the Will of God. God is the sum total of all existence. We live within the body of God. All of us are like an individual cell within God’s body. How can we make it any clearer? Think about this. Would God make war on himself? Would you make war or want to bring shame on your own body? That’s what you do when you harm someone else or speak ill of them.

Other actions, feeling, or issues you might want to include: Love vs hate, peace vs anger, forgiveness vs retribution, trust vs fear, honesty vs deviousness, contentment vs jealousy, tolerance vs aggravation, harmony vs distress, charity, including service to others vs selfishness, happiness vs depression, monogamy vs sexual promiscuity, and fair-mindedness vs judgement. This list is not complete, and you can probably think of other things to add, but it is a beginning list of things that keep your mind occupied and create distance between you and God. Examining your conscience and humbly asking God to forgive you for your sins is one of the first

steps in clearing the way to seriously focus on the meditation process and how it will ultimately be pleasing to God.

Chapter 6

Explaining the Rays, Beginning with the Seventh (the Last)

In the first book, we recounted the story of the Seven Rays of God that are administered through the representative of the Holy Spirit for the earth and seven of the Ascended Masters, Archangels and Elohim. Each Ray has its own properties, virtues, and blessings. Since we have been focusing in the last chapter on a cross examination of the soul, it would be well to explain the help that is available through the use of these Rays, particularly The Seventh Ray.

This Seventh Ray, which can range in color from Violet to a dark Purple contains the properties of invocation, mercy, compassion, transmutation, forgiveness, and freedom. It is the Ray that allows us to ask for forgiveness of our sins and helps to alleviate the karmic burden from this life and past lives.

That is why we started the previous chapter with the thought that we had to examine our conscience, not only for the purpose of dealing with current sins and mistakes that may be bothering us, but to begin the process of understanding what we did in the early part of our lives, or past lives that led us to become the complicated being that we are. That can be a painful process. Most of us don't remember the karmic history of our past lives simply because remembering would be a burden that would be severely shameful and depressing.

Every moment as we breathe, we are receiving a pulse of Light energy from God, It is what animates our thoughts and body functions. **The amount of attention and emotion that we attach to each thought is described by the Masters as a qualification of that thought energy.** If, for instance, you think of having an illicit love relationship with the attractive neighbor down the street, that would be classified as a mis-qualification of God's energy. If that type of thought becomes a regular habit, and you were to begin to visualize a sexual relationship, along with the emotion that goes with the sexual act with that person, you would find that the power of that thought would begin to build momentum to the point that at some moment you would be placed in a situation where you might try to make an advance. It depends on the quality of the other soul as to whether the advance is accepted or rejected.

According to the Masters, each time we send out a mis-qualified thought, it remains in the atmosphere waiting to be redeemed by us. It adds to the karma of this life. An invaluable gift is offered in the chance to redeem the mis-qualified thoughts, words, and actions through the use of the Seventh Ray. When you have used the Ray frequently enough it will not only work to remove the karma of this life but also works to redeem the karma of past lives.

We will review the steps to gain the use of the Violet/Purple Ray, but first, we will deal with another procedure that you should perform every morning before you start your day.

How To Start Your Day

Call to Archangel Michael to place a protective pillar of crystal Light energy around you and your four lower bodies* (three of which are invisible, see below.) This pillar will be a bit wider than your outstretched arms, extending a few feet above your head and below your feet. This pillar is for protection from discord, fear, doubt, anger, violence, illness, injury, and anything else that the dark force may throw at you.

(*The three unseen lower bodies are arranged thusly: The emotional body is the largest of our bodies and the furthest out from the physical body. Next in, comes the mental Body. Next is the etheric body that extends from the physical body by two to six inches. The last is the physical body.)

Note: The Rays have two regular cycles. The long cycle is for an “age,” or two thousand years. The short cycle is for the seven days of the week. The First Ray is on Sunday, with Monday being the Second etc. Therefore, the Seventh Ray falls on Saturday. However, since most of us are heavily laden with Karma, Archangel Michael recommends that in addition to focusing on the Seventh Ray on Saturday, that we spend some time every night, before bed, calling down the Seventh Ray.

Calling for the Seventh Ray

Find a time and place where you can be alone. It is best to be seated. Next, **call to the Chohan of the Seventh Ray, the Ascended Master Saint Germain**, (who, by the way, was previously Joseph, the husband of Mary, the mother of Jesus and was later Christopher Columbus, among many other notable past lives. A list of these past lives can be found in the

first book.) **Helping to administer this Ray are Archangel Zadkiel, Archaii Amethyst, the Great Elohim Arcturus and female Elohim Dianna.** Ask for the Violet/Purple Ray to be placed around, in and through you and your four lower bodies while also filling up the protective Crystal pillar of Light energy described above.

The pillar of the Ray coming down from heaven comes in through your head and then spreads out from below your feet and outward to the furthest periphery of your emotional body. Then, ask that when the Ray bursts into flame that it works on every electron within every atom within every cell within your four lower bodies. Next, ask that as the flames begin to work their way upward as flames want to do, that they move upward simultaneously through the four lower bodies, because each of the four bodies has some effect on the other three. Then visualize the Ray turning into flames beginning and coming in from the furthest periphery of the emotional body and below your feet, then through your mental body, then through your etheric body, then slowly rising up through your physical body, culminating above your head. If certain organs of your body have exposed you to weaknesses of self-control or are diseased, spend more time there. Allow at least 30 minutes for this if you are, indeed, able to concentrate completely. If your mind wanders, call it back to the task, and extend the time.

Note: It might be helpful to visualize yourself as being immersed in a pool of liquid fire extending out to the edge of your four lower bodies. If you begin this process and earnestly stick with it on a daily basis, you will be working on your Karma which help advance yourself on your spiritual path for this lifetime; all of which will be pleasing to God.

Chapter 7

A Short Course on the Power of the First Ray

When I first started studying the Ascended Master's teachings, I was somewhat in awe of the exalted beings who were the administrators of the Ray and hoped that I might be a First Ray soul (I'm not). In the first book, we explained how the Rays originate from God, pass down through the Great Central Sun, down through our Sun, then to the Maha Chohan/Holy Spirit, and then to the Chohans of the Rays.

The Chohan of the First Ray is the Ascended Master El Morya. The attributes of the First Ray are: The Strength, Power, Protection, and the Will of God. Helping to administer the Ray are Archangel Michael, his divine complement, the Archaii Faith, the Great Elohim Hercules, and his divine complement Amazon. In life, executives, rulers and leaders are often First Ray souls.

Ascended Master Morya may not seem familiar to you but, when you learn his pedigree, you will probably be in awe, as was I. Master Morya came to the earth as a Guardian Spirit from another planet. **His first earthly incarnation of which I am aware was as Abraham, the father of many nations, and from whom sprang three religions.** Think how important that was, and how God put him to the most severe test, to prove his love for God. **He was also Melchior**, one of the three wise men who came from afar to worship the child, Jesus. He was involved in three Crusades **and was the Legendary King Arthur of Round Table fame. His last embodiment was as a Rajput King in India, in which body he inhabited for 300 years.** He was one of the influencers of the mystics who founded the Theosophical Society. He made his ascension in 1898. **His service on the First Ray has to do with the Will OF GOD.** He is willing to help rulers and leaders if they are of sufficient spiritual acuity.

Archangel Michael is the Prince of all of the Heavenly Hosts. He spends much of his time in the astral plane helping remove dark force entanglements from recently departed souls. Some of these entanglements are so evil and severe that the soul has to enter what he refers to as "The Sleeper's realm" for what may be a long period before they can go on to the Halls of Karma, This sounds somewhat like "Purgatory" in Catholic teaching.

Archangel Michael, and **his divine complement Faith**, (note the name that bears and radiates one of God's virtues) have a Temple of Faith in the etheric realm over Banff, Canada. His service on the First Ray is that of protection. I have described how you can call for the pillar of protection in the previous chapter. Archangel Michael conceived the idea of fashioning a sword of blue flame to cut away from us the tentacles of the dark force. If you feel besieged by the dark force, you can call to him to send one of the angels from his legion to bring a sword of blue flame to free you. Archangel Michael has sworn to remain on the earth until the last soul has been returned to God.

The Great Elohim Hercules, and his divine complement Amazon (some call her Amazonia), come from the Elemental evolution, which contain the building blocks of matter. Notice that the words element and mental are intertwined, so that means that the basic element form has an intelligence. Plants and trees, for instance, must make decisions about growth, branches, leaves, flowers etc. to fulfill their divine plan. So, all matter from the most basic grain of sand, up through our physical bodies, our homes, cars, and everything we use, and even our planet is made of stuff from the Elemental evolution. In the book, "A Spiritual Journey Through Time," we described how an Elemental's goal is to work its way up the ladder of responsibility to become nature devas, helping to build mountain ranges etc. and then the ultimate positions of Elohim or Silent Watcher. **The Elohim and other nature devas were called on by Helios and Vesta to build the planets. Hercules' and Amazon's service to the First Ray is that of projecting strength and power to those that call on the Ray. Hercules is also concerned with the WILL TO DO.**

Within the book is a brief sketch of obstacles that are encountered in the earth plane to distract us from becoming one with God's Will. We also spent an amount of time on the subject of examining our conscience, moving on to the chapter with a description of the Seventh Ray, the Ray that contains the attributes of Invocation (calling, on a regular basis, to the beings that administer the Ray), Mercy, Compassion, Transmutation, Forgiveness, and Freedom. We gave you the last Ray first, because it is of utmost importance that all of us need to focus on understanding our complicated selves, ask for the forgiveness of our sins and to give forgiveness to others for whom we might hold a grudge.

All of the Rays are important depending on where you are in your Spiritual evolution. For you, it may be the First Ray or as you read on, you may recognize your traits in one of the others.

I remind you, again, of the awesome slate of beings who are the administrators of the First Ray. Think about how important it is to God to have his children return to relationship with him.

Think about how important it is for you to become one with God's Will. Before you read these books, chances are that you had not heard of or given any thought to the Rays of God. So, in these Rays, there is a blueprint of steps that will work on your conscious and subconscious minds to bring you back closer to your pure, Spiritual self, and as a side benefit, improve your physical self and make you a happier person.

The steps for calling on the First Ray are the same as described for the Seventh Ray. The one difference is: The First Ray has two colors, crystal (which the Masters describe as the beginning of the flame, and blue, which is the heart (plume) of the flame. One way to visualize this is that when you call for the pillar of crystal and blue Ray, and then ask it to turn to flame, visualize the crystal flames beginning below your feet and then turning into blue flames as they contact the bottoms of your feet.

The First Sphere is where the concepts of the First Ray are taught and is the place where ideas from God to improve the earth are born. (They originate from God, pass down through the central sun, Alpha and Omega, then pass down to our sun, Helios and Vega, and then pass to those of us that are receptive. All of these ideas are for the purpose of improving the quality of humanity's physical or spiritual life. **Most of these ideas go to waste because instead of being tuned into the Will of God, the largest percentage of humanity, are tuned into the sense consciousness of the world that is manipulated by the dark force.**

Sometimes it takes a while to understand the Will of God for your life. There is the Spiritual life, the working life and the personal life. They don't always walk hand-in-hand. I know a lovely human being who went to an engineering school, graduated, and then took a job with Delta Airlines as a mechanical engineer. He had a cubicle with a computer and would be given important assignments to figure out mechanical problems with various of the plane's parts, and

then, come up with a solution. Occasionally, he might have to go out to the hangar to instruct the mechanics, but then it was back to the cubicle. After a number of years, he began to wonder if this was what he was meant to do. The upshot of this is that he went back to school, med school, no less, and is now a respected vascular surgeon. He told me, "I think I am now doing what I am supposed to be doing. This was the Will of God acting on his working life.

When I was growing up in a small beach community in Florida, I had what I considered to be five close friends who I had known since the 4th grade. Once having gotten to high school we hung out together. In the evenings, we would gather at the beach, go to dances together, sometimes double-date, and usually end up at a local burger drive-in for a late-night snack before going home and crashing in bed. We could talk about anything, and usually did. You really get to know someone when you have been constant companions since the 4th grade. There is nothing quite like an old friend.

As some of the group went off to college, others to the military service and others to jobs, most of us became scattered and unfortunately lost touch through the busy beginning of family years, the expansion of careers, our kids growing up etc. Eventually, through the good work of some of the ladies from our high school class, we got together for a high school reunion. It was such fun that the six of us decided that we should try to get together for a couple's weekend every year at the beach. This proved to be a huge success, and it was interesting to see how the guys would fall back into the roles they played in high school.

But we all got older, and soon we would hear that this one was ill, and that one had died etc. There was one who we will call Fred, who had contracted Parkinson's disease. It came on slowly and he lived with it for a long time. Then it began to get worse. Eventually, I received a call from his wife that the end was near, and he would like it if I would come down to Florida to see him.

Fred had always been full of life, with such big, blue sparkling eyes and such a sense of wonder that everyone liked him. When we sat down to talk, the Parkinson's had affected his voice to the extent that I could barely understand him. But I sensed that I should ask questions about his life, his children, his career, and his multiple marriages and see where it went. Bingo! He would answer, then keep on talking, so I knew that he was enjoying it.

Fred had married his childhood sweetheart, whom he really loved, they had children but, after several years, started having problems. Fred liked to go to bars to have a beer and visit with friends. He watched his parents do this. His wife, who we will call Sally, grew up in a Baptist family who were tee-totalers, so Sally grew up with that habit and wouldn't go to a bar with her husband. That was the source of their problem. Unfortunately, it led to a divorce.

Both of them married other people and eventually had children with their new spouses. As fate would have it, both of those marriages failed, and wonder of wonders, Fred and Sally fell in love again and married for a second time. You have probably already guessed it, but the original problem still persisted. Fred wanted to go out at night and visit with his friends. Sally wanted to stay at home. To further complicate things, this led to yet another divorce and subsequent marriages to yet a different set of spouses for these two star-struck lovers.

While talking with Fred, I was conscious of the fact that this long conversation might be wearing him out physically, so I decided to ask one more question. I said, "Fred, if you could live your life over, what would you change?" He pulled himself up to his full height in his chair, and with a loud, clear voice said, "I wish I had stayed with my first wife."

Within a few weeks, Fred passed away, and I went back to Florida for the funeral. As is the custom in some small towns, there was a wake at the funeral home the night before. After paying respects to Fred's current widow, I spied Sally out of the corner of my eye, approached her, and told her that there was something that she should know and then suggested that we go to a private room down the hall so that we could talk. I recounted the above story and as I repeated Fred's pledge of love, Sally's hands went to her face, tears started streaming down her cheeks, and she blurted out, "If only he could have been happy staying at home."

Thinking about this story is probably going to drive you nuts. I know that it does me. After 50 + years, they still loved each other. So, if these two lovers could have focused on the Will of God for their personal lives, perhaps they could have worked things out. It seems so obvious, right? Love conquers all, right? To think that some little bit of compromise, or some little bit of professional counseling, or maybe just counseling with their two different church ministers (Fred was Episcopalian) could have been all it might have taken.

We have discussed two extraordinary examples of the Will of God. One in our working lives, and one in our personal lives. One worked out, and one didn't. Life doesn't always have a happy ending. But what about our spiritual lives? What does it take to get one to examine his/her most important relationship, the one with God? Must you wait until you lose a parent? Or a sibling? Or a spouse? Or a child? These things are always perspective changing events.

You can always use the excuse that you are too busy to think about your spiritual life. I get that. The illusionary world is designed to occupy your mind to divert your attention from the most important fact of life. That fact is that the Spirit beings that are God's children, rebelled, in mass, against God's Rule of Law, to opt instead, for the sense experience, and now you are trapped in a physical body and subject to all types of tests to see if you can part the curtain and get back to relationship with God.

There are all types of luminous Spiritual Beings willing to help you. We described five in the first part of this chapter. The first was Archangel Michael, the Prince of the Heavenly Hosts. He is said to spend 20 to 22 hours out of every 24 working to free departing souls from their entanglements with the dark force. This means that someday he will have to do this for you. Is there any way that we can help him? Yes. There is a decree that you can make. (A decree is like a prayer, but instead of asking for yourself, it is intended to help others or help a cause).

This decree/prayer was in a dictation from Archangel Michael in the Bridge To Freedom Journal, Book 1, available from Ascended Master Teaching Foundation, P O Box 466, Mount Shasta, CA, 96067. It goes like this:

In the name and by the power and the presence of God, I am, and in the name of the Ascended Master, Jesus Christ, I call to you, beloved Archangel Michael, on behalf of all the men, women and children who are being released from the body during this twenty-four-hour period.

Cut them free, instantly, from the magnetic pull of earth, the things of earth, and all the passions, lusts and appetites that might hold them earth-bound.

Send thy angels of light to enfold them and carry them quickly through the effluvia of the earth's atmosphere to the realms of light and peace. Here, prepare them through the merciful fires of purification to stand before the Lords of Karma, with their robes as white as

snow. Accept the good of my own Causal body as an offering before this great council of judgment, that these souls may be taken, at once, to the schoolrooms where they may best learn the law and reembody, if necessary, in harmony, to win their individual victory in the light.

Thank you, oh Prince of the Heavenly Host, for your guardian presence among us, for your constant and watchful care of us, not only at the time of so-called death, but through all our days!

Archangel Michael has requested that we repeat this prayer/decreed three times per day.

In the first book, we recounted, in detail, the story of the coming to earth of the group that we call humanity. Again, it was Archangel Michael who led the cavalcade of Spirits from the Sun, and his presence here some 4,400,000 years later should show you his dedication to humanity.

Do you understand that the way we grew up, from childhood on, is the result of untold centuries of incorrect habits of creating and then fulfilling worldly desires? These habits were taught to us by our parents, siblings, friends, teachers, people in media, etc. It wasn't that they wanted to lead us astray. They just didn't know any better and taught us what they had been taught. **However, the pattern was broken by two notable men, the Buddha and Lord Jesus.**

According to the Masters, the **Buddha was born into a wealthy, royal family and had been sheltered from the misery and woes of the outside world. When he finally saw it, he was shocked and wanted desperately to understand. He went into a deep meditation that lasted for years.** He kept pushing his consciousness upward, and upward, until he had passed through and into all seven levels of heaven where, after reaching the seventh level he came into the Presence of God. From that experience, he then understood that love was everything. This motivated him to spend the rest of his life ministering to and teaching the people.

Lord Jesus' story is a bit different. **Jesus was a soul who had already achieved mastery on the earth. He was recruited by the then World Teacher, Lord Maitreya, for a sacrifice life that would be the pattern for humanity to follow to become one with God's will, which would also help them escape the wheel of Reincarnation.**

Before his incarnation as Jesus, **Jesus spent time in the sun, in the company of the Sun-God Helios, to absorb the great attributes of this godly being. His mother-to-be, Mary, was**

recruited from the Angelic realm for this mission and was subjected to myriad grueling tests to prepare her for this special event. So, Jesus' early life was lived as a child of a humble family, mixing with the poor, unseemly and destitute. Mary's training of Jesus was different, however, than other mothers. She taught him to look for the goodness of God in everything and every person. He began every day with a period of prayer and meditation and this practice continued during the three years of his ministry. **His entire life was dedicated to listening for and doing the Will of God, The Father.**

During their time in Egypt, Jesus received training in the Ascension Temple in Luxor, Egypt. This training would serve him well after his crucifixion. He was very aware of the power of the Seven Rays of God. He told his disciples that he had food (nourishment) of which they were unaware (The Rays). He used the power of the Fourth Ray, along with the help of Archangel Gabriel, to resurrect his body from the dead.

His whole life was an example of showing us how to live in the world without becoming caught up in the gratification of the senses and to become one with the Will of the Father. **At his baptism by John, the Baptist, The Holy Spirit descended on him and bestowed on him the power from the Father to perform miracles.** Jesus asked that the same gift be passed on to the disciples and, even later, the gift was passed on to some lay people. But eventually, that gift somehow became lost. How and why? If it was there once, shouldn't we be able to find it again?

We are not saying that the objective is that we should learn how to perform miracles, but maybe some of you will. More importantly for us though, is to understand our predicament. And that is that we have been spinning our spiritual wheels for millions of years. Because of the Law of Karma, we must keep coming back to live in the physical world until we get it right, or until the Spiritual Hierarchy decides to end this experiment.

And yes, I understand that we need to make a living in the physical world and learn to cope with its' craziness, but the challenge is that we have to change our attention from focusing on the glittering illusions of the world to what's important. And that is to try to emulate the Christ Consciousness in how we relate to others with our every thought, word, and deed. Sound hard? It is, but Jesus said that we could do everything that he did. (John 14:12)

So, the teachings of the Masters is that if we learn to tune out the cacophony of the world of desire fulfillment, ask for forgiveness of our misuse of God's energy, learn to meditate, take part in decreeing (this will be described later) for the solution of the myriad problems of the world, and call down the Rays each day, this practice will greatly improve our spiritual strength and help us tune into the Will of God for us. This will be pleasing to God.

Chapter 8

The Attributes and Lessons of the Second Ray

The attributes of the Second Ray are: The Wisdom, Perception, Discrimination, and Illumination of God. The Ray color is yellow, tending toward gold. When trying to visualize the color, I sometimes focus on the monstrance used to display the Host in Catholic services. A gold coin would also be suitable. **The purpose of the Ray is to take the God-ideas of the First Ray and flesh them out with form.** It is also used as a transfer of knowledge from one to another. The great teachers and educators are sometimes “on” this Ray.

There was an earlier mention of the three-fold flame within the heart (blue, yellow and pink) of every soul on the earth. **One important symbology of this is that the blue First Ray represents the input of God, The Father, who is the giver of ideas to help the individual and the race. The yellow Second Ray represents God, the Son, who receives the ideas and fleshes them out with form. The pink Third Ray represents the Holy Spirit who blesses the work.**

I started the last chapter by telling you how impressed I was with the five beings who administer the First Ray. The beings that administer the Second Ray are also impressive.

Ascended Master Lanto is the Chohan of the Second Ray. He is assisted by Archangel Jophiel, his divine complement, Constance, the Great Elohim Cassiopeia and his divine complement, Minerva.

We don't know as much about Master Lanto as some of the other Masters. He originally came to earth as a Guardian Spirit. The Masters state that one of the early civilizations in China was one of the best. Master Lanto was present in incarnation as one of the rulers during that time. His name then was Emperor Chan. It is said that Emperor Chan's love nature was so pronounced that one could see the “Light” in his heart shining through his clothing. It is also stated that the works of art during that time were incredible with some spending a lifetime carving an intricate ivory figure or weaving a large tapestry. He must have also had an incarnation on Lemuria because it has been stated that he removed the Illumination Flame in the Temple, taking it to safety, before Lemuria went down. It is said that he made his Ascension about the time of Confucius. **Before becoming Chohan of the Second Ray, Master Lanto served as the Master in charge of one of the oldest and holiest secret chambers in the earth where**

many of the records of past civilizations are kept and where the Masters gather twice yearly for very important conferences.

Archangel Jophiel served as the first Chohan of the Second Ray. (Note: The Archangels had to fill the roles of the Chohans of the Rays until someone from earth's evolution reached Mastery.) **Archangel Jophiel also served as the first World Teacher.** The World Teacher is the being who designs the religious practices for the then current inhabitants of the world. Archangel Jophiel is also known as the Archangel of Illumination. Note that his divine complement, Constance, is named for the virtue of Constancy, which one must develop if they wish to accomplish anything. One of her functions is to help people to develop the desire to serve others.

The Great Elohim, Cassiopea, is the Elohim of Wisdom and Perception. His divine complement, Minerva, works with him on this Ray, but also specializes in Discrimination.

The First Sphere, of course, is where ideas are formed. When Helios and Vesta first conceived of the idea of creating the earth, they gave the plan to the Silent Watcher, who, in this case, served as sort of an architectural superintendent, making sure that the original concept as conceived by Helios and Vesta of the planet which contained varied land areas, vast oceans, mountains, plains, rivers, streams and luxurious foliage would be understood. Helios and Vesta then called on the seven Elohim and their divine complements, plus the Nature Devas, Elementals and Lords of the Sea, Air and Fire to build the earth. The first act was the Elohim combining their enormous power to focus Light Rays, and where they crossed, the core of the earth was formed. Then, the act of assembling all of the other elements would follow.

Cassiopea's and Minerva's duty as being the receptors representing the Second Sphere and Second Ray was to be able to help to mentally flesh out that plan with matter while remaining true to the original idea. They are also concerned with developing the power of attention in mankind, for if one does not have the power of attention, all good ideas pass into one ear and out the other.

Our mental bodies, through the power of our attention, receive whatever is placed in front of us, whether it be a thought, an idea, a picture, a book, or spoken word. If it has caught our fancy, we begin to flesh out the design. It depends on our enlightenment (illumination) as to

whether we flesh it out with divine love or darkness. Be warned that Elohim Cassiopea indicates that our minds are like an old storage facility, full of cobwebs and incorrect concepts, so we are subject to distorting good ideas.

It has already been mentioned that Jesus spent time in the Sun studying under and learning from our Godfather, Helios, before his incarnation. Throughout his ministry in Israel, Jesus always said that he could do nothing without the Father. So, he was the perfect example of doing the Father's Will and not branching off on his own.

The Second Ray has also been referred to as The Golden Ray of Wisdom. One of the purposes of those who are blessed and anointed to be our teachers is to create an atmosphere of better understanding of the different races and different religions so that we can become the true brotherhood of man.

Wisdom does not necessarily mean that someone has superior mental acuity but instead, means that one understands and applies the Great Laws of Life that were taught to us in the heavenly temples when we were pure Spirit Beings. Those laws were known as "The Rule of the Law of One."

Perhaps you have read in the Bible about King Solomon. He was the son of the famous King David, who was the first to unify all of the Jewish tribes. When King Solomon was about to ascend to the throne, he asked God for the gift of wisdom. So, most of his early life consisted of stories about his wisdom and good deeds. He was the ruler who was said to have built the First Jewish Temple, built an elaborate palace in which to live, built many cities and accumulated great wealth.

Eventually, he must have become impressed with himself and gotten off track, because it is thought that he killed his spiritual teacher, married Pharaoh's daughter in an attempt to increase the reach of his power, and then added numerous other wives and concubines. Some think that he hosted a visit from the Queen of Sheba, who brought him great treasures, and perhaps catered to his "wisdom ego." It is also reported that some of his wives turned him to other gods, and to whom Solomon built temples. He died disgraced and lamenting about the mistakes in his life. His son, Rehoboam, succeeded him, and through a series of more strict

policies, caused the splitting of the unified tribes into the Kingdom of Israel and the Kingdom of Judah.

So, the above story, if completely accurate, is an example of one who had great mental acuity but forgot the wisdom of the Laws of God. It is so easy to get tripped up by the false-self ego. It has been nurtured by the dark force for hundreds of thousands of centuries, to the point that it eagerly motivates us to take any opportunity to glorify ourselves, or to use our power to enrich ourselves, or for the gratification of the senses.

The lessons of the Second Ray would be to learn to recognize when an idea has come from the heavenly realm, stay true to the original idea, and begin to think what you could do to flesh out the idea. (Like an idea for a book, or an idea for a career, or an idea for a new house etc.) In all of these things, you would want to improve your focus with the understanding that the false-self ego might try to get involved and ruin the project.

In an address by Ascended Master Kuthumi in 1953, when he was Cohan of the Second Ray, and included in the book titled “Dictations,” (Ascended Master Teaching Foundation) he painted a picture of how earlier generations that had incarnated in India lived simpler lives with more time to absorb the then current religious training as compared to our much busier need to earn a living in the modern, fast-paced world. He surmised that the demands of our current lifestyle leave us so depleted of energy that we have little left to devote to our spiritual fulfillment.

Master Kuthumi also warned us that when we begin the process of trying to listen to the voice of the God within, that we must become aware of several things: First, the I am Presence, the Holy Christ Self, and the Causal Body, which all reside in the heavenly realm will never mislead us. Second, the four earthly bodies all have their own consciousnesses, their own desires, lusts, appetites, and wills which have been fed for many lifetimes and may be in total opposition to the Will of God. So, we must learn how to discriminate between what is coming from our true God-self and what is coming from our four earth-bound body consciousnesses. In the beginning of your search, they are going to sound very similar. Anything that builds up the personality or the ego is not the voice of the Presence.

Understanding the obstacles presented by our earthly training and habits, learning to meditate to be able to sense ideas that come from God, being willing to flesh them out, improving our powers of perception and discrimination, and applying wisdom to everything that we do would be pleasing to God.

Chapter 9

The Importance of the Third Ray

The attributes of the Third Ray are Divine Love, Tolerance, Harmony, and Adoration.

We are told that it was through the Love of God that we were created, and that God had a vision for a new universe and wanted to have someone with which to share the great wonders.

The Chohan of the Third Ray is the Ascended Master, Paul, the Venetian. He is assisted by Archangel Chamuel, his divine complement, Charity, the Great Elohim Orion and his divine complement Angelica. The color of the Ray is pink, which can vary from a soft pink to a hot pink.

There is not much background information on the Ascended Master Paul the Venetian. His earthly retreat contains the Liberty Flame which was brought to France from Atlantis just before the cataclysm that sunk the remaining island of Poseidonis. That would lead us to believe that he may have been a priest in the Temple of Liberty on Atlantis and was alerted to take the Flame to France. His last embodiment was as Paolo Veronese, (1528-1588) a painter of what would be referred to as the 16th century Venetian/Italian Renaissance type. He was most famous for huge depictions of historical, mythological, and biblical stories. **Master Paul and his assistants on the Third Ray are vitally interested in the development of love in each of us.** That development also includes the other aspects of the Ray: Tolerance, Harmony, and Adoration.

Archangel Chamuel is the Archangel of Adoration. That is, specifically, Adoration to God, the source of all life. His message to us would be: The way back home to unity with God is through complete development of the divine love nature for God and all creation. His divine complement, **Archaii Charity, is named for one of the virtues of God.** That of giving freely of our time, talents, and fortune to those who are in need.

The Great Elohim, Orion, is the Elohim of Divine Love. He is joined in this effort by his divine complement, Angelica. They are both interested in fostering peace on the earth, for no lasting peace will endure without divine love among mankind.

It is important that we pause here, and make sure that we understand the significance of the first three Rays, which are represented by the small three-fold flame anchored within the heart of every human. It is our connection to the Trinity of God, which is part of our

Spiritual DNA. The First Ray, (Blue) represents God, the Father. The Second Ray (Yellow/Gold) represents God, the Son. The Third Ray (Pink) represents God, the Holy Spirit. It is our spiritual connection to our own I am Presence of God which was seeded into our spirit sparks at the beginning of the birth of our universe. Since all human spirits were created at the time of the “Big Bang,” it ties into one of Jesus’ sayings, “Before Abraham was, I am.” (John 8:48-59.)

If you read the first book, you may or may not have begun to think about your connection to divinity, but it is critical that you do more than just give it a passing thought. Mental acceptance can quickly be offset and overwhelmed by the illusions and distractions of the appearance world. The Masters state that it is important that you come to an acceptance in your feeling world, (emotions) that it is the Presence of God within the three-fold Flame that beats your heart. Perhaps you will remember that ideas/thoughts must be energized (the qualification of energy with emotions) in order to come to fruition. The Masters go on to state that when the feeling world joyously accepts the full power of the I am Presence to act through you, then you will be well down the road to mastery.

Going hand in hand down that road to mastery is our need to develop the capacity to forgive, love and understand our fellowman. There are many who do not conform to an understanding of the correct way to live our/their lives. It is possible that the more you develop your own holiness, the more you will be exposed to those who have different beliefs. It isn’t your place to argue with them, but to try to understand where they are coming from and then pray for enlightenment for them. Of course, first, you need to become enlightened yourself.

Master Paul, the Venetian, has said that developing a love of one man for another, one race for another, and one religion for another is the most difficult of the tasks that have been given to him or any of the Chohans, due to the fact that each man, because of his background and training, is so rooted in certain beliefs, (some true, some partly true, and others, maybe not at all) that it is almost impossible to change their mind.

Archangel Chamuel, in addition to being the Archangel of Adoration is also concerned with developing the feeling of gratitude to God, the source of all life and all supply, in each of us. Most of the things in life, we take for granted, the earth and all of its wonders, the people with all of their talents and varied personalities, the food to nourish our bodies, the natural

resources that provide fuel for the engines of industry, and the various civilizations with all of their rules for living (rules that emanated from the Mind of God, before human embellishment).

Archangel Chamuel teaches that if we stop, examine our consciousness to perceive each gift for which we have taken for granted, and then give gratitude to God for the many blessings sent to us, we will see it boomerang to us in the form of even more blessings. Then expand your gratitude to other things such as your body elemental, in which case, I'll bet that you have never thanked it for its great service to you. Open your mind to the concept of gratitude and you will find an almost endless number of things for which to be grateful.

The great Elohim Orion, and his divine complement Angelica, were present for the building of the earth. It is the great force of love that brings matter into cohesion. Every form that we see here on earth is held together by a part of their being. If they were to withdraw that divine love, the earth would cease to exist, with all matter returning to primal life.

There are approximately 600,000 words in the Oxford English Dictionary. There is one word that is more important than the other 599,999 words, the word "Love." Some might argue that the word "God" is more important, and they would be right until you understand that God and Love are synonymous. The lessons of the Third Ray all revolve around that most important word. It was God's love that created the universe. It was God's love that created our Spirits. It was God's love that created the Angelic Evolution. It was God's love that created the Elemental Evolution (matter.) It was through love that Spiritual beings wanted to become the Spiritual Essence of a Sun. It was through love that the Elohim answered the call of the Sun to build a system of planets for the Sun. It was through love that the Angelic Evolution agreed to become the teachers and protectors of humanity. Are you beginning to see where this can keep going?

An understanding needs to be reached that the goal of life on earth (making our own Ascension) cannot be reached without becoming fully integrated with the idea that Divine love, Tolerance of others, Harmony with all life forms, plus Gratitude to, and Adoration of the Creator has become the centerpiece of our lives. This can't be accomplished by mental acceptance only; it also must become part of our feeling world. When God sees that you are beginning to focus your meditation periods on love for him and all creation, he will be pleased.

Chapter 10

The God Virtues of the Fourth Ray

We have spent some time explaining that the first three Rays are present in the three-fold flame within our hearts. And it is possible that the reader might be “on” one of those first three Rays. But there are four other Rays, each with their own attributes that will influence your interests in life, your work, and your personality, to some extent. More importantly though, they influence your potential spiritual “gift” to the world, and ultimately, to the universe.

Yes, each of us was created with the idea that we would be an important cog in the wheel of the universe. It may be that after you have achieved your Ascension, that you could spend some time in the spiritual bliss called “Nirvana.” Or you could go straight to the act of service to the Universe. It might be that you could serve as one of the teachers in the spheres of a Sun. It may be that you might serve as one of the Chohans of the Rays on a planet. It may be that you might serve as one of the Lords of Karma. It may be that you serve as one of the Cosmic Beings that help humanity behind the scenes. It may be that you might serve as the Spiritual Essence of a Sun, and ultimately, even the Spiritual Essence of a Central Sun. The possibilities are endless, with promotions along the way. After all, this is a huge, and ever-expanding universe.

The Fourth Ray represents the White Ray of Purity, Resurrection and Ascension. The Chohan of the Ray is Ascended Master Serapis Bey, He is joined in this effort by Archangel Gabriel, his divine complement, Hope, The Great Elohim, Claire, and his divine complement Astrea. People who are “on” this Ray are quite often drawn to the arts, from activities such as music, acting, painting, sculpture, and architecture.

Master Serapis Bey is from the Seraphic (highly evolved angelic messenger) evolution. He came to earth as a guardian spirit. He took on embodiment and served as a priest in the Ascension Temple in Atlantis and was given the task of taking the Ascension Flame to safety before the sinking of the last island. He and his crew of about forty used a sailboat with supplemental oars to head toward Egypt and landed at the mouth of the Nile just before Atlantis went down. They continued down the Nile River to the area of Luxor, where they built a temple to house the Ascension Flame.

Most of his incarnations have been in Egypt. He was Akhenaton IV and Amenophis III, building the temples at Thebes and Karnak. In one of his other embodiments, he was Phidias, who designed and supervised the building of the Parthenon. It is said that he made his Ascension about 400 B.C. **His natural sphere of influence is in the Fourth Sphere of the Sun where the Christ Selves of all embodied humans dwell. He is also the Master in charge of the Ascension Temple,** which is now in the etheric realm over Luxor. Teaching and testing people who are candidates for the Ascension is his service on the Fourth Ray. It has been said that he and Master Morya are the strictest of the disciplinarians among the Masters.

Purifying and resurrecting the goodness in our lives is necessary for one who has been marked as a candidate for the Ascension. **All training by any of the Masters, Archangels or Elohim is for the singular purpose of helping us make our own Ascension.** It is not possible that reunion with God can be attained by those that have misused God's energy over many centuries without having completed the process of purification.

Archangel Gabriel is the Archangel of the Resurrection. He is better known as the Archangel of the Annunciation who appeared to Mary to announce that she would be the mother of the Messiah. His divine complement, Hope, embodies and is named for one of the virtues of God.

If Archangel Gabriel were to blow his horn to you it would be to tell you that he comes from the presence of God to remind you of your divine identity and to question why you have been willing to sit in the shadows of earth's dark creations when you could be dwelling in the "Light of God that never fails." Awaken, and ask yourself why you do that. Within your heart is the replica of the Flame of Immortality that would help you realize that your God and Goddess potential would have the power to transmute all sin, to purify all thought, to heal all sickness and to regulate all supply and conditions in your lives, if you would just understand and believe.

Archangel Gabriel would also tell you that one's religion is not just contained in a ceremony that we might attend at church, but instead, on how we live our lives. It is based on common sense issues like discipline, control of mind and body, treating others as if they were as

honorable as God and then focusing on giving love and gratitude to the God that created and has sustained you for untold millions of years.

If you focus on Archangel Gabriel and the Resurrection Flame, he will charge into your physical body the power of the Resurrection Flame to reverse the currents that have formed the bad habits and kept you bound to the dark energies that are so prevalent on the earth.

The Great Elohim, Claire, and his divine complement, Astrea, are the two Elohim of Purity. He is the being who guards the original Immaculate Concept of the earth and the entire universe, as well as the purity of your own divine white fire being who lives in the heavenly realms. Since he and Astrea are from the Elemental evolution, they are the beings that furnished all of the electrons that make up your emotional, mental, etheric and physical bodies. The core of each electron was, and still is, pure. It is our misuse of energy that has allowed those electrons to be clothed in the dark matter of the earth that is a result of focusing our attention on the false and imperfect forms and concepts presented to us in our daily lives. Are you getting weary of the darkness in your thoughts, your own limitations, persistent illnesses, depression over unrealized goals, and the ravages of aging? Then turn your attention to these two Elohim who are available to help you remove as much as is possible of the dark substance that is around your electrons.

The Great Elohim, Claire, would remind you that any problem, discomfort, or disease comes from the lack of purity in one or more of four lower (earthly) bodies. The electrons within each body are designed to operate at a certain speed. When they are affected by our attention to the darkness, the dark energy changes the speed of the electrons, which form the atoms, thereby causing pain, limitation of some sort, or even illness. Remember also, that each of the four lower bodies affect the other three to some greater or lesser extent.

So, we are under attack by a three-fold effect. **If the Mental Body is not purified by our conscious effort to call down the white Flame of Purity, it will not be able to receive the God ideas that are sent via the Rays by the Chohans.** Those ideas will be affected by the doubts, fears and the many other negative aspects operating from within the power of the dark force, which is always looking to subvert progress.

If the Emotional Body is not purified, the pattern and plan of the once-perfect idea will be affected by our selfish ambitions or false-self egos, which could distort or totally change the idea.

If the Etheric Body (which houses the soul, and some of our memories) is not purified, memories of our failures in the past will often negatively affect or even destroy the idea before it can take form.

The Masters and Elohim teach that once anything in our possession has lost its usefulness it should be discarded, (some things hopefully burnt,) to release the electrons back into the basic building blocks of matter to be used again. Most of us, (the writer included) tend to hold onto things, thinking they might be useful at some point. The same thing applies to people. Once they have outlived their usefulness in their or our lives, we should prayerfully let them go. The Masters stress cremation as the proper way to dispose of dead bodies.

The Great Female Elohim, Astrea, works to remove and purify the cores of evil, impurity, and psychic substance that surround us in the astral realm. Some of this she does on her own, unknown to us, but she advises us that she can only do so much without invitation, so we should call to her and demand her greater effort to protect us with a circle of blue flame and to use her Sword of Blue Flame to purify our surroundings. (No, I don't know who first conceived the idea of a sword of blue flame, Archangel Michael or Elohim Astrea.) Of course, the ultimate goal for all of the exalted beings is to purify the entire earth and its people.

So, if you become convinced that you are trapped in a web of darkness (we're told that the astral/psychic plane extends vertically to 2,000 feet) and you decide to do something about it, **you can call to Ascended Master Serapis Bey, Archangel Gabriel, Archaii Hope, the Great Elohim Claire and Astrea to place a pillar of White Light/Fire around you to Purify, Resurrect the perfect youthful health, and Ascend any condition that is less than perfection within every electron within every atom within every cell in your four lower bodies. It may take months, or even years for the process to cleanse you, but God will be pleased that you have begun.**

Note: I mentioned that Master Serapis is a strict disciplinarian. He is also very aware of the pitfalls of earth life and humanity's short attention span. He has remarked at how easily

even the best intentioned can miss his/her opportunity to become a fully realized Christ-centered master functioning on earth.

For those who have done the preliminary work of examining their consciences, understanding their human flaws and have begun the practice of meditating, decreeing and calling down the Rays, he stresses again, the importance of intense concentration on the process and being careful to not letting fleeting thoughts or concerns interrupt.

Chapter 11

The God Virtues of the Fifth Ray

The attributes of the Fifth Ray are Truth, Healing, Consecration and Concentration. The color of the Ray is Emerald Green. **The Chohan of the Ray is the Ascended Master Hilarion. He is assisted in this endeavor by Archangel Raphael, his Divine complement, Mary, the mother of Jesus, the Great Elohim Vista, (also known as Cyclopea,) and his Divine complement Crystal.**

One of Master Hilarion's incarnations was as a priest in the Temple of Truth on Atlantis. He was given instructions to carry the Flame of Truth to safety before the destruction of Atlantis. He and his group landed on Crete, which was then attached to Greece. They built a Temple of Truth there, which was later destroyed. The Temple now exists in the etheric realm over the island of Crete, where Master Hilarion is the guardian of the Flame. The force of Truth was so strong in that area that later there was the establishment of the Oracles of Delphi, in which priestesses could be consulted, and one would receive truthful answers. Eventually, the dark force installed some of their members there to lead people astray and destroy the reputation of the Oracles.

Master Hilarion is best known as Saul of Tarsus, who originally joined with the Jewish hierarchy to persecute the new Christians. An encounter with the risen Christ on the road to Damascus, changed his life and **he became Paul, the Apostle,** who would go on to become the greatest salesman in the world, as it related to the spreading of Christianity. Paul did not make his Ascension in that life because of the karma that he acquired as a persecutor but did make his Ascension in the next life as the monk, Hilarion.

Archangel Raphael is the Archangel of Healing and Consecration. He stands ready to send the Green Healing Ray that he receives from the Holy Spirit to anyone who calls to him, as well as to those trapped in the astral/psychic plane. He is also directly concerned with providing help, such as love, faith, wisdom, or whatever else may be needed to those that have consecrated their lives to the service of others, such as priests, nuns, ministers, rabbis, doctors, nurses etc. **Mary, the Mother of Jesus, is the titular head of the healing process. You can call to Mary and Archangel Raphael for the specific purpose of healing.**

The Great Elohim, Vista, also known as Cyclopedia, is the Elohim of Concentration, Consecration, Healing and Music. Without concentration, one cannot accomplish anything. Those who become successful in life usually choose one facet of life or business and focus all of their energies on learning everything possible to become a master of that particular thing. Of course, some are multi-talented and can master several things, but before they can branch out to other things, their original interest will take up all of their focus (concentration) until they master it.

Vista is also concerned with inspiring music to be harmonious, hoping to have new music blend with the music of the heavenly spheres. However, **one of Vista's most important functions is serving as the All-seeing Eye of God to the earth.** Nothing escapes his attention.

The Great female Elohim, Crystal, when called to, sends a crystalline Ray that can wash away incorrect concepts and false beliefs that have become a part of your thinking habits ingrained over the myriads of centuries. Visualize the crystalline substance washing the brain, physical body and all three other bodies as well as the soul. It is also a super-charged way to help transmute karma.

The continuous search for Truth is perhaps the most important attribute of this Ray. Healing, Consecration and Concentration are important too, but if we had been focused on the ultimate truth of God, those other attributes would have already been part of our personal consciousness.

Saul of Tarsus thought that he knew truth. He had been a student of the Torah and a ranking member of the Jewish religious hierarchy. His encounter with Jesus proved to him that his ideas of truth were incorrect. So, he spent almost three years becoming reeducated before he approached Peter about becoming one of the Apostles. If you're like most of us, you may be wondering who was Paul's teacher? People would be inclined to guess that it may have been the Holy Spirit, or Lord Jesus, himself, and maybe both of them contributed, but the being who designed the whole "Jesus, Son of God, mission" was the then current World Teacher, Lord Maitreya. It was his responsibility to make sure that this new religion that would become known as Christianity would take hold and grow.

The opposite of Truth is what the dark force wants. It insidiously works its way into our daily lives. One of the worst vehicles is that of gossip. You may be gleefully listening to a juicy story of someone who you don't like and their misfortune, but how do you know that it is true? And if you repeat it, you might just embellish the story with your own misconceptions, which then becomes a sin.

Just think of the news media. Every story contains either virtue or vice (in today's world, mostly vice.) As they are repeated it causes layer after layer of discordant thought energy that is present in our atmosphere which can eventually lead to an effect on someone, even ourselves, who might tune into it. **We cannot let ourselves become entangled with thoughts of hatred, anger, jealousy, criticism, condemnation, or judgement without becoming one with those same thoughts/feelings of the accumulated mass mind.** The mass mind tends to supercharge those thoughts/feelings, sometimes with horrendous results.

And yes, there are good stories, a few in the news with good outcomes, a few about dedicated beings like Mother Theresa, but particularly in some of our Biblical stories and religious services that can also cause a layer of good thought energy that would also be present in our atmosphere. The Masters teach that the truth about everyone should be good, because all of us have divine potential. If you witness someone doing less than good, don't focus on it, but instead, pray for them to come back to the correct path.

As you work your way through the descriptions of the Rays, you are probably coming to realize how important each attribute of each Ray is to the overall understanding of your own divine potential. **The books that I sourced through the Ascended Masters Teaching Foundation, P. O. Box 466, Mount Shasta, Ca. 96067 and the Saint Germain Press Inc. 1120 Stonehedge Dr. Schaumburg, Illinois 60194, have been a tremendous help** to me. What you are seeing here is just a tiny fraction of the information available, having been condensed by my mind, (I have a tendency to bottom-line everything due to my business background,) but the Masters write with the beauty of the heavens with much greater wisdom and explanation. I would encourage the reader to build their own library of these books.

Hopefully, you are healthy and won't need the assistance of the Healing Ray, but the process is described here. If you are reading this, perhaps you have already made great progress

on the ability to concentrate. But to what have you consecrated your life? Meditating on the truth of your being is what is most important. If you begin to search for that truth, it will be pleasing to God.

Chapter 12

The God Virtues of the Sixth Ray

The attributes of the Sixth Ray are Peace, Ministration, and Grace. The color of the Ray is Ruby, The flame is sometimes described as being ruby in color, with a golden radiance at the outer periphery. **The Chohan of the Ray is Ascended Lady Master Nada. She is assisted by Archangel Uriel, his divine complement, Archaii Donna Grace, The Great Elohim Tranquility, and his divine complement, the Great Female Elohim Pacifica.**

Jesus was the Chohan of the Sixth Ray until 1956, at which time he was promoted to the office of World Teacher. Ascended Lady Master, Nada, is a Third Ray Being, devoted to divine love, which shows that if you have achieved mastery, you can serve on any of the Rays. It is said that she is also a messenger for the God Beings Meru, that oversee the Illumination Temple located in Peru. Ascended Lady Master, Nada, made her own Ascension about 700 B.C.

The Lady Master, Nada, describes her last earthly life as having taken place in Mesopotamia within a family of very talented sisters. The other sisters performed beautifully, in the areas of singing, dancing and the arts and to much applause and acclaim. Nada could do none of that and felt very inadequate. She explains that feelings of inadequacy are often spawned by jealousy and fear. The desire to want to be perfect does not always want to see perfection in others.

One day, a beautiful lady (The Archaii Charity) appeared to her and explained that she could increase her power of love by praying to increase her sisters' talents. Of course, that advice would be counterintuitive to those of us on earth. But Nada took the advice to heart and prayed, and lo and behold, the sisters' talents did increase. Never did Nada tell her sisters what she was doing. The word, Nada, equates to nothing, and she realized that subduing the ego in service to others was her path to mastery. She has helped Master Saint Germain bring many civilizations to their height. Note that Archaii Charity is from the Third Ray. Ascended Master Nada is a Third Ray Being and is also known as the Goddess Of Love. (Do you see the connection?)

Archangel Uriel is the Archangel of Peace, Ministration and Grace. He states that whenever the name of God is invoked, he is immediately present whether the plea be for love,

blessings, faith, healing, etc. it will be done according to one's capacity to receive and believe. He reminds us that we exist within the body of the universal God, and no matter how far we may stray, we never leave the safety of that body. It only requires the awakening of our I am Presence to understand this. His divine complement, **Archaii Donna Grace, helps him in his endeavors. It is said that she is the "Lady of Grace" in the Angelic kingdom as is Mary, the Mother of Jesus, in the human kingdom.**

It is said that Archangel Michael and Archangel Uriel have the biggest legions of angels to help them in their ministrations to mankind. Their legions stretch from the Central Sun, down through the astral and psychic strata of the earth. It is also said that there are Silent Watchers, who when someone is in distress and calls out for help from God, the message is then relayed to one of Archangel Uriel's legions of angels. The content of the problem will determine the capacitive level of the angelic being that is sent.

You can call to the Great Elohim of Peace, Tranquility, and his divine complement, Pacifica, for help in receiving the gift of Peace. The key is to not blow off this idea, but to believe that their help is available. Peace is a conductor of beneficent Rays, but when one is upset, those Rays cannot reach us. So, it is good to call for the Peace that passes all understanding. You can also focus your meditation on the image of Jesus, who was known as the Prince of Peace.

Meditating on coming to a point in life where you can learn to roll with the punches, close the curtain on the jealousy movie, diminish your own self-importance, learn to pray for the evolvment of others, and see what you can do to help those in need will bring Grace into your life. This will be pleasing to God.

Chapter 13

The Seven Steps To Precipitation

The original “Good News” in the New Testament was about the coming of Jesus and his establishing a new Covenant between God and his children. Some Jewish people of that period might have wanted to interpret the coming of a Messiah as a restoration of the glories of an armed and mighty kingdom. Of course, we know that it was not part of Jesus’ plan so, eventually, the Jewish leadership rejected Jesus.

The good news that I have for the reader is that if you have been following the lessons of the Seven Rays, you are now part of the way toward understanding the seven steps to Precipitation. Again, Precipitation means creating something tangible through the power of the mind. Jesus demonstrated that through taking five barley loaves and two fish and multiplying them into enough food to feed a multitude of some five thousand people with enough left over to fill twelve baskets.

In Precipitation, the mind power focuses its attention on the idea, visualizes the finished product and then brings together the electrons from the Elemental evolution to create the form. This is all done through requests made to your I am Presence. Again, the I am Presence is your personal God-connected source.

In each Ray there are several facets of the Ray. Not all apply to Precipitation. Now, **we will focus on those facets that are critical to the process of Precipitation.** We have already mentioned that advanced students can learn to focus on the Will of God, and tune into ideas that come from the Mind of God that are waiting to be expressed. At the beginner level, however, we are going to focus on something simple like asking for a convenient parking place at church or at a restaurant.

In the First Ray, we have the idea, the will to do. In my own case, I have a wife who cannot walk on her own. Our church is on a hill with a steep rise with numerous flights of concrete steps between four different parking levels. There are multiple services, with very little time between the end of one and the beginning of another. My wife uses a walker with wheels, so it is important that I secure one of the very few handicapped parking spaces in the rear of the

church that have access to an elevator. So, that is my idea, my will to do. I ask my I am Presence for help in finding a parking space.

In the Second Ray, we clothe the idea with form (visualization). In this case, there are only about a dozen handicapped spaces, and I don't care which one, I only focus on getting one of them. So, with my visualization, I am magnetizing the idea with form.

In the Third Ray, we focus on the power of Love to nurture the original idea along. I do not want to change the idea, and certainly don't want to inconvenience someone else. In my case, we love God and want to participate in the church service, so we are sending up prayers of help to the I am Presence to be able to attend.

In the Fourth Ray, we focus on the purity of the original idea. In my case, not changing our minds to maybe attend one of the other services or choose a different church, or worse yet, maybe just stay home.

In the Fifth Ray, we focus on the power of concentration. To stay with the idea until it manifests. In my case, sometimes we arrive at the church handicapped parking area and see that all spaces are taken. It would be easy to just give up and go home. Every time, however, we notice that back-up lights light up on one of the cars (people coming out of church a little later than others) and we can secure a parking space after all.

In the Seventh Ray, we focus on the Invocation and Rhythm (for the purpose of Precipitation, the Seventh and Sixth Rays are reversed.) In my own case, I begin to ask for the parking space several hours before the church service begins, repeating my request a number of times, even while I am driving to church.

In the Sixth Ray, we seal the entire project with the feeling of the Peace of God. Part of this peace is trusting that my request will not go unheard and then, remembering to give thanks to my I am Presence and to God for the gift of the parking space.

So, in the highlighted lines of bold type you have the magic formula of Precipitation. This is not a game and must be taken seriously. In more advanced trials, you might focus on precipitating an item, perhaps something like an apple. Be forewarned that unless you are at peace, nothing is going to happen. This means that a thorough investigation of your conscious

and unconscious minds (the examination of conscience mentioned earlier in the book) to deal with those things that are affecting your ability to have peace must be dealt with.

Learning how to Precipitate on the Third Dimension earthly plane was humanity's original goal in coming to earth some 4 ½ million years ago. The first three Root Races achieved the goal and went on to further learning experiences. It was at the beginning of the Fourth Root Race that Laggards from other solar systems were mixed in and began to spread their discordant thinking, affecting the innocent minds of humanity.

Beginning to purify yourself so that you can become a conscious channel of the power of your I am Presence will lead to all types of miraculous changes in your life, even to that of learning how to Precipitate. This will be pleasing to God.

Chapter 14

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 reinforce this idea 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? I have been digging up my answers. I hope that you will do the same.

Jesus mentioned that there were other Christ figures that came to minister to the peoples of the earth from the beginning of the period of darkness that began about 4,400,000 years ago. These Christ figures were not from our group known as humanity, but were reported to have come from the Great Central Sun.

Lord Jesus also points out that before he came, there were other beings that were involved in earth’s evolution who had achieved their Ascension into the Christ Estate. For example, (naming some that you will have heard about if you are this far into the book,) **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. Master Serapis Bey made his Ascension about 400 B.C.**

The above Ascensions were done under more private circumstances, but the idea for Lord Jesus’ mission was entirely different. **Jesus’ mission was designed to bring the manifestation of someone achieving their Christhood to be made into a very public example. One that would be remembered forever.** Remember, the peoples of the earth had sunk to a very low point at that period. Lord Jesus’ mission was planned by the 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. They did not have to

resurrect the body, one just died, and if they had lived an exemplary life, they ascended and merged with their Holy Christ Self. And that is the way that you and I will do it.

Lord Jesus' example was for the purpose of stirring the souls of those on earth to emulate his example. Not death on a cross, but to turn their lives over to the Will of God. Then, after accepting that Will, to guard against becoming blinded by fears and doubts, but to go with whatever the circumstances called for. For instance, how many times was the Apostle Paul put into prison? He was stoned at least once. But he didn't let any of those things 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. I have not yet been able to determine how long that lasted, but it must have lost momentum by the time of Emperor Constantine and the Council of Nicaea, and then, later the Council of Constantinople, because Lord Jesus has mentioned that some of his teachings were misinterpreted by people who influenced them with their own beliefs during one, or both of those two councils. And, of course, those new documents would eventually become a part of the Christian Church teaching.

Lord Jesus demonstrated through his unjust persecution and death on a cross that the power of the spirit, in surrendering to the Will of God, could Resurrect the body, show itself to others and then make its Ascension. 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 reappearance of flowers and growth of grass, as just three examples. There is, however, a huge difference between us and the nature kingdom. The nature kingdom has a perfect pattern that works on a pre-ordained cycle. We, on the other hand, have free will. We can choose to wander off on a different path than the one God chose for us. That is what got us into trouble originally as a race that rebelled against the Will of God about 4,400,000 years ago, and why we haven't already made our own Ascension and rejoined our Holy Christ Selves.

Again, The Masters teach that the overall purpose of "life" on the planets is to know ourselves as individuals, but to become one with the Will of God. God is the sum total of all existence.

We live within the body of God. We are like a cell within God's body. Can we make it any clearer? Think about this. Would God make war on himself? Would you make war on your own body? That's what you do when you harm or speak ill of someone else.

Chapter 15

A Summary of the Religions

Where do we stand with all of the many different religious teachings and traditions? Who is right? And what is right? **A clue can be gleaned from what Master Paul, the Venetian, said back in Chapter 9, that developing a love of one man for another, one race for another, and one religion for another is the most difficult of the tasks that have been given to him or any of the Chohans, due to the fact that each man, because of his background and training, is so rooted in certain beliefs, (some true, some partly true, and others, maybe not at all) that it is almost impossible to change their mind.**

So, here is a Master, looking at humanity from his perch in the heavens and, in essence, saying that all of the religions can lead us to a relationship with God. It's just us, with our worldly perceptions that are ingrained in us by the information that we have been taught from the moment of our childhood's ability to think, to reason and to retain whatever the culture of the place in which we are raised might be, that has formed whatever biases we project.

Let's think about what religions teach us.

The Rule of the Law of One

The Masters say that before we came to earth, we were taught in the heavenly temples about the "Rule of the Law of One." The essence of that teaching is that we are all a part of the "One God."

Hinduism

One of the earliest major religions that is still extant is Hinduism. It was brought to India by a group of Aryans. **It teaches a belief in Karma and rebirth.** It doesn't subscribe to a belief in grace from above, but that your current body and circumstances into which you are born is a result of decisions and actions from previous lives. **It does believe in an individual soul, as well as a Universal soul (God).** There are multiple layers of lesser gods and goddesses that help with the administration of the universe.

The goals for a life are based on ethical treatment of others, constructive work, self-control and a pursuit of spiritual growth. There is an "end game" in that when a being

perfects oneself, it reaches a state called Nirvana, which means that it is no longer required to incarnate but can enjoy spiritual bliss.

Judaism

Judaism traces its roots back to Abraham about 1800 years before the Christian era. According to the history that we have been handed down, God appeared to Abraham while Abraham was sitting outside his tent. He appeared as man to man and Abraham fell on his face. God told Abraham that he would show him a new land, and that he would be the father of many nations. For a number of years, the “religion” was thought of as Yahwism. Other early religions that seemed to stem from Abraham were Samaritanism and Mandaism. The official religion named Judaism began with the covenant between God and Moses in which God gave Moses the Ten Commandments.

Judaism recognizes one supreme, omnipotent and eternal God. (No trinity.) That one should worship no other Gods. That God uses prophecy to educate man, i.e. Moses and the many prophets. Stresses the divinity of the Torah (The first five books of the Bible.) That God is always watching over the world. That God can author rewards or retribution. That the Messiah is yet to come. That there will be eventual resurrection of the dead.

Buddhism

Founded by Siddhartha Gautama in the late 6th century before the Christian era. The Buddha taught that we must discover the cause of our unhappiness and suffering in order to be able to resolve and master it.

In general, the largest segment of the Buddhists followers do not consider the concept of one creator God, although they say that there can be devas, (sometimes thought of as gods that help or hinder people.) They do believe in Reincarnation and Karma, and with the proper application of The 4 Noble Truths and The Eightfold Path, (all of which are based on the concepts of “rightness” in everything one does or thinks,) one can achieve Nirvana, and never have to reincarnate again.

Note: In the Masters dictations, there is the story that when the Buddha went into his years-long meditation, his consciousness went upward through all of the seven levels of heaven, some of which are described more clearly than others, and in which most souls would assume

that they reached the ultimate heaven, but he kept on pushing upward until, in that seventh level, he came into the presence of God. Then, he understood that God is love. Based on the information presented by the Masters, one can assume that he must have encountered Helios, or maybe also, Vesta, who are the God-type Beings that the Masters state ensoul our sun.

Christianity

Christianity began in the 1st century AD, shortly after the death, resurrection and ascension of Jesus of Nazareth. According to the many writings left behind by his followers, he was born of a virgin who was impregnated by the power of the Holy Spirit, making him both human and divine. He spent many years in study, prayer and meditation to prepare himself for his ministry, which began at age 30 and lasted only 3 years. He was of the Jewish faith, and his initial efforts appeared to have focused on fulfilling the role of the Messiah, that the Jewish people had been expecting. There was a big difference, however, in the role that the Jewish hierarchy was expecting a Messiah to be (restoring a powerful Jewish kingdom), and what God had instructed Jesus to teach: Love, peace, forgiveness, righteousness, non-judgment, purity, humility, charity etc.

It is thought that the Holy Spirit descended on Jesus at the moment of his baptism by John, the Baptist, thereby setting Jesus up with the miraculous powers that are recounted in the New Testament stories. He recruited 12 Jewish people to become his Apostles, and later, 72 more. The Jewish hierarchy became very upset that Jesus didn't seem interested in following all of the additional (603) "laws" that had been added to the Ten Commandments that the Old Testament states had been given to Moses by God.

The number of miracles that Jesus performed should have been enough to convince most people that this might, indeed, be the anointed one, but the distrust of the Jewish hierarchy continued to grow until they decided that he was a threat to the hierarchy, and that they should get rid of him. This they accomplished through the Roman practice of crucifixion. The scriptures tell us that this was done on a Friday. By the following Sunday, it was reported that the tomb was empty, because Jesus had resurrected his body. Certain people recount the story of seeing him that day and for a total of 40 more days until he made his Ascension, which was said to have been witnessed by about 500 people.

The scriptures also tell us that Jesus asked the Holy Spirit to descend on the Apostles so that they would receive the miraculous powers and begin the process of establishing a new religion.

The early church was made up of both Jews and Gentiles. The Apostle, Paul, who, as a member of the Jewish hierarchy, had been an early persecutor of the church, became, after encountering the risen Jesus, the greatest salesman of Christianity.

The Christian movement professes a belief in an all-powerful, ever present, all-knowing, merciful, just and loving God. That God is composed of a trinity of beings: God, the Father, God, the Son and God, the Holy Spirit. That the Bible is the Word of God, That the way to heaven (salvation) can only be achieved through Christ.

Note: The Masters are very much believers of the Christian story, with at least five of them having been personally involved in the life and times of Jesus. The Masters say that Jesus was the perfect example (perfect pattern) of what we should try to be. Where they seem to differ from one of the tenets of Christianity, however, is in the interpretation of the tenet that seems to indicate that none of us can ever be “good” enough to make our own Ascension without the graceful intercession of Jesus. For instance, in the Bible, Jesus is quoted as saying that “No one comes to the Father except through me” (John 14.6). But it seems to me that the graceful intercession of Jesus was given to all of humanity with his death on the cross 2000 years ago.

So, it depends on how one interprets the statement that “the way to heaven can only be achieved through Christ”. Was Jesus really saying that you’re unworthy and can’t make it without his help and approval, (that seems to be contrary to a good sense of fairness and ultimately discouraging to one who is searching for God) or was he saying that one has to think as purely as him and act as purely as him and love as purely as him in order to achieve one’s own Christhood and gain entrance to heaven?

The Masters would probably agree that one could, indeed, be helped by prayers and devotion to Lord Jesus, but would most definitely agree with the thought that one could make it on his own. To reinforce that thought are the Master’s statements that (1) only the pure of heart can gain entrance to the

kingdom of heaven (no mention of grace from Jesus, but putting the burden back on the individual soul), and (2) that Christhood is available to all.

Islam

Islam traces its roots back to Abraham, who was the father of many nations. The religion itself, was founded by the Prophet Muhammad approximately 610 CE, when the Archangel Gabriel gave the dictations of the Qur'an to Muhammad. According to Muhammad, this was to be the final revelation of God.

Islam teaches that there is no God but Allah (no trinity.) That Muhammad was the last in a line of prophets that included Abraham, Moses, Noah, David and Jesus, (but that Jesus was not crucified nor resurrected etc.) Their Holy books include the Qur'an, the Gospel, the Torah and the Psalms. It also teaches a belief in Angels, who worship God and carry out his orders. That there is revelation by prophets (see above) and a day of Judgement and resurrection. That Allah knows everything and nothing can happen without Allah's permission. That there is divine predestination, but that humans have free will.

The Five Pillars of Islam

The Declaration of Faith

Obligatory Prayer

Compulsory Giving

Fasting in the Month of Ramadan

A Pilgrimage to Mecca

So here we have presented a brief summary of the Five great religions still extant on the earth. It seems to the writer that all of them can get you to your final destination, which is a reunion with God. One can speculate on the reasoning behind the idea that we need five, but we don't know all of the details about what was going on in various areas of the world at the time that each was founded. It also appears to the writer that the Master's philosophy includes information from all five, and all tie into the original teaching from our early existence in the heavenly realms that stressed "The Rule of the Law of One."

From Hinduism: Reincarnation and Karma.

From Judaism: The Ten Commandments.

From Buddhism: “Right living” and meditation.

From Christianity: Tuning into The Will of God is a path to Christhood.

From Islam: Daily commitment to improving oneself through prayer life.

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?

Think about when you are the happiest. It is probably when you are engrossed in your work or engrossed in your favorite hobby. During those periods, you are not concerned with what’s going on in the outside world. Meditate on this. If you do, you will eventually end up questioning just about everything in your daily life. If you are sincere, you will begin to get answers.

Chapter 16

What's Happening Now?

In one of the early dictations, the Masters wrote that originally, the plan for the earth was to have about 3 ½ billion souls to use the earth as their schoolroom. That changed when the earth agreed to take on additional “laggard” souls from other planets who had fallen behind and were not able to raise their vibrations to move on with their planet as it moved closer to reabsorption with its sun. There was apparently more than one transfer of the “laggards” because in the 1950’s (the last time that the Masters gave us a number) they indicated that there were then 10 billion souls assigned to use the earth as their spiritual schoolroom. But again, the physical structure of the Earth was originally planned to provide for a population of approximately 3 ½ billion people at any one time.

In 1950, the population was about 2 ½ billion out of the total number of available souls. (The Masters indicate that the 1950’s was a high point of spirituality for our current version of humanity. Certainly not perfect, but better than it had been for untold centuries.) But then came the 1960’s with a focus on the expansion of freedoms. Freedom is a good thing, but only when it is accompanied by responsibility. The 1960’s saw a relaxation of morals, “free love” and the use of drugs, among other things. The population of the world began to boom. We achieved the 3 ½ billion level in 1968. Since that time, the population has more than doubled.

Why? What is different? Did the earth volunteer to take on even more “laggard” souls from other planets? Do we now have 20 billion or more souls using the planet as their schoolroom? Did the Spiritual Hierarchy change its guidelines for the number of souls extant at any one time because of the increased technology that significantly raised the production of food, or is it more likely that the Spiritual Hierarchy for the earth has allowed the overcrowding of the earth at this time for a particular reason?

What could be their reason? During meditation, I received the message that less than 30% of the souls on the earth truly loved God. Maybe you might argue with that because there are many good people on the earth. True, but there has been a concerted attempt of late to remove God’s influence and correct rules for living from all parts of government, schooling, and social interaction. If that trend is allowed to

continue, what will civilization look like in 50 years? How long is God going to be satisfied with the fact that the majority of people (70+ percent now) are putting him last?

The Bible tells of the great flood that destroyed most of Humanity. The Masters tell of the sinking of the continents of Lemuria (Mu) and Atlantis. Both of those civilizations had been warned that they needed to change their ways, but when nothing happened immediately, they went back to their ungodly pursuits. When the spiritually evolved sensed that the end was near, they left those continents before the sinking. Those cataclysmic events occurred because the Spiritual Hierarchy had determined that all hope for the reclamation of the souls of those particular civilizations had become lost.

There is the thought that if everyone would work together for the common good, we could accomplish anything, but if 70% of us are pulling in the other direction and are controlled by the three great lusts of money, power, and sex we may be headed for another cataclysmic reckoning.

I am not a prophet, nor do I have any psychic powers. I try to refrain from looking at the daily news, because it is so depressing, divisive and slanted. But if you live with a spouse or have any social interaction with others, one can't help but hear some of the major stories, and one can't help but form an opinion based on how the majority of people are comporting themselves now versus how things were in the 1950's, when I, as a teenager, was developing my own moral code. Based on the many years of searching for God, if I were a prophet, I would probably be making a judgement and telling the 70+ percent of people who don't truly love God to repent.

But I would be wrong, because over and over again, the Master Jesus refused to accept the appearance of the false outer self of the individual and focused instead on the small flame of divinity within the heart. That was how he was able to use his God Power to indiscriminately render the miracles that are recounted in the Bible.

The Goddess of Truth, Pallas Athena, states that "Mastery lies within the reach of the individual who can observe imperfection and not allow rebellion, hate, resentment, and depression to churn within the feeling world, but who can, within the heart of the Sacred Fire of which you are guardians, call and powerfully assert "It is not true!" Call for the manifestation of truth within that life-stream"! (From the book, "Dictations," Ascended Master Teaching Foundation, P. O. Box 466, Mount Shasta, Ca, 96067.)

The Heavenly Father-Mother God is a God of love, mercy and forgiveness. That forgiveness is available to you, to me, and all who walk the earth. Nothing would please God more than to have those who appear to be beyond help to come to him in utter sincerity and ask for forgiveness.

Blessings!

A photograph of a forest path covered in fallen autumn leaves in shades of red, orange, and yellow. The path leads towards a bright, glowing light source at the far end, creating a sense of hope and direction. Tall, thin trees line the path, their leaves partially obscuring the sky.

We Are Here as Part of Our Spiritual Journey,
When Did It Begin, and How Does It End?

How Do I Find My True Path?

What Part Does The Dark Force Play?

How Do I Begin to Purify My Soul
and Become One With God?

How Do I Absorb the Aspects of God Through
Meditation within the Seven Light Rays of God?

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

Blessings to you all
John Patrick
www.spiritualjourney.info
Copyright © John Patrick 2024